



USA YOGA COACHING CERTIFICATION

For the 2022-2023 season, all new and returning coaches must complete a set of 2 online clinics to be listed as a certified USA Yoga coach. In subsequent seasons, to retain the status of Certified USA Yoga Coach, there will be a reduced commitment for coaches who held a certification in the previous year.

Each coaches' clinic will be approximately an hour long and will cost \$25. The clinics will be offered in October and November, and an assessment will be required after the 2nd session to complete the certification.

The USA Yoga Judges Committee will oversee the clinics and certification, with the following goals:

- Provide the requisite technical knowledge regarding competition and specific posture rules
- Introduce prospective coaches to the basics of successful coaching
- Offer suggestions for coaching certain postures and addressing common issues
- Provide a forum for questions and discussion
- Offer USA Yoga athletes information regarding available coaches that meet minimum requirements

Coaching Qualification Process

1. Be eligible:
 - a. Be a current USA Yoga member
 - b. Meet at least one of the following criteria:
 - Be a certified and active yoga teacher for at least 3 years
 - Be an active competitor for at least 3 years
 - Have placed 1st, 2nd or 3rd in his/her division at a USA Nationals final
2. Get certified:
 - a. Complete coaches' training by attending 2 clinics (\$25 each)
 - b. Complete the coaches' assessment (no charge) by demonstrating sufficient knowledge of current USA Yoga rules and posture guidelines
3. Maintain certification:

- a. Complete annual continuing education requirements which will be focused on rule changes and new postures. Unless there are significant changes to rules, this is expected to be one clinic per year for coaches wishing to re-certify.
- b. Complete the coaches' assessment annually (no charge) by demonstrating sufficient knowledge of current USA Yoga rules and posture guidelines

Coaches' training program team

Executive Lead: Cynthia Wehr

Coordinator: Tim Mizerak

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