

Copper Certification

Course contains a minimum of:

- * 4 hours of online instruction
- * 2 hours recommended research on provided Copper Level resources

Topics covered in the 6 course modules cover 40 standards including:

- * History & Styles of Wrestling
- * Core Olympic Values
- * ADM and Coaching Philosophy
- * Coaching and Communication
- * Risk Management and Safety
- * Nutrition and Competition Tips



COACHING PROGRAM
IN COMPLIANCE WITH NATIONAL STANDARDS

Sponsored by:



MARINES



**USA
WRESTLING**

recognizes

Olivia Snow

for successfully completing the Copper Level Coaching Certification
of USA Wrestling's National Coaches Education Program (NCEP).

USA Wrestling
Executive Director

National Coaches
Education Program
Manager



**COPPER
CERTIFIED COACH**