

# ICECP

INTERNATIONAL COACHING  
ENRICHMENT CERTIFICATE PROGRAM



2018–2019

11<sup>TH</sup> EDITION



UNIVERSITY OF  
DELAWARE





Lawrence F. Probst

**THE INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM (ICECP)** has been received with much enthusiasm amongst NOCs and more than 290 participating coaches representing 111 countries from all five continents and 25 sports. Celebrating the success of the past editions of the ICECP, we are looking forward to launching the eleventh edition in partnership with Olympic Solidarity and the University of Delaware.

While the United States has a long history of serving and supporting the Olympic Movement, we have made a renewed commitment to sharing our resources, expanding our international partnerships and extending a welcoming hand to the world. We are honored to be able to be involved with a program that contributes to the Olympic Movement's greatest asset—its human capital. Through the ICECP program we are not only training coaches, but we are touching individuals and supporting their human development as well as developing friendships world-wide. With 87 nations having won a medal in Rio de Janeiro, this shared international partnership is one of the Olympic Movement's greatest strengths.

Partnering with Olympic Solidarity gives us the opportunity to provide coaches with world-class training opportunities to improve their knowledge and expertise. This is of particular importance given the demands placed on coaches today. Coaches are expected to be able to stay abreast of the latest technical methods of their sport, as well as incorporate within the training of their athletes the use physiology, nutrition, psychology, strength and conditioning, video technology (among others). The value of a coach educated in sport science, ethics and technical knowledge for their sport is of the greatest value to the development of athletes.

The ICECP will provide national level coaches the ability to keep abreast of the latest coaching principles from national level professionals from the University of Delaware, and from USOC coaching and performance experts. In fact, those interested in becoming familiarized with the latest information in the area of Olympic coaching education in the United States are invited to view the Olympic Coach magazines on the following link on our website: <http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine>

On behalf of the U.S. Olympic Committee, we look forward to welcoming coaches from around the world to our Olympic Training Center and headquarters in Colorado Springs.

*L. F. Probst III*

Lawrence F. Probst  
President  
U.S. Olympic Committee

**THE UNIVERSITY OF DELAWARE IS THRILLED TO ONCE AGAIN PARTNER** with the United States Olympic



Dennis Assanis

Committee and Olympic Solidarity to host coaches from around the world in the eleventh annual International Coaching Enrichment Certificate Program (ICECP). The University shares the high ideals of the Olympic Movement and is pleased to offer this comprehensive and in-depth course of study.

Since launching the nation's first study-abroad program nearly a century ago, UD has been a leader in promoting global education and cooperation. We also have a long and proud tradition in intercollegiate athletics and in training elite athletes for international competition. The beautiful UD campus is home to world-class sport competition and training facilities, as well as modern classrooms and labs. Our faculty in the fields of sport medicine, strength and conditioning, and sport management are outstanding scholars and teachers, and our athletic coaches and administrators are considered some of the best in the United States.

We all look forward to sharing our knowledge with the ICECP coaches and learning from them, as well. We hope coaches will use the experience and knowledge gained through this excellent program to grow sport and further the Olympic ideals in their own countries.

*Dennis Assanis*

Dennis Assanis  
President  
University of Delaware

## Mission

**THE MISSION OF THE INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM** is to provide national level coaches and those responsible for the development of the sport national coaching structures in their countries with a practical program orientated towards developing proficiency in the areas of sport sciences, talent identification, athlete development, coaching education, coaching management, grass roots sport development and ethical aspects of coaching at all levels of competition and across multiple sports.

The focus of the program includes training participants to identify and develop athletes, but also provides the participants with the skills and competencies needed to educate aspiring coaches in their home country. The program will lay theoretical foundations and offer practical applications for the further growth of sport, coaching and the Olympic ideals within their home country.

The intended outcome is for ICECP participants to return to their countries and to serve as coaches within their respective sports as well as become foundation builders for future coaches and athletes while spreading the Olympic spirit.





