



Coaching Education & Certification System

World Athletics Level 2 Coaching Course



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Coaching Education and Certification System

World Athletics Level 2 Coaching Course

1 Addressing the Challenge of Aging Coaches in Athletics

1.1 Introduction

The Curaçao athletics community is currently facing a significant challenge: the aging population of our coaching workforce. A majority of our active coaches are nearing the age of 60, with some even in their seventies. While these experienced coaches have made invaluable contributions, this trend highlights a pressing issue—the lack of younger coaches entering the profession.

1.2 Risks of an Aging Coaching Workforce

The Curaçao athletics community is currently facing a significant challenge: the aging population of our coaching workforce. A majority of our active coaches are nearing the age of 60, with some even in their seventies. While these experienced coaches have made invaluable contributions to the development of athletics in Curaçao, this trend highlights a pressing issue—the lack of younger coaches entering the profession.

If this trend continues, the sport risks facing a shortage of qualified and active coaches in the near future. This potential gap poses a direct threat to the growth and sustainability of athletics in Curaçao, as the next generation of athletes may not have access to the mentorship, technical guidance, and structured training necessary for their development.

1.3 The Need for Young Coaches

To secure the future of athletics in Curaçao, it is crucial to actively recruit, train, and mentor young coaches. By involving younger generations, we can:

- Bring fresh energy and innovative ideas to the sport.

- Establish a long-term foundation for athlete development.

- Ensure continuity in coaching expertise and knowledge transfer.

The World Athletics (WA) CECS Level 2 Coaches Course serves as a vital step toward addressing this challenge. By providing comprehensive training and mentorship opportunities, the course equips young coaches with the skills and confidence they need to succeed. Additionally, the

requirement for coaches to develop at least one athlete ranked nationally within a year ensures that they are actively contributing to the sport's growth from the start of their journey.

Without a proactive strategy to address the aging coaching population, the future of athletics in Curaçao could face significant challenges. By investing in young coaches now, we are not only ensuring a steady pipeline of qualified professionals but also safeguarding the legacy and continued success of athletics in Curaçao for generations to come.

1.4 The Role of the CECS Level 2 Coaches Course

The World Athletics CECS Level 2 Coaches Course serves as a vital step toward addressing this challenge. The course provides comprehensive training and mentorship opportunities, equipping young coaches with essential skills.

2 Objective of the CECS Level 2 Coaching Course

2.1 Main Objectives

The main objective of the CECS Level 2 Coaching Course is to empower participants with the knowledge, skills, and practical experience necessary to develop and enhance the performance of athletes in Curaçao at an intermediate to advanced level. Specifically, the course aims to:

Build Competence in Coaching Techniques:

Equip coaches with advanced technical and tactical coaching methods across various athletic disciplines, enabling them to guide athletes toward peak performance.

Develop Athlete-Centered Coaches:

Instill principles of athlete development that emphasize physical, mental, and emotional growth, creating a safe and supportive environment for athletes of all ages and abilities.

Improve Coaching Standards Nationally:

Strengthen the overall quality of coaching in Curaçao by introducing globally recognized best practices and certification standards, thereby elevating the country's competitive athletic programs.

Address the Aging Coach Population:

Encourage and nurture younger coaches to step into leadership roles to address the current issue of "vergrijzing" (aging) among Curaçao's coaching population, ensuring the sustainability of athletics in the future.

Encourage Accountability and Professionalism:

Ensure coaches adhere to ethical guidelines by incorporating the Code of Conduct as a cornerstone of the course, emphasizing respect, integrity, and responsibility in their coaching roles.

Foster Long-Term Athlete Development:

Train coaches to design and implement structured training plans aimed at improving athletes' rankings at the national level, with the goal of having at least one athlete in the top 5 rankings within a year of completing the course.

Prepare Coaches for Advanced Certification:

Serve as a stepping stone for participants to pursue further professional development through advanced-level courses, such as the Atletiekunie Level 4 Coaching Course offered in 2026 or 2027.

3 Course Structure and Content

3.1 Course Description

The World Athletics Coaches Education and Certification System (CECS) Level 2 Course is a comprehensive program designed for coaches who have completed Level 1 and wish to specialize further in athletics coaching. This 15-day course combines theoretical education, technical specialization, and practical training to equip participants with the skills needed to advance their coaching expertise and athlete development.

