

## **BCAP Level I BASIC**

**Target Audience:** ALL beach/sand coaching and teaching levels, especially coaches who have had no or limited formal coaching education courses. All coaches must start with the Basic course to progress through the BCAP Accreditation Program system.

**Content Presented:** On-court and in-classroom hands-on learning. The emphasis of BCAP Basic is on Teaching the Skills of the Game. Sessions include but are not limited to practicum in Teaching the Fundamental Skills (with Cadre feedback), Motor Skill Learning Theory, Coaching Principles/Foundations, Developing the Coaching Philosophy, the USAV Code of Ethics and Legal Duties, Drill Design and Implementation, Practice Preparation and Execution, Basic Offensive/Defensive/Serve Receive Organization Systems, etc. Additional Module topics may vary.

**Length:** Typical course is 13 to 16 hours in a 2-day classroom and on-court presentation format, plus follow-up test at home; Day 1 is 10 hours of core course instruction; Day 2 is 3-4 Elective Module topics in 1-1.5 hour long sessions. ***The AVCA Convention BCAP Course will consist of either the Full Convention (Wed-Sat + Sunday), or the Weekend-Only Convention (Fri-Sat + Sunday), with all Modules included.***

### **Requirements for BCAP Level I accreditation\*:**

- At the course
  - Attend all Required Beach sessions (including Sunday at the beach)
  - Attend all Required general CAP sessions
  - Submit a signed USAV Code of Ethics form
  - Submit Drill & Philosophy assignments
- Following the course
  - Pass the BCAP written test;
  - Submit/verify proof of having had a "Foundations of Coaching" course (such as IMPACT);
  - Submit proof of attending 1 additional Approved Module (*At the AVCA Convention course – all Modules are already included!*)
  - In addition, a USAV administered Background Screen must be passed (\$25 fee for non-USAV members and provides one-event insurance coverage)
- Once the BCAP Basic course is attended the coach has 12 months to finish the requirements and achieve certification.
- Before attending BCAP Level II, a wait or "experience" component is required - coaches must have coached under their current certification for one season before becoming eligible to attend the next higher course.

**\*FIVB and other NGB Volleyball Coaching certifications are acceptable to grant USAV BCAP Basic status, which allows the coach to attend a BCAP Level II course (in development).**

**Cost: *May vary by membership status, deadline date and course site - this is a guideline only.***

- By Early Bird deadline-
  - \$225 (RED-must be both a USAV & AVCA Member),
  - \$240 (WHITE- must be either a USAV or an AVCA member), or
  - \$260 (BLUE-Non-members of either organization).
  - Additional Module cost starts at \$35 (RED-must be both a USAV & AVCA Member), \$50 (WHITE- must be either a USAV or an AVCA member), or \$65 (BLUE-Non-members of either organization).
- Late fees may be applicable after early registration period ends

**Resources:** ***Beach Volleyball*** by Karch Kiraly and Byron Shewman, a current season USA Volleyball Rulebook; Basic Supplemental Handouts; in-class video, DVD and PowerPoint presentations; USAV Coaches Code of Ethics and Conduct; materials for modules will vary.

**Benefits:** Coaches will be added to the USAV BCAP, Junior and/or Adult Beach Program (your choice) and Education email lists, and the bi-monthly Rotations E-Newsletter to receive periodic information; once requirements are completed, coaches will receive a letter of congratulations and a certificate of accreditation.

**Re-certification:** Once BCAP certification has been achieved, certification is good for one quad (4 years). Prior to the end of that 4 year quad, to stay current the coach must take steps to either:

- Re-new the BCAP Basic by:
  - Taking another full BCAP Basic on-site course, or
  - Taking only Day 1 (Core sessions) at an on-site course, or
  - Taking only Day 2 (4 Module Sessions), or
  - Taking and submitting documentation of 4 other approved BCAP Basic recertification Modules, or
- If within the currently certified 4 year quad, take a BCAP Level II course (***not yet available***), and finish those requirements within 12 months to become BCAP II certified.
- If between 1 and 12 months lapsed, may choose the full course or Modules Credits options.
- More than one year lapsed will require attending a full BCAP Level I course again to achieve current status.