# Program Structure

**THE INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM** is an intensive coaches' education program consisting of lectures, projects, guest speakers, participant presentations, group work, field trips, and project planning and implementation. The program is open to international coaches and national U.S. coaches and will consist of four modules scheduled over an academic year. In addition, the candidate will work with an international tutor to develop a personal project that will be implemented for the benefit of the respective sport or sport in general in that country.

The ICECP is open to coaches from all sports that operate in the Olympic programming. However, for **international ICECP applicants**, preference will be given to coaches from the following sports:

ARCHERY	FENCING	RUGBY	TENNIS
ATHLETICS	FIELD HOCKEY	SWIMMING	VOLLEYBALL
BASKETBALL	JUDO	TABLE TENNIS	WEIGHTLIFTING
BOXING	ROWING	TAEKWONDO	WRESTLING

## Pre-coursework:

### INTERNATIONAL STUDENT PERSONAL PROJECT:

Candidates will submit a potential personal project that has been approved by their National Olympic Committee (NOC) leadership and respective National Federation during the application process. When accepted, the candidates will be provided with the personal project guidelines and after consultation with their NOC, will submit a project proposal to the Director of the Program one month prior to the start of the program. A tutor will be assigned thereafter to each candidate to mentor the candidates on the development of the project.

### NATIONAL (U.S.) STUDENT PERSONAL PROJECT:

Candidates will submit a potential personal project to the United States Olympic Committee Coaching Education Department and the respective National Governing Body during the application process. When accepted, the candidates will be provided with the personal project guidelines and after consultation with the USOC and NGB, a tutor from the United States Olympic Committee will be assigned thereafter to each U.S. candidate to mentor the candidates on the development of the project and throughout the length of the ICECP program.

### PAST TOPICS:

- Basketball Coaching Education for Secondary School Coaches in Malawi
- Development of a Grass Root Marketing Campaign for Fencing in Macedonia
- Development of a National Judo Coaching Education System in Japan
- Development of Coaching Education for Taekwondo in Ethiopia
- Development of a Training Model to Prepare Elite Athletics Athletes for High Performance in Taiwan
- Long-Term Volleyball Development in Malaysia
- Development of a Program for Player Identification for Iran Basketball Teams at All Levels
- Planning and Preparation for Peak Performance in High School Athletics/Track and Field in Antigua and Barbuda
- A Model for the Implementation of Distance Weightlifting Competition (Piloted in the U.S.)
- Development Program for Volleyball in South Africa
- Development of a National Talent Identification Program for Youth Males Basketball Players in Sierra Leone
- Using Notational Analysis as Function of Educating Coaches of the Judo Federation of Bosnia and Herzegovina

### ASSIGNED READINGS:

Candidates will be provided reading materials that should be completed prior to arriving for the start of the program in the United States. This material will prepare the candidates for the topics that will be covered during the course.

## Module 1:

The first module will be run virtually using an online system through the University of Delaware. The programming will start 15 August 2018 and run through late September 2018. The online distance learning module will consist of online lectures, guest speakers and online on-demand coach trainings through programming run by both the IOC and the USOC. In addition, candidates will be required to do self-reflection and self-analysis of coaching styles, tendencies and habits, to better prepare them for the personal and professional development that will happen during the next three modules. All online work can be done "Live" or "On-Demand" through the virtual platform, so in order that it fits within any work, coaching or life situation around the world

### SAMPLE TOPICS COVERED:

- Coaching Philosophy and Ethics
- Coaching Principles I: Training Design
- Coaching Principles II: Practice Design and Planning
- Coaching Principles III: Managing Relationships
- Exercise Physiology: Understanding the Athlete
- The Image of the Coach
- Talent Identification
- Business of Sport: Business of the Olympic Movement
- Business of Sport: Sport Marketing
- Project Preparation
- And more

## Module 2:

### COLORADO SPRINGS, COLORADO UNITED STATES OLYMPIC COMMITTEE

The second module will be held at the USOC's Olympic Training Center in Colorado Springs. The module will consist of a continuation on the development of the candidate's personal project and of the coaching education program through practical application of coaching methodologies taught by the USOC's Sport Performance Services Division and other experts.

