



**Ontario Grappling Association (OGA)
Coaching Certification & Development Program**

Preamble

The Coaching Certification & Development Program of Ontario Grappling Association (OGA), in respect of Grappling and Pankration is designed in the context that Members of OGA, and participants in OGA competitions and programs, may originate from a broad spectrum of “grappling styles”; and in respect of Pankration, striking style martial arts.

In the grappling context, while some Members and participants may originate within the OGA programs and OGA club base, many other Members and participants may have initial or significant backgrounds and affiliations in amateur Wrestling (Greco Roman and freestyle), Judo, Jiu Jitsu, Brazilian Jiu Jitsu, Sambo, and other ethnic or independent martial ground combat styles from around the world.

In respect of Pankration, in addition to the varied grappling backgrounds, many Members and participants may have initial or significant backgrounds and affiliations in the well-recognized Boxing, Muay Thai, Kickboxing, and other similar ethnic or independent standing striking styles.

In that context, the Coaching Certification & Development Program of Ontario Grappling Association (OGA) is designed to ensure that coaches and the resulting participants with this broad spectrum of the initial or significant backgrounds and affiliations, are fully versed in the basic elements and techniques of grappling and pankration, as governed by the Rules of the international governing body, United World Wrestling (the governing body recognized by the IOC in respect of wrestling).

In that context, the Coaching Certification & Development Program of Ontario Grappling Association (OGA) is designed to ensure that the sports of Grappling and Pankration are governed and coached in an ethical manner that respects the safety of its members and participants, having regard to the broad spectrum of the initial or significant backgrounds and affiliations of the members and affiliations.

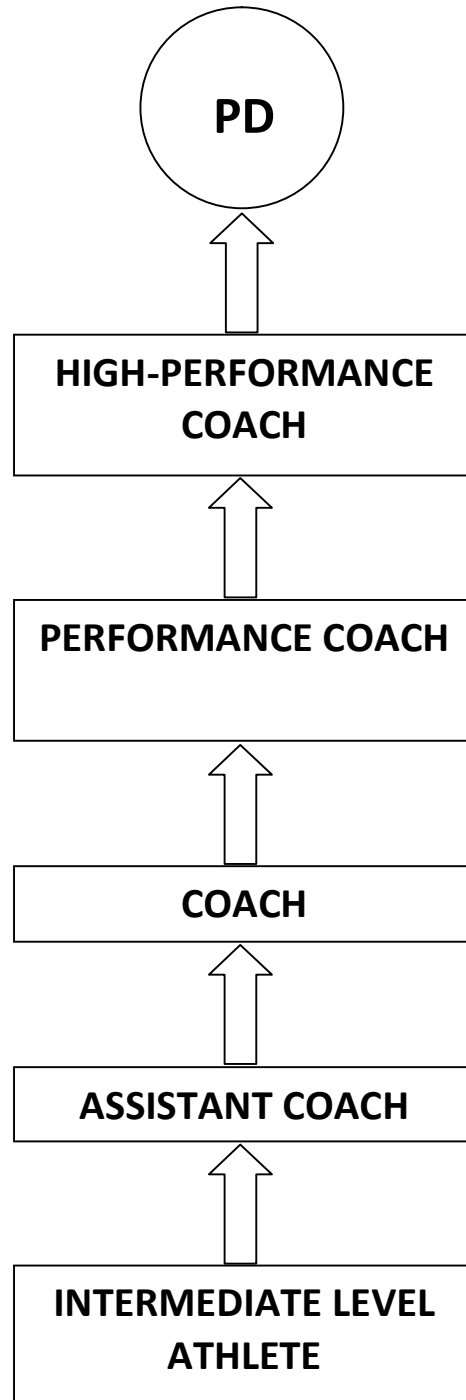
While the Coaching Certification & Development Program in part entails a separate coaching manual on basic Grappling and basic Pankration techniques, the primary and fundamental focus of Coaching Certification & Development is in respect of safety at all ages, and that there is an age appropriate and experience appropriate progression in the incorporation of submission and striking techniques in the training and competition elements of the sports. In that regard, significant emphasis for example will be spent on ensuring competitors are evenly matched, illegal holds are clearly defined and cautioned, health and safety elements are emphasized including the risks of excessive weight loss, and in respect of striking the dangers and risks of concussion.

Coaching Certification Program and Professional Development Pathway

The flow diagram below outlines OGA's Coaching Certification Program and Professional Development Pathway.

