



## Irish Amateur Wrestling Association CLG.

Email: [irishwrestling@outlook.ie](mailto:irishwrestling@outlook.ie)

Website - [www.irishwrestling.ie](http://www.irishwrestling.ie)

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

The course is available to anyone over the age of 18 who is currently 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 (IAWA) and Coaching Ireland (CI)

and is also recognized by:  
Sport Ireland (SI),  
The Olympic Council of Ireland (OCI)  
United World Wrestling (UWW)  
Insurance Companies

**Pre-requisite** - All participants must have completed Garda Vetting through the Irish Amateur Wrestling Association.

**Course duration** - The course is delivered over 4-days carried out over two weekends. Participants must complete all four days in order to be awarded the certificate.

**The first weekend** will start on Saturday 10th March at **09:00** until **17:00** and Sunday 11th March at **09:30** - 17:00 approximately

**The second weekend** is set for Saturday 24th March and Sunday 25th March - 09:30 - 17:00

**The venue** – The venue will be in Dublin and will be confirmed closer to the date.

**Early registration** is essential as places are limited to 18 and they will go fast!

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

Basic Awareness and Code of Ethics 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 and much more,

**Also included** in the cost of the course is 12 Months Individual Membership to the IAWA and Garda Vetting.

(NB. Coaching Certs are not presented until participants have cleared IAWA Garda Vetting)

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.



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### **Registration**

To register click on [www.irishwrestling.ie](http://www.irishwrestling.ie) , input your details and pay the fee on the Coaching Course page.

You will then receive an email with your IAWA membership number and link to the Garda Vetting Invitation Form

With your unique membership number, you can complete the Invitation to Garda E-Vetting and send it into the IAWA Garda Vetting Unit.

**Cost** - The cost of the course is €220 per person. A light lunch with tea and coffee will be supplied each day.

**Please bring** your training gear with you each day for working on the Mat

**IMPORTANT NOTE** – It takes approximately 3 weeks to clear Garda Vetting  
Do not send the Garda Vetting Fee with the form. This is included in the course fee.

Places are limited to 18 and your place is only confirmed when full payment is received

Participants will **NOT** be accepted onto the course without pre-payment and advance registration.

We look forward to seeing you on the day!

*The I.A.W.A. Coaching Team*