



USA Volleyball

the American Volleyball Coaches Association

INVITE YOU TO ATTEND...

USA COACHING ACCREDITATION PROGRAM CAP LEVEL I, II and IMPACT Course



USA Volleyball
www.usavolleyball.org

USA Volleyball
Coaching Accreditation Program

**REGISTER EARLY—SPACE IS LIMITED!
After 11/12/2009 CALL for AVAILABILITY!**

USAV COACHING ACCREDITATION PROGRAM November 20, 2009: IMPACT November 21-22, 2009: CAP LEVEL I & II

All **IMPACT** Participants should check-in at the **Olympic Training Center** on **Friday Nov. 20th at 5:30 pm (concludes at 10 pm)**. Level I & II begins on Saturday at 8am, check-in at 7:30am (running no later than 5pm). Sunday Nov. 22nd modules will begin at 8:00am and run no later than 4:00pm.

Course Instructors (Cadre) will be:



Penny Lucas-White
Air Force Academy
Colorado Springs, CO



John Kessel
USAV Membership and
Grassroots Development



Steve Colpus
Former Sr/Jr National
Teams Coach—England



Diana Cole
USAV Director Coaching
Education Programs

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. **You MUST purchase additional modules if you have NOT gotten your modules somewhere else!**

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 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 (such as 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 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

IMPACT Clinics are open to all coaches and is a prerequisite of the CAP courses. This clinic cannot be used to satisfy the additional module requirement for initial CAP Accreditation. IMPACT is a required certification for USAV coaching.

Upon Accreditation the appropriate Level I and Level 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.

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



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USA COACHING ACCREDITATION PROGRAM:

CAP I, II & IMPACT

November 20-22, 2009

USOTC, Colorado Springs, CO



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Course Level—Choose your Registration Category below.... RED, WHITE or BLUE	EARLY BIRD (by 10/28/2009)	REGULAR (from 10/29 to 11/12/2009)	LATE (on/after 11/13/2009)
RED - CAP Level I for those who are BOTH USAV & AVCA Members	\$225.00	\$275.00	\$325.00
WHITE - CAP Level I for those who are EITHER USAV or AVCA Members	\$240.00	\$290.00	\$340.00
BLUE - CAP Level I for those who are NEITHER USAV or AVCA Members	\$265.00	\$315.00	\$365.00
RED - CAP Level II for those who are BOTH USAV & AVCA Members	\$250.00	\$300.00	\$350.00
WHITE - CAP Level II for EITHER USAV or AVCA Members	\$265.00	\$315.00	\$365.00
BLUE - CAP Level II for those who are NEITHER USAV or AVCA Members	\$290.00	\$340.00	\$390.00
RED-EACH additional Module for those who are BOTH USAV & AVCA Members	\$35.00	\$50.00	\$65.00
WHITE - EACH additional Module for EITHER USAV or AVCA Members	\$50.00	\$65.00	\$80.00
BLUE - EACH additional Module for NEITHER USAV or AVCA Members	\$65.00	\$80.00	\$95.00
RED- IMPACT—BOTH USAV & AVCA	\$35.00	\$50.00	\$65.00
WHITE - IMPACT-EITHER USAV or AVCA	\$50.00	\$65.00	\$80.00
BLUE—IMPACT-NEITHER USAV/AVCA	\$65.00	\$80.00	\$95.00
RED—CAP I or II DAY ONE ONLY	\$150.00	\$165.00	\$190.00
WHITE —CAP I or II DAY ONE ONLY	\$165.00	\$190.00	\$205.00
BLUE —CAP I or II DAY ONE ONLY	\$190.00	\$205.00	\$220.00

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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 **30 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; UNLESS you are staying on the OTC Complex, then meals are included in your per night price; Individual meal tickets MAY also be available daily.**

USOTC, Colorado Springs, CO

Olympic Training Center
1750 E. Boulder St
Colorado Springs, CO 80909
(719) 866-4618

www.usoc.org

DIRECTIONS to USOTC:

www.mapquest.com

AIRPORT: The closest airport is the Colorado Springs Airport (COS). If staying on the OTC Complex, they will run a free shuttle to/from the Airport and the OTC.

LOCAL HOTEL INFORMATION:

[Holiday Inn](#)
Colorado Springs (AIRPORT)
1855 Aeroplaza Dr
Colorado Springs, CO 80916

Course Site: **USOTC, Colorado Springs, CO** Date: **November 20-22, 2009**

Circle **ALL** you are purchasing: Full CAP Level I or Full CAP Level II ~ **ONLY Day 1 Core Sessions ~ ONLY Day 2 Recertification Modules (# ordering-)** ~ **IMPACT Clinic**

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 **(MUST be able to verify membership for discounts applied)** **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: _____
Sec. Code: _____

Signature: _____