### SPECIFIC TOPICS COVERED:

- Anti-Doping Measures
- Biomechanical Analysis: Video Analysis and Application
- Biomechanical Analysis: Deterministic Modeling
- Coaching Feedback
- Coaching Education Programs

- Coaching Methods: Teaching and Learning
- Quality Coaching Framework and Implementation
- Long Term Athlete Development and American Development Model
- Exercise Physiology: Environmental Factors and Performance
- Exercise Physiology: Overtraining
- Exercise Physiology: Energy Systems
- Sport Physiology: Using the Rate of Adaptation to Guide Training
- Nutrition Periodization
- Sports Nutrition: Training Considerations
- Sports Nutrition: Competition Preparations
- Strength and Conditioning: Planning and Periodization
- Strength and Conditioning: Testing and Evaluation
- Sports Psychology: Team Build/Cohesion
- Sport Psychology: Individual Peak Performance
- Sport Psychology: Mental Preparation for Athletes and Coaches
- Team Management and Travel Preparation
- USOC Sport Services Division – case study
- Mini Projects
  - Training Design
  - Coach Development

**National (U.S.) Candidates** will attend the program for 14 days and will spend the last the last four days of the program preparing their projects with tutors that will assist them and mentor their next steps at both apprenticeship programming and project implementation and completion.

**International Candidates** will spend 21 days in Colorado Springs, with the last 4 days of the module dedicated to coaching the candidates on their projects by their tutors. The module will culminate with a presentation by the candidates on their proposed projects. There will be one tutor per three candidate coaches.

### ACCOMMODATION:

Housing will be at the United State Olympic Training Center (USOTC) which is setup in a dormitory style. Each candidate will have a shared room. Bathrooms and showers are communal by gender. Guests at the Olympic Training Center are provided with a blanket, sheets, two bath towels, a wash cloth, and a pillow. Towels are exchanged Monday, Wednesday and Friday. All food and accommodation are included in your stay, as well as, use of the training facilities at specified times.

### FREE TIME / CULTURAL PROGRAM:

Candidates will have free time on some evenings and weekends, and within the program there will be opportunities to take in the beauty of the nature in Colorado Springs as well as to attend sporting events.





## Module 3:

The third module enables the coach to develop their coaching skills during an apprenticeship in their respective sport. The apprenticeship is designed so that the candidates have the opportunity to shadow a U.S. National Team coach or an equivalent high-level club or university coach. The third module will give coaches the opportunity to share and learn from new methods or applied technologies being utilized in their sport and acquire knowledge and information that can be shared upon returning to their country to further develop their sport. Candidates will continue to work on their projects during the apprenticeship and communicate with their assigned tutor. Upon completion of the apprenticeship, the candidates will be required to prepare a brief report on their experience.

### EXAMPLES OF PREVIOUS APPRENTICESHIP SITES

- U.S. Olympic Training Center, Colorado Springs, Colorado USA
- Chula Vista Elite Athlete Training Center, Chula Vista, California USA
- Pennsylvania State University, Department of Intercollegiate Athletics, State College, Pennsylvania USA
- Princeton University, Department of Intercollegiate Athletics, Princeton, New Jersey USA
- University of Delaware, Department of Intercollegiate Athletics, Newark, Delaware USA
- USTA National Campus, Orlando, Florida USA



## Module 4:

Module 4 will take place in Lausanne Switzerland, headquarters to the IOC, ANOC and many International Federations. During the fourth module candidates will undergo an analysis of their projects by the academic board (made up of the University of Delaware, USOC, and international coaching experts). The candidates will receive recognition for the conclusion of the program based on the completion and/or implementation of their project. Successful candidates will be awarded a certificate of completion from the University of Delaware and the U.S. Olympic Committee after having undergone a public presentation of their projects.

### NATIONAL (U.S.) CANDIDATES

National Candidates from the U.S. will have an option to attend the Module 4 in Lausanne or opt to attend an event in the U.S. to complete their report and project presentation (if scheduling of module 4 is an issue).



## International Tutors:

During the first module an international coaching expert will be assigned to tutor each participant, and through regular communication and through the use of email participants will consult with their assigned tutor on the development of their projects.

