

Thursday June 25			Thursday June 25		
CAP Level I Core Day		PM Wave/Check-in Day	CAP Level II CORE Day		PM Wave/Check-in Day
CORE Part 1			CORE Part 1		
Eat dinner prior to 4:30 pm start time			Eat dinner prior to 4:30 pm start time		
4:00 to 4:30 PM		CAP I Check-in/Welcome/Intros	4:00 to 4:30 PM		CAP II Check-in/Welcome/Intros
4:30 to 5:45 PM	CORE Pt 1.1	Motor Learning Theory (Classroom)	4:30 to 5:30 PM	CORE Pt 1.1	Developing Guiding Principles (Classroom)
5:45 to 6:45 PM	CORE Pt 1.2	Pt 1 - Fundamentals of 4 Basic Skills (Court)	5:30 to 6:30 PM	CORE Pt 1.2	Developing Team Systems of Play (Classroom)
6:45 to 7:45 PM	CORE Pt 1.3	Pt 2 - Fundamentals of 4 Basic Skills (Court)	6:30 to 7:40 PM	CORE Pt 1.3	Building the Serve Receive Offense (Classroom/Court)
7:45 to 8:45 PM	CORE Pt 1.4	Teaching the Skills/ Eval & Feedback (Court)	7:40 to 8:50 PM	CORE Pt 1.4	Building Team Defense: Blocking and Floor Defense (Court)
8:45 to 9:45 PM	CORE Pt 1.5	Part 1 -Coaching Philosophy (Classroom)	8:50 to 9:50 PM	REQ MOD #1	College Recruiting Issues (Classroom) JIM ; or Training the Jump Serve (Court)
Friday June 26		AM Wave	Friday June 26		AM Wave
CAP Level I Core Day		PM Wave	CAP Level II CORE/MODS Day		PM Wave
CORE Part 2			CORE Part 2 & Modules		
7:30 to 8:00 AM		CAP Level I Check-in	7:30 to 8:00 AM		New Attendees Check-in, Welcome/Intros
8:00 to 9:15 AM	CORE Pt 2.1	Pt 2 - (Coaching Philosophy) Ethics & Legalities Review (Classroom)	8:00 to 9:15 AM	CORE Pt 2.1	Out-of-System Systems (Classroom/Court)
9:15 to 10:30 AM	CORE Pt 2.2	Drill Design: Theory & Implementation (Classroom/Court)	9:15 to 10:30 AM	CORE Pt 2.2	Team Building-- Cohesion, Communication and Trust (Classroom)
10:30 to 11:45 AM	CORE Pt 2.3	Practice Prep & Execution (Classroom/Court)	10:30 to 11:45 AM	CORE Pt 2.3	Team Drills- Teaching the Systems (Court)
11:45 to 12:45 PM	CORE Pt 2.4	Drill Sharing & Critique (Court)	11:45 to 12:45 PM	REQ MOD #2	Charting (Your Team) & Stats (Classroom)
12:45 to 2:00 PM		LUNCH	12:45 to 2:00 PM		LUNCH
Eat dinner prior to 4:30 pm start time			Eat dinner prior to 4:30 pm start time		
4:00 to 4:30 PM		New Attendees Check-in, Welcome/Intros	4:00 to 4:30 PM		PM Wave Check-in, Announcements
4:30 to 5:45 PM	Repeat CORE Pt 2.1	Pt 2 - (Coaching Philosophy) Ethics & Legalities Review (Classroom)	4:30 to 5:45 PM	Repeat CORE Pt 2.1	Out-of-System Systems (Classroom/Court)
5:45 to 7:00 PM	Repeat CORE Pt 2.2	Drill Design: Theory & Implementation (Classroom/Court)	5:45 to 7:00 PM	Repeat CORE Pt 2.2	Team Building-- Cohesion, Communication and Trust (Classroom)
7:00 to 8:15 PM	Repeat CORE Pt 2.3	Practice Prep & Execution (Classroom/Court)	7:00 to 8:15 PM	Repeat CORE Pt 2.3	Team Drills- Teaching the Systems (Court)
8:15 to 9:30 PM	Repeat CORE Pt 2.4	Drill Sharing & Critique (Court)	8:15 to 9:30 PM	Repeat REQ MOD #2	Charting (Your Team) & Stats (Classroom)
Saturday June 27		AM Wave	Saturday June 27		AM Wave
CAP Level I Modules Day		PM Wave	CAP Level II CORE/MODS Day		PM Wave
CAP Level I Modules Day			Modules		
7:30 to 8:00 AM		New Attendees Check-in, Welcome/Intros	7:30 to 8:00 AM		New Attendees Check-in, Welcome/Intros
8:00 to 9:15 AM	REQ MOD #1	Intro to SR Systems (Classroom/Court)	8:00 to 9:15 AM	REQ MOD #3	Sport Psychology for Coaches and Athletes (Classroom)
9:15 to 10:30 AM	REQ MOD #2	Intro to Offensive Systems (Classroom/Court)	9:15 to 10:30 AM	REQ MOD #4	Contrasting Team Offensive Systems (Classroom/Court)
10:30 to 11:45 AM	REQ MOD #3	Intro to Defensive Systems (Classroom/Court)	10:30 to 11:45 AM	REQ MOD #5	Attacker Roles (Classroom/Court)
11:45 to 12:45 PM	OPT MOD #4	Intro to Match Management & Stats (Classroom)	11:45 to 12:45 PM	REQ MOD #6	Training the Libero (Court) ; or Training the Jump Serve (Court)
12:45 to 2:00 PM		LUNCH	12:45 to 2:00 PM		LUNCH
Eat dinner prior to 4:30 pm start time			Eat dinner prior to 4:30 pm start time		
4:00 to 4:30 PM		New Attendees Check-in, Welcome/Intros	4:00 to 4:30 PM		PM Wave Check-in, Announcements
4:30 to 5:45 PM	Repeat REQ MOD #1	Intro to SR Systems (Classroom/Court)	4:30 to 5:45 PM	Repeat REQ MOD #3	Sport Psychology for Coaches and Athletes (Classroom)
5:45 to 7:00 PM	Repeat REQ MOD #2	Intro to Offensive Systems (Classroom/Court)	5:45 to 7:00 PM	Repeat REQ MOD #4	Contrasting Team Offensive Systems (Classroom/Court)
7:00 to 8:15 PM	Repeat REQ MOD #3	Intro to Defensive Systems (Classroom/Court)	7:00 to 8:15 PM	Repeat OPT MOD #1	Attacker Roles (Classroom/Court)
8:15 to 9:30 PM	Repeat OPT MOD #4	Intro to Match Management & Stats (Classroom)	8:15 to 9:30 PM	Repeat OPT MOD #2	Training the Libero (Court) ; or Training the Jump Serve (Court)