



USA Volleyball,
and

Robert Brown Sports Performance



INVITE YOU TO ATTEND A
USA COACHING ACCREDITATION PROGRAM:
VCAP Plus Clinic
April 9 in Dallas, TX

USA Volleyball
Coaching Accreditation Program

REGISTER EARLY—SPACE IS LIMITED!
MINIMUM 10—MAXIMUM 20 SPOTS AVAILABLE!
After 4/6/09 CALL for AVAILABILITY!

USAV COACHING ACCREDITATION PROGRAM:
April 9th: VCAP PLUS Clinic
From 4:00-9:00 pm
Robert Brown Sports Performance Complex—
Dallas, TX

All VCAP Plus Clinic attendees should check-in on
Thursday April 9th from 3:30 to 4:00 pm (out at 9 pm).

Course Instructors (Cadre) will be:



Robert Brown

**USA Volleyball CAP Level III Coach &
Master Strength and Conditioning Instructor**

**Performance Enhancement Specialist -
National Academy of Sports Medicine**

**Master of Sports Sciences - International Sports
Sciences Association**

**To be eligible for this course YOU
must be:**

- ⇒ A Coach of an NCAA Division II Volleyball program (without a strength coach), or
- ⇒ An NCAA Division III Volleyball Coach, or
- ⇒ An NAIA Volleyball Coach

ABOUT USAV-CAP:

The USA Volleyball Coaching Accreditation Program (CAP) is a comprehensive, three-level coaching education program covering all aspects of coaching and teaching volleyball. Both Level I & II courses focus on the critical athlete performance principles in coaching at all levels.

CAP LEVEL I Courses are Open to ALL coaches and includes:

- ⇒ 10 hours of Core CAP instruction on July 27th
- ⇒ 3 of 4 required elective Modules
- ⇒ Textbooks/Materials: **Coaching Volleyball: Building a Winning Team**, and **Supplemental Handouts**.

Level I Certification requires:

- ◆ Core course attendance
- ◆ Attendance at 3 included Modules
- ◆ Attendance at 1 additional Module
- ◆ Signed USAV-CAP Coaches Code of Ethics
- ◆ Passing a USAV Background Check (requires \$25 additional fee for NON-USAV Members)
- ◆ Passing grade on Written Test
- ◆ Submission of proof of having attended a "Foundations of Coaching" class (IMPACT or comparable course)
- ◆ Submission of a Coaching Philosophy & Favorite Drill Form

VCAP Conditioning Clinics are open to all coaches with an interest in conditioning their athletes without a weight room, particularly those who do not have access to a Strength and Conditioning Coach for their program.

This VCAP Plus Clinic in Dallas may be used to satisfy the additional module requirement for initial CAP Accreditation if a CAP Course is attended within 12 months of this Clinic date. For those Coaches who are already CAP certified, this clinic will count as 2 CAP Re-certification Module Credits toward your next certification quad. You will receive a CAP Modules Certificate at this Clinic which may be submitted for either use.

WHAT YOU GET WITH YOUR VCAP CLINIC
REGISTRATION:

- ⇒ VCAP Plus Textbooks/Materials: **USA Volleyball VCAP Training Card Sets**, and **Supplemental Handouts**.
- ⇒ **5 Hours of Instruction** to include information on **Conditioning Your Team without a Weight Room, Strength Training in the Weight Room and Introduction to Program Design**
- ⇒ **Two USAV-CAP Approved Module Credits**
- ⇒ **Access to One-Year follow-up Mentorship with Robert Brown**

**Complete the Registration Coupon at the bottom of the next page & return to
USAV-CAP National Office—715 South Circle Drive—Colorado Springs, CO—80909
or register on-line at www.usavolleyball.org.**



USA Volleyball
www.usavolleyball.org

USA Volleyball and

Robert Brown Sports Performance



USA Volleyball
Coaching Accreditation Program

INVITE YOU TO ATTEND A
USA COACHING ACCREDITATION PROGRAM:

VCAP Plus Clinic

April 9 in Dallas, TX

Course Level - Choose your Registration Category below: RED, WHITE or BLUE	REGULAR - Until 4/6/09	LATE - On/After 4/7/2009
RED VCAP Plus Clinic - per person for coaches who are current members of BOTH USAV <u>and</u> AVCA	\$80.00	\$105.00
WHITE VCAP Plus Clinic - per person for coaches who are current members of EITHER USAV <u>or</u> AVCA	\$90.00	\$115.00
BLUE VCAP Plus Clinic -per person for NON-members (<u>NEITHER</u> USAV/ AVCA)	\$110.00	\$135.00

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For DISCOUNTED COURSE RATES: Join your Region at www.usavolleyball.org/content/index/420 &/or join the AVCA at www.avca.org/membership.

NOTES TO PARTICIPANTS:

1. Bring note-taking materials,
2. Dress in comfortable workout clothing and shoes to be prepared to participate in the on-court/in weight room activities.
3. **There will not be a meal break—bring your own sack lunch or snack/drink.**

DRIVING DIRECTIONS:

From I-20 and 360

take 360 North Exit Carrier Parkway/Green Oaks Turn right heading East at the first street light, which is 109th turn Left heading North about a 1/4 mile on the left side right under the huge Grand Prairie water tower is the Facility, just pass the railroad tracks.

From 183 and 360

take 360 South Exit Post/Paddock at the Light turn left going over the bridge heading East to the second street which is 109th Street you will take a right heading South on the right side right under the huge Grand Prairie water tower is the Facility, just before the second set of railroad tracks.

Robert Brown Sports Complex is located at:

2221 109th St.,
Grand Prairie, TX 75050
(972) 948-7079
robert@rbrownsports.com

MAP and DIRECTIONS:

www.rbrownsports.com/Facility.html

AIRPORT: The closest commercial airport is DFW.

LOCAL HOTEL INFORMATION: All are w/in 10 min.

DFW Marriot South Ft Worth, TX ; Ph: 817-358-1700
Embassy Suites Dallas-Irving; Ph: 972-790-0093
Hampton Inn Dallas-Arlington; Ph: 972-988-8989
Hilton Hotel -Arlington; Ph: 817-640-3322

Course Site: Robert Brown Sports Performance Complex—Dallas, TX		Date: April 9, 2009
Circle ALL you are purchasing: VCAP PLUS CLINIC		
Name:	Email Address:	
Address:	City:	St: Zip:
Home Phone: ()	Work Phone: ()	Fax: ()
Birthdate: / /	SS#:	School/Employer:
Are you a current USAV Member ? <input type="checkbox"/> YES <input type="checkbox"/> No	Region Name: _____ Member #: _____	
Are you a current AVCA Member ? <input type="checkbox"/> YES <input type="checkbox"/> No	Member #: _____	
Registration Prices: RED-members of BOTH USAV AND AVCA; WHITE- EITHER; BLUE- NEITHER.		
Register on-line: www.usavolleyball.org or FAX THIS FORM with credit card information to 719-228-6899.		
If paying by check send form & fee to: USA Volleyball— CAP, 715 South Circle Drive, Colorado Springs, CO 80910		
TOTAL ENCLOSED:\$	Payment Method: <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> DISC <input type="checkbox"/> Check enclosed <input type="checkbox"/> Money Order	
Account Number:	Exp. Date:	Signature:
	Sec. Code:	