Tutors with significant experience in sports sciences and the development of coaching programs internationally and from internationally renowned coaching institutes have been recruited to support participants on the development of their projects.

A list of the following international tutors and their bios is to be posted on the ICECP website at: [www.udel.edu/ICECP](http://www.udel.edu/ICECP)

Dragomir Cioroslan – U.S. Olympic Committee

Barbara Daniels – Sports Coach UK

Peter Davis – Sport Performance Management, United States

Nadine Dubina, USOC Coach Education

Josep Escoda – Centre d'Alt Rendiment (CAR), Barcelona

Michele Hurtado – U.S. Olympic Committee

Tracy Lamb – U.S. Olympic Committee

Sarah McQuade – Sports Coach UK

Matthew Robinson – University of Delaware

Jeff Schneider – University of Delaware

Chris Snyder – U.S. Olympic Committee

## Application Process:

### INTERNATIONAL CANDIDATE PROFILE:

The candidate for an Olympic Solidarity scholarship should be a coach with the following characteristics. He or she must:

- belong to a federation of a sport on the Olympic programme;
- hold the rank of official coach recognized in his/her country of origin and/or by the respective International Federation;
- be active and able to prove that he/she has practical experience as a coach at national/international level;
- be fluent in reading, writing, and speaking in English;
- submit ICECP Application Summary Form;
- submit NOC Endorsement Certification Form;
- submit Curriculum Vitae (CV);
- submit passport photo (electronic version preferable);
- submit letter of support from NOC;
- submit letter of support from National Federation;
- complete Olympic Solidarity Scholarships for Coaches Application (application available on the NOC extranet). NOC applications will be managed by Olympic Solidarity following the normal procedures.

**NOTE:** New to the ICECP application procedure, Olympic Solidarity MUST receive the Olympic Solidarity Scholarships for Coaches Application by **14 May 2018**. The USOC will not consider candidatures whose applications Olympic Solidarity has not received by **14 May 2018**. The new procedure will also mean that candidates will not receive ICECP acceptance confirmation letters until after their candidatures have been approved for a scholarship by Olympic Solidarity and the respective International Federation. Acceptance notifications will be sent forth to accepted candidates between the middle and end of June 2018. Accepted candidates needing a Visa to enter the United States should begin their Visa application procedures immediately after receiving acceptance confirmation letter from the USOC and the ICECP.

The individual must be committed to returning and making an important and sustainable contribution to his or her sport and Olympic movement through application of the knowledge and experience gained from the program. Participants will be selected on the basis of their background and project proposal, as well as will be subject to approval by Olympic Solidarity and the International Federation of their sport, if wishing to benefit from an Olympic Solidarity scholarship. In accordance with the IOC's promotion of women in leadership positions in sport, NOCs are encouraged to support candidatures from women.

### NATIONAL (U.S. RESIDENT) CANDIDATE PROFILE:

The candidate for a United States Olympic Committee scholarship should be a coach with the following characteristics. He or she must:

- belong to a National Governing Body (NGB) of a sport on the Olympic or Paralympic program;
- hold a coaching rank or certification from their National Governing Body in coaching or coach education or international federation certification;
- be recognized and approved for the program by their National Governing Body's coaching education or high performance departments for the program;
- be active and able to prove that he/she has practical experience as a coach at performance level within their sport in the U.S.;
- be fluent in reading, writing, and speaking in English;
- submit ICECP Application Summary Form;
- submit Curriculum Vitae (CV);
- submit letter of support from NGB

The individual must be committed to returning and making an important and sustainable contribution to his or her sport and Olympic movement through application of the knowledge and experience gained from the program. Participants will be selected on the basis of their background and project proposal, as well as will be subject to approval by the United States Olympic Committee and their National Governing Body. In accordance with the IOC's promotion of



women in leadership positions in sport, NOCs are encouraged to support candidatures from women.

If you have questions, please contact USOC at:  
[ICECP@usoc.org](mailto:ICECP@usoc.org).

