



USA Volleyball  
www.usavolleyball.org

USA Volleyball,  
the Garden Empire Region,  
the American Volleyball Coaches Association, and  
**Sarah Lawrence College**



USA Volleyball  
Coaching Accreditation Program

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

**REGISTER EARLY—SPACE IS LIMITED!**  
**After 7/27/10 CALL for AVAILABILITY!**

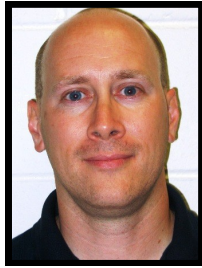
**USAV COACHING ACCREDITATION PROGRAM:**  
**July 30: VCAP Clinic**  
**July 31-Aug 1: CAP LEVEL I**  
**At Sarah Lawrence College —Bronxville, NY**

-All VCAP Conditioning Clinic Participants should check-in at the **Sarah Lawrence Gymnasium** on Friday July 30 at 5:00 pm, with the session beginning at 5:30 pm, and ending no later than 9:30 pm. All CAP Level I participants should check-in on Saturday **July 31 at 7:30 am**. Level I begins at 8 am (and will end no later than 7 pm) and on Sunday **August 1st sessions** run from 8 am to no later than 4 pm.

**Course Instructors (Cadre) will be:**



**Tom Tait**  
**Former M & W Head Coach**  
**Penn State University**



**Don Burroughs**  
**Assistant Coach**  
**University of Findlay**



**Robert Brown**  
**VCAP Master Instructor**  
**Robert Brown Sport Performance**  
**Ft. Worth, TX**

**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 (Day 1 sessions)
- ◆ Attendance at 3 Modules (included with course fee, AM of Day 2)
- ◆ **Attendance at 1 additional Module** (may-be purchased and completed during this same weekend, PM of Day 2)
- ◆ Signed USAV CAP Coach's Code of Ethics
- ◆ For NON-USAV Members—One Event Membership and USAV Background Check (\$25 additional fee & includes 2-day insurance)
- ◆ For USAV Members - Current USAV Background Screening
- ◆ Passing grade on online Test (emailed afterward; 45 day window)
- ◆ Proof of having attended a "Foundations of Coaching" class (IMPACT or comparable accepted course)
- ◆ Submission of a Coaching Philosophy & Favorite Drill Form copies
- ◆ 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 (Day 1 sessions)
- ◆ Attendance at 4 Modules (included with course fee, AM Day 2)
- ◆ **Attendance at 2 additional Modules** (can be purchased & completed during this same weekend, PM of Day 2)
- ◆ Signed USAV CAP Coach's Code of Ethics
- ◆ For NON-USAV Members—One Event Membership and USAV Background Check (\$25 additional fee & includes 2-day insurance)
- ◆ For USAV Members - Current USAV Background Screening
- ◆ Passing grade on Written Test (emailed afterward; 45 day window)
- ◆ Submission of a Favorite Drill Form & copies
- ◆ 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.

**VCAP Clinics are open to all coaches! This Clinic does not provide any certification, however it does carry 2 CAP Module Credits toward re-certification.**

**Here is a special deal just for YOU!**

The **first 10 coaches to register** for a **FULL CAP I Course** by the **EARLY BIRD registration date of July 20th, 2010** will get a **FREE** reserved spot at the **"Dinner & Discussion" session** with CAP Cadre on Saturday evening July 31st (after last session)! **So Register NOW and ensure your seat at this SPECIAL roundtable discussion where you can "pick the brains" of our CAP Cadre!!! We will notify the qualifying coaches with the details following the July 20th deadline.**

**Complete your Registration online at [www.volleyball.org](http://www.volleyball.org), or use the Coupon at the bottom of the next page & return to the USAV-CAP National Office.**



