

USA Volleyball,
the American Volleyball Coaches Association,
and the



San Antonio VIPER Volleyball Club

INVITE YOU TO ATTEND the...

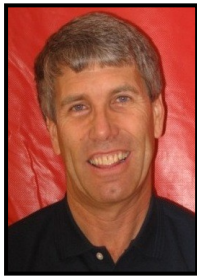
USA COACHING ACCREDITATION PROGRAM: CAP LEVEL I & II

REGISTER EARLY—SPACE IS LIMITED!
After 5/25/09 CALL for AVAILABILITY!

USAV COACHING ACCREDITATION PROGRAM: MAY 30-31: CAP LEVEL I & II At San Antonio College—San Antonio, TX

-All CAP Participants should check-in at the **San Antonio College Gymnasium** on Saturday **May 30** at **7:30 am**. Level I & II both begin at 8 am (and will end no later than 8 pm) and sessions on Sunday **May 31** run from 8 am and end no later than 4 pm.

Course Instructors (Cadre) will be:



John Kessel

USAV Dir. of Membership
Development & Disabled Programs
USAV CAP/FIVB Level IV Instructor



Deitre Collins-Parker

San Diego State University
Former USA WNT
USAV CAP Cadre



Sandy Troutt

Trinity Spgs, TX Middle School
Former USA GYNT Coach
USAV CAP Cadre



TBD

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.

LEVEL I is Open to ALL coaches and includes:

- ⇒ 10 hours of Core CAP instruction
- ⇒ 3 of 4 elective Modules (Topics & length of each may vary)
- ⇒ Textbooks/Materials: **Coaching Volleyball: Building a Winning Team**, and **Supplemental Handouts**.
- ⇒ Follow-up online test

Level I Accreditation requires:

- ◆ Core course attendance
- ◆ Attendance at 3 Modules (included with course fee)
- ◆ **Attendance at 1 additional Module** (may-be purchased and completed during this same weekend)
- ◆ Signed USAV CAP Coach's Code of Ethics
- ◆ One Event Membership and USAV Background Check (requires \$25 additional fee for NON-USAV Members includes 2-day insurance)
- ◆ Current/Passed USAV Background Screening
- ◆ Passing grade on online Test (emailed afterward)
- ◆ Submission of proof of having attended a "Foundations of Coaching" class (IMPACT or comparable course)
- ◆ Submission of a Coaching Philosophy & Favorite Drill Form
- ◆ Completion of all requirements within 12 months of course

LEVEL II is Open to Level I accredited coaches and includes:

- ⇒ 10 hours of Core CAP instruction
- ⇒ 4 of 6 elective Modules (Topics & length of each may vary)
- ⇒ Textbooks/Materials: **Volleyball Coach's Survival Guide** and **Supplemental Handouts**.
- ⇒ Follow-up online test

Level II Accreditation requires:

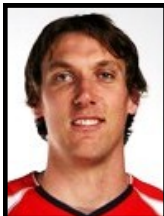
- ◆ Core course attendance
- ◆ Attendance at 4 Modules (included with course fee)
- ◆ **Attendance at 2 additional Modules** (can be purchased & completed during this same weekend)
- ◆ Signed USAV CAP Coach's Code of Ethics
- ◆ One Event Membership and USAV Background Check (requires \$25 additional fee for NON-USAV Members includes 2-day insurance)
- ◆ Passing grade on Written Test (emailed afterward)
- ◆ Submission of a Favorite Drill Form
- ◆ Submission of 1,000 word article
- ◆ Completion of all requirements within 12 months of course

Upon Accreditation the appropriate Level I Certificate, suitable for framing, and a letter of congratulations will be mailed. USAV-CAP accredited coaches are then eligible to attend the next Level course.

Plus SPECIAL GUEST COACH RYAN MILLAR!

~ MIDDLE BLOCKER ~
**USA's GOLD MEDAL WINNING
OLYMPIC TEAM in BEIJING**

Meet Ryan and have your Photo taken with him!
See his Gold Medal from Beijing!



**ATTENTION High School, Middle and
Elementary School Coaches - you qualify for
a \$25 DISCOUNT**

off the prices on Page 2 of this Form!
**BEFORE you register, contact the USAV-CAP
Office for more information.**

Complete the Registration Coupon at the bottom of the next page & return to USAV-CAP National Office,
or register on-line at www.volleyball.teamusa.org.



