

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