

# ICECP

INTERNATIONAL COACHING  
ENRICHMENT CERTIFICATE PROGRAM



2020-2021

13<sup>TH</sup> EDITION



UNIVERSITY OF  
DELAWARE





Susanne D. Lyons

**THE INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM (ICECP)** has been received with much enthusiasm amongst NOCs and more than 363 participating coaches representing 116 countries from all five countries and 33 sports. Celebrating the success of the past editions of the ICECP, we are looking forward to launching the thirteenth 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.

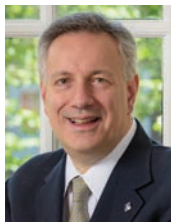
Partnering with Olympic Solidarity gives us the opportunity to provide coaches with world-class training opportunities to improve their knowledge and expertise. This is of particular importance given the demands placed on coaches today. Coaches are expected to be leaders and to stay abreast of the latest 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 with enhanced leadership skills, educated on the application of the sport sciences, and possessing the technical knowledge for their sport is of the greatest value to the development of athletes. Another important component of the ICECP program includes SafeSport awareness and abuse prevention training, to include: bullying, harassment, hazing, physical abuse, emotional abuse, and sexual misconduct and abuse.

The ICECP will provide national level coaches with enhanced coaching and leadership skills and the latest coaching principles from national level professionals from the University of Delaware, and from USOPC 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 and Paralympic Coach magazines on the following link on our website: <https://www.teamusa.org/About-the-USOPC/Programs/Coaching-Education/Coach-E-Magazine>

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

Susanne D. Lyons  
Chair/President  
U.S. Olympic and Paralympic Committee

Sarah Hirshland  
Chief Executive Officer/Secretary General  
U.S. Olympic and Paralympic Committee



Dennis Assanis

**THE UNIVERSITY OF DELAWARE IS THRILLED TO ONCE AGAIN PARTNER** with the United States Olympic and Paralympic Committee and Olympic Solidarity to educate coaches from around the world in the thirteenth 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  
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 coaching leadership, sport sciences, talent identification, athlete development, coaching education, grassroots 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 will consist of five modules scheduled over an academic year, during which time 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, preference will be given to coaches from the following sports:

ARCHERY

ATHLETICS

BASKETBALL

BOXING

FENCING

FIELD HOCKEY

JUDO

ROWING

RUGBY

SWIMMING

TABLE TENNIS

TAEKWONDO

TENNIS

VOLLEYBALL

WEIGHTLIFTING

WRESTLING

## Pre-coursework:

### 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.

### PAST TOPICS:

- Basketball Coaching Education for Secondary School Coaches in Malawi
- Development of a Grassroot 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 10 August 2020 and run through mid-September 2020. 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 USOPC. 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:**

- Art and Science of Coaching
- Measure of Success
- Mental Training of Performance
- Seven Habits Leadership and Mindset
- SafeSport Training
- USOPC Mobile Coaching – Sport Sciences Foundations
- ICECP Project Preparation

## **Module 2:**

### **COLORADO SPRINGS, COLORADO UNITED STATES OLYMPIC AND PARALYMPIC COMMITTEE**

The second module will be held at the USOPC’s 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 USOPC’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
- USOPC Sport Services Division – case study
- Mini Projects
  - Training Design
  - Coach Development

Candidates will spend two weeks in Colorado Springs, where they will experience in-person learning from USOPC Sport Performance, Sport Science and other divisional experts. Most learning will be in a classroom setting, with opportunities in the evening and on weekends to explore and experience the Colorado Springs area.

#### **ACCOMMODATION:**

Housing will be at the United State Olympic and Paralympic Training Center (USOPTC) which is setup in a dormitory style. Each candidate will have a shared room. Bathrooms and showers are communal by gender. Guests at the 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 and Paralympic 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:

The fourth module will take place on the campus of the University of Delaware. The module consists of one week of one-on-one tutoring sessions with the candidate's respective tutor. This week will be dedicated to the coaching of participants on their projects by their tutors, and will include a presentation by the participants on their proposed projects. There will be one tutor per three participant coaches. Additionally, the module will include academic sessions including Securing Sports Sponsorship and a project development workshop on Training Design and Planning. The participants will also have observational opportunities with the intercollegiate athletic teams.



