



UNITED STATES ORIENTEERING FEDERATION

APPLICATION FOR COACHING ACCREDITATION

OLYMPIC LEVEL 3 -- INTERNATIONAL COACHING

IDENTIFICATION

Name: _____ Age _____ Club _____

Address: _____ Phone () _____ (Home)

_____ Phone () _____ (Work)

Type of employment: _____ Birthdate: _____

Number of years orienteering: _____

Member of USOF? **NO** _____ **YES** _____ Since _____ USOF # _____

Anyone applying for Olympic Level III coaching must provide evidence of satisfactory completion of **all** of the required elements and at least **one** of the **optional** elements.

1. Attend and participate in the following Level 3 activities*:

a. Attend a World Championship Event as a Competitor, a Team Administrator, or as a Coach. **(REQUIRED)**

Event(s) _____ Location(s) _____

Date(s) _____

b. Conduct at least one USOF Coaching Course either as the Primary Instructor or as an Assistant Instructor. **(REQUIRED)**

Event(s) _____

Date(s) _____

c. Write a book on Orienteering or publish three or more articles for news papers or for any recognized magazine. **(REQUIRED)**

Provide a copy of the articles or a bibliography entry if you wrote a book.

d. Attend any Coaching Seminar offered by any institution on any related subject i.e. running, injury prevention and/or treatment, nutrition, strength conditioning, exercise etc. **(OPTIONAL)**

Event(s), Location(s) _____

Date(s) _____ **(OR)**

e. Host or provide instruction for a US Orienteering Team Training Camp for any form of Orienteering. **(OPTIONAL)**

Event(s), Location(s) _____

Date(s) _____ Number (s) of Attendees _____

Attach a statement from two or more athletes describing the value s/he received from attending the camp and his or her perception of how attendance at the camp affected his or her subsequent results.

2. You must have been a Level 2 Coach for a minimum of two years **(REQUIRED)**

Provide your certificate serial number _____ Date _____

3. Establish proven results with athlete performance by accomplishing both of the following: **(REQUIRED)**

a. Train two or more athletes who have represented their nation at World Championship events (Includes any form or kind of World Championship Orienteering or Orienteering World Cup Events.)

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

Athlete's name _____ years of participation _____, country _____

Event(s) _____ . Placing _____

b. Track and evaluate physical and/or technical training data provided by two or more of the above athletes and provide coaching to assist them in making improvements in areas of weakness as identified from their data.

Provide a copy of the data you used and a statement from each athlete telling the committee how that data was used to help them improve their training and eliminate, reduce or mitigate their weakness.

