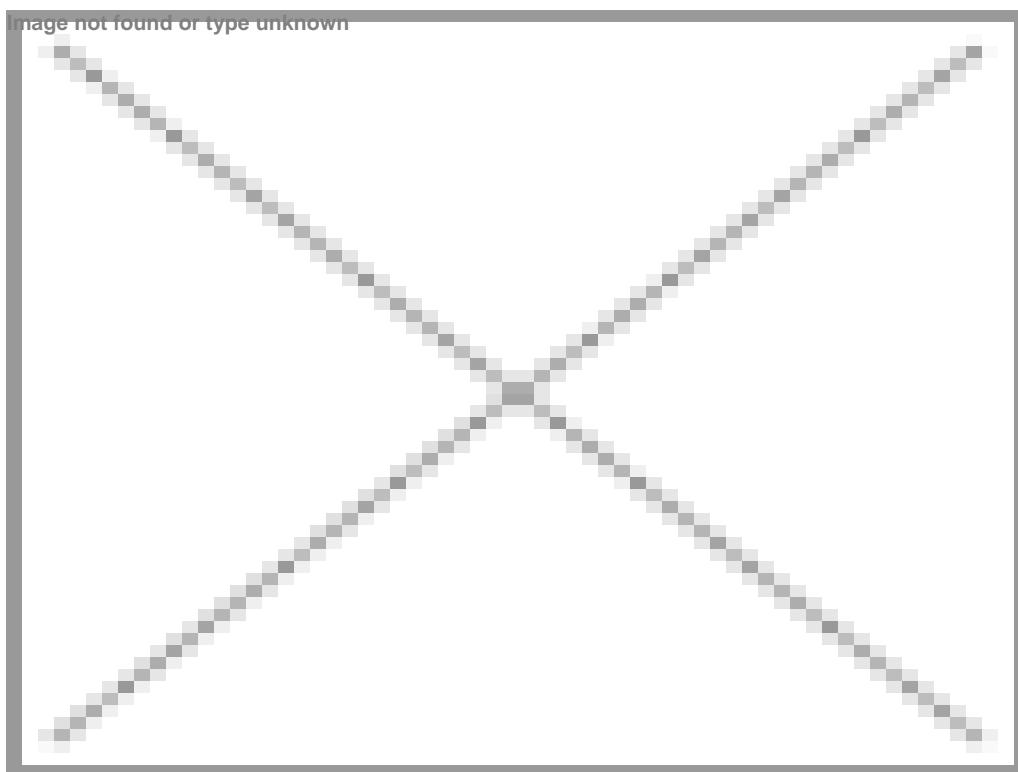


21 OCT 2019

## UIPM SEEKS APPLICANTS FOR LEVEL 3 COACHING COURSE IN LEIRIA (POR)



UIPM has scheduled its second Level 3 course for coaches aspiring to gain a senior qualification through the Coaching Certification Programme (CCP).

In conjunction with the Portuguese Modern Pentathlon Federation, UIPM will host the course in Leiria (POR) from December 16-20, 2019.

Portugal has already organized courses at all four CCP levels in the past two years, and the Level 3 syllabus is designed to certify professional coaches already involved in Modern Pentathlon.

The course, conducted in English at the Estádio Municipal de Leiria, will consist of 40 hours of theoretical and practical tuition and is eligible to coaches who meet the following criteria:

- Holder of an International Coach Certificate issued by UIPM or a National Coach Licence for Modern Pentathlon (in specific circumstances, written approval may be granted by UIPM).
- Certified as a practising coach at national or regional level in any of the UIPM disciplines or any related discipline.
- Experience of coaching an athlete who has reached the finals in a UIPM Category A

competition that has a qualification round or semi-final.

## **Provisional programme:**

**15 Dec Sun** Arrival of Coaches

- Seminar opening, welcome and orientation
- Competition analysis: new rules and influence in the athletes recruiting system
- Variables and trends in MP periodization
- Injuries and prevention from grassroots to high level
- Management of multidisciplinary technical commissions
- The role of the MP coach during a competition day

**16 Dec Mon**

- Fencing training: advanced fundamentals applied to MP
- Integration of the fencing workload in a MP plan
- Fencing practice session

**17 Dec Tue**

- Detailed study about LR sessions
- Integration LR x Swimming in a MP training plan
- LR and swimming practice sessions

**18 Dec Wed**

- Riding training: a proposal to consolidate abilities and performances
- Riding practice session

**19 Dec Thu**

- WADA session: Coach True Program
- Roundtable discussion
- Exam
- Closing Ceremony

**20 Dec Fri**

- Departure of Coaches

Applicants for the course should email [operations@pentathlon.org](mailto:operations@pentathlon.org) by November 6 with a completed Personal Data Sheet [link] and a letter of motivation.

Candidates will be informed via email by November 8 if their application has been successful.

[Click here](#) for more information about the CCP in English, Spanish, French, Russian and Chinese.