

## Bronze Certification

Contains a minimum of:

- \* 6 hours of online instruction
- \* 3 hours recommended research on provided Bronze Level resources including readings in the USA Wrestling Coaches Guide to Excellence.

Topics covered in the 8 course modules cover 40 standards including:

- \* Philosophy and Ethics
- \* Safety and Injury Prevention
- \* Physical Conditioning
- \* Growth and Development
- \* Teaching and Communication
- \* Sport Skills and Tactics
- \* Organization and Administration
- \* Evaluations



# USA WRESTLING

recognizes

## Thomas Marable

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



**COACHING  
PROGRAM**  
IN COMPLIANCE WITH NATIONAL STANDARDS