

**Article 21**

**GRADING STRUCTURES FOR WRESTLING COACHES (SOUTH AFRICA)**

<b>LEVEL</b>	<b>TECHNICAL</b>	<b>PRACTICAL</b>	<b>THEORY</b>	<b>GENERAL</b>
Level 1	Clinics Tie-ups, set-ups, basic skills Training preparation Training sessions 12 Hours	Years of coaching Minimum of 3 years	General knowledge Attending courses Internal & External Documents needed 5 hours	Written examinations Level 3 provincial coaches will start working for national Level One (12 hours)
Level 2	Clinics Using level 1 technical skills and more complicated techniques 16 hours	Years of coaching Minimum of 4 years	General knowledge Attending courses Internal & External Documents needed 10 hours	Written & Verbal examinations Previous gradings. Tasks will be given as soon as level is completed. When Level 2 is completed, a coach qualifies to accompany cadet teams internationally. Satisfying the committee of his/her commitment, involvement to the future stars group of wrestlers.
Level 3	National programmes 2 full day courses 30 hours	Years of coaching Minimum of 4 years  Internal & external documentation needed for attending courses	National courses 5 written tasks	Passing of the practical and theoretical examinations. Completion of 5 written tasks to the satisfaction of the examination panel. Previous gradings. When level 3 is completed, a coach qualifies to accompany Junior/Senior teams (normal international competition). Satisfying the committee of his/her commitment, involvement of the Elite group of wrestlers. Full instructor when Level 3 is completed. Qualifies of SA colours when Level 3 is completed.
Level 4	Knowledge and practical: (1) Should attend clinics internationally (3) Analysis of wrestling techniques (5) Typology of the strategy, techniques and of wrestling (7) Control of lower level trainers (9) Training (11) Historic overview of the development of wrestling (13) Nature of training for wrestlers (15) Physical training for the wrestler (17) Psychological preparation	(2) Presenting of clinics in provinces (4) The biomechanics of wrestling (6) Physical preparation (8) Organisation and planning of athletic preparation (10) The value, role and objective of wrestling (12) Terminology & classification of wrestling techniques (14) Principles of training for wrestling (16) Technical and tactical development in wrestlers (18) Coach must have time to attend most of the "AA" and SA Championships		May be written and practical tasks and an interview with the SAWF Coaches Council. Presenting of a training course at national level Evaluation will be done by die SAWF Coaches Council Successful completion of the above will qualify the coach to accompany Junior/Senior teams to compete in Continental Championships, Commonwealth Games, World Championships and the Olympic Games. The SAWF Coaches Council shall be active at provincial and national levels. Once he/she ceases to partake as an active coach in a category, he/she will be downgraded to a lower level

Notes: Wrestling associations are still responsible for their own grading structures. Guidelines in this respect will be given by the SAWFCC (levels 1, 2 and 3).

National level one – minimum of 3 years coaching before a wrestling association can enter a coach at a national level (provincial level 3). Wrestling associations are responsible to ensure that coaches entered at national level are attending at least one official course (the SAWFCC needs proof thereof).