## 2018 Program Dates:

**Application Deadline:** 14 May 2018

**Project Submission Deadline:** 1 August 2018

**Module I:** 15 August to 30 September 2018, University of Delaware Virtual Campus;

**Module II:** International Participants (30 September to 20 October 2018); National Participants (30 September to 14 October 2018), U.S. Olympic Training Center, Colorado Springs, Colorado;

**Module III:** International Participants (20 October to 27 October 2018) at Designated Apprenticeship Sites; National Participants (Dates TBD based on Sport and Apprenticeship Program)

**Module IV:** 28 April to 3 May 2019, IOC Headquarters; Lausanne, Switzerland

## Funding and Tuition Costs:

### INTERNATIONAL STUDENTS:

The course fee is USD 8,500, which includes the cost of tuition, shared accommodation, meals, health insurance, and internal transportation including the cost of air travel to Colorado Springs and the apprenticeship site. NOCs interested in benefitting from an Olympic Solidarity scholarship to cover the costs of tuition and the international airline ticket from their home country to the Lausanne module should send forth an application to Olympic Solidarity via the Olympic Scholarships for Coaches Program (application available on the NOC extranet). NOC applications will be managed by Olympic Solidarity following the normal procedures. Accepted participants will be provided with a scholarship from the USOC which contributes towards the costs of shared accommodation, meals and health insurance during their stay at the U.S. Olympic Training Center module, and the round-trip international airline ticket from their home country to the United States (paid for by the USOC).



### NATIONAL (U.S. RESIDENT) STUDENTS:

The course fee is USD 10,500, and if selected for the program will be eligible for a scholarship from by the United States Olympic Committee for the cost of the program. Program costs include the cost of tuition, shared accommodation, meals, health insurance, transportation to Colorado Springs, apprentice site and internal transportation including the cost of air travel to Lausanne, Switzerland for Module 4.\*Note: U.S. candidate costs are higher as the scholarship includes the cost of the airline ticket to the Lausanne module. U.S. candidates are funded by the USOC and do not qualify for an Olympic Solidarity scholarship.

## Application Submission Instructions:

**ICECP applications should be completed electronically by 14 May 2018**

### INTERNATIONAL CANDIDATES APPLICATION (NON-U.S. CANDIDATES)

As part of the application process, applicants need to be prepared to provide personal data (passport, etc.); professional background information related to their coaching experience and be prepared to respond to the following questions:

- What are your objectives and expectations in participating in the ICECP program?
- What are your NOC's and NF's expected goals and end results from participating in the ICECP?
- What is the title of your proposed project?
- Which particular area of coaching will be addressed? (Coaching education, youth sport development, long term athlete development, high performance management, talent identification, grassroots programming and or development).
- What are the objectives of your project? For example, your proposed project must have as its main objective: Improve some aspect of the sporting infrastructure in the home country, general and specific to a particular sport. Please see ICECP website for a list of possible topics.
- What are the reasons for your choice? Please explain your personal reasons for wishing to improve the selected area within your country's sporting infrastructure.
- How will you evaluate the success of your project? (e.g., number of coaches, creation of curriculum, improvement in performance of athletes, development of athlete development pipeline, etc.)

Do not begin the application process until you are prepared to provide all the above information.

**Please also make sure to have a printer available in order to print the ICECP APPLICATION SUMMARY FORM and the NOC ENDORSEMENT CERTIFICATION FORM upon the conclusion of the application process.**

Once you have completed the online application, you need submit the following items:

1. Copy of ICECP Application Summary Form
2. NOC Endorsement Certification Form
3. Letters of support from your NOC and National Federation
4. Curriculum Vitae
5. Passport photograph (electronic version preferable)
6. Medical Certificate

Please submit the above documents to USOC and Olympic Solidarity electronically.

**NOTE: New to the ICECP application procedure, Olympic Solidarity MUST receive the Olympic Solidarity Scholarships for Coaches Application by 14 May 2018. The USOC will not consider candidatures whose applications Olympic Solidarity has not received by 14 May 2018. The new procedure will also mean that candidates will not receive ICECP acceptance confirmation letters until after their candidatures have been approved for a scholarship by Olympic Solidarity and the respective International Federation. Acceptance notifications will be sent forth to accepted candidates between the middle and end of June 2018. Accepted candidates needing a Visa to enter the United States should begin their Visa application procedures immediately after receiving acceptance confirmation letter from the USOC and the ICECP.**

When submitting your NOC Endorsement Certification to your NOC and obtaining your letters of support from your NOC and national federation, you must provide a copy of your completed ICECP Application Summary Form to your NOC and National Federation to ensure approval of your selected project.

