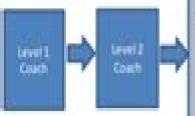
USAW Coach Advancement Diagram

Updated 6/1/72



Base requirements:

- Background Check
- SafeSport Training
- USADA Coaches Advantage
- Current Coach Certification (below the level being applied fort



An Athlete can only be claimed once per advancement application. For clarity, the Coach has to produce different athletes. Le. An Athlete ottending the American Open Finals AND National Junior Championships counts as 1 x Athlete. Adhletes listed on an application. must have the applicant coach listed as their primary coach in their membership accounts.

Athlete Production Requirement

National Coach: 12 Points

Continuou of

- I x Athlete to National Championships = 6 points
- 1 x Athlete to North American Open Finals, National It Championships. and NVF Calendar event. (foutl/junior/Senior) or Mayten World Champion = 3 points
- 1 x Athlete to North American Coses Socies or Mattenul Univ. Championships who meet the NAO Final topen division) qualifying total = 3 points.
- 1 x Athlete to National Youth Championships (16-17 age group only) = 2 points.
- 3 v Athlete to National Youth Champions Nos funder 15 age group?* or earning Marten National Champion + 1 point "Max of 2 per application," must attain the 16-17 age cat.

qualifying total.

International Coach: 4 Points

Combination of - 1 x Athlete to

- Olympic Games, 1967 World Championships (Sr.), NWF World Cop. Youth Olympic Games or Fan American Games (Sr. or Jr.) = 4 points.
- 1 x Athlete to IWF Aurillo Winds Championships or Pan American Championships (Sr.) + 2 points.
- (1 point bonus for medal in total)

Coach

- 1 x Attricts to IWE Youth World Champs. Pan American Champs lik. Youth/UIS) +1 point £1 point bonus for medal in total):
- 1 1 Albierte 16 DAT Grand Prix or other previously labeled Gold or Silver events

+ 1 point

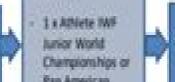
Senior International Coach: 4 Points (In addition to International)

- Combination of: - 1 x Athlete to Olympic Games. **DUT World** Championships.
- **FWF World Cup.** Youth Dlympic Games or Pan-
 - American Games (Sr. or Jr.) + 4. podetts.
- Junior World Championships or Pan American Championships (Se.) = 2 points. (1) point boxus for
- · 1 x Athletes to **FWF Youth World** Championships + 1

medal in total)

point (I point bonus for medal in total)







Usaw Level 1 Sports Performance Coach Manual

Canadian Badminton
Association, National Coaching
Certification Program (Canada)

Usaw Level 1 Sports Performance Coach Manual:

NSCA's Guide to High School Strength and Conditioning Patrick McHenry, NSCA - National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator **Orthopedic Clinical Examination** Michael P. Reiman, 2016-01-28 Orthopedic Clinical Examination With Web Resource provides readers with fundamental knowledge for developing proficiency at performing systematic orthopedic evaluations Michael P Reiman who is internationally respected for his teaching clinical practice and research focused on orthopedic assessment and treatment methods presents an evidence based guide on the examination process for various parts of the body. The text takes a structured approach moving from broad to focused that guides clinicians in examining each client and condition The text presents specific components of the examination in the same sequence ensuring repetition and improved consistency in learning Screenings are used early in the examination sequence not only to determine the appropriateness of performing an orthopedic examination but also to rule out other potential pain generators and thereby narrow the focus of the examination Orthopedic Clinical Examination emphasizes evidence based practice and therefore focuses on tests that are clinically relevant providing students and clinicians with the most appropriate testing options rather than listing tests with no regard for their clinical value Both treatment based and pathological based diagnostic styles are covered in detail so that readers will gain a thorough understanding of both approaches and be able to implement them separately or in tandem In addition to musculoskeletal testing the text provides information on including subjective history observation diagnostic imaging systems and neurological screening and performance based measures in each examination. The text is organized into five parts and is structured such that readers will first acquire requisite knowledge about anatomy and the examination process before advancing to acquiring specific examination skills Part I presents information about the musculoskeletal and nervous systems as well as tissue behavior and healing Part II introduces the principles of the examination sequence Parts III and IV present the region specific examination sequence for evaluating clients including specifics on analyzing the head spine and extremities Each chapter in these two parts covers the anatomy of the region various types of injuries that occur specific tests and measures that can be used and cross references to specific case studies for further review Part V highlights additional considerations that may be necessary for special populations during the examination process Orthopedic Clinical Examination includes learning tools that enhance comprehension and engagement Full color photographs and illustrations demonstrate anatomy patient conditions and clinician positioning to serve as a visual reference and ensure proper testing techniques A library of 50 videos found in the web resource provides students with visual demonstrations of assessments and treatments Color coding graphics throughout chapters help readers quickly discern whether evidence supporting the reported finding is ideal

