

CAP III Wednesday, Feb 8th

7:30am -8:00 am Sport Center 1-Rm 100	CAP III Check-in	Di, April, Daniel, Shelley, Whitney
8:00am - 8:15 am SPT Center 1 – GYM 2 Bleachers	Welcome- Introductions & Instructions - ALL Levels	DIANA, STAFF, CADRE
8:15 -8:20 am	Cadre & CAP III Transition to Sport Center 2	
8:20am - 9:30 am SPT Center 2 – SPIRIT Room (#102)	Periodization Training Considerations for VB	Hamiter & Jafir
9:30 -9:45 am	Cadre/Student Transition	
9:45am - 10:45 am SPT Center 2 – GYM 9	Creating/Teaching a Growth Mindset	Browning
10:45 -10:50 am	Cadre Transition	
10:50 am - 12:00 pm SPT Center 2 –SPIRIT Room (#102) or GYM 8	Utilizing a 3 Middle System	Dagenais & Jafir
12:00 - 1:00 pm Athlete Center Dining Hall	CAP III LUNCH	Cole, Gozansky & Dagenais
1:00 - 2:15 pm SPT Center 2 – SPIRIT Room (#102)	Gender Matters	Gozansky & Hamiter & Powell (Cole)
2:15 - 3:30 pm SPT Center 2 – SPIRIT Room (#102)	Coaching Myths & Misconceptions	Kessel
3:30 pm - 4:40 pm SPT Center 2 – GYM 8	CAP III Drill Sharing & Practice planning assignments	Neville & Hamiter
4:45 pm - 5:45 pm SPT Center 2 – SPIRIT Room (#102)	SPORT PSYCHOLOGY 201 - Vizualization, Self-Talk and Goal Setting	Gozansky & Mickle
5:45pm - 7:15 pm Athlete Center Dining Hall	CAP III DINNER & Outreach Project Proposals Discussion #1 - sign up for 1 of 4 spots	Cole, Gozansky, Neville
7:15 pm - 8:45 pm SPT Center 2 – Gym 9	Sitting Volleyball Experience & Tourney	Hamiter, Kessel & Gozansky
8:45 -9:00 PM	Cadre Transition	
8:45 pm - 9:15 pm	Sign up for Outreach Proposal Reviews at Lunch & Dinner with Di & Cadre	
Outreach Project pitches - Sign up if haven't yet met with Diana - 4 spots available at each session		

CAP III Thursday, Feb 9th

8:00 - 9:00 am SPT Center 2 – SPIRIT Room (#102)	PANEL - Team Building: Creating a Positive Team Culture	Neville [Moderator] w/Hamiter, Browning, Gozansky, Powell & Dagenais
9:00 - 10:00 am SPT Center 2 – SPIRIT Room (#102)	Talent ID: Review/Discussion of Positional Job Descriptions	Neville & Dagenais
10:00 -10:10 am	Cadre Transition to SPT Center 1	
10:00 am - 11:30/11:45 am SPT Center 2 – SPIRIT Room (#102)	Nutrition: Fueling for VB Players	Dr. Jackie Berning (Hamiter, Jafir)
11:30/11:45am - 12:30/12:45pm SPT Center 2 – SPIRIT Room (#102)	DISC Athlete Profile Game	Mickle/Gozansky
12:30/12:45 - 1:30/1:45 pm Athlete Center Dining Hall	CAP III LUNCH & Outreach Project Proposals Discussion #2 sign up for 1 of 4 spots	Cole, Gozansky & Neville
1:30/1:45 - 2:30/2:45 pm SPT Center 2 – SPIRIT Room (#102)	Conflict Resolution	Hamiter [Mickle]
2:45 - 3:45 pm SPT Center 2 – SPIRIT Room (#102) & GYM 8	Practice & Drill Critiques + Modifications; Planning for Sunday Presentations	Hamiter, Browning, Cole
3:45- 4:45 pm SPT Center 2 – SPIRIT Room (#102) & GYM 8	Conditioning & Training: Risks vs. Rewards	Aaron Brock, Small/Cole
4:45 -5:00 pm SPT Center 2 – SPIRIT Room (#102)	CAP III announcements & Excused for DINNER & opening HP session @ 6 PM; Outreach Proposal Reviews @ meals; Overview of Sun Schedule/group assignments	
Eat dinner prior to Opening session in the OTC Visitor Center		
Outreach Project pitches with Diana & Cadre		
Wed- CAP III Dinner & Outreach Project Proposals Discussion #1	With Cole, Gozansky & Neville	
Thurs - CAP III LUNCH & Outreach Project Proposals Discussion #2	With - Cole, Gozansky & Browning & Powell	
Fri - CAP III LUNCH & Outreach Project Proposals Discussion #3	With Cole, Hamiter & Dagenais	
Fri - CAP III DINNER & Outreach Project Proposals Discussion #4	With Cole, Browning & Jafir	
Sat- CAP III Lunch & Outreach Project Proposals Discussion #5	With Cole, Dagenais & Neville	
Sat- CAP III Dinner & Outreach Project Proposals Discussion #6	With Cole, Hamiter & Jafir & Powell	

CAP III - Sunday, Feb 12th

8:30 – 9:30 am SPT Center 2 – SPIRIT Room (#102) & GYM 8	Stats for High Performance in Practice and in Competition	Dagenais, Jafir & Hamiter
9:30 am - 10:30 am SPT Center 2 – GYM 8	GAMES TO PLAY TO WARM UP – Coaches are divided into groups & assigned “game” parameters – create & demo the games	Browning & Gozansky
10:30 am – 12:00 pm SPT Center 2 – GYM 8	On-Court Drill Presentations - Coaches demo Favorite Drill for Early Season + Modifications for Mid/Championship Season (choose “props” for Cauldron Scoring after lunch)	Neville, Hamiter, Dagenais & Gozansky
12:00 -1:00 pm Athlete Center Dining Hall	Lunch - meet with your practice segment groups to plan afternoon presentations	ALL
1:00 - 2:00 pm SPT Center 2 – GYM 8	Using Cauldron & Alternative Scoring in Practices - divide into coaching staffs for each part of practice & must create 1-2 alternatively scored drills/games for the Cauldron	Hamiter, Gozansky, Jafir & Dagenais
Short break		
2:15 pm -3:15 pm SPT Center 2 – GYM 8	On-Court Practice Segment Presentations, cont’d - Coaches demo assigned practice segment w/Cauldron Drills	Neville, Gozansky & Jafir
3:15 pm -4:15 pm SPT Center 2 – SPIRIT Room (#102) & GYM 8	LTAD Discussion - Human Growth & Development and the Case for Late Specialization	Kessel & Chris Snyder (w/Gozansky, Neville, Dagenais, Jafir)
4:15 pm -5:30 pm SPT Center 2 – SPIRIT Room (#102) & GYM 8	Outreach project presentations & discussion//final approval/ course wrap up	Cole, Jafir, Dagenais, Gozansky
5:30pm Athlete Center Dining Hall	End CAP III - Class Photos, AHA moments & Dinner (or Travel Home)	ALL
4:30pm Athlete Center Dining Hall	End CAP III & Dinner (or Travel Home)	ALL