



**USA Volleyball,
the Carolina Storm Volleyball Club,
and the
Carolina Region of USAV**



**INVITE YOU TO ATTEND the...
USA COACHING ACCREDITATION PROGRAM: CAP LEVEL I**

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

**USAV COACHING ACCREDITATION PROGRAM:
May 9-10 : CAP LEVEL I
At Cox Mill Elementary—Concord, NC**

-All CAP Participants should check-in at Cox Mill on Saturday **May 9 at 7:30 am**. Level I both begin at 8 am (and will end no later than 8 pm) and sessions on Sunday **May 10** run from 8 am and end no later than 4 pm.

Course Instructors (Cadre) will be:



**Tom Tait Phd.
Former Penn St and
Brevard, NC**



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 elective Modules (Topics & length of each may vary)
- ⇒ Textbooks/Materials: **Coaching Volleyball: Building a Winning Team**, and **Supplemental Handouts**.
- ⇒ Follow-up written 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 Code of Ethics
- ◆ Passing a USAV Background Check (requires \$20 additional fee for NON-USAV Members)
- ◆ Passing grade on Written Test (emailed afterward)
- ◆ Submission of proof of having attended a "Foundations of Coaching" class (such as IMPACT or comparable course)
- ◆ Submission of a Coaching Philosophy & Favorite Drill Form

Upon Accreditation the appropriate Level I or II 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.

The 4 Hour IMPACT Clinic (Foundations Class) is open to ANY coach and includes a Manual and certificate of completion.

IMPACT Instructor Training is open to currently accredited Level II or higher coaches who have been recommended by their Region Office.

VCAP Conditioning Clinics are open to all coaches with an interest in conditioning their athletes without a weight room. This clinic cannot be used to satisfy the additional module requirement for initial CAP Accreditation.

**If bringing your entire staff, you may qualify for a
GROUP DISCOUNT!
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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 www.usavolleyball.org

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USA COACHING ACCREDITATION PROGRAM: CAP LEVEL I
May 9-10, 2009 at Cox Mill Elementary, Concord NC

USA Volleyball
 Coaching Accreditation Program

Course Level—Choose your Registration Category below: RED, WHITE or BLUE	EARLY BIRD (by 4/30/09)	REGULAR (from 5/1 to 5/5/09)	LATE (from 5/6/09 to 5/8/09)
RED - CAP Level I for current members of BOTH USAV & AVCA	\$225.00	\$275.00	\$325.00
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)	\$255.00	\$305.00	\$355.00
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

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For DISCOUNTED COURSE RATES: Join your Region at www.usavolleyball.org/WannaPlay/newregions.v2.asp &/or join the AVCA at www.avca.org/MemberHome.asp.

NOTES TO PARTICIPANTS:

- ALL ATTENDEES:** Bring **25 copies** of your Favorite Drill to share. The [Drill Form template](#) can be downloaded from the CAP Schedule page of the USAV website. 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 to be prepared to participate in the on-court activities.
- Meals are on your own; Host may offer to order in.**

Cox Mill Elementary :

1450 Cox Mill Rd.
 Concord, NC 28027

Local Map: www.mapquest.com

AIRPORT: The closest commercial airport to is the Charlotte Douglas International

LOCAL HOTEL INFORMATION:

Hampton Inn—\$ /night
 9850 Weddington Rd. EXT
 Concord, NC
 Ask for Carolina Storm Volleyball rate

Course Site: Cox Mill Elementary—Concord, NC

Date: May 9-10, 2009

Circle ALL you are purchasing: CAP Level I

~ Add'l Lvl I MOD - One or Both ~

Name: _____ Email Address: _____

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

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

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

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.

IMPACT Instructor Candidates, Renewing & HE CAP I: contact CAP@usav.org BEFORE registering.

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: _____