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

Course Level—Choose your Registration Category below: <b>RED</b> , <b>WHITE</b> or <b>BLUE</b>	EARLY BIRD-by 7/20/10	REGULAR - from 7/21 to 7/27/10	LATE - On 7/28/10
<b>RED - FULL CAP Level I - includes 1 Additional Module for certification—members of BOTH USAV &amp; AVCA</b>	\$260	\$325	\$400
<b>RED - FULL CAP Level I - without Additional Module—members of BOTH USAV &amp; AVCA</b>	\$225	\$275	\$335
<b>WHITE - FULL CAP Level I - includes 1 Additional Module for certification— members of EITHER USAV or AVCA</b>	\$290	\$355	\$420
<b>WHITE - FULL CAP Level I - without Additional Module—members of EITHER USAV or AVCA</b>	\$240	\$290	\$340
<b>BLUE - FULL CAP Level I—includes 1 Additional Module for certification - NEITHER USAV nor AVCA</b>	\$330	\$395	\$460
<b>BLUE - FULL CAP Level I—without Additional Module - NEITHER USAV nor AVCA</b>	\$265	\$315	\$365
<b>RED - VCAP Clinic - members of BOTH USAV &amp; AVCA</b>	\$80	\$90	\$105
<b>WHITE - VCAP Clinic - members of EITHER USAV or AVCA</b>	\$90	\$100	\$115
<b>BLUE - VCAP Clinic—NEITHER USAV nor AVCA</b>	\$105	\$115	\$130
<b>RED - CAP Level I CORE sessions only (Day 1) - BOTH USAV &amp; AVCA</b>	\$150	\$200	\$250
<b>WHITE - CAP I CORE sessions only (Day 1) - EITHER USAV or AVCA</b>	\$165	\$215	\$265
<b>BLUE - CAP I CORE sessions only (Day 1) - NEITHER USAV nor AVCA</b>	\$185	\$235	\$285
<b>RED-EACH add'l Module for Re-Certification or toward a new certification—BOTH USAV &amp; AVCA</b>	\$35	\$50	\$65
<b>WHITE - EACH add'l Module for Re-Certification or toward a new certification— EITHER USAV or AVCA</b>	\$50	\$65	\$80
<b>BLUE - EACH add'l Module for Re-Certification or toward a new certification— NEITHER USAV nor AVCA</b>	\$65	\$80	\$95
<b>One Event Membership Plus Background Screen Fee</b>	\$25	\$25	\$25

**REGISTER EARLY—SPACE IS LIMITED! After 7/27/10 CALL FIRST!!**  
USA and Sarah Lawrence College 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](http://www.usavolleyball.org/content/index/420) &/or join the AVCA at [www.avca.org/membership](http://www.avca.org/membership).

- 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. **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.
  - Meals are on your own; Host may offer to order in.**

**Sarah Lawrence College is located at:**  
Campbell Sports Center  
879 Kimball Ave  
Bronxville, NY 10708

**Local Map & Directions:**  
Click here for [GoogleMap](#)

**AIRPORT:** The closest commercial airport is La Guardia International Airport.

**LOCAL HOTEL INFORMATION:**  
Recommended hotels include the Royal Regency Yonkers or Spring Hill Suites Tarrytown

**REMEMBER! First 10 coaches to register for FULL CAP I Course by 7/20/10 get the FREE "Dinner & Discussion" with CAP Cadre!**  
So REGISTER NOW!

Course Site: **Sarah Lawrence College—Bronxville, NY** Date: **July 30-Aug 1, 2010**  
Circle ALL you are purchasing: FULL CAP Level I w/Module ~ FULL CAP Level I w/o Module ~ VCAP Conditioning Clinic ~  
~ CAP I DAY ONE ONLY ~ MODULES ONLY (Day 2) for Recertification (# \_\_\_\_\_) ~ One Event Mem/BGS Fee for Non-USAV Members ~

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](mailto:CAP@usav.org) BEFORE registering. Register on-line: [www.usavolleyball.org](http://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: \_\_\_\_\_  
Ser. Code: \_\_\_\_\_