## Module 5:

Module 5 will take place in Lausanne Switzerland, headquarters to the IOC, ANOC and many International Federations. During the fifth module candidates will undergo an analysis of their projects by the academic board (made up of the University of Delaware, USOPC, and international coaching experts). The candidates will receive recognition for successfully completing the program based on their overall participation in the course and 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 and Paralympic Committee after having undergone a public presentation of their projects.

## 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)

T.J. Buchanan – LTAD Expert, Sport Development, World Lacrosse

Peter Davis – Sport Performance Management, USA and Australia

Andrew Donnery – Coach Educator and Instructor, Millroad Consulting, USA and UK

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

Michele Hurtado – U.S. Olympic and Paralympic Committee

Tracy Lamb – Sport Performance Expert, USA

Sarah McQuade – Coaching Education Expert, e.t.c. coaching consultants, USA and UK

Matthew Robinson – University of Delaware

Jeff Schneider – University of Delaware



## Application Process:

### CANDIDATE PROFILE:

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

- **be fluent in reading, writing, and speaking in English; interviews will be performed to ensure English proficiency**
- 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;
- submit ICECP Application Summary Form;
- submit NOC Endorsement Certification Form;
- submit Curriculum Vitae (CV);
- submit copy of passport;
- submit medical certificate;
- submit letter of support from NOC;
- submit letter of support from National Federation;
- **NOCs must complete Olympic Solidarity Scholarships for Coaches Application by April 20, 2020 (application available on the NOC extranet).**



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.

## 2020 Program Dates:

**Application Deadline: 20 April 2020**

**Project Submission Deadline: 31 July 2020**

**Module I: 10 August to 13 September 2020,** University of Delaware Virtual Campus;

**Module II: 13 to 26 September 2020,** USOPC Training Center, Colorado Springs, Colorado;

**Module III: 26 September to 4 October 2020** at Designated Apprenticeship Sites;

**Module IV: 4 to 10 October 2020,** University of Delaware Campus, Newark, Delaware;

**Module V: 24 to 29 April 2021,** IOC Headquarters; Lausanne, Switzerland

## Funding and Tuition Costs:

The course fee is USD 9,000, 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 USOPC which contributes towards the costs of shared accommodation, meals and health insurance during their stay at the U.S. Olympic and Paralympic Training Center module, and the round-trip international airline ticket from their home country to the United States (paid for by the USOPC).





# Application Submission Instructions:

**ICECP applications should be completed electronically through the following link by 20 April 2020: <http://www.udel.edu/ICECP/program/application.html>**

## CANDIDATE APPLICATION

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 will receive an email with the following link, instructing you to submit the following **REQUIRED** items:

**<https://forms.gle/nU4GKsiPTMU3tKCD8>**

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. Copy of passport
6. Medical Certificate

**NOTE: New to the ICECP application procedure, Olympic Solidarity MUST receive the Olympic Solidarity Scholarships for Coaches Application by 20 April 2020. The USOPC will not consider candidatures whose applications Olympic Solidarity has not received by 20 April 2020. 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 May 2020. Accepted candidates needing a Visa to enter the United States should begin their Visa application procedures immediately after receiving acceptance confirmation letter from the USOPC 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), copy of passport and letters of support from your NOC and National Federation to USOPC by **20 April 2020**.

**Candidates:** please send all correspondence to the attention of:

Carolina Bayón, Director  
International Cooperation and Policy  
USOPC 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, NOCs 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.**



# The United States Olympic and Paralympic Committee

**THE UNITED STATES OLYMPIC AND PARALYMPIC COMMITTEE (USOPC)**, one of America's premier sports organizations, is headquartered in Colorado Springs, Colo. The mission of the USOPC is to empower Team



USA athletes to achieve sustained competitive excellence and well-being. The USOPC is focused on protecting, supporting and empowering America's athletes, and is responsible for fielding U.S. teams for the Olympic, Paralympic, Youth Olympic, Pan American and Parapan American Games, and serving as the steward of the Olympic and Paralympic movements in the U.S.

The USOPC 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 USOPC's system of training centers include two owned and operated facilities and approximately 18 NGB-specific training sites. The two USOPC-owned and -operated training facilities are located in Lake Placid, New York and Colorado Springs, Colorado.

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

The USOPC 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 "sportfolios" 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.

U.S. Olympic and Paralympic Training Center



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

To learn more about the USOPC 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.



University of Delaware  
Main Campus

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.



University of Delaware  
Athletic Complex

# The International Coaching Enrichment Certificate Program Faculty and Staff

## Program Administrators:

### **CHRIS SNYDER • USOPC ACADEMIC DIRECTOR**

Chris Snyder is the Director of Coaching Education for the United States Olympic and Paralympic Committee. In his current role, Snyder focuses on supporting the USOPC 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 • UD ACADEMIC 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 • USOPC ADMINISTRATIVE DIRECTOR**

Carolina Bayón is the Director of International Cooperation and Policy for the USOPC and was responsible for the development of the ICECP program in partnership with Olympic Solidarity and UD. Prior to joining the USOPC, 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 • UD 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.

### **DRAGOMIR CIOROSLAN • USOPC INTERNATIONAL COACHING STRATEGIES DIRECTOR**

Dragomir Cioroslan, a three-time Olympic weightlifter and bronze medalist in the 1984 Olympic Games for his home country of Romania, is the Director of International Strategies and Development for the USOPC. Cioroslan was the Head Coach for the U.S. National Weightlifting Team from 1993–2003, and previously served as Vice President of the IWF and Chairman of the IWF Coaching and Research

Committee. Cioroslan is fluent in five languages and has been a sports official and administrator for more than 30 years in the Olympic Movement.

### **KENZIE CONING • USOPC PROGRAM COORDINATOR**

Kenzie Coning is the Coaching Education Program Coordinator at the USOPC. She is responsible for details relating to the successful coordination of the ICECP program. Prior to her role at the USOPC, she obtained her degree in Law and Public Affairs and has had over three years experience in the Education Advocacy space.

## ICECP Faculty:

Dr. Phil Cheetham, Sr., Sports Technologist

Mr. Mike Clayton, USA Wrestling

Dr. Karen Cogan, USOPC Sport Psychologist

Ms. Nadine Dubina, USOPC Coach Education

Dr. Peter Haberl, USOPC Sports Psychologist

Ms. Tammy Hanson, USADA

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

Mr. John Kessel, USA Volleyball Director of Sport Development

Mr. Finbarr Kirwan, USOPC High Performance Director

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

Dr. Nanna Meyer, Associate Professor, Sports Dietitian, UCCS

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

Dr. Scott Riewald, USOPC Performance Technologist

Dr. Suzie Riewald, USOPC, Academic Coordinator

Ms. Cathy Sellers, USOPC High Performance Expert

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

Mr. Brandon Siakel, USOPC Sports Physiologist

Mr. Rob Skinner, USOPC Sport Dietitian

Mr. Chris Snyder, USOPC Coach Education Director

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

Ms. Jenna Street, USOPC Athletic Trainer, Sports Medicine

Dr. Lindsay Thornton, Senior Sport Psychophysicologist

Mr. Richard Way, Long-Term Athlete Development

Mr. Daniel Webb, USOPC Sport Performance Analyst

Dr. Randy Wilber, USOPC Senior Sport Physiologist

Ms. Amanda Wittenmyer, USOPC Sr. Sports Physiologist

## 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!”



12th-year ICECP participants at the USOPC Training Center in Colorado Springs, Colorado

## Contact Us:

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

Attention: Carolina Bayón  
Director, International Cooperation and Policy  
USOPC International Relations  
1 Olympic Plaza  
Colorado Springs, Colorado 80909  
Email: ICECP@usoc.org  
Tel: +1.719.866.2050

# ICECP

INTERNATIONAL COACHING  
ENRICHMENT CERTIFICATE PROGRAM



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[www.udel.edu/ICECP](http://www.udel.edu/ICECP)