## **BCAP Level I ADVANCED**

**Target Audience:** Open to all coaches who have completed the USAV Beach Coaches Clinic, have coached at the professional level (AVP or FIVB) for at least one season, or have completed an FIVB beach certification.

**Content Presented:** On-court and in-classroom hands-on learning. The emphasis of BCAP Advanced is on Teaching the Skills of the Game to *experienced or elite athletes*. Sessions include but are not limited to practicum in Teaching the Fundamental Skills (with Cadre feedback), Motor Skill Learning Theory, Coaching Principles/Foundations, Developing the Coaching Philosophy, the USAV Code of Ethics and Legal Duties, Drill Design and Implementation, Practice Preparation and Execution, Basic and Intermediate Offensive/Defensive/Serve Receive Organization Systems, Scouting, Identifying the Beach athlete, etc. Additional Module topics may vary.

**Length:** Typical course is 15-18 hours in a two day format, plus follow-up test and paper at home; Day 1 is 10 hours of core course instruction; Day 2 is 4-6 Elective Module topics in 1-1.5 hour long sessions. ***The AVCA Convention BCAP Course will consist of either the Full Convention (Wed-Sat + Sunday), or the Weekend-Only Convention (Fri-Sat + Sunday), with all Modules included.***

**Requirements for BCAP Level I Advanced accreditation\*:**

- At the course
  - Attend all Required Beach sessions (including Sunday at the beach)
  - Attend all Required general CAP sessions
  - Submit a signed USAV Code of Ethics form
  - Submit Drill & Philosophy assignments
- Following the course
  - Pass the BCAP written test
  - Submit a 2-3 page paper/article on coaching the Beach game
  - Submit/verify proof of having had a "Foundations of Coaching" course (such as IMPACT);
  - Submit proof of attending 1 additional Approved Module (*At the AVCA Convention course – all Modules are already included!*)
  - In addition, a USAV administered Background Screen must be passed (\$25 fee for non-USAV members and provides one-event insurance coverage)
- Once the BCAP Basic course is attended the coach has 12 months to finish the requirements and achieve certification.
- Before attending BCAP Level II, a wait or "experience" component is required - coaches must have coached under their current certification for one season before becoming eligible to attend the next higher course.

**\*FIVB and other NGB Volleyball Coaching certifications are acceptable to grant USAV BCAP Advanced status, which allows the coach to attend a BCAP Level II course (in development).**

**Cost: *May vary by membership status, deadline date and course site - this is a guideline only.***

- By Early Bird deadline-
  - \$225 (RED-must be both a USAV & AVCA Member),
  - \$240 (WHITE- must be either a USAV or an AVCA member), or
  - \$260 (BLUE-Non-members of either organization).
  - Additional Module cost starts at \$35 (RED-must be both a USAV & AVCA Member), \$50 (WHITE- must be either a USAV or an AVCA member), or \$65 (BLUE-Non-members of either organization)
- Late fees may be applicable after early registration period ends

**Resources:** *Beach Volleyball* by Karch Kiraly and Byron Shewman, a current season USA Volleyball Rulebook; Basic and Advanced Supplemental Handouts; in-class video, DVD and PowerPoint presentations; USAV Coaches Code of Ethics and Conduct; materials for modules will vary.

**Benefits:** Coaches will be added to the USAV BCAP, Junior and/or Adult Beach Program (your choice) and Education email lists, and the bi-monthly Rotations E-Newsletter to receive periodic information; once requirements are completed, coaches will receive a letter of congratulations and a certificate of accreditation.

**Re-certification:** Once BCAP Level I Advanced certification has been achieved, certification is good for one quad (4 years). Prior to the end of that 4 year quad, to stay current the coach must take steps to either:

- Re-new the BCAP Basic by:
  - Taking another full BCAP Advanced on-site course, or
  - Taking only Day 1 (Core sessions) at an on-site course, or
  - Taking only Day 2 (4 Module Sessions), or
  - Taking and submitting documentation of 4 other approved BCAP Basic recertification Modules, or
- If within the currently certified 4 year quad, take a BCAP Level II course (***not yet available***), and finish those requirements within 12 months to become BCAP II certified.
- If between 1 and 12 months lapsed, may choose the full course or Modules Credits options.
- More than one year lapsed will require attending a full BCAP Level I course again to achieve current status.