

USAW Coach Advancement Diagram

Updated 1/1/24



Base requirements:

- Background Check
- Safesport Training
- USADA Coaches Advantage
- Current Coach Certification (below the level being applied for)

Athlete Production Requirement

National Coach: 12 Points

- Combination of:
- 1 x Athlete to National Championships = 6 points
 - 1 x Athlete to North American Open Finals (open division), National Jr Championships, and IWF Calendar event (Youth/Junior/Senior) or Masters World Champion = 3 points
 - 1 x Athlete to North American Open Series or National Univ. Championships who meet the NAO Final (open division) qualifying total = 3 points
 - 1 x Athlete to National Youth Championships (16-17 age group only) = 2 points
 - 1 x Athlete to National Youth Championships (under 16 age group)* or earning USAW Masters National Champion = 1 point (Max of 3 per application)

International Coach: 4 Points

- Combination of:
- 1 x Athlete to Olympic Games, IWF World Championships (Sr.), IWF World Cup, Youth Olympic Games or Pan American Games (Sr. or Jr.) = 4 points
 - 1 x Athlete to IWF Junior World Championships or Pan American Championships (Sr.) = 2 points (1 point bonus for medal in total)
 - 1 x Athlete to IWF Youth World Champs, Pan American Champs (Sr., Youth/U15) = 1 point (1 point bonus for medal in total)
 - 1 x Athlete to IWF Grand Prix or other

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

- Combination of:
- 1 x Athlete to Olympic Games, IWF World Championships, IWF World Cup, Youth Olympic Games or Pan American Games (Sr. or Jr.) = 4 points
 - 1 x Athlete IWF Junior World Championships or Pan American Championships (Sr.) = 2 points (1 point bonus for medal in total)
 - 1 x Athletes to IWF Youth World Championships = 1 point (1 point bonus for medal in total)

Level 1 Coach

Level 2 Coach

National Coach

International Coach

Senior International Coach

An Athlete can only be claimed once per advancement application. For clarity, the Coach has to produce different athletes. I.e. An Athlete attending the American Open Finals AND National Junior Championships counts as 1 x Athlete. Athletes listed on an application must have the applicant coach

Usaw Sport Performance Coach Manual

Jamie Hale



Usaw Sport Performance Coach Manual:

Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2021-03-30 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning providing students coaches and athletes with everything they need to design and implement effective training programs Revised and updated for a second edition the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed step by step guides to all key training methodologies including training for strength speed endurance flexibility and plyometrics The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning Throughout the book the focus is on the coaching process with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations Strength and Conditioning for Sports Performance includes a unique and extensive section of sport specific chapters each of which examines in detail the application of strength and conditioning to a particular sport from soccer and basketball to golf and track and field athletics The second edition sees this section expanded to include other sports such as rugby union rugby league and American football The book includes contributions from world leading strength and conditioning specialists including coaches who have worked with Olympic gold medallists and international sports teams at the highest level Strength and Conditioning for Sports Performance is an essential course text for any degree level student with an interest in strength and conditioning for all students looking to achieve professional accreditation and an invaluable reference for all practising strength and conditioning coaches

Strength Training for Football NSCA -National Strength & Conditioning Association, Jerry Palmieri, Darren Krein, 2019-09-10 Absolute strength Sharp acceleration Explosive power The modern era of football demands that athletes in all positions are exposed to quality strength training programs that translate strength gains into better performance on the field and limit athlete vulnerability to injury Developed with the expertise of the National Strength and Conditioning Association NSCA Strength Training for Football shows you how to design resistance training programs that will help athletes excel on the field The book will help you understand the specific physical demands of the six groups of positions offensive and defensive linemen tight ends fullbacks and linebackers wide receivers and running backs defensive backs quarterbacks and kickers and punters You will also find the following 11 testing protocols for measuring and assessing athletes strength power speed agility endurance and anaerobic capacity 11 total body exercises with 14 variations 20 lower body exercises with 13 variations 23 upper body exercises with 29 variations 15 core exercises with 35 variations 115 sample programs 90 of which are position specific for off season preseason in season and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained beginning

position and movement phases breathing guidelines modifications and variations and coaching tips to guide you in selecting the right exercises for a program You ll also learn how to structure those programs based on the goals and length of each season and for each position Backed by the NSCA and the knowledge and experience of successful high school college and professional football strength and conditioning professionals *Strength Training for Football* is the authoritative guide for creating football specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the field Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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

Confessions of a Certified Personal Trainer Robert Linkul MS CSCS, 2011-06-27 Robert's commitment to the personal training business earned him the honor of serving the National Strength and Conditioning Association as their Northern California State Director 2010-2012 Robert has his masters degree in personal training his bachelors degree in kinesiology is a certified strength and conditioning specialist with distinction a certified NSCA certified personal trainer with distinction as well as a certified USA Weightlifting Level I coach I have grown tired of all the fads and myths of the certified personal training business and decided I would put out a email to all my clients discussing a topics like site specific reduction or crash diets The support I received after sending out the first newsletter inspired me to keep writing My goal is to change the way people think of fitness I call it the fitness revolution This book is a combination of education experience and research all put together and thrown down on paper These are my confessions as a certified personal trainer Many trainers will not tell you information like you will read in this book That is why I call it a revolution We are breaking away from the norm and developing something new With science and research as my guide I will educate you on a new way to train the right way to training

