



Information on Hosting a Coach Course



“Rise Up!”



Video Link: <https://www.youtube.com/watch?v=cX80AzzZP5A>

Role of Coaches

Coaches play a vital role in the development of an athlete in para powerlifting and the overall growth of the sport within a country.

They are the experts in para powerlifting talent identification, athlete development, technique and strategy, and help an athlete grow and succeed in para powerlifting.

Coaches train and motivate athletes ahead and during para powerlifting competitions.



Description of the Course



Coach courses are offered at the introductory and elite levels, and provide participants entry or advanced instruction to successfully comprehend, train athletes and compete under the Technical Rules and Regulations.

The courses detail coaching, tactical and training philosophies and features a variety of lectures, discussions and practical sessions.

Courses run for 3 days from 9:00 AM to 5:00 PM with breaks in the morning, afternoon and for lunch. The course and examination will be delivered in English but the LOC can provide a translator for course content, if required.

Benefits of Hosting a Course

Hosting an official Coach Course has many benefits:

- Opportunity to develop a large number of coaches with minimal costs for participants
- Provides opportunity of instruction from WPPO and IPC Certified Educator with official content
- Ensures coaches are taught with most recent Technical Rules and Regulations
- Improves para powerlifting knowledge nationally
- Enhances the ability for coaches to provide feedback to athletes for their development
- Opportunity for athletes to participate to have further understanding and clarity regarding the Technical Rules and Regulations



Qualifications of Course Candidates

The requirements to participate are simple; participants must:

- Have an interest in para powerlifting or be currently coaching powerlifting or a similar strength sport

A minimum of 6 candidates are required to take part in the course and a maximum of 15 candidates can take part in a course.

Candidates can be from both the host NPC and other NPCs.



Benefits of Course Participants



Participating in a coach course has many benefits, including:

- Satisfaction and enjoyment of being involved in the sport
- Learning techniques and strategies about coaching athletes in para powerlifting
- Opportunity to coach and develop athletes
- Chance to qualify athletes to represent the country for national and international competitions
- Opportunity to develop friendships with people from different countries and backgrounds

Course Room and Equipment Requirements

To run a coaching course, the following is required:

- Large meeting space with a capacity of 16 people
- Tables and chair for each candidate and the educator
- Projector and screen (With necessary cables and computer connectors)
- Flipchart/whiteboard with markers
- Basic stationary supplies (Pens and paper for each candidate, stapler)
- Access to a para powerlifting bench, bar and discs (~20 kg total)
- Access to an athlete's kit (Suit, t-shirt, shoes, socks, bra, straps, belt, wrist straps)
- Access to a printer and scanner with a supply of paper
- Access to internet for the educator
- Daily refreshments for candidates and educator (Water, coffee and tea)
- NPC staff member or volunteer to support the course needs and tasks



LOC Responsibilities and Costs



The LOC is responsible for the arrangements and costs of:

- Room and equipment requirements
- Appointed educator's arrangements (Flight, transportation, visa, accommodations, meals and incidental costs)
- Daily refreshments for candidates and educator (Water, coffee and tea)
- If less than 7 candidates, the educator fee of 600 EUR
- Candidate fee of 150 EUR for each own-NPC participant
- NPC staff member or volunteer to support the course needs and tasks
- Translator service fee (If required)

Example Schedule: Coach



Day 1	
09:00-9:30	Welcome session and introduction to WPPO
9:30-10:00	Role of the coach
10:00-10:30	Coaching principles and philosophy
10:30-12:00	Athlete eligibility and talent identification
12:00-13:00	Lunch break
13:00-14:00	Minimum qualification standards and the competition cycle
14:00-14:30	Start list and AH Formula
14:30-15:30	Competition processes: Kit check and weigh in
15:30-16:30	Attempt cards
16:30-17:30	Question, answer and clarification period

Day 2	
09:00-9:30	Day 1 recap and review
09:30-10:30	Muscles used in para powerlifting
10:30-11:15	Coaching plan
11:15-12:00	Training cycle and periodization
12:00-13:00	Lunch break
13:00-14:30	Lift phases
14:30-15:30	Lift evaluation
16:30-17:30	Question, answer and clarification period

Day 3	
09:00-9:30	Day 2 recap and review
09:30-12:00	Competition rules
12:00-13:00	Lunch break
13:00-16:30	Competition forms
16:30-17:30	Question, answer, clarification and certificate presentation

Course Application and Hosting Process



To apply to host a Technical Official Course, an LOC must complete and submit a form with basic information at least 2 months before the desired date.

- Form link: www.paralympic.org/powerlifting/education/coaching

WPPO then:

- Receives and confirms the course (Typically within 1 week)
- Appoints an educator
- Provides the LOC the educator's contact information
- Provides the LOC the document "Guide to Hosting a Coaching Course" with further information, a task list and the required documents

To host a Coach Course or for more information,
please contact:

- **Email:** info@WorldParaPowerlifting.org
- **Phone:** +49-228-2097-200
- **Website:** WorldParaPowerlifting.org

