



EXPLANATION OF LEVELS

Coach Certification Program

Each certification is good for 4 years. To maintain your CCP Level, you must do one of the following:

- Complete the level you are at currently.
- Complete the next level up (note: Level 3 is the highest level).
- Attend Coaches College.

If your expiration date for your CCP is 2020, you must do one of the above before the end of the year.

If you fail to complete by your expiration date, your certification will become lapsed and you will have one year to complete the requirements and maintain your level. If you fail to complete your renewal by this date, your certification will completely lapse. If that occurs, and you wish to be an active coach again, you will need to start from the beginning.

CCP Requirements

CCP 1 – Required for all coaches to be on deck at any sanctioned event.

CCP 2 – Required for all coaches to be on deck at any Regional, Zone or National Championship (including the U.S. Collegiate Championship and the U.S. Masters Championship), unless the coach was certified at CCP Level 1

CCP 3 – Required for all coaches to be on deck at any Zone or National Meet.

SafeSport, CPR, First Aid and NCSI Background Check – Required for all coaches to be on deck at any time.

Level 1 CCP Course

The Level 1 course is available online.

- The cost for Level 1 is \$105.
- There will be a 30-day time limit to complete the course.
- The Level 1 Course takes approximately 3-1/2 hours to complete.
- A Level 1 Certificate of Completion and a Coaching Tips Manual will be sent upon completion of the course.

Any coach participating in a USA Artistic Swimming sanctioned event must be current in First Aid, CPR, SafeSport, NCSI Background Check and have a minimum of Coaches Certification Program (CCP) Level 1.

The USA Artistic Swimming Coaching Certification Program Level 1 course is intended as a starting point for coaches. It confirms to the organization, other coaches, judges, and athletes that all coaches have had exposure to a general coaching curriculum. It also covers specific artistic swimming fundamentals, safety/risk management, ethics, and general training. The Level 1 course creates a common base for all coaches including a new coach just starting out up to the most experienced national-level coach.

Level 1 Course Topics

- Certification Guidelines
- Coaching Philosophy, Objectives, and Style
- Physical Fitness & Training Components
- Annual Training Plan and Phases
- Risk Management
- Code of Ethics
- Basic Figure Information
- Basic Routine Information and Choreography

Requirements for Certification:

- Be a Competitive Athlete, Instructor, Professional or Life Member of USA Artistic Swimming
- Obtain and submit First Aid and CPR certificates
- Register for and pass a NCSI Background Check
- Obtain and submit SafeSport certificates
- Pass a written exam

Level 2

Level 2 course is an online course.

- The cost for Level 2A is \$112.50 & will take approximately 8 hours to complete.
- The cost for Level 2B is \$125.00 & will take approximately 6-1/2 hours to complete.
- A 3D Coach Certificate is sent upon completion of Level 2A.
- A Level 2 Certificate of Completion will be sent upon completion of the Level 2B course.
- Both Levels 2A and 2B must be completed to be fully certified.

Any coach participating in a USA Artistic Swimming sanctioned Regional, Zone or National event must be current in all First Aid, CPR, SafeSport, NCSI Background Check and have a minimum of Coaches Certification Program (CCP) Level 2.

The USA Artistic Swimming Coaching Certification Program Level 2 course is intended to give coaches an overall exposure to the sport of artistic swimming. The coach will be able to instruct basic fundamentals, provide teaching progressions, create daily lesson plans, write and teach routines, and establish an initial coaching philosophy. In addition to this specific information, general coaching and coaching duties that are less prevalent will be covered. The Level 2 course provides valuable information that will continue the coach's development and allow the coach to manage a team.

Course Content

- 3D Coaching Program - covers the 3 Dimensions of Coaching and Coaching philosophy.
- Working with Athletes
- Working with Parents
- Planning, Teaching & Stress Management
- Technical Skills
- Routine Training

Requirements for Certification

- Be a Competitive Athlete, Professional or Life member of USA Artistic Swimming
- Obtain and submit First Aid and CPR certificates
- Obtain and submit SafeSport certificates
- Register for and pass a NCSI Background Check
- Must have previously completed the Level 1 CCP course
- Complete all sessions of the course
- Pass a written exam

Level 3

The Level 3 course is an online course.

- The cost for Level 3 is \$105.00
- A Level 3 Certificate of Completion will be sent once all requirements are met.

The USA Artistic Swimming Coaching Certification Program Level 3 course is intended to give coaches the opportunity to learn about very specific topics in the sport of artistic swimming. The coach will be able to choose from a library of topics. The Level 3 course provides very specific information that will continue to develop the knowledge of the coach.

Course Content

- The Power of Coaching
- Emotional Intelligence
- Nutrition
- Skills & Drills

Requirements for Certification

- Be a Competitive Athlete, Professional or Life member of USA Artistic Swimming
- Obtain and submit First Aid and CPR certificates
- Obtain and submit SafeSport certificates
- Register for and pass a NCSI Background Check
- Must have previously completed the Level 2 CCP course
- Pass online test