

REQUIREMENTS AND CRITERIA FOR NATIONAL COACHES GRADING 2019:

1. Requirements (prerequisites) for evaluation/ grading to National Level 1, 2, 3, and 4:
 - Grading to National Level 1 – Coaches must have a Provincial level 3 coaches (Provincial Instructor) grading. Coaches must be registered as a coach at provincial level for a minimum of three (3) years.
The SAWFCC still use the UWW practical syllabus as the basis for our National practical syllabus and the guideline we use as a standard for provincial levels of coaching are as follows:
Provincial Level 1: Yellow and Orange
Provincial Level 2: Yellow, orange, green and blue
Provincial Level 3: Yellow, orange, green, blue, brown and black
 - Grading to National Level 2 – Must have a National level 1 coaches grading for one full calendar year.
 - Grading to National Level 3 – Must have a National level 2 coaches grading for one full calendar year.
 - Grading to National Level 4 – Must have a National level 3 coaches grading for one full calendar year.

New National level 1, 2 and 3 gradings will only become effective at the beginning of the following calendar year once the coach successfully completed the examination process.

Evaluation requirements for National level 1, 2, 3, and 4

Background and general information:

The theoretical and practical testing are two separate requirements and coaches must pass both respectively. Coaches need to successfully obtain the minimum required percentage to be promoted to the next National level which includes levels 1, 2 and 3.

If a coach isn't successful in passing any one of the two examinations, he/ she may repeat that particular examination at the next course in the following 12 months up until the corresponding course in the following year, after which he/ she must repeat both the theoretical and practical examination. Coaches failing both examinations will have to repeat the course and examinations.

Remember coaching at National level is not limited to physical coaching of wrestlers. Coaches must have the ability to educate other instructors and coaches and assist them in training where necessary.

Your ability to organise and manage wrestling related activities, must to be developed and will be evaluated during the evaluation process.

National Level 1:

Theoretical examination: (pass mark 75%):

- National Questionnaire level 1, 2 and 3
- UWW Wrestling Rules available on the UWW webpage at: https://unitedworldwrestling.org/sites/default/files/2018-12/wrestling_rules.pdf.
- Long Term Participant Development Plan

Practical examination:

- 10 Basic Skills together with the practical application of these during the demonstration of techniques and technical skills.
- The application and theoretical description of the following terms: Setting-up of opponent, breaking the balance of opponent and counter attacks.
- UWW Practical syllabus: Bronze level.

National Level 2:

Theoretical examination: (pass mark 80%):

- National Questionnaire level 1, 2 and 3
- UWW Wrestling Rules available on the UWW webpage at: https://unitedworldwrestling.org/sites/default/files/2018-12/wrestling_rules.pdf.
- Long Term Participant Development Plan

Practical examination:

- 10 Basic Skills together with the practical application of these during the demonstration of techniques and technical skills.
- The application and theoretical description of the following terms: Setting-up of opponent, breaking the balance of opponent and counter attacks.
- UWW Practical syllabus: Silver level.

National Level 3:

Theoretical requirement:

- Three written assignment must be handed in before the course starts.

- One of these assignments must be presented in 20 minutes in the presentation during a course.
- The assignment must have a proper layout containing an introduction, discussion, application, conclusions and a list of sources. It should be ± 2000 typed words (font on bigger than - Arial pt. 12) per assignment.

The topics for the assignments are as follow:

1. General Conditioning and fitness for wrestlers.
2. Wrestling techniques/ technical skill and the analysis thereof.
3. Diet and nutrition for wrestlers.
4. Weight reduction for wrestlers.
5. Motivation as a tool in coaching.
6. Improving performance for wrestlers.
7. Long Term Participant Development.
8. Typical injuries in wrestling and the treatment thereof.
9. Psychological and emotional preparation of athletes.
10. Preparation and planning for a National team (Short, medium and long term)
11. Improving strength, speed, endurance, balance and technical skills in wrestlers.
12. Emotional intelligence in wrestling.

Practical Examination:

- 10 Basic Skills together with the practical application of these during the demonstration of techniques and technical skills.
- The application and theoretical description of the following terms: Setting-up of opponent, breaking the balance of opponent and counters to techniques
- UWW Practical syllabus: Gold level
- Planning and execution of a normal training session in 15 minutes.

National Level 4:

1. Presenting and organising a provincial coaching course on a time and place of his/her choice. The SAWFCC needs to be informed of all arrangements, documentation and programs for the course.
2. Practical testing UWW syllabus yellow, orange, green, blue, brown, black, bronze, silver, gold level as part of the course.
3. Write a complete LTPD program.

4. National Level 4 syllabus – Preparation, submission and presentation of an assignment as determined in the syllabus, at the abovementioned course.
5. The coach must send a letter to the SAWFCC in which he/ she indicates that they want to be graded at National Level 4, indicating the planned topic of his/ her assignment. The topic needs to be approved and accepted by the SAWFCC. The topics of the National level 3 assignment can be used as a guideline, but coaches aren't limited to these topics.
6. The SAWFCC must be notified 60 day's in advance of when and where he/ she wants to present the course.
7. The complete assignment and presentation plan must be handed in 21 days before the course.

SAWFCC
21 January 2019