In addition to the core curriculum, participants will enter a one-year mentorship program under the guidance of experienced local coaches. During this mentorship, they are required to develop at least one athlete who achieves a place on Curaçao's official athletics rank list within one year.

Furthermore, all participants must sign and adhere to the Code of Conduct for Coaches, which reinforces ethical and professional behavior. Coaches without this certification are not eligible to serve as coaches for any national selection team in Curaçao.

Coaches who complete the CECS Level 2 course will also become eligible to enroll in the Level 4 Coaching Course offered by Atletiekunie, which will be provided in 2026 or 2027, marking a significant opportunity for further advancement.

3.2 Course Contents

Coaching Ethics and Professional Conduct

- Signing and upholding the Code of Conduct for Coaches, emphasizing integrity, respect, and responsibility.
- Commitment to athlete well-being and fair play.

Coaching Principles and Philosophy

- Enhancing leadership, communication, and observation skills.
- Developing a coaching philosophy aligned with international best practices.

Athlete Development

- Building customized training programs for individual athletes.

- Focus on physical conditioning, mental resilience, and performance optimization.
- Injury prevention and recovery protocols.

Technical Specialization

- Event-specific coaching in:
 - Sprints, starts, and relays.
 - Jumps (long jump, triple jump, high jump, pole vault).
 - Throws (shot put, discus, javelin, hammer).
 - Hurdles and combined events.
- Periodization and peaking strategies for competition.

Practical Application

- Conducting warm-ups, drills, and conditioning sessions.
- Real-world coaching scenarios and feedback.

Evaluation and Certification

- Practical and theoretical assessments to demonstrate coaching competencies.
- Signing the Code of Conduct for Coaches as a mandatory component of certification.

One-Year Mentorship Program

- Supervised coaching with ongoing evaluation by local experienced coaches.
- Supporting athlete development and achieving measurable performance goals.
- Requirement: Coaches must guide at least one athlete to achieve a ranking on Curaçao's athletics rank list within a year.

Pathway to Level 4 Certification

- Completion of this course makes participants eligible to attend the Atletiekunie Level 4 Coaching Course in 2026 or 2027, providing an opportunity for further professional growth and international recognition.

4 Instructor Profiles

4.1 Coaching Duo

The WA CECS Level 2 Coaching Course will be led by two dedicated local instructors, embodying the Curaçaoan saying: *"Na kabuya bieuw ta konopa kabuyai nobo"*—the old rope ties the new one. This reflects the perfect balance between experience and fresh perspectives in coaching education.



Senior coach Wendell Prince brings a wealth of knowledge and decades of hands-on experience in athletics coaching, mentoring numerous athletes and coaches over the years. Meanwhile, young coach Jairo Duzant represents the new generation, bringing

modern training techniques, fresh insights, and a passion for developing future athletics leaders.

Together, they ensure that the next wave of Curaçaoan coaches is built on a strong foundation of experience while embracing innovation, ensuring the continuous growth of athletics on the island.

Special Guest Instructor: Niels Hanegraaf Brings Elite Jump Coaching to Curaçao!
Niels Hanegraaf from the Netherlands to our WA CECS Level 2 Coaching Course! As a specialist in jump events and a certified Atletiekunie Level 4 instructor, Niels brings top-tier expertise in long jump, high jump and triple jump.

5 Guidelines for Certification

5.1 Certification Criteria

To ensure the highest standards and commitment in coaching within the Curaçao Athletics Federation, participants in the certification program must meet the following criteria to be eligible for official recognition as a certified coach:

1. Attendance

Participants must attend at least 90% of the course sessions to qualify for certification. Absences are only permitted with prior approval from the course coordinator, and any missed sessions must be compensated through additional assignments or make-up activities.

2. Active Participation

Participants must demonstrate active engagement during all course activities, including workshops, practical sessions, and discussions. Active participation includes contributing to group work, completing in-class tasks, and showing a willingness to learn and collaborate.

3. Completion of Mentorship Program

After the course, participants must complete a one-year mentorship program under the guidance of experienced local coaches. Mentorship includes periodic evaluations, feedback sessions, and practical coaching experience.

4. Completion of Assigned Tasks

Participants must successfully complete all tasks and assignments provided during the course.

Tasks may include lesson planning, coaching demonstrations, athlete development plans, and other practical or theoretical components.

5. Athlete Performance

Participants must develop at least one athlete who achieves a top-5 ranking in Curaçao within one year after completing the course.

This requirement ensures that coaches demonstrate the ability to apply their knowledge and positively impact athletic performance.

