USA Wrestling Coach Certification Courses

As of 4/23/2019

All coaches must be current Wrestling Leader (coach) members of USA Wrestling to take courses or to have task credits awarded. Purchase or track tasks online at www.USAWmembership.com - Click "Manage" and "Coach Certifications."

All courses delivered **online** will be sent to the email on your profile within 1 hour.



Copper - $50 (4 hours online or in-person)
Designed to coach athletes ages 12 and Younger
4 hours, Online Format (Indiana still offers this in-person)
Requirements: Wrestling Leader Membership with USA Wrestling
Check with State Offices or Tournament Directors to determine what level you need.



Bronze - $80 (6 hours online or in-person)
Designed to coach athletes ages 13 and Older
6 hours, Online Format (some states still offer in-person courses)
Requirements: Wrestling Leader Membership with USA Wrestling
Check with State Offices or Tournament Directors to determine what level you need.



Silver - $ Varies
Designed to provide advanced training, networking, and philosophy development.

Tasks:
1. 3D Online Coaching Course, $125, save 10% USAW2015 discount code
2. Co-Instruct a Bronze Class OR attend a USWOA OEP Course (OEP is recommended over teaching a Bronze class.)
3. Attend a Silver Coaches College (@ apx $350 plus travel, etc)
4. Silver Technical Certification (Practice plan and video)
5. CPR/AED
6. Book Report

Requirements: Wrestling Leader Membership plus Copper AND Bronze Certifications.



Gold - $ Varies
Designed for coaches to "give back" to others through designated tasks.

Tasks:
1. Coach Apprentice Program (International Trip - @ or below apx $4,000)
2. Book Report
3. Teach at a Silver College (we recommend this as your last Gold task)
4. Publish an article for *USA Wrestler Magazine* and TheMat.com
5. Mentorship Task
6. Community Service Task
7. One Misc Task using 4D Learning
8. Periodization Task
9. Host a USA Wrestling Tournament or Coaching Clinic (not a Silver College)
10. CPR/AED

Requirements: Wrestling Leader Membership plus Copper, Bronze, and Silver Certifications.

All certifications are valid for life with active membership.

USA WRESTLING

What is the difference between “Membership” and “Certifications?”

Annual coach membership (Wrestling Leader membership) with USA Wrestling requires the following:

1. SafeSport Certification - 90 minute course, free, accessed from your online profile
2. Successful background check through your online membership profile (no outside background checks can be accepted)
3. Purchase your annual Wrestling Leader membership

Certifications (Copper, Bronze, Silver, or Gold) are attached to your USA Wrestling ID number. When you renew your membership profile, your certifications automatically renew as well.

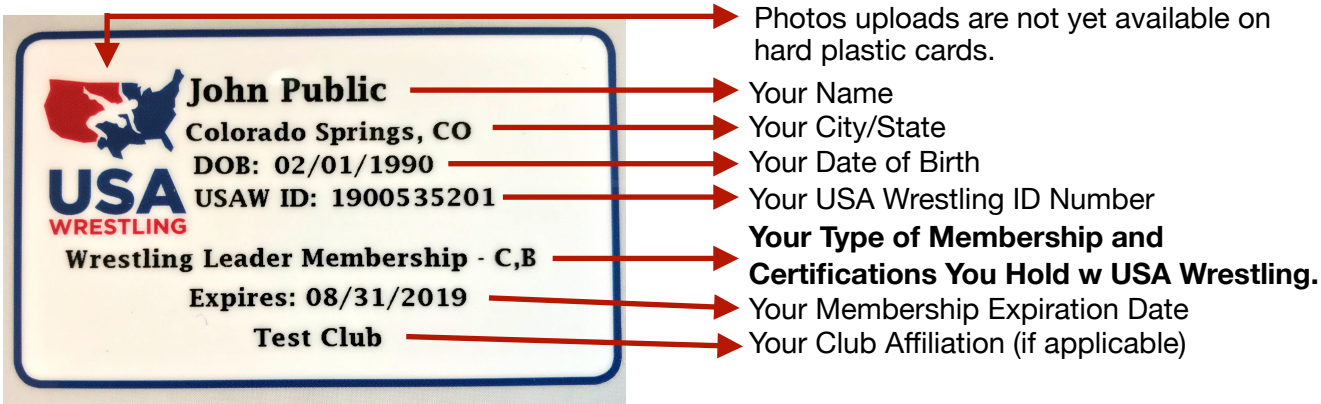
If you create a new profile in our membership system, your certifications won’t automatically follow you. Certifications stay with your USA Wrestling ID number.

Two Types of Membership Cards:

1. Print your membership card from your online profile:



2. Hard plastic membership card ($10) from USA Wrestling



All certifications are valid for life with active membership.