The primary Pathway set out is a basic entry level from an intermediate level athlete progressing through the various coaching levels. However, in the context of the varied and broad spectrum of the initial or significant coaching backgrounds and affiliations of the prospective OGA Certified coaches, the progression through the Pathway may be accelerated, keeping in mind the fundamental focus of the Coaching certification namely, the sport safety at all ages, and that there be an age appropriate and experience appropriate progression in the incorporation of submission and striking techniques in the training and competition elements of the sports. This is to ensure that the Coaches, regardless of their initial or significant coaching backgrounds and affiliations ensure competitors are evenly matched, illegal holds are clearly defined and cautioned, health and safety elements are emphasized including the risks of excessive weight loss, and the dangers and risks of concussion from striking are fully understood.

Basic entry level Coaching Certification begins with Intermediate Level Competition Skills. Coaching Designations are evaluated through participation and workshops in a progressive development of skills in adherence with the Coaching Policy toward Professional Development outlets.



Objective

Fostering development and providing excellence in training and certification of Coaches and Instructors in Ontario to ensure participants in Grappling and Pankration style competitions are evenly matched, illegal holds are clearly defined and cautioned, health and safety elements are emphasized including the risks of excessive weight loss, and the dangers and risks of concussion from striking are fully understood.

Encoding & Structure

OGA's PDM coach education will be deployed in four progressive coaching designations: Assistant Coach (AC), Coach (CO), Performance Coach (PC), and High Performance Coach (HP).

In addition to the Designation of a Coaching Level, an Accreditation Status will be applied to the Member in the Coaching Development Program. Accreditation Statuses include Training (TR), Evaluation (EV), Certified (CA), and Expired (EX).

Each Coaching Designation must have a context code stored in the PasSport System with the certification achieved by an OGA Member undergoing development with the OGA Coaching Certification Program.

Minimum Requirements

A Member must be in Good Standing (GS) for a minimum of one (1) year with the OGA and must be at an Intermediate Competitive (3-Stripe Blue Belt) Level or above to qualify for the beginner Assistant Coach program. OGA offers four (4) Coaching Designations. More detailed requirements specific to each designation is provided in the Coaching Designation section below.

OGA will be holding Coaches Association of Ontario (CAO) workshops in 2017. CAO is a registered member of Coaching Association of Canada. All coaching Designations will be required to complete the Multi-Sport Education Modules provided by Coaches Association of Ontario.

For all Coaching Designation applicants, a completed Coaching Application Form must be submitted to Ontario Grappling Association at admin@grapplingontario.com.

NCCP #

Once registered with Coaching Association of Canada and Coaches Association of Ontario, coaches will receive an NCCP#. This is a unique identification number with the Coaching Association of Canada. It will be used to access the CAC "Locker" – an Online Interface to verify a Coach's Course Completion and Accreditation using the Coaches Public Transcript.

Coaching Designation Code

For quick identification, OGA will provide a Coaching Designation Code to Members in the Coaching Certification Program. A fully qualified Coaching Designation Code (CDC) will include a prefix of the Coaching Designation and a suffix of the Accreditation Status as well as a Membership Standing (i.e. a member in good standing with a certified status under the Performance Coach Designation will have a CDC of “**PC-CA-GS**”). The designation code will be accessible by Administrators during participation at Events & Meetings through the PasSport System.

Accreditation Status

Coaches may achieve Four (4) Coaching Accreditation statuses depending on their engagement in the coaching education program at each of the Four (4) **Coaching Designations**.

These Four (4) Coaching Accreditation Statuses are:

- **Training (TR)** - Coach is in the process of completing the training requirements in the designated context. *(i.e. “Assistant Coach” is completing all the requisite training modules.)*
- **Evaluation (EV)** - Coach has completed “Training” and is in the process of being evaluated by a Certified Instructor at a minimum of Performance Coach Designation selected by the Executive Director, Coaching Executive, or the Board of Directors of OGA. Coach under “Evaluation” Status must be able to show confidence and leadership and be able to instruct Athletes during competition and in class.

Practical Evaluation of a Coaching Designation may be performed in person by booking an appointment with an OGA representative designated by the Executive Director of OGA or by informing the Executive Director and submitting video via email to admin@grappingontario.com

- **Certified (CA)** – Coach has completed “Evaluation” and is fully certified for a given Coaching Designation. A Certified Coach Designation may continue to the next higher Designation training.
- **Expired (EX)** – If a Coach undergoing development in any given Designation Context or Accreditation becomes inactive or fails to complete an Accreditation within one (1) year, or fails to attend scheduled evaluations at custom session or events over Three (3) consecutive events, his or her current Designation will become Expired, at which point the process of Accreditation must begin again at the intended Designation.