6. Code of Conduct

Participants must read, understand, and sign the Code of Conduct for Coaches, agreeing to uphold the highest standards of ethics, professionalism, and respect.

Coaches who fail to sign the Code of Conduct will not be eligible for certification.

5.2 Certification Validations

Upon successfully completing the certification program, coaches will achieve the following validations, which formally recognize their capability and eligibility to contribute to the development of athletics in Curaçao:

1. Certification as a Level 2 Coach

Coaches will receive an official Level 2 Coaching Certificate issued by World Athletics under the Coaches Education and Certification System (CECS). This certification validates their skills, knowledge, and ability to coach athletes at an intermediate level across multiple disciplines.

2. National Recognition

Certified coaches will be officially recognized by the Curaçao Athletics Federation as qualified to coach athletes at a national level.

They will be eligible to coach athletes who participate in national championships and be considered for roles in national team selections.

3. Mentorship Program Completion

Coaches who complete the one-year mentorship program under the supervision of experienced local coaches will receive additional validation of their ability to work effectively in real-world coaching environments.

4. Athlete Development Validation

Coaches must demonstrate their impact by developing at least one athlete who achieves a top-5 ranking in Curaçao within one year. This requirement validates their ability to translate theoretical knowledge into tangible results.

5. Adherence to Ethical Standards

By signing and adhering to the Code of Conduct for Coaches, participants validate their commitment to professionalism, ethical behavior, and respect for athletes, colleagues, and the sport.

6. Pathway to Advanced Certification

Completion of the CECS Level 2 course provides eligibility to attend the Level 4 Coaching Course offered by Atletiekunie in 2026 or 2027. This creates a pathway for further growth and specialization in coaching.

7. Eligibility for Continued Development

Certified coaches will be eligible to participate in ongoing training, workshops, and professional development programs organized by the federation and international bodies.

Through these validations, certified coaches not only gain recognition for their achievements but also become integral contributors to the future of athletics in Curaçao.



6 Mentor Program for CECS Level 2 Coaches

6.1 Introduction

Following the completion of the theoretical component of the WA CECS Level 2 Coaching Course in June 2025, participants will enter a one-year mentorship program designed to provide hands-on coaching experience and continuous professional development. The program will be led by experienced instructors, Wendell Prince and Jairo Duzant, and will include the active involvement of senior coaches to guide and support the participants.

6.2 Objectives

- To provide newly certified coaches with practical coaching experience under the supervision of experienced mentors.
- To ensure knowledge transfer and long-term sustainability in the development of athletics coaching in Curaçao.
- To improve the overall quality of coaching through structured learning, hands-on training, and continuous evaluation.
- To encourage young coaches to stay in the sport and develop into high-quality professionals.
- Structure and Components of the Mentor Program
- The mentor program will begin in May 2025 and run for one year, concluding in June 2026. Throughout this period, coaches will be required to actively engage in coaching

sessions, attend workshops, and fulfill key responsibilities as part of their certification process.

6.3 Mentor Coaches

Experienced coaches will be assigned as mentors to guide and supervise new coaches. The mentor coaches will:

- Sign and adhere to the Code of Conduct for coaches.
- Set a positive example in terms of professionalism, ethics, and coaching discipline.
- Provide regular feedback to mentees and assess their development.
- Assist in the evaluation of mentees based on their practical coaching performance.

6.4 Conditions for Mentees

To successfully complete the mentor program and be validated as a Level 2 coach, participants must:

- Attend at least 90% of all scheduled mentorship activities.
- Actively coach under the supervision of a mentor and apply learned techniques.
- Develop at least one athlete ranked in the Top 5 in Curaçao within their respective age category.
- Be attached as a coach to a club affiliated with the Curaçao Athletic Federation.
- Complete all required assignments and coaching evaluations.
- Participate in all scheduled workshops throughout the year.
- Adhere to and sign the Code of Conduct for Coaches.

6.5 Workshops and Continuous Education

To enhance the coaching capabilities of participants, several specialized workshops will be conducted throughout the mentorship program. These workshops will cover key areas in coaching and athlete development, ensuring that coaches are well-equipped to guide athletes effectively.

Workshop Topics:

1. Planning and Periodization – Understanding how to design and implement structured training programs for long-term athlete development.
2. Biomechanics in Athletics – Enhancing performance through proper movement techniques and efficiency.
3. Sports Nutrition – Educating athletes on proper diet, hydration, and supplementation for peak performance.
4. Injury Prevention & Rehabilitation – Techniques to prevent common sports injuries and manage recovery processes.
5. First Aid & Emergency Response in Sports – Equipping coaches with essential first aid skills to handle emergencies on the field.

