



Irish Amateur Wrestling Association CLG.

Email: irishwrestling@outlook.ie

Website: www.irishwrestling.ie

The I.A.W.A. are pleased to announce that we are running our next **Introductory and Level 1 Coaching Certificate Course** in May & June 2019.

This course is available to anyone over the age of 18 involved in Coaching Wrestling, Grappling, Pankration, MMA or any Combative Sports,

This Coaching Certificate is the only one in Ireland accredited by:

- The Irish Amateur Wrestling Association (I.A.W.A.)
- Sport Ireland Coaching (SIC)
- and is recognized by
- Sport Ireland (SI),
- The Olympic Federation of Ireland (OFI)
- Insurance Companies

The course will be run over two weekends, 4 days in total. Participants must complete all four days and Garda Vetting through the I.A.W.A. to be awarded the certificate at the end.

Early registration is essential as places are limited to 18 participants in total. Places will go fast!

Registration is online only at <https://www.irishwrestling.ie/coaching/course-registration>

The first weekend will commence on Saturday May 18th at 09:00 until 17:00 and Sunday 19th at 09:30 - 17:00

The second weekend is Saturday, 15th June and Sunday 16th - 09:30 - 17:00

The course covers all aspects for Coaching Wrestling and Grappling Sports.

Some of the topics that are covered are:

- Basic Awareness and Code of Ethics for Coaching Children in Sport (separate Sport Ireland Certified Course)
- Garda Vetting, which is now compulsory for all Coaches
- Sports Psychology
- Anti-Doping.
- Coaching Techniques,
- Applying the fundamentals of coaching in your sessions
- Session Planning
- First Aid and much more,

How to apply for the course

Participants must first be an individual member of the Irish Amateur Wrestling Association. It is easy to sign up online at www.irishwrestling.ie/membership. When you sign up for membership on our website you will receive your own unique membership number by email. You will need this number to complete your Garda Vetting Form

Garda Vetting – Garda Vetting through the IAWA is a pre-requisite to receiving your certificate after the course and can only be completed by I.A.W.A. members. Click on www.irishwrestling.ie/membership/garda-vetting-form to download your Garda Vetting Form. Please note, you will not receive your certificate until you have cleared Garda Vetting through the I.A.W.A. Garda Vetting takes approximately 3 - 4 weeks to process.

Closing date for course applications online is Wednesday 15th May 2019.

All put together, we will give you the building blocks and hone your skills to deliver safe quality coaching with the confidence to put together exciting training sessions for your club.

The cost of the course is €200 per person

Venue: Spartan Training Centre Tallaght Dublin 24

For enquiries please email irishwrestling@outlook.ie

We look forward to seeing you on the day!

The I.A.W.A. Coach Developer Team