



Irish Amateur Wrestling Association.

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 March & April 2020.

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)

It is also recognized by

- Sport Ireland (SI),
- The Olympic Federation of Ireland (OFI)
- United World Wrestling (UWW)
- Insurance Companies

The course will be run over two weekends, 4 days in total. Participants must complete all four days in full.

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 March 14th at 09:00 until 17:00 and Sunday 15th at 09:30 - 17:00

The second weekend is Saturday, 4th April and Sunday 5th - 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 and to sign up for the course. After signing up for membership you will receive a confirmation email within a short time. If you do not receive a confirmation email please check

Pre-requisites before the course

Garda Vetting – Garda Vetting through the IAWA is a pre-requisite to receiving your certificate when you complete the course. Click on www.irishwrestling.ie/membership/garda-vetting-form to download your Invite to Garda Vetting Form. Please note, you will not receive your Coaching Certificate until you have cleared Garda Vetting through the I.A.W.A. Garda Vetting which takes approximately 3 weeks to process. Being Garda Vetted through any other organisation will not be accepted. Closing date for course applications online is the Wednesday before the course commences.



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Ready to Wrestle-

It is required that all participants complete United World Wrestling's **Free** Educational Online Learning Tool. The 'Ready to Wrestle Certificate'. This short online free online course is designed to update all participants on the rules of wrestling. Once you complete it and download your completion certificate. Please email a photograph or scanned copy of the original certificate to irishwrestling@outlook.ie Click [HERE](#) to start the course

If you have previously sent your cert to us as part of any other IAWA Course, please send an email stating this. We should have it on file.

The instructions for the UWW online 'Ready to Wrestle' Certificate are simple. Click on the link below to the UWW Wrestling Academy Website. You will be asked to register your name and set up a basic profile (Doing the certificate is free, and UWW do not send spam). <https://www.unitedworldwrestling.academy/>

Please make sure that you select IRELAND as your country and choose Freestyle Wrestling as your style of wrestling. If English is not your first language, this is not a problem, you can select your own language on the top right of the screen. If the link does not work by clicking on it, copy and paste it into your browser. Click here for the link -

It takes only a few minutes complete. You will need to complete the certificate on a computer or laptop. It will require your undivided attention and you will need sound. As previously mentioned when you are finished please send a PDF, photograph or scanned copy of the completed certificate to irishwrestling@outlook.ie

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 Introductory and Level 1 course is €180 per person
Garda Vetting €20
Tea & coffee breaks and a light lunch will be catered for each day.

The Venue: The venue will be in Dublin (Exact Venue TBC)

For enquiries please email irishwrestling@outlook.ie

We look forward to meeting you on the course!

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