6. Women in Sport – Addressing the specific physiological and psychological needs of female athletes.
7. Mental Block and Psychological Readiness – Training athletes to overcome performance anxiety and develop mental resilience.
8. Sports Science and Performance Analysis – Utilizing data, video analysis, and modern techniques to optimize athlete performance.
9. Podiatry in Athletics – Understanding foot biomechanics, footwear selection, and injury prevention strategies with insights from a podiatrist (podo therapist).
10. Strength Training for Athletes – Developing effective strength programs tailored to different age groups, disciplines, and performance goals.

These workshops will provide continuous learning opportunities for coaches, reinforcing their knowledge and helping them implement evidence-based coaching methods throughout the mentorship program.

7 Completion

7.1 Evaluation

At the end of the mentorship program, mentees will undergo an evaluation based on their practical coaching performance, athlete development, workshop participation, and adherence to professional coaching standards. Those who meet all requirements will be officially recognized as Level 2 coaches and will be eligible to pursue further certifications, including the Atletiekunie Level 4 Coaching Course in 2026 or 2027.

7.1 Conclusion

The implementation of this mentorship program is a key step in ensuring the sustainable development of athletics coaching in Curaçao. By fostering a culture of mentorship and continuous learning, we aim to prepare a new generation of coaches who can contribute effectively to the growth and success of athletics on the island.

7.2 Certification Ceremony

The successful completion of both the theoretical and practical components of the WA CECS Level 2 coaching course marks a significant milestone in the development of athletics in Curaçao. On Saturday, August 29, 2026, we will celebrate this achievement with a certification ceremony, where participants will officially receive their coaching certificates. This momentous occasion not only recognizes their dedication and hard work but also highlights their commitment to shaping the future of athletics. With their certification, these coaches will play a crucial role in mentoring and developing the next generation of athletes in Curaçao.

8 Timeline – WA CECS Level 2 Coaching Course

2025

- 17 February 10 – Start of Registration Period
- 17 March 5 – Registration Deadline
- 17 March 7 – Course Start (Theoretical sessions begin)
- 17 May 14 – Practical Exam
- 17 May 15 – Theoretical Exam
- 17 June 1 – Start of Mentorship Program (1-year practical experience)
- 17 June 22 – Curaçao Athletics Championship 2025 (Coaches gain competition experience)

2026

- 17 June 23 – Curaçao Athletics Championship 2026 (Final evaluation opportunity)
- 17 June 2026 – Completion of Mentorship Program & Certification
- 17 August 29 – Certification Ceremony (Official recognition of certified coaches)



Appendix

- A. Theoretical and Practical program
- B. Registration form
- C. Code of Conduct
- D. Contact information

A. Theoretical and Practical program

New IAAF (World Athletics) Coaches Education & Certification System for Level 2

Day 1 Friday		March 7th 2025		Lecturer
17.30-18.00p	Opening Ceremonies			CAB
18.00-18.30	Orientation to Level II	Theory		Wendell Prince
18.45-19.15	The Skills of Coaching 1	Theory		Wendell Prince
19.30-20.00	Developing Fitness. 1	Theory		Wendell Prince
20.15-20.45	Sprints. 2	Theory		Wendell Prince
Day 2 Saturday		March 8th 2025		
16.00-16.30	The Warm Up and Cool down	Practical		Jairo Duzant
16.45-17.15	Fundamentals of Throws	Practical		Jairo Duzant
17.30-18.00	Sprints. 1	Practical		Jairo Duzant
18.15-18.45	Sprint Starts	Practical		Jairo Duzant
19.00-19.30	Developing Fitness. 2	Theory		Jairo Duzant
19.45-20.15	A coaching Philosophy	Theory		Wendell Prince
Day 3 Thursday		March 13th 2025		
17.00-17.30	Fundamentals of Jumps	Practical		Niels Hanegraaf
17.30-18.00	Long Jump. 1	Practical		Niels Hanegraaf
18.00-19.00	Long Jump. 2	Theory		Niels Hanegraaf
Day 4 Sunday		March 16th 2025		
08.00-08.30	Long Jump. 3	Practical		Niels Hanegraaf
08.45-09.15	High Jump. 1	Practical		Niels Hanegraaf
09.30-10.00	High Jump. 3	Practical		Niels Hanegraaf
10.15-10.45	High Jump. 2	Theory		Niels Hanegraaf
11.00-11.30	Developing Fitness. 3	Theory		Jairo Duzant
11.45-12.15	A Planned Approach. 1	Theory		Jairo Duzant
Day 5 Monday		March 17th		
17.00-17.30	Triple Jump. 1	Practical		Niels Hanegraaf
17.30-18.00	Triple Jump. 3	Practical		Niels Hanegraaf
18.00-19.00	Triple Jump. 2	Theory		Niels Hanegraaf
Tuesday		March 18th		
17.00-17.30	Hurdles. 1	Practical		Niels Hanegraaf
17.30-18.00	Hurdles. 2	Theory		Niels Hanegraaf
18.00-19.00	Hurdles. 3	Practical		Niels Hanegraaf
Wednes day		March 19th		
19.00-20.30	Jumps with local coaches	Practical/Theo ry		Niels Hanegraaf
Day 6 Friday		March 21st 2025		
18.00-18.30	Sprints. 3	Practical		Wendell Prince
18.45-19.15	Middle Distance. 3	Theory		Wendell Prince