To complete the formal application process, you must submit your completed ICECP Application Summary Form with the NOC Endorsement Certification Form, curriculum vitae (CV), passport photo (electronic version preferable) and letters of support from your NOC and National Federation to USOC and Olympic Solidarity by **14 May 2018**.

**International Candidates:** please send all correspondence to the attention of:  
Carolina Bayón, Director  
International Cooperation and Policy  
USOC International Relations  
1 Olympic Plaza  
Colorado Springs, CO 80909 USA  
Email: [ICECP@usoc.org](mailto:ICECP@usoc.org)  
Tel: +1.719.866.2050

**To ensure funding from Olympic Solidarity and be considered for acceptance into the ICECP, NOC's must submit an Olympic Scholarships for Coaches Application on behalf of candidate coach, directly to Olympic Solidarity. The approval of Olympic Scholarships for Coaches Programme applications will be managed by Olympic Solidarity following the normal procedures.**

### NATIONAL CANDIDATES APPLICATION (U.S. CANDIDATES)

As part of the application process, applicants need to be prepared to provide personal data (passport, etc.); professional background information related to their coaching experience and be prepared to respond to the following questions:

- What are your objectives and expectations in participating in the ICECP program?
- What is the title of your proposed project?
- Which particular area of coaching will be addressed? (Coaching education, youth sport development, long term athlete development, high performance management, talent identification, grassroots programming and or development).
- What are the objectives of your project? For example, your proposed project must have as its main objective: Improve some aspect of the sporting infrastructure in the home country, general and specific to a particular sport. Please see ICECP brochure for a list of possible topics.
- What are the reasons for your choice? Please explain your personal reasons for wishing to improve the selected area within your country's sporting infrastructure.
- How will you evaluate the success of your project? (e.g. number of participants, creation of curriculum, improvement in performance of athletes, development of athlete development pipeline, etc.)

Do not begin the application process until you are prepared to provide all the above information.

**Please also make sure to have a printer available in order to print the ICECP APPLICATION SUMMARY FORM upon the conclusion of the application process.**

Once you have completed the online application, you need submit the following items:

1. Copy of ICECP Application Summary Form
2. Letters of support from your NGB
3. Curriculum Vitae
4. Passport photograph (electronic version preferable)

Please submit the above documents to USOC by email or mail.

**Application documents and letters of endorsements must be submitted by: 14 May 2018**

**National Candidates (U.S. National):** Please send all correspondence to the attention of:

Chris Snyder, Director  
Coaching Education  
1 Olympic Plaza  
Colorado Springs, Colorado 80909  
Email: [ICECP@usoc.org](mailto:ICECP@usoc.org)  
Tel: +1.719.866.2245



# The United States Olympic Committee

**THE UNITED STATES OLYMPIC COMMITTEE (USOC)**, one of America's premier sports organizations, is headquartered in Colorado Springs, Colo. The vision of the USOC is to enable America's athletes to realize their Olympic and Paralympic dreams. The USOC's mission is to support the United States Olympic and Paralympic athletes in achieving sustained competitive excellence and preserve the Olympic ideals, and thereby inspire all Americans.

The USOC provides valuable services and support to athletes training for the Olympic and Paralympic Games, as well as to National Governing Bodies (NGBs or NFs). The USOC's system of training centers include two owned and operated facilities and approximately 18 NGB-specific training sites (some of which carry the USOC

designation). The two USOC owned and operated training facilities are located in Lake Placid, NY and Colorado Springs, Colorado.



For many NGBs, the Olympic Training Centers (OTCs) provide the optimal training environment for their athletes. The U.S. OTCs provide a comprehensive training environment comprising a full range of performance and support services. The OTCs focus is on athletes, programs and enhanced integration of performance services, along with an emphasis on customer service.

