

Job Title: Freestyle Developmental Coach

Introduction:

As the NEUSAW Freestyle Developmental Coach, you will play a pivotal role in the growth and development of Nebraska's National team. This position is responsible for coaching, mentoring, and guiding athletes in the sport of freestyle wrestling, with a focus on developing their skills, techniques, and overall performance. You will work closely with athletes of various ages and skill levels to nurture their talent and help them achieve their goals within the sport.

Key Responsibilities:

1. Technical Instruction:

- Teach and demonstrate freestyle techniques.
- Develop and implement comprehensive training plans tailored to individual athletes' strengths and weaknesses.

2. Strength and Conditioning:

- Oversee strength and conditioning programs designed to enhance athlete's physical fitness, endurance, and agility.
- Monitor athlete's progress and adjust training plans accordingly.

3. Mentorship and Guidance:

- Provide mentorship and emotional support to athletes, helping them navigate the challenges and pressures of competitive wrestling.
- Encourage sportsmanship, discipline, and a strong work ethic.

4. Competition Preparation:

- Prepare athletes for USAW Regional and National Events by organizing practice matches, mock tournaments, and strategizing match plans.
- Analyze opponents' techniques and help athletes develop effective strategies.

5. Video Analysis:

- Utilize video analysis tools to review and critique athletes' performances, offering feedback for improvement.
- Collaborate with athletes to identify areas of improvement and create action plans.

6. Team Building:

- Foster a sense of teamwork and camaraderie among athletes.
- Organize team-building activities and events to strengthen the bond among team members.

7. Safety and Injury Prevention:

- Promote a safe training environment and educate athletes on injury prevention techniques.
- Assist in the management of injuries and facilitate rehabilitation as needed.

8. Documentation and Reporting:

- Maintain accurate records of athletes' progress, training plans, and competition results.
- Provide regular reports and updates to the National Team Committee.

Qualifications:

- Previous experience as a Freestyle wrestling coach or athlete at a competitive level.
- In-depth knowledge of Freestyle wrestling rules, techniques, and strategies.
- Strong communication and interpersonal skills for working with athletes, parents, and fellow coaching staff.
- Background check and compliance with all relevant coaching certifications and requirements set forth by the State governing body Nebraska USA Wrestling and the National governing body USA Wrestling.
- First Aide and CRP certification (or willingness to obtain).
- Strong organizational skills for planning and scheduling training sessions and competitions.
- Patience, enthusiasm, and a genuine passion for developing athletes.
- Ability to adapt coaching methods to accommodate athletes of different skill levels and ages.
- Commitment to promoting a positive and inclusive training environment.

Working Conditions:

This position may require evening and weekend hours to accommodate practice and competition schedules. Additionally, the role does include traveling with the team to events and tournaments.

Conclusion:

As the Freestyle Developmental Coach, you will be instrumental in shaping the future of wrestlers by imparting your knowledge, guidance, and mentorship. Your dedication to fostering both technical and personal growth will contribute to the success of the athletes and the overall development of the sport.