



**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

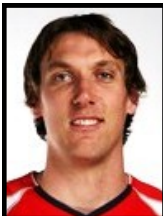
#### Level II Accreditation requires:

- ◆ 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](http://www.volleyball.teamusa.org).**



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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



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

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](mailto:CAP@usav.org) BEFORE registering. **HS, MS and ELEM School Coaches take additional \$25 off!**  
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: \_\_\_\_\_  
Sec. Code: \_\_\_\_\_