19.30-20.00	Developing the Athlete. 1	Theory	Wendell Prince
20.15-20.45	Developing the Athlete. 2	Theory	Wendell Prince

Day 7 Saturday March 22nd 2025

16.00-16.30	Training with Free Weights	Practical	Niels Hanegraaf
16.45-17.15	Conditioning	Practical	Jairo Duzant
17.30-18.00	Developing Flexibility	Practical	Jairo Duzant
18.15-18.45	A Planned Approach. 2	Theory	Jairo Duzant
19.00-19.30	Javelin. 1	Practical	Jairo Duzant
19.45-20.15	Shot. 1	Practical	Jairo Duzant
20.30-21.00	Developing Technical Skills. 1	Theory	Wendell Prince

Day 8 March 28th 2025 Friday

18.00-18.30	Shot. 2	Theory	Wendell Prince
18.45-19.15	Javelin. 2	Theory	Wendell Prince
19.30-20.00	A Planned Approach. 3	Theory	Wendell Prince
20.15-20.45	A Planned Approach. 4	Theory	Wendell Prince

Day 9 Saturday March 29th 2025

16.00-16.30	Shot. 3	Practical	Jairo Duzant
16.45-17.15	Relays 1/2	Practical	Jairo Duzant
17.30-18.00	Javelin. 3	Practical	Jairo Duzant
18.15-18.45	The Combined Events	Theory	Jairo Duzant
19.00-19.30	Developing Fitness. 4	Theory	Jairo Duzant
19.45-20.15	Developing Technical Skills. 2	Theory	Jairo Duzant

Day 10 Friday April 11th 2025

18.00-18.30	Discus. 2	Theory	Wendell Prince
18.45-19.15	Developing Mental Skills	Theory	Wendell Prince
19.30-20.00	Hammer. 2	Theory	Wendell Prince
20.15-20.45	Middle Distance. 2	Theory	Wendell Prince

Day 11 Saturday April 12th 2025

16.00-16.30	Middle Distance. 1	Practical	Jairo Duzant
16.45-17.15	Pole Vault . 1	Practical	Jairo Duzant
17.30-18.00	Discus. 1	Practical	Jairo Duzant
18.15-18.45	Hammer. 1	Practical	Jairo Duzant
19.00-19.30	Discus. 3	Practical	Jairo Duzant
19.45-20.15	Walks.1/2	Practical	Jairo Duzant
20.30-21.00	The Skills of Coaching 2	Theory	Jairo Duzant

Day 12 Wednesday April 16th 2025

18.00-18.30	Developing the Athlete. 3	Theory	Wendell Prince
18.45-19.15	Developing a Safe Environment	Theory	Wendell Prince
19.30-20.00	Developing a Healthy Diet	Theory	Wendell Prince
20.15-20.45	Pole Vault . 2	Theory	Wendell Prince

Day 13 Saturday April 19th 2025

16.00-16.30	Hammer. 3	Practical	Wendell Prince
16.45-17.15	Steeplechase. 1/2	Practical	Wendell Prince

