



**MARINES**

# USA Wrestling Coach Certification Courses

As of 04/21/2021

Coaches must be current Wrestling Leader (coach) members of USA Wrestling to take courses or to have task credits awarded for Silver/Gold work.

Purchase or track tasks online at [www.USAWmembership.com](http://www.USAWmembership.com)

Click "Manage" and "Coach Certifications." Click "My Courses" to find courses you've paid for (Copper/Bronze) or Start/Manage Silver Tasks.

- All courses delivered **online** are available immediately from your online profile
- Check with State Offices or Tournament Directors to determine what level you need

## **Copper** - \$50 (4 hours online or in-person)

Designed to coach athletes ages 12 and Younger

4 hours, Online Format

Requirements: Wrestling Leader Membership with USA Wrestling



## **Bronze** - \$80 (6 hours online or in-person)

Designed to coach athletes ages 13 and Older

6 hours, Online Format

Requirements: Wrestling Leader Membership with USA Wrestling



## **Silver** - \$ Varies

Designed to provide advanced training, networking, and philosophy development.

1. 3D Online Coaching Course, \$125. **Save 10%** USAW2015 discount code
2. Attend a USWOA Officials Education Program (OEP) Course. (Not valid at the Fargo OEP.) An online format is available under Mange - Coach Certifications.
3. Attend a Silver Coaches College (\$350-500 plus travel, etc)
4. Silver Technical Certification (Practice plan and video based on rubric)
5. CPR/AED must be current
6. Book Report, 1 page



**Requirements: Wrestling Leader Membership plus Copper & Bronze Certifications.**

**Gold** - \$ Varies, designed for coaches to "give back" to others through designated tasks.

1. Coach Apprentice Program (International Trip - cost at or below \$4,000)
2. Book Report on Ego is the Enemy
3. Teach at a Silver College (we recommend this as your last Gold task)
4. Publish an article for *USA Wrestler Magazine* and [TheMat.com](http://TheMat.com)
5. Mentorship Task
6. Community Service Task
7. 4D Learning or Movie Reflection (this task may change for FY2021)
8. Periodization Task
9. Host a USA Wrestling Tournament or Coaching Clinic (not a Silver College)
10. Volunteer at USA Wrestling Developmental Camp (virtual camps will apply)
11. CPR/AED



Requirements: Wrestling Leader Membership **plus** Copper, Bronze, & Silver Certifications

## What is the difference between a “Membership” and a “Certification?”

Annual coach membership (Wrestling Leader membership) with USA Wrestling requires the following:

1. SafeSport Certification (or refresher) - 90 minute course or 30 minute refresher, free access from your online profile at [www.USAWmembership.com](http://www.USAWmembership.com)
2. Successful background check through your online membership profile (no outside background checks accepted)
3. Purchase your annual Wrestling Leader membership (fees vary by state)

Certifications (Copper, Bronze, Silver, or Gold) are attached to your USA Wrestling ID number. When you renew your membership profile, your certifications automatically renew as well.

If you create a new profile in our membership system, your certifications won't automatically follow you. Certifications stay with your USA Wrestling ID number.

### Two Ways to Show Membership:

1. Print your membership card from your online profile or
2. Order a hard plastic card from your online profile:

John Public  
DOB: 02/01/1990  
State: Colorado  
USAW ID: 1900535201  
Expires: 08/31/2021  
Wrestling Leader Membership  
NCEP: C, B, S, G  
Official Category: M3, PA  
Test Club

2021

Your Name  
Your Date of Birth  
Your State  
Your USA Wrestling ID Number  
Your Membership Expiration Date  
Your Type of Membership  
**Your National Coaches Education Program Certification Levels (C, B, S, G)**  
Your USWOA Levels (if applicable)  
Your Club Affiliation (if applicable)

Upload your photo through your online profile.

Membership Year

### Check out these other great courses online with USA Wrestling:

- **Coaching Philosophy Builder (highly recommended)** \$ 9.95
- **2020 Virtual Olympic Developmental Training Camp** \$95.00  
Over 12 hours of technique from our National Team Staff!

Access all classes from [USAWmembership.com](http://USAWmembership.com) under **MANAGE - COACH CERTIFICATIONS - MY COURSES**

