

## **Poliquin® International Certification Program**

### Performance Specialist Level 4

PICP™ Level 4 represents one of the final steps in the PICP™ Certification for students. This course is designed for those interested in pursuing a successful career as a strength coach or is currently working with high performance athletes.

During the 5-day course, coaches will be expected to give a 20-30 minute presentation about their coaching process and business.

*To register for this course, you must be a PICP™ Level 2 Coach and have taken the PICP Level 3 Course.*

#### **PICP™ Level 4 Tasks**

Task 1:	Training Recovery Methods
Task 2:	Integrating Plyometrics
Task 3:	Olympic Lifting Variations for Speed Development
Task 4:	Using Implements in Program Design
Task 5:	Advanced Strength Training Techniques
Task 6:	Strength Training & Business (Coaches Presentation)

At the conclusion of the PICP™ Level 3 Course, coaches will:

- Understand recovery methods for training
- Understand how to integrate plyometrics into training programs
- Understand the variations of Olympic Lifts to produce speed development
- Understand how to use implements in program design
- Understand different advanced techniques in strength training

#### **PICP™ Level 4 Practical Requirements**

- Individual Sports
  - Coach an athlete that participates in Olympics, World Championship
  - Coach an athlete that medals at a multi-national event (Pan Am's Commonwealth Games, European Championships)
- Team Sports
  - Coach an athlete that participates on an Olympic, World Championship, Professional League Championship Team
  - Coach Multi-National Championship Team
  - Coach an athlete that plays in 60% of the games or of the placement games for a team that medals in a multi-national event
- All Sports & Federations need to be recognized by GAISF and/or IOC and strength must play a factor. Motor sports are not recognized.
- Coaches must submit:
  - Letter from athlete confirming the coach's role in preparation for the event/season
  - Media that confirms your athlete's placement (website with final results)
  - Programs used to prepare the athlete showing they use PICP methods