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and the

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USA Volleyball

www.usavolleyball.org

INVITE YOU TO ATTEND the...
USA COACHING ACCREDITATION PROGRAM: CAP LEVEL I & II
May 30-31, 2009 at San Antonio College in San Antonio, TX

USA Volleyball

Coaching Accreditation Program

Course Level—Choose your Registration Category below: RED, WHITE or BLUE	EARLY BIRD - by 5/15/09	REGULAR - from 5/16 to 5/25/09	LATE - On/After 5/26/09
RED - CAP Level I for current members of BOTH USAV & AVCA	\$225.00	\$275.00	\$335.00
WHITE - CAP Level I for current members of EITHER USAV or AVCA	\$240.00	\$290.00	\$340.00
BLUE - CAP Level I for non-members (NEITHER USAV or AVCA Members)	\$265.00	\$315.00	\$365.00
RED - CAP Level II for current members of BOTH USAV & AVCA	\$315.00	\$365.00	\$415.00
WHITE - CAP Level II for current members of EITHER USAV or AVCA	\$330.00	\$380.00	\$430.00
BLUE - CAP Level II for non-members (NEITHER USAV or AVCA Members)	\$355.00	\$405.00	\$455.00
RED - CAP Level I or II CORE sessions only (Day1) for BOTH USAV & AVCA	\$150.00	\$200.00	\$250.00
WHITE - CAP I or II CORE sessions only (Day1) for EITHER USAV or AVCA	\$165.00	\$215.00	\$265.00
BLUE - CAP I or II CORE sessions only (Day1) for NEITHER USAV or AVCA	\$185.00	\$235.00	\$285.00
RED-EACH add'l Module for current members of BOTH USAV & AVCA	\$35.00	\$50.00	\$65.00
WHITE - EACH add'l Module for current members of EITHER USAV or AVCA	\$50.00	\$65.00	\$80.00
BLUE - EACH add'l Module for non-members (NEITHER USAV or AVCA)	\$65.00	\$80.00	\$95.00

REGISTER EARLY—SPACE IS LIMITED!

After 5/25/09 **CALL** for AVAILABILITY!

USAV and Viper VBC reserve the right to cancel due to lack of minimum enrollment.

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:

- ALL ATTENDEES:** Bring **50 copies** of your Favorite Drill to share. The **Drill Form template** can be downloaded from the CAP Schedule page of the USAV website. **Note— Numbers may be updated prior to your course date!**
- LEVEL I:** Download the **Coaching Philosophy Worksheet** from the CAP Schedule page of the website. Bring 2 copies with you with the top portion filled in.
- Bring note-taking materials, dress in comfortable clothing & shoes to be prepared to participate in the on-court activities.
- Bring a Camera!**
- Meals are on your own; Host may offer to order in.**

San Antonio College is located:

1300 San Pedro
San Antonio, TX 78212

Local Map & Directions:

Click here for [Mapquest](#)
Click here for [SA College Website](#)

AIRPORT: The closest commercial airport is San Antonio International Airport.

LOCAL HOTEL INFORMATION: ask for the USAV CAP 1 special rate @ the [Hilton San Antonio Airport](#)
611 NW Loop 410, San Antonio, TX 78216
Tel: 1-210-340-6060 Fax: 1-210-377-4674

Are you a HIGH SCHOOL, MIDDLE SCHOOL or ELEMENTARY SCHOOL coach?! Take an additional \$25 off your Full Course Price below....To qualify for the discount, be sure to LIST YOUR SCHOOL in the space below!

Course Site: **San Antonio College—San Antonio, TX** Date: **May 30-31, 2009**

Circle ALL you are purchasing: FULL CAP Level I ~ FULL CAP Level II ~ CAP I or II DAY ONE ONLY ~
~ Add'l Lvl I MOD - 1 ~ Add'l Lvl II MOD - 1 or 2 ~ ONLY Day 2 Recertification Modules (#) ~

Name: _____ Email Address: _____

Address: _____ City: _____ St: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____ Fax: () _____

Birthdate: ____/____/____ SS#: _____ School/Club: _____

Are you a current **USAV Member?** YES No **Region Name:** _____ **Member #:** _____

Are you a current **AVCA Member?** YES No **Member #:** _____ **T-SHIRT SIZE? S~M~L~XL**

Registration Categories: **RED-members of BOTH USAV AND AVCA; WHITE-** members of **EITHER; BLUE-members of NEITHER.**
Renewing & HE CAP I: contact CAP@usav.org BEFORE registering. **HS, MS and ELEM School Coaches take additional \$25 off!**
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:** MasterCard VISA DISC Check enclosed Money Order

Account Number: _____ Exp. Date: _____ Signature: _____
Sec. Code: _____