The USOC provides integrated service teams to assist Olympic and Paralympic hopefuls with the goal of ultimate preparedness for the Games through its Sport Performance division. Sport Performance is comprised of coaching, sports medicine, sports management, and sports sciences specialists. The division partners with National Team coaches and athletes to apply focused, integrated, effective performance services to achieve sustained international competitive excellence. Sport disciplines are categorized into five "portfolios" that address similar training and competitive needs. In each of the five teams, the following areas of support are provided by Performance Services: Performance Technology, Sport Biomechanics, Sport Physiology, Sport Psychology, Strength and Conditioning, Nutrition, Sports Medicine, and Athlete Recovery.

ICECP program participants will be housed at the U.S. Olympic Training Center in Colorado Springs and gain an in-depth understanding of the workings of the USOC's Olympic Training Center and athlete support programs through the performance services division. Additionally, the courses taught in Colorado Springs will be conducted by USOC staff and experts.

To learn more about the USOC visit: [www.teamusa.org](http://www.teamusa.org)



# The University of Delaware

**THE UNIVERSITY OF DELAWARE** has grown from its founding as a small private academy in 1743 to a major university. The University offers an impressive collection of educational resources. The 16,000 undergraduate students may choose to major in any one or more of over 100 academic majors. The University's distinguished faculty includes internationally known scientists, authors and teachers, who are committed to continuing the University of Delaware's tradition in providing one of the highest quality undergraduate educations available in the United States.



The central mission of the University of Delaware is to cultivate both learning and the free exchange of ideas. To this end, the University provides excellent undergraduate and graduate courses of study in a variety of disciplines. The University works cooperatively with the area's unique cultural and technical institutions; it provides the finest library in the state and offers the region's people a rich array of public lectures, exhibitions, performances, service programs, and athletic competitions. The University strives for an atmosphere in which all people feel welcome to learn, embracing creativity, critical thinking, and free inquiry, and respecting the views and values of an increasingly diverse population.

The University is home to the High Performance Figure Skating Center, one of the world's leading training sites and home to several national and international Olympic champions. The University of Delaware offers 23 intercollegiate athletic teams that compete at the highest level of intercollegiate competition in the United States. Their coaches are viewed as some of the best in their respective sports in the United States.

ICECP will use the Canvas Learning Management System as licensed and supported through the University of Delaware. This is a secure, password-protected online teaching and learning environment that facilitates educational activities like content delivery, assignment submission, discussion threads, communication, and assessment. ICECP participants have access to Canvas for the duration of the course of the program.

Visit [www.udel.edu](http://www.udel.edu) to learn more about the University.





# The International Coaching Enrichment Certificate Program Faculty and Staff

## Program Administrators:

### CHRIS SNYDER • ACADEMIC DIRECTOR

Chris Snyder is the director of coaching education for the United States Olympic Committee. In his current role, Snyder focuses on supporting the USOC sport performance department and Team USA coaches. His responsibilities include discovering and providing resources to enhance sport culture and the National Governing Bodies that service sport in the United States. Previously, Snyder served as the manager of coaching education and training for U.S. Lacrosse in Baltimore. He has coached competitive sports for more than 12 years.

### DR. MATTHEW J. ROBINSON • CO-DIRECTOR

Dr. Matthew J. Robinson is the Director of Sport Research for the Center for Applied Business and Economics Research (CABER), Chairman of the Delaware Sport Commission, and Professor of business administration in UD's Lerner College of Business and Economics at the University of Delaware. Dr. Robinson is also a member of the legal studies faculty and has a secondary appointment in the School of Education at the University.

### CAROLINA BAYÓN • CO-DIRECTOR

Carolina Bayón is the Director of International Cooperation and Policy for the USOC and was responsible for the development of the ICECP program in partnership with Olympic Solidarity and UD. Prior to joining the USOC, Ms. Bayón was responsible for the NOC Management Programs at Olympic Solidarity in Lausanne. She formerly worked for the Sydney and Salt Lake Organizing Committees.

