

TAKE THE NEXT STEP — BECOME A QUALIFIED WRESTLING COACH

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

Accredited by Sport Ireland Coaching

Are you passionate about wrestling, grappling or combat sports? Would you like to develop your coaching skills, gain a recognised qualification and play a bigger role in developing athletes and your club?

The **Irish Amateur Wrestling Association (IAWA)** is delighted to announce our next **Introductory & Level 1 Coaching Certificate Course**.

Whether you are already helping out on the mat, an experienced athlete thinking about moving into coaching, or completely new to coaching, this course is designed to give you the **knowledge, practical skills and confidence to become a better coach**.

This is the recognised coaching pathway for **Wrestling, Grappling and Pankration in Ireland**, accredited by **Sport Ireland Coaching**.

The IAWA coaching qualification is recognised within the Irish and international sporting structures, including:

- **Sport Ireland**
- **Olympic Federation of Ireland**
- **United World Wrestling (UWW)**
- **Federation of Irish Sport**
- **Relevant insurance providers**

WHO SHOULD APPLY?

You don't need to be an experienced coach to get started.

The course is open to anyone with an interest or background in:

- Wrestling
- Grappling
- Pankration
- Other combative sports
- Coaching and athlete development
- If you are an athlete who would like to start coaching, a parent or club volunteer who wants to become more involved, or someone already coaching who wants to gain a recognised qualification, **this course is for you**.



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FOUR FREE PLACES FOR FEMALE COACHES

We want to see more women involved at every level of Irish wrestling — particularly in coaching and leadership.

To support this, **I.A.W.A. is offering FOUR FREE PLACES to female participants** who successfully complete the course.

See the Female Coach Incentive section below for details.

COURSE DATES & VENUE

Weekend 1

Saturday, 7th November | 09:00–17:00

Sunday, 8th November | 09:30–17:00

Weekend 2

Saturday, 21st November | 09:30–17:00

Sunday, 22nd November | 09:30–17:00

Venue:

Portlaoise Combat Academy
Unit 13B, National Enterprise Park
Portlaoise, Co. Laois
R32 A588

THIS IS MORE THAN A WRESTLING DRILLS COURSE

Being able to wrestle and being able to **coach wrestling effectively** are two very different skills.

A good coach needs to understand how athletes learn, how to communicate effectively, how to plan a session, how to keep participants safe and how to develop athletes at different ages and levels of ability.

That's what this course is about.

Across four days of practical and classroom-based learning, participants will develop their understanding of:

- How to plan and deliver an effective coaching session
- Coaching techniques and applied fundamentals
- How athletes learn and develop
- Communication and instruction
- Practical mat-based coaching skills
- Creating a positive and safe training environment
- Safeguarding children and young people in sport
- Garda Vetting requirements and responsibilities



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- Introduction to First Aid
- The role and responsibilities of a qualified coach

The emphasis is not simply on learning more wrestling drills. It is about learning **how to coach**.

By the end of the programme, you should have greater confidence in your ability to organise, communicate, demonstrate, correct and deliver safe and effective training sessions.

Become the coach that athletes want to learn from.

COURSE FEE & REGISTRATION

Course Fee: €250

The fee includes:

- Four full days of coach education
- Practical and classroom-based training
- Safeguarding training
- Light lunch
- Tea and coffee breaks on all four days
- IAWA coaching certification upon successful completion of all requirements

Places are strictly limited to 16 participants.

Registration Deadline: Thursday, 5th November

Registration must be completed through your account on the **IAWA website**.

Your place is **only secured once registration and full payment have been received**.

REGISTER EARLY — with only 16 places available, the course may fill before the closing date.

FEMALE COACH INCENTIVE — FOUR FREE PLACES

IAWA is committed to increasing female participation not only among athletes, but also among **coaches, referees, officials and sporting leaders**.

We are therefore offering **FOUR FREE PLACES** to female participants on this course.

Participants should register and pay the normal course fee. Upon successful completion of the full course and all certification requirements, the **€250 course fee will be refunded** to the first four eligible registered female participants.

This is a great opportunity to gain a nationally recognised coaching qualification **at no cost**.

PRE-COURSE REQUIREMENTS

To complete the qualification, participants must meet the following requirements:



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1. Current IAWA Membership

You must hold valid **IAWA membership**.

2. IAWA Garda Vetting

All coaches must complete Garda Vetting through the IAWA.

Garda Vetting forms should be submitted **before Weekend 1**.

Please allow approximately **three weeks** for the vetting process, so we strongly recommend submitting your documentation as early as possible.

Your coaching certificate cannot be issued until Garda Vetting clearance has been confirmed.

3. UWW Ready to Wrestle Certificate — FREE

Before attending the course, participants must complete the **United World Wrestling Academy — Ready to Wrestle** online learning course.

The UWW Academy provides online education and resources to support coaches and participants throughout the international wrestling community.

You will need to create your own UWW Academy profile and complete the required online course.

English isn't your first language? No problem. The UWW Academy offers learning material in a number of languages, allowing participants to select the language they are most comfortable using.

Link - <https://academy.uww.org/>

Once completed, please email your certificate to: irishwrestling@outlook.ie

Your certificate must be submitted **before the first weekend of the course**.

WHAT TO BRING

Please bring:

- Training gear
- A change of clothes
- Wrestling boots
- Towel
- Notebook and pen if desired
- And most importantly — **an open mind and a willingness to learn**

IMPORTANT

Participants **cannot attend without advance registration and payment**.

To receive the IAWA coaching qualification, participants must successfully complete **all four days**, including the required safeguarding element, and satisfy all Garda Vetting and pre-course requirements.



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OUR SPORT NEEDS GOOD COACHES

Every wrestler remembers the coaches who helped them develop.

Good coaches don't simply teach techniques. They **build confidence, develop athletes, create strong clubs and help shape the future of the sport.**

Irish wrestling is growing, and with that growth comes a need for more knowledgeable, qualified and enthusiastic coaches throughout the country.

If you have ever considered becoming a coach — **this is your opportunity to get started.**

If you're already coaching, this is your opportunity to **develop your skills and gain a recognised qualification.**

16 places. Four days. One recognised coaching qualification.

TAKE THE NEXT STEP IN YOUR WRESTLING JOURNEY — BECOME A QUALIFIED COACH.

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