17.30-18.00	Pole Vault . 3	Practical	Wendell Prince
18.15-18.45	Walks/Steeplechase . 3	Practical	Wendell Prince
Day 14 Saturday		April 26th 2025	
08.00-12.00	Practical Exam	Practical	Wendell Prince/Jairo Duzant
Day 15 Friday		May 2nd 2025	
18.00-19.30	Written exam		Wendell Prince/Jairo Duzant
19.45-20.15	Final Evaluation of course by participants		CAB
20.15-20.45	Closing ceremonies first part		CAB

B. Registration Form - CECS Level 2 Coaching Course

Course Details:

Start Date: March 7, 2025

Theoretical Exam: May 31, 2025

Mentorship Program Start: June 1, 2025

Course Fee: 275 ANG

Registration Deadline: March 5, 2025

Personal Information:

Full Name: _____

Date of Birth (DD/MM/YYYY): _____ Gender: ☐ Male ☐ Female

Nationality: _____

Address: _____

Phone Number: _____

Email: _____

Athletics & Coaching Background

Are you currently affiliated with a club?

☐ Yes (Club Name: _____) ☐ No

Coaching Experience (if any): _____

Athletics Experience (if any): _____

Have you completed any previous coaching certifications?

☐ Yes (Specify: _____) ☐ No

Commitments & Requirements:

To obtain certification, participants must meet the following criteria:

- Full Attendance in all theoretical and practical sessions.
- Active Participation during the course and mentorship program.
- Completion of the One-Year Mentorship Program under the guidance of experienced coaches.
- Completion of All Assignments & Assessments.
- Development of at least one athlete ranked in Curaçao's Top 5 within one year.
- Signing of the Coaches' Code of Conduct.

I acknowledge and agree to meet all the course requirements to receive certification.

Signature: _____ Date: ____ / ____ / ____

Payment Details

Course Fee: 275 ANG

Payment must be made before February 28, 2025.

Bank Transfer Details: MCB 27896004

Proof of Payment must be sent to treasury@curacao-athletics.com

For any questions, contact us at board@curacao-athletics.com

C. Code of Conduct

Curaçao Athletics Federation Coaches' Code of Conduct

Promoting Fairness, Professionalism, and Respect in Athletics

As representatives of the Curaçao Athletic Federation, coaches play a key role in setting a positive example for athletes, officials, and spectators. This Code of Conduct aims to foster a respectful, inclusive, and supportive environment in all federation activities.

1. Respect for Officials and Federation Staff

- Coaches must show respect for all officials, volunteers, and federation staff by using professional and courteous language, especially during competitions, meetings, and events.
- Coaches should refrain from yelling, interrupting, or using a disrespectful tone toward any event personnel, regardless of disagreements or decisions made during the event.

2. Appropriate Communication

- Communication with judges, referees, and assistants should remain respectful and constructive. Questions or concerns should be raised in a calm and private manner whenever possible.
- Any disagreements with decisions made by officials should be addressed through the appropriate channels as outlined by the federation, avoiding public displays of frustration.

3. Role Modeling for Athletes

- Coaches are expected to exhibit behavior that reflects the federation's values and serves as a positive example for athletes.
- Coaches should avoid aggressive gestures or language and strive to maintain composure, especially during competitions.

4. Respect for Fellow Coaches and Support Staff

- Treat fellow coaches, support staff, and volunteers with respect, promoting a sense of unity and collaboration within the federation.
- Engage in open and constructive communication, seeking solutions to any disagreements in a respectful manner.
- All coaches have the right to support their athletes' success within the rules.
- Treat fellow coaches with respect and courtesy, as you would like to be treated.
- Address disagreements privately and professionally, never in public.
- Never approach athletes already being coached without first involving their current coach.

5. Commitment to Positive Sportsmanship

- Demonstrate good sportsmanship by encouraging and celebrating all participants' achievements.
- Refrain from engaging in negative commentary about other athletes, coaches, officials, or the federation.
- Support athletes' decisions if they wish to change coaches and ensure a smooth transition.

6. Adherence to Federation Policies

- Comply with all federation rules, regulations, and policies to uphold the integrity of Curaçao athletics.
- Abide by this Code of Conduct in all federation-related events and interactions.

Acknowledgment

By signing this Code of Conduct, I pledge to uphold these principles of fairness, professionalism, and respect, ensuring the integrity of athletics in Curaçao.

Name: _____

Signature: _____

Date: _____

For more details, reach out to the Curaçao Athletics Federation at board@curacao-athletics.com.

D. Contact information

For additional information contact the Federation Secretary board@curacao-athletics.com.