



# Irish Amateur Wrestling Association.

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

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

Coaching Course March 4<sup>th</sup> & 5<sup>th</sup> /April 24<sup>th</sup> -25<sup>th</sup> 2023

The I.A.W.A. is pleased to announce the next dates for our next Sport Ireland 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,

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 Coaching

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 2023/24
- 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](mailto: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 setting, 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 4<sup>th</sup> March from **09:00** until **17:00** and Sunday 5<sup>th</sup> March at **09:30** - 17:00 approximately

**The Second Weekend** is set for Saturday April 25<sup>th</sup> and 26<sup>th</sup> - 09:30 - 17:00



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**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 14 and they will go fast!

**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 Wrestling,

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 WILL OPEN SOON**. Registration 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 €195 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 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?** Please 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.

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. Coaching Team**