



Irish Amateur Wrestling Association.

Email: irishwrestling@outlook.ie

Website - www.irishwrestling.ie

Coaching Course April 6th & 7th / April 20th & 21st 2024

The I.A.W.A. is pleased to announce the dates for our next Sport Ireland Coaching accredited Introductory and Level 1 Coaching Certificate Course.

The course is available to anyone 18 and over who is currently involved in Coaching Wrestling, Grappling, Pankration, MMA and Combative Sports,

WE are including **four free places** for female participants. See details below.

This Coaching Certificate is the only one in Ireland accredited by:
The Irish Amateur Wrestling Association (IAWA) and Sport Ireland.

This certificate is also recognised by:
Sport Ireland (SI),
The Olympic Federation of Ireland (OFI)
United World Wrestling (UWW)
Federation of Irish Sport (FIS)
Insurance Companies

Pre-requisites –

- All participants must be **IAWA members** for 2024/25
- All participants **must be Garda Vetted** through the Irish Amateur Wrestling Association. As a minimum Garda Vetting forms must be received before weekend one starts. Coaching Certs will **not be** awarded until participants clear IAWA Garda Vetting.
Garda Vetting is free through the IAWA
Your invite to E-vetting form and full information can be downloaded from this link
<https://www.irishwrestling.ie/membership/garda-vetting-form>
- **Before weekend one**, each participant must complete the United World Wrestling (UWW) Free online 'Ready to Wrestle' Certificate.
This can be completed at this link <https://academy.uww.org/>
When you complete the online course, you can download the UWW certificate of completion and email it to irishwrestling@outlook.ie .
You will need to set up your own account on the UWW website using your name and email address and choosing Ireland as your country of residence.
UWW do not send spam or use your email for anything else, setting up the account is completely free and allows you to carry out many of the other free online courses and also view many of the coaching techniques.

Course Duration - The course is delivered over 4-days in a practical and class setting, carried out over two weekends. Participants must complete all four days to be awarded the certificate.

The First Weekend will start on Saturday 6th April from **09:00** until **17:00** and Sunday 7th April at **09:30** - 17:00 approximate finish time

The Second Weekend is set for Saturday April 20th and 21st - 09:30 - 17:00 approximate finish time



Irish Amateur Wrestling Association.

Email: irishwrestling@outlook.ie

Website - www.irishwrestling.ie

Coaching Course April 6th & 7th / April 20th & 21st 2024

The Venue – The venue will be

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

Early Registration is essential as places are limited to 16 and they will go fast!

Closing date for registration Thursday 30th March

Course Content: The course covers all aspects for Coaching Wrestling and Grappling Sports and will include:

Basic Awareness and Safeguarding for Coaching Children in Sport,

We also cover Garda Vetting, which is now compulsory for all Coaches.

- Sports Psychology
- Anti-Doping.
- Coaching Techniques,
- Applying the fundamentals of coaching in your sessions
- First Aid among other topics related to coaching Wrestling related sports,

The Accredited Introductory and Level 1 Coaching Certificate Course will provide you with the foundation and skills to deliver safe quality coaching, together with the confidence to put together exciting training sessions for your club.

How to Register- Registration is now open, you can be completed by logging into your account on the IAWA website and choose the coaching course. If you cannot register, **please check that you are logged into your account and your account is valid.**

Cost - The cost of the course is €220 per person. A light lunch, teas and coffee breaks will be supplied over the duration.

Female Coaches- To encourage the participation and inclusion of females in the sport of wrestling in Ireland, we are offering **FOUR FREE** places to the **first four** female coaches registered on the course. Female participants sign up and pay the fee in the same way and on completion of the course they will receive a full refund of the course fee.

What to bring on the course? Bring your training gear to change into, wrestling boots (if you have them), a towel with for after working out on the Mat and most importantly, an open mind!

IMPORTANT NOTE – It takes approximately 3 weeks to clear Garda Vetting, please submit your vetting forms as soon as possible if you have not already done so. You can start the course without receiving your Garda Vetting clearance, however you will not receive the cert until it has been cleared by the IAWA.

Places are limited to 16 in total and your place is only confirmed when full payment is received through the website.

Participants will **NOT** be accepted onto the course without advanced registration.

We look forward to seeing you on the day!

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