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

Coach's Guide to Excellence USA Wrestling (Organization),1995 Should I Eat the Yolk? Jamie Hale,2010-04-20 Americans are bombarded new diet fitness and health claims everyday many repeated in the media without fact checking This guide details the research behind 100 of claims to inform readers about which ones will actually work to help them lose weight get in shape and achieve good health The Weightlifting Encyclopedia Arthur J. Drechsler,1998 Lifting weights is perhaps one of the fastest growing athletic activities of recent years While many lift weights many more would like to do so if they simply knew how to go about it And those who know the most about weightlifting serious competitive weightlifters are not very accessible to the public This book reveals the secrets of weightlifting in material culled

from more than 30 years of competitive experience a review of more than 60 years of weightlifting literature and extensive interviews with many of the greats of the sport Men's Health ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *USA Weightlifting Coaching Accreditation Course* Lyn Jones,United States Weightlifting Federation,1993 **Who's who in America** ,2003 *The Manual* Jason

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 **The Manual** Tim Pelot,Mike Thomson,Sam Gardner,2020-10-15 THE MANUAL VOL 5 is the fifth publication from Central Virginia Sport Performance In THE MANUAL VOL 5 you will find ten unique chapters from ten world class individuals who have had an immense impact on everything we have done and will continue to do here at Central Virginia Sport Performance As with everything that we produce we are hopeful that this book will provide useful and applicable information to not only assist the readers in helping their athletes perform better but also drive better conversations between practitioner This includes chapters of similar subjects to help practioners come to better conclusions on stratiges to improve such important topcis like retrun to sport after injury Chapters 3 and 4 speed development Chapters 5 and 6 and how to increase transfer of training to the sporting event Chapters 8 and 9 We hope that at least one of these chapters can assist the great coaches who have been involved with CVASP in helping their athletes reach their goals FEATURES OF THIS BOOK INCLUDE Quick and concise chapters that are practical and easy to read 191 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 Chapter 1 Standardization for Strength Coaches by Andrew White Chapter 2 Using Actionable Data Sets to Close Communication Gaps Between Service Departments by Dr Dustin Nabhan David Taylor and Sam Gardner by Andrew White Chapter 3 Embracing Complexity The Performance Therapy Playbook for Return to Performance Programming by Dr Jas Randhawa Chapter 4 Creating a Return to Play Framework by Nate Brookreson Chapter 5 Sequenced Development of Sprint Speed from the Track to the Field and Dr Brad DeWeese and Dustin Perry Chapter 6 Physical Movement Development The Concepts of Rehearsal and Rythm by James Radcliffe Chapter 7 Accentuated Eccentric Loading for Strength Power Athletes Theory and Efficacy by Dr John Wagle and Dr Brad DeWeese Chapter 8 The Training Effect by Dr Michael Yessis Chapter 9 Team Sports Not Our Fathers Transfer of Training by Jake Jensen Chapter 10 Mentorship by Mike Thomson and Tim Pelot

The Manual Matt Thome, Jay DeMayo, Andrew White, Anthony Carney, Mike Thomson, Mike Dahlem, Kessa Kuyper, 2022 **Better Coaching** Frank S. Pyke, Australian Sports Commission, 2001 Provides updated information on the sport sciences including anatomy physiology psychology biomechanics and skill acquisition which are vital for coaches in a range of sports Features practical guidelines to develop athletes case studies and anecdotes to demystify technical sports science information

The Manual Teena Murray, Andrew White, Fergus Connolly, 2019-06-12 THE MANUAL VOL 4 is the fourth publication from Central Virginia Sport Performance In THE MANUAL VOL 4 you will find ten unique chapters from ten world class individuals who have had an immense impact on everything we have done and will continue to do here at Central Virginia Sport Performance As with everything that we produce we are hopeful that this book will provide useful and applicable information to not only assist the readers in helping their athletes perform better but also drive better conversations between practitioner Whether that is through developing a positive culture Chapter 6 looking deeper into means of training rotation with athletes Chapter 5 or even diving deeper into sleep and its impact on athletes ability to adapt to the training stimulus we coaches are hoping to provide Chapter 10 we hope that at least one of these chapters can assist the great coaches who have been involved with CVASP in helping their athletes reach their goals

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THE CHAPTER LIST INCLUDING AUTHORS AND TITLES IS AS FOLLOWS Chapter 1 Operationalizing Excellence The Performance C O D E by Teena Murray Chapter 2 Differences Between Tactical and Collegiate Strength and Conditioning by Andrew White Chapter 3 The Performance Director s Secret Soft Syllabus by Fergus Connolly Chapter 4 Mental Resilience

