



USBC Gold Candidate Checklist

Please submit a copy of this form as you complete each discipline or standard. One option per standard is required. Make sure to keep a copy of all paperwork for your records. Gold Coach or *Recognized Industry Partner may sign off on disciplines where applicable (USBC Discipline Sign-off Form on back of this page).

Name: _____
Address: _____
City, State, Zip: _____
Email: _____

Date: _____
Phone (Day): _____
Phone (Evening): _____
Cell Phone: _____

DISCIPLINE 1 (Pages 9-15) Physical Game Skills, Tactics and Strategies		Date Submitted
Standard 1	Physical Game and Technique	
<input type="checkbox"/> Option 1	Bowler Analysis	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 2	Video and Technology	
<input type="checkbox"/> Required	Video Analysis	_____
Standard 3	Physical and Equipment Adjustments	
<input type="checkbox"/> Required	Life Experience Documentation	_____
Standard 4	Lane Play	
<input type="checkbox"/> Required	Life Experience Documentation	_____
Standard 5	Lane Maintenance	
<input type="checkbox"/> Option 1	Recognized Industry Certification	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 6	Mental Game	
<input type="checkbox"/> Required	Mental Game Essay	_____

DISCIPLINE 3 (Pages 23 – 28) Instructional and Communication Skills		Date Submitted
Standard 1	Team Coaching	
<input type="checkbox"/> Option 1	Documentation of Team Experience	_____
<input type="checkbox"/> Option 2	Documentation on Team Tactics and Strategies	_____
Standard 2	Individual Lesson Process	
<input type="checkbox"/> Option 1	Skill Development for an Athlete	_____
<input type="checkbox"/> Option 2	Progress Development Notes	_____
Standard 3	Group Lessons, Camps and Clinics	
<input type="checkbox"/> Option 1	Documentation of Lessons	_____
<input type="checkbox"/> Option 2	Documents of Camps/Clinics	_____
<input type="checkbox"/> Option 3	Documentation of Planning Events	_____
Standard 4	Public Speaking	
<input type="checkbox"/> Required	Documentation of last five Presentations	_____
Standard 5	Mentoring	
<input type="checkbox"/> Required	Life Experience Documentation	_____

DISCIPLINE 2 (Pages 17-22) Equipment Skills		Date Submitted
Standard 1	Fitting	
<input type="checkbox"/> Option 1	Recognized Industry Certification	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 2	General Ball Dynamics and Layout	
<input type="checkbox"/> Option 1	Recognized Industry Certification	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 3	Ball Surface Preparation	
<input type="checkbox"/> Option 1	Recognized Industry Certification	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 4	Equipment Selection	
<input type="checkbox"/> Option 1	Arsenal Documentation	_____
<input type="checkbox"/> Option 2	Life Experience Documentation	_____
Standard 5	Bowlers Accessories Selection	
<input type="checkbox"/> Required	Life Experience Documentation	_____

DISCIPLINE 4 (Pages 29-33) Non-sport Specific		Date Submitted
Standard 1	Coaching Principles (Online course) http://www.asep.com/asep_content/org/USAB.cfm	
<input type="checkbox"/> Required	Copy of Certificate	_____
Standard 2	SafeSport (Online course) http://safesport.org/take-the-training	
<input type="checkbox"/> Required	Copy of Certificate	_____
Standard 3	Safety/First Aid	
<input type="checkbox"/> Option 1	Copies of Certificate	_____
<input type="checkbox"/> Option 2	Documentation of Advanced Training	_____
Standard 4	Marketing	
<input type="checkbox"/> Option 1	Life Experience Documentation	_____
<input type="checkbox"/> Option 2	Marketing Degree	_____



USBC Gold Candidate Discipline Sign-off Form

*Each Standard must be signed off by a Gold Coach or * Recognized Industry Partner where applicable*

Discipline #1 – Physical Game Skills, Tactics and Strategies			
Standard 1 – Physical Game and Technique		Standard 3 – Physical and Equipment Adjustments	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 2 – Video and Technology		Standard 4 – Lane Play	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 5 – Lane Maintenance			
Print Company	Date		
Print Name			
Signature			

Discipline #2 – Equipment Skills			
Standard 1 – Fitting		Standard 4 – Equipment Selection	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 2 – General Ball Dynamics and Layout		Standard 5 – Bowlers Accessories	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 3 – Ball Surface Preparation			
Print Company	Date		
Print Name			
Signature			

Discipline #3 – Instructional and Communication Skills			
Standard 1 – Team Coaching		Standard 4 – Public Speaking	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 2 – Individual Lesson Process		Standard 5 – Mentoring	
Print Company	Date	Print Company	Date
Print Name		Print Name	
Signature		Signature	
Standard 3 – Group Lessons, Camps and Clinics			
Print Company	Date		
Print Name			
Signature			

Discipline #4 – Non Sport Specific			
Standard 1 – Marketing			
Print Company	Date		
Print Name			
Signature			

*Any USBC Coaching Recognized Industry Partner that offers educational opportunities for coaches. Example: Ebonite International, Kegel, Turbo 2-n-1 etc.