

Date Submitted _____

Date Approved _____

UNITED STATES ORIENTEERING FEDERATION
APPLICATION FOR COACHING ACCREDITATION
LEVEL 2

IDENTIFICATION

Name: _____ Age _____ Club _____
Address: _____ Phone (____) _____ (H)
_____ Phone (____) _____ (W)

Type of employment: _____ Birthdate: _____

Number of years orienteering _____

Member of USOF? **Yes** ___ Since _____ USOF# _____ **No** ___

REQUIREMENTS: List dates, places, people. Use back of sheet if needed.

1. Attend and participate in some of the following Level 2 activities* (*participation required is a minimum of 45 hours but no more than 15 hours in any single event*)

a. Design and set, or design and vet, O meet or O training courses. **(Required)**

Event(s) _____

Date(s) _____ Hour(s) _____

b. Complete an appropriate course for your age group. **(Required)**

Event(s) _____

Date(s) _____ Time(s) _____

c. Organize and/or participate in delivering a Junior Training Camp.

Event(s) _____

Date(s) _____ Hour(s) _____

d. Organize and/or participate in delivering a Coaching Level 1 Workshop.

Event(s) _____

Date(s) _____ Hour(s) _____

e. Coach at least one Junior for a minimum of one year. Please describe coaching given and to whom:

Date(s) _____ Hour(s) _____

Attach a statement from the athlete describing the help s/he received and his or her perception of the value it gave to his or her results.

*NOTE: The same type of event may be used only once for the purpose of gaining hours for this requirement.