Status of course material completion and verification of minimum score will be verified through the CAC Coaches Public Transcript provided by the CAC Locker System. All Coaches must provide a printed verification of their Public Transcript to the OGA Executive Director or Coaching Executive upon completion of a given Designation Context.

Courses

CAC or CAO Courses may be offered online or in-class. Please check the schedule published in the online calendar at www.coach.ca and www.coachesontario.ca for updates. OGA Sport-Specific Course Modules are available at specified Class A and Class B events throughout the year. Schedules are posted time-to-time online in www.grapplingontario.com event schedule.

Operations

A volunteer Coaching Executive (CE) staff person will be nominated by the President or Vice President of OGA to maintain NCCP, CAC, CAO as well as OGA Coaching Accreditation records. CE will report to and operate under the directions of the OGA Executive Director. In the absence of a CE, the Executive Director shall be responsible for maintaining all OGA Coaching Records on the PasSport System. The Coaching Executive position may be reviewed by the Board of Directors of OGA at a Special Meeting and/or Annual General Meeting, semi-annually.

Equivalence

Circumstances may arise whereby an equivalence examination is needed for Coaches arriving in Ontario from other Provinces or other Countries. A request for equivalence test may be filed with the President of OGA in writing with the anticipated equivalence certification within the OGA Coaching PDM. The President of OGA will form an evaluation committee comprising of Coaching Executive (CE), Executive Director (ED), and Three (3) Coaches, High Performance Coach (HP), Performance Coach (PC), and Coach (CO) designations to assess and devise an appropriate equivalence exam in order to evaluate an equivalence application.

Disputes & Appeals

Disputes or Appeals concerning Coaching PDM may be filed with the President of OGA in writing with the supporting documents. The President of OGA will form an evaluation committee comprising of Coaching Executive (CE), Executive Director (ED), and Three (3) Coaches, High Performance (HP), Performance Coach (PC), and Coach (CO) designations to assess the dispute or appeal.

Revocation

All OGA Members are required to abide by and uphold Code of Ethics, Conduct, Fair play and be respectful of other Members and Colleagues to maintain sportsmanship and good standing. OGA reserves the rights to revoke, cancel, withhold, or resend any Coaching Certification of a Member in an event including but not limited to:

- E. the Member is in Bad Standing
- F. the Member has committed a Felony
- G. the Member is in Violation of ethical principles
- H. the Member is in breach of OGA Code of Conduct
- I. the Member is charged with Harassment

Coaching Designations

1. Assistant Coach (AC) – Entry level Coaching Certification Program :

Pre-Requisites

- Intermediate level Athlete (3-Stripe Blue to Purple Belt)
- Participation in Youth Coaching or Referee Workshop
- Active training for minimum twenty four (24) or more months
- Become registered with Coaching Association of Canada and acquire an NCCP Coach Number.

<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

Recommended

- First Aid/CPR

Required Learning Modules

- A. Safety & Regulations (**Grappling NoGi and Gi Forms**) – **Non-Striking Arts**
https://unitedworldwrestling.org/sites/default/files/media/document/grappling_rules.pdf
- B. Safety & Regulations (**Pankration No-Gi and Gi Forms**) – **Striking Arts**
https://unitedworldwrestling.org/sites/default/files/media/document/international_pk_rules_0.pdf
- C. OGA Concussion Policy
https://docs.google.com/gview?url=https://www.passportme.com/orgdocuments/ECGJJEIDJJCIOILFDHRGRIQJGIDJEILIR/554654524_1162017_106390o1rvryj76jw9031g8j73d86nstcbq43iq8g41yrc1wg9yo9b8j56z07y3xvpu7008g512kct7605j39otak19rbfj6gxu96065x347myx1kyzxc860h40y746e96z585.pdf&embedded=true
- D. Coaching & Learning Effectively - CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_development-4
- E. Fundamental Movement Skills - CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_professional_development-3

Evaluation of Assistant Coach (AC) Designation

- Coaching Application Form will be reviewed by OGA Coaching Executive (CE)
- Coaching Executive (CE) may interview Applicant prior to assigning Assistant Coach (AC) Designation
- OGA Executive Director or Coaching Executive (CE) will assess applicant knowledge from Required Learning Modules through a practical test session
- Assistant Coach (AC) Designation must be fully versed in OGA Concussion Policy and Safety Standards outlined in the UWW Grappling & Pankration Regulations
- OGA Coaching Executive will assess Assistant Coach Designations under Evaluation Accreditation (EV) at Class B competitive events as outlined in OGA Sanctioning Policy.
- OGA Coaching Executive will assess Assistant Coach (AC) Designations for Certified Accreditation (CA) at Class A competitive events as outlined in OGA Sanctioning Policy.

