

Coach Pathway

Minimum Requirements:

- A member in good standing of USA Para Powerlifting
 - Good standing means a current membership, no code of conduct, SafeSport, Athlete Safety, or USA Para Powerlifting Rule violations and no outstanding financial payments within the most recent 12 month
- Must be in compliance with US Center of SafeSport Code and Policies and the Paralympic Operations Department (POD) Athlete Safety Policies
- Must be in compliance with United States Olympic and Paralympic Committee (USOPC) and the POD's Background Check Policy
- Citizen of the United States of America.
 - Must be citizens of the United States to be eligible to be a part of Team USA Para Powerlifting. If dual citizenship is held, your sport nationality must be registered as the United States with the World Para Powerlifting Organization (WPPO) 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 (if applicable), or the entry requirement of the host nation, whichever is the greater.
- Valid and up to date 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 (if applicable).
- Valid and up to date CPR/First Aid/AED certification
- Be in good physical health
 - Will be required to disclose personnel health concerns/issues to the designated medical personnel prior to competitions.

Specific Requirements—Coach in Training

- All of the requirements listed in the *Minimum Requirements* section
- Submit [USA Para Powerlifting's Coach Advancement Application](#)
- 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 WPPO rules
- Have a minimum of two (2) years of domestic participation in USA Para Powerlifting events
- Completed Level 1 Coach's Education course and cored 90% or better on the Level 1 coaching exam

- Reviewed beginner Coach’s manual and successfully completed the verbal examination with the USA Para Powerlifting High-Performance Manager, Head Coach, or Assistant Head Coach

Specific Requirements—Assistant Coach

- All of the requirements listed in the following sections
 - *Minimum Requirements*
 - *Coach in Training*
- Successfully completed the Coach Education Goals and Philosophy course with High-Performance Manager.
- Submit [USA Para Powerlifting’s Coach Advancement Application](#)
- Passed the didactic and hands on portions of the Level II Coach’s Education Course
- Completed and pass the WPPO technical rules examination with a 90% of better
- Annually volunteer for a minimum of two (2) USA Para Powerlifting Domestic Regional Events as assigned by the High-Performance Manager, Head Coach, or Assistant Head Coach
- Attend all monthly Coach general and training meetings
- If applied for and selected for an international competition
 - Will shadow the High-Performance Manager, Head Coach, and/or Assistant Head Coach
 - Will not be assigned to lead athlete competition warmup
- Must show a level of proficiency of the sport’s technical aspect (no lower than a score of three (3) on the USA Para Powerlifting Coach’s Assessment App) for all domestic and international competitions

Specific Requirements—Coach

- All of the requirements listed in the following sections
 - *Minimum Requirements*
 - *Coach in Training*
 - *Assistant Coach*
- Submit [USA Para Powerlifting’s Coach Advancement Application](#)
- Attend and Coach as all domestic USA Para Powerlifting competition held during the current competition year throughout the individual’s time as a designated USA Para Powerlifting Coach
- Must host, or assist in hosting, one (1) a USA Para Powerlifting domestic event in held in the current competition year throughout the individual’s time as a designated USA Para Powerlifting Coach
- If applied for and selected for an international competition
 - Will shadow the High-Performance Manager, Head Coach, and/or Assistant Head Coach
 - Can be assigned to lead athlete competition warmup by the High-Performance Manager, Head Coach, and/or Assistant Head Coach

- Must show a level of proficiency of the sport’s technical aspect (no lower than a score of three (3) on the USA Para Powerlifting Coach’s Assessment App) for all domestic and international competitions

Specific Requirements—High Performance Coach

- All of the requirements listed in the following sections
 - *Minimum Requirements*
 - *Coach in Training*
 - *Assistant Coach*
 - *Coach*
- Submit [USA Para Powerlifting’s Coach Advancement Application](#)
- Attend and Coach as all domestic and international USA Para Powerlifting competition held during the current competition year throughout the individual’s time as a designated USA Para Powerlifting High Performance Coach
- Will lead in athlete competition warmups at international competitions
- Will train Coaches in Training, Assistant Coaches, and Coaches on the technical procedures etc at domestic competitions
- Must show a level of proficiency of the sport’s technical aspect (no lower than a score of three (4) on the USA Para Powerlifting Coach’s Assessment App) for all domestic and international competitions

The Paralympic Operations Department in cooperation with the USA Para Powerlifting Coaching Education Committee will make an annual review of these requirements and publish changes when applicable.

Questions about the USA Para Powerlifting Coach’s Pathway, please contact Coach Mary Hodge, USA Para Powerlifting High-Performance Manager at Mary.Hodge@logan.edu