



How to Earn USAV-CAP Re-Cert Credit

Recertification Credits Needed:

CAP I or BCAP I: 4 CAP II or BCAP II: 5 CAP III: 6 CAP IV: 8

*Credits must be earned during a coach's current certification period

High Performance Involvement

No USAV Module Credit Purchase Required

HP Program	Involvement Type	Re-Cert Credits	Notes
USAV HP Coaches' Clinic	Presenter	1-2 per session	2 Credits per session as lead presenter 1 Credit per session as co-presenter
	Attendee	2-6 per clinic	CAP I: 2 Credits, CAP II: 3 Credits, CAP III: 4 Credits, CAP IV: 6 Credits. Additional credits can be purchased.
USAV Women's Senior A2 Staff	Head Coach	3	Limited to any 2 positions worked within a Quad (4 year period). Must be confirmed with the National Team Manager or Director.
	Assistant (Paid &/or 1st)	2	
	Assistant (Unpaid &/or 2nd)	1	
National HP Championship Staff	Head Coach	3	Limited to any 2 positions worked within a Quad (4 year period). Must be confirmed with the USAV National HP Manager.
	National Assistant (1st)	2	
	National Assistant (2nd)	1	
Regional HP Championship Staff	Head Coach	2	Limited to any 2 positions worked within a Quad (4 year period): Must be confirmed with the RVA HP Director AND USAV National HP Manager.
	Assistant (1st)	1	
HP National Training Programs/ Camps Staff	Head	3	Limited to any 2 positions worked within a Quad (4 year period). Must be confirmed with the USAV National HP Manager.
	Assistant (1st)	2	
	National Apprentice	1	
HP National Tryouts Staff	All Coaches	1 per year	Limited to