2. **Coach (CO) (UWW Level I)** – Intermediate level Coaching Certification Program: Member must be registered with Coaching Association of Canada.

Requirements

- Completion of Assistant Coach Designation with Certified Accreditation
- Intermediate to Advanced level Athlete (3-Stripe Purple to Brown Belt)
- Active training for minimum thirty six (36) or more months
- Coaching at a Registered Member Club for forty eight (48) classes
- Become registered with Coaching Association of Canada and acquire an NCCP Coach Number.

<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

Recommended

- First Aid/CPR, Kinesiology, OGA LTAD

Required Learning Modules

- F. Making Ethical Decision (MED) – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_med
- G. Nutrition – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_introduction-2
- H. OGA Weight Loss Policy
https://docs.google.com/gview?url=https://www.passportme.com/orgdocuments/ECGJJEIDJJCIOILFDHRGRIQJGIDJEILIR/570213996_752017_123_6430kz0v62sr5w0dtmg2my3ocjs6d8j182zec0baaz6a3hz8p595ur5fy395o4_246718557652ow3ib2o172pwq1244jx741tc4qcsu8318d3fdo9b3b56c569_4g2g0sprlr.pdf&embedded=true
- I. Teaching and Learning – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_introduction-3
- J. Planning a Practice – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_introduction

Required Practical Module

- K. OGA Grappling & Pankration Workshop (10 Hours Practical Course)
This workshop is offered in conjunction with Referee Training Seminars at Events throughout the year. A practical exam for evaluation will be given at the end of the workshop by an OGA Examiner. The candidate must successfully pass this. Visit www.grapplingontario.com for a schedule of events and training seminars.

Evaluation of Coach (CO) Designation

- Coaching Application Form will be reviewed by OGA Coaching Executive (CE)
- Coaching Executive (CE) may interview Applicant prior to assigning Coach (CO) Designation
- OGA Executive Director or Coaching Executive (CE) will assess applicant knowledge from Required Learning Modules through a practical test session
- A Coach (CO) Designation in Evaluation Accreditation (EV) must complete and submit a Practice Plan to OGA Coaching Executive (CE) or Executive Director for approval
- A Coach (CO) with a Certified Accreditation must implement an OGA approved Practice Plan following the Rules & Safety regulations outlined in Modules A and B at their designated Club or Gym with written consent of a Head Instructor at the Club or Gym.
- OGA Coaching Executive (CE) will assess Coach (CO) Designations under Evaluation Accreditation (EV) at Class B competitive events as outlined in OGA Sanctioning Policy.
- OGA Coaching Executive (CE) will assess Coach (CO) Designations for Certified Accreditation (CA) at Class A competitive events as outlined in OGA Sanctioning Policy.

3. **Performance Coach (PC) (UWW Level II)** – Advanced level Coaching Certification Program: Applied to Regional and Provincial level Competition skills development for instructors teaching Performance Athletes qualifying for Provincial and National Level Championships.

Requirements

- Completion of Coach Designation with Certified Accreditation
- Implementation of Practical Practice Plan from Coach Designation
- Advanced level Athlete (3-Brown to Black Belt)
- Active training for minimum forty eight (48) or more months
- Coaching at a Registered Member Club for ninety six (96) classes
- Become registered with Coaching Association of Canada and acquire an NCCP Coach Number.

<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>

Recommended

- First Aid/CPR
- Kinesiology
- Sports Psychology

Required Learning Modules

- L. OGA Long Term Athlete Development Model (LTAD)
https://docs.google.com/gview?url=https://www.passportme.com/orgdocuments/ECGJJEIDJCJCIOILFDHRGRIQJGIDJEILIR/567175267_10292016_7562005rf3we107I9060jrzvtk383897txv3g2clgmt2r2yq43k17m7i85270tibaq0r9cw39d724my15usz9csr5p6ch313761f582hq8zngz667pp542e8a24I3cqlq769c.pdf&embedded=true
- M. Design Basic Sports Program – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_introduction-4
- N. Mental Skills – CAO (Coaches Association of Ontario)
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_introduction-5
- O. Manage a Sports Program
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=manage-a-sports-program
- P. Injury Prevention and Recovery
<http://www.coachesontario.ca/nccp-training/competition-development/prevention-recovery-of-injury/>