good or less than good Overviews of common orthopedic conditions for each body region are in the 12 applied chapters Twenty four case studies guide users in the proper questions to ask and steps to take in conducting examinations Links to abstracts of articles provide additional clinical learning scenarios For instructors an image bank test package and instructor guide with activities aid in teaching and testing students The web resource and ancillaries are available at www HumanKinetics com OrthopedicClinicalExamination With Orthopedic Clinical Examination current and future clinicians will gain the knowledge and confidence they need in performing examinations and making diagnoses in clinical settings Weightlifting Coaching Accreditation Course Lyn Jones, United States Weightlifting Federation, 1993 National Coachina Development Program: Coach's Manual, Level 1, Theory Ontario. Sports and Fitness Division, 1978 Technical Manual Canadian Badminton Association, National Coaching Certification Program (Canada), 1981 The Manual Tason DeMayo, 2016-06-24 THE MANUAL VOL 1 is the first publication from Central Virginia Sport Performance In THE MANUAL VOL 1 you will find chapters from ten individuals who have had an immense impact on everything we do at CVASP Our hope with this book is that each reader takes something useful from the information presented that they can use to make their athletes perform better Whether that is through respiratory muscle training Chpt 10 velocity based training Chpt 7 or even training based on muscle fiber type Chpt 5 FEATURES OF THIS BOOK INCLUDE Quick and concise chapters that are easy to read 161 pages of practical considerations for strength and conditioning coaches to use immediately with their athletes In depth examples and personal experiences from each author that the reader can easily apply to their own situations no matter what level the coach or athlete Brief bios for each author at the end of their respective chapter that describes the impact they have had on the strength and conditioning field THE CHAPTER LIST INCLUDING AUTHORS AND TITLES IS AS FOLLOWS Chpt 1 Dr Mike Gentry The Collegiate Strength and Conditioning Coach From Survival to SignificanceChpt 2 Kevin Dawidowicz Sports Science on a BudgetChpt 3 Yosef Johnson Injury ReductionChpt 4 Jeff Moyer Breaking Bad HabitsChpt 5 Henk Kraaijenhof Muscle Fiber Specific TrainingChpt 6 Dr Natalia Verkhoshansky Training Program for Off Season Physical Preparation of Basketball PlayersChpt 7 Dr Bryan Mann VBT In SeasonChpt 8 Dr Ben Peterson Possible Physiological Factors Contributing to Fatigue in Team Sport AthletesChpt 9 Dan Raimondi Implementing and Integrating MAS Training for Team Sport AthletesChpt 10 Matt Thome Respiratory Muscle Training **Coaching Manual** Association canadienne des sports en fauteuil roulant, Programme national de certification des entraîneurs, 1984* The Manual Matt Thome, Jav DeMayo, Andrew White, Anthony Carney, Mike Thomson, Mike Dahlem, Kessa Kuyper, 2022 Coaching Certification Program Australian Strength and Conditioning Association Level 1 Coaching Course Resource Manual : Level 1 Manual ,1978 Australian Sports Commission, 2007

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