### PROF. JEFF SCHNEIDER • ASSOCIATE DIRECTOR

Jeff Schneider is an instructor in the Department of Kinesiology and Applied Physiology and is the Director of Strength and Conditioning and Athletic Training at the Human Performance Figure Skating Center at the University of Delaware. He holds certifications from both the National Athletic Trainers Association and the National Strength and Conditioning Associations.

## ICECP Faculty:

Mr. Alan Ashley, USOC Chief of Sport Performance

Dr. Phil Cheetham, Sr., Sports Technologist

Mr. Mike Clayton, USA Wrestling

Dr. Karen Cogan, USOC Sport Psychologist

Ms. Nadine Dubina, USOC Coach Education

Dr. Peter Haberl, USOC Sports Psychologist

Ms. Tammy Hanson, USADA

Ms. Michelle Hurtado, USOC Performance Operations & Strategic Planning Director

Mr. John Kessel, USA Volleyball Director of Sport Development

Ms. Nuwanee Kirihehennedige, USOC Sport Dietician

Mr. Finbarr Kirwan, USOC High Performance Director

Mr. Ken Martel, Technical Director of USA Hockey's American Development Model

Ms. Susie Parker-Simmons, USOC Sports Dietitian  
Coach Emma Randall, USA Wrestling

Dr. Scott Riewald, USOC Performance Technologist

Dr. Suzie Riewald, USOC, Academic Coordinator

Ms. Cathy Sellers, USOC High Performance Director, Paralympic Track & Field

Dr. Carwyn Sharp, National Strength and Conditioning Association, Chief Science Officer

Mr. Rob Skinner, USOC Sport Dietitian

Mr. Chris Snyder, USOC Coach Education Director

Dr. Genadijus Sokolovas, Renowned Expert in Physiology and Sport Science

Dr. Lindsay Thornton, Senior Sport Psychophysiology

Mr. Richard Way, Long-Term Athlete Development

Mr. Daniel Webb, USOC Sport Performance Analyst

Dr. Randy Wilber, USOC Senior Sport Physiologist

Mr. Lance Williams, Associate Executive Director - Sport, USA Weightlifting

## Comments from Past Participants:

"ICECP has given me a new life, more confident to speak up, to be a thinking person."

"The mentors were very professional and down to earth. They guided me and also reinforced my views on coaching. I can now say that this program has fulfilled my dream. I now understand what my role is and whom I represent."

"It is a great program for the coaches please carry on this program in future for the benefit of the sports and also for the promotion of Olympism."

"I've described my experience at ICECP as 'Standing on the shoulders of giants.' I feel that the exceptional quality of the lecturers has afforded me a greater understanding of the subjects. Along with this broad invaluable education, I feel a very humbling responsibility to be an agent of change."

"I am 100% in support of the ICECP because the program is enriching coaches from around the globe who will serve as pillars for developing the sport in their country and indirectly giving people most especially the young ones a chance to make a positive change in their lives."

"All the presentations were at a high level and the program has given us a great vision to improve our knowledge of sport."

"The theoretical and practical components of the program provided vital information and directions that have changed my entire view of coaching."

"ICECP is a great program because it allows relationships between people of different countries and customs. All of the participants work at different levels in their countries so it is a great opportunity to learn from each other."

"From the knowledge I have acquired I am highly convinced that I can and will make great impact as a coach to my national federation as well as other federations that operate under the NOC."

"There are components of this course that helped me to have a different view of my sport as a coach in general and I am going home as a different person, with new ideas."

"While the course content was very informative and valuable, the input from participants worldwide and how they dealt with issues was equally valuable."

"Learning all the academic and theoretical components as well as experiencing high level teaching and mentoring from the professors and lecturers inspires me to become better and make an impact on coaches, athletes parents, and officials in my country."

"This is a very high classed coaching course taking into consideration its content and intensity, great idea to keep, there should be a follow up of past participants after they pass through this program for an international network. There should be a physical exercise by all coaches as a group twice a week, a proper tour of the gym because some of us saw certain machines for the first time. Thanks for all the great work!"

Ninth-year ICECP participants at the USOC Training Center in Colorado Springs, Colorado



## Contact Us:

If you have any questions regarding the program, please contact us as follows:

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