



EXPLANATION OF LEVELS

As of May 10, 2023

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.
- Purchase one full package of We Move as One Swiminars

If your expiration date for your CCP is December 2023, 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 Level 1 – Required for all coaches to be on deck at any land or water training or sanctioned competition.

CCP Levels 1 & 2 – Required for all coaches to be on deck at any Regional or Zone Championship. Exception: A one-time emergency waiver may be allowed at the discretion of the Education Director.

CCP 3 – Required for all coaches to be on deck at National Championship. Exception: A one-time emergency waiver may be allowed at the discretion of the Education Director.

Properly submitted safety credentials (Current CPR/First Aid).

National Center for Safety Initiatives (“NCSI”) Background Check (parental consent required for minors under 18 years of age).

Current SafeSport training – 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.

The 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 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:

- Minimum 15 years of age.
- Membership: USAAS Youth or Adult Instructor, Youth or Adult Professional, Youth or Adult Competitive Athlete, Youth or Adult Athlete or Youth or Adult Life membership required.
- First Aid and CPR certificates
- NCSI Background Check (parental consent required for minors under 18 years of age)
- SafeSport certificate
- Pass an online exam

Level 2

Level 2 course is an online course.

- The cost for Level 2A is \$112.50 & will take approximately 4 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.

The 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

- Minimum 16 years of age.
- Membership: USAAS Youth or Adult Professional or Youth or Adult Life Membership required.
- First Aid and CPR certificates
- NCSI Background Check (parental consent required for minors under 18 years of age)
- SafeSport certificate
- Must have previously completed Level 1 CCP.
- Complete all sessions of the Level 2A & 2B CCP courses
- Pass an online 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 Level 3 course is intended to give coaches the opportunity to learn about very specific topics that will continue to develop the knowledge of the coach in the sport of artistic swimming

Course Content

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

Requirements for Certification

- Minimum 18 years of age.
- Membership: USAAS Adult Professional or Adult Life Membership required.
- First Aid and CPR certificates
- NCSI Background Check (parental consent required for minors under 18 years of age)
- SafeSport certificate
- Must have previously completed Level 1, Level 2A & 2B CCP courses
- Pass an online test