Training by Dan A Pfaff Chapter 5 Summation of Force by Jeff Moyer and Brian Matthews Chapter 6 Culture Club A Story of Struggle and Growth in High Performance Sport by Devan McConnell Chapter 7 The Team Behind the Team by Keenan Robinson Chapter 8 Boring Stuff Works by Andrew Althoff Chapter 9 Sport Science Data Infrastructure by Landon Evans Chapter 10 Sleep and Adaptation by Dr Eric Korem **Coaches' Guide** United States Olympic Committee. Sport Psychology Staff, 2006 The In-Season Training Manual Jason Shea, 2012-09-01 You've trained hard all off season Now that the competitive season has begun how do you maintain your hard earned results What good is it for an athlete to be their strongest quickest and most powerful at the beginning of season only to see those gains slowly deteriorate as the season progresses Are you interested in How to maintain or even increase strength during season How to decrease risk of injury How to preserve gains in speed and power Perform at optimal levels all season long The answers to these questions and more are now available with the In Season Training Manual the first book dedicated to the topic of in season training Written by owner of APECS corp College Professor Municipal Police Training Committee Statewide Health and Wellness Coordinator and PICP Level IV International Strength Coach Jason Shea M S the In Season Training Manual is a 256 page comprehensive guide to In Season Training **The Manual, Vol. 2** Jason T. Demayo, 2017-03-31 THE MANUAL VOL 2 is the second publication from Central Virginia Sport Performance In THE MANUAL VOL 2 you will find ten chapters from ten individuals who have had an immense impact on everything we have done and will continue to do here at Central Virginia Sport Performance As with all of our content we are hopeful that this book will provide useful and applicable informant to not only assist the readers in helping their athletes perform better but also drive better conversations between practitioners Whether that is through vision training Chpt 10 agility training Chpt 4 or even looking at the aerobic system Chpt 7 we hope that at least one of these chapters can assist the great coaches who have been involved with CVASP in helping their athletes reach their goals FEATURES OF THIS BOOK INCLUDE Quick and concise chapters that are easy to read 191 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 Michael Yessis How to Improve Performance on the Field Chpt 2 Bob Aljeo We Talk About It But Do We Teach It Chpt 3 Cal Dietz and Matthew Van Dyke Glute Layering Model Chpt 4 Kier Wenham Flatt Training Agility in Team Sports Chpt 5 Hakan Andersson A Brief Introduction into Sprinting in General and Acceleration in Particular Chpt 6 Jeff Moyer The Shock Method How and where to start Chpt 7 Carl Valle Designing the Aerobic Component of Team Sport Chpt 8 Mike Robertson A Look into the Long Term Development of Soccer Players Chpt 9 Derek Hansen CSCS Applying the Concept of Microdosing in Performance Training Scenarios Chpt 10 Jeff Moyer Vision Training In Athletic Performance the eyes don't lie *The*

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web apr 12 2009 hi long time lurker on this forum i picked up this shotgun today it has hercules montgomery ward markings and it's a 16 gauge it doesn't have a serial number and it's over 50 years old that's all i know can anyone provide more info on those shotguns is there online resources that can help me get some history on this brand

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web 106 00 used other model montgomery ward hercules shotgun 20 ga 28 sold location lebanon oh 45036 sold date 10 9 2023 12 00 00 am 230 00 used iver johnson hercules 32 barrel 2 75 12 ga fixed mod full sxs shotgun other length sold location twin falls id 83301 sold date 10 5 2023

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web montgomery ward co hercules 410 shotgun description proof tested 410 gauge side by side double barrel shotgun with

26 inch blued barrels with a raised solid rib with a front bead and mid bead sight double triggers top tang mounted safety case hardened receiver with strong colors checkered wood forearm and pistol grip stock are

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web dec 12 2012 the only markings on it are hercules montgomery ward co pat april 20 1915 on the left side of the receiver and pat applied for on the right side it has a single non inertia trigger and a single extractor not ejector the only markings on the barrel read proof tested 12g

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web caliber 12 ga s n 60923 brl length 30 good plus condition break action select forged steel barrel with a bore that shines very bright having a single bead front sight and factory bluing that shows some light freckling spotting and very minor thinning on the muzzle the receiver frame shows some traces of case coloring and freckling with

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web jul 26 2011 description stevens wards hercules model 10 16 ga single shot break action shotgun with 30 in mod choke bbl this is a stevens 94a badged and sold by montgomery ward back in the day as a wards hercules model 10 the bore is not bright the forearm is not secure and the barrel has a distinct upward bend so who are we

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web oct 31 2012 the guns were made for and sold by the montgomery ward company a retail chain store with offices in chicago il this gun can be identified as have been made by stevens

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web apr 2 2008 montgomery wards never made a gun they sold guns from a lot of different makers your hercules is the wards version of some gun with a famous name if you d tell us if it s a pump single shot or double barreled side by side it would help also if you tell us exactly all the words stamped on the barrel it might help

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web montgomery ward hercules description guns listing id 649357 used needs to be cleaned ay sold manufacturer

montgomery ward model hercules condition used non certified barrels 30 barrel gauge info 16 ga finish blue

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web mar 16 2009 receiver left side hercules nothing else on the exterior receiver inside left rail 99 55 8 i don t know if any of this leads to the model number don t know what gauge who this was made for montgomery ward etc this shotgun is as plain as anything i have ever seen nothing ornate