Evaluation of Performance Coach (PC) Designation

- Coaching Application Form will be reviewed by OGA Coaching Executive (CE)
- Coaching Executive (CE) may interview Applicant prior to assigning Performance Coach (PC) Designation
- OGA Executive Director or Coaching Executive (CE) will assess applicant knowledge from Required Learning Modules through a practical test session
- Performance Coach (PC) Designation in Evaluation (EV) Accreditation must complete and submit a Sport Program to OGA Coaching Executive (CE) or Executive Director for approval
- A Coach with a Certified Accreditation (CA) must implement an OGA approved Sports Program following the Rules & Safety regulations outlined in Modules A and B in their representative Region as a Regional Performance Coach or in the Province of Ontario as a Provincial Coach for a Regional or Provincial High Performance Athletic Team
- OGA may evaluate multiple Performance Coach (PC) applicants in Regions of Ontario prior to awarding a Provincial Coach Designation to a Certified Accredited (CA) Performance Coach (PC)
- OGA Coaching Executive will assess Performance Coach (PC) Designations under Evaluation Accreditation (EV) at Class B competitive events as outlined in OGA Sanctioning Policy.
- OGA Coaching Executive will assess Performance Coach (PC) Designations for Certified Accreditation (CA) at Class A Regional Level competitive events as outlined in OGA Sanctioning Policy.

4. **High Performance Coach (HP) (UWW Level III)** – Advanced level Coaching Certification Program: Applied to Provincial, National, and International level Competition skills development for instructors teaching High Performance Athletes qualifying for National and International Championships.

Requirements

- Completion of Performance Coach Designation with a Certified Accreditation
- Function as a Regional or Provincial Coach for minimum one (1) year
- Expert level Athlete (Black Belt to Red belt)
- Active training for minimum sixty (60) or more months
- Coaching at a Registered Member Club for minimum one hundred forty four (144) classes
- Pre-requisites outlined in Coaches Association of Canada Advanced Coaching Diploma
http://www.coach.ca/files/ACD_Brochure_2014_ENGLISH_FINAL_ONLINE.pdf

Recommended

- First Aid/CPR
- Kinesiology
- Sports Psychology

Required Learning Modules

- Q. Advanced Coaching Diploma (Coaching Association of Canada)
<http://www.coach.ca/advanced-coaching-diploma-s13778>
- R. Performance Planning
<https://www.coachesontario.ca/performance-planning/>
- S. Conflict Resolution
http://www.coach.ca/files/MC_Dec09.pdf
- T. Performance Psychology
http://www.coachesontario.ca/nccp-training/course-calendar/?event_category_id=category_competition_development
- U. Anti-Doping & WADA Regulations
http://www.coach.ca/files/LDFS_PPT_EN_Sept2013.pdf

Evaluation of High Performance Coach (HP) Designation

- Coaching Application Form will be reviewed by OGA Coaching Executive (CE)
- Coaching Executive (CE) may interview Applicant prior to assigning AC Coaching Designation
- OGA Executive Director or Coaching Executive (CE) will assess applicant knowledge from Required Learning Modules through a practical test session
- High Performance Coach (HP) in Training Accreditation (TR) must function as a Performance Coach in Regional or Provincial capacity for a High Performance Team complete for a minimum of one (1) year.
- High Performance Coach (HP) applications are forwarded to Canadian Combat Alliance for National and International Phase Coaching Development of High Performance Coaches.
- Canadian Combat Alliance will evaluate and award High Performance Coach (HP) Designation and Accreditation to suitable applicant(s) from Ontario and other Provinces.
- OGA may evaluate multiple High Performance Coach (HP) applicants in Ontario prior to awarding submitting the recommendations to Canadian Combat Alliance.
- OGA Coaching Executive will assess High Performance (HP) Coach Designations under Evaluation Accreditation (EV) at Class A Regional and Provincial competitive events as outlined in OGA Sanctioning Policy.
- OGA Coaching Executive will assess Assistant Coach Designations for Certified Accreditation at Class A Regional and Provincial competitive events as outlined in OGA Sanctioning Policy.

OGA Workshop Facilitators:

Following is a list of Workshop Facilitators for OGA Regulations courses.

Clint Kingsbury (Executive Director, Sport Accord/Olympic Referee)

Gary Bird (Head Official, Sport Accord/Olympic Referee)

Jesse Richardson (Vice President, Black Belt/Expert Level Grappling)

Please contact admin@grapplingontario.com to schedule a workshop at your event.