



I.A.W.A. Introductory & Level 1 Coaching Certificate Course

Accredited by Sport Ireland Coaching

The Irish Amateur Wrestling Association (IAWA) is delighted to announce the dates for our next **Introductory & Level 1 Coaching Certificate Course** – the only course for Wrestling and Grappling Sports in Ireland accredited by **Sport Ireland Coaching**.

This qualification is also recognised by:

- **Sport Ireland (SI)**
- **Olympic Federation of Ireland (OFI)**
- **United World Wrestling (UWW)**
- **Federation of Irish Sport (FIS)**
- **Insurance providers**

Who Can Apply

It is open to anyone **16 years or older** currently involved in:

- Wrestling
- Grappling
- Pankration
- Other combative sports

✅ **Special Offer:** To promote female participation, we are offering **FOUR free places** to the first four registered female participants. (See details below.)

REGISTER HERE



[Coaching Course 2025 Registrtaion](#)

Course Dates & Venue

- **Weekend 1:**
 - Saturday 1st November | 09:00 – 17:00
 - Sunday 2nd November | 09:30 – 17:00
- **Weekend 2:**
 - Saturday 15th November | 09:30 – 17:00
 - Sunday 16th November | 09:30 – 17:00

📍 **Venue:** Portlaoise Combat Academy,
Unit 13B, National Enterprise Park, Portlaoise, Co. Laois, R32 A588



Course Content

The 4-day blended programme (practical + classroom) will cover:

- Safeguarding for coaching children in sport
- Garda vetting procedures (mandatory for all coaches)
- Anti-doping awareness for coaches
- Coaching techniques & applied fundamentals
- Introduction to First aid
- Practical mat-based wrestling coaching skills

By the end, participants will have the **skills and confidence** to deliver safe, high-quality training sessions in their clubs.

This is a **coaching development course**, not a wrestling drills seminar. The focus is on helping coaches and trainers expand their knowledge, refine methods and strengthen their ability to teach athletes. Participants will learn practical strategies, coaching techniques and effective approaches to development, skills that go beyond running drills. This course is designed to elevate the way you coach, improve the way you communicate, and ultimately make you a more impactful in your sport.

Pre-Requisites

1. **I.A.W.A. Membership 2025/26** (must be valid)
2. **I.A.W.A. Garda Vetting** (free):
 - Forms must be submitted before Weekend 1.
 - Certificates will only be awarded once clearance is confirmed.
 - Forms & information : [Garda Vetting 2025](#)
3. **UWW Online Certificate (Free):**
 - Complete the *Ready to Wrestle* eLearning course at academy.uww.org
The United World Wrestling Academy is an integrated online learning portal designed to provide information, tools and resources in order to support and enhance the knowledge and value of the discipline of wrestling. You must set up your own profile on the UWW website at [Academy | United World Wrestling | Academy platform of United World Wrestling](#) . If English is not your first language, no problem, you can choose the language that you are most familiar with.
 - Email your completion certificate to irishwrestling@outlook.ie before weekend the course starts



Important: Garda Vetting takes approximately 3 weeks. Submit forms early!



Registration

- **Deadline:** Thursday 30TH October
 - **Places:** Limited to **16 participants**
 - **Fee:** €240 (includes lite lunch, tea/coffee breaks on all four days)
 - Register via your account on the IAWA website.
 - Your place is **only secured once full payment is received.**
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Female Coach Incentive

To encourage female inclusion in wrestling, IAWA is offering **FOUR free places.**

- Female participants register and pay as normal.
 - Upon successful course completion, the full course fee will be refunded.
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What to Bring

- Training gear & change of clothes
 - Wrestling boots (if available)
 - Towel
 - An open mind!
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Key Reminder

- ⚠ Participants will **not be accepted without advance registration & payment.**
 - ⚠ Certificates will not be awarded until all four days are completed including safeguarding training and **IAWA Garda Vetting clearance** is confirmed.
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We look forward to welcoming you to this exciting opportunity to grow as a coach!

The I.A.W.A. Coach Development Team