

## Coach Pathway

### Minimum Requirements:

- Citizen of the United States of America.
  - Must be citizens of the United States to be eligible to be a part of Team USA. If dual citizenship is held, your sport nationality must be registered as the United States with the World Para Powerlifting (WPP) or other applicable body.
- Have valid United States of America Passport
  - Must possess a USA passport with an expiration date of a minimum of six (6) months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.
- Valid insurance
  - Coach must have the appropriate liability insurance and be able to provide proof of said insurance. Insurance must have an expiration date of a minimum of six (6) months after the end of competition.
- Be in good physical health
  - Will be required to disclose personnel health concerns/issues to the designated medical personnel prior to competitions.

### Specific Requirements

- Knowledge of the body and how it works mechanically from an anatomical and physiological perspective
- Knowledge of the various disability categories that are eligible to compete in Para Powerlifting
- Knowledge of the bench press and the most current IPC rules
- Have 3-5 years of experience coaching an athlete at the National Level
- Must be able to prove experience as well as have a 90% or better score on Level 1 coaching exam
- Have a valid personal training licensure/certification in good standing with professional governing body and/or board.
- Must be in compliance with US Center of SafeSport Code and Policies
- Must be in compliance with USOPC Background Check Policy
- A member in good standing of USAPP
  - Good standing means a current membership, no code of conduct violations and no outstanding financial payments within the most recent 12 months

For additional information please contact Coach Mary Hodge, High-Performance Manager at [Mary.Hodge@logan.edu](mailto:Mary.Hodge@logan.edu) and visit our website at [www.logan.edu/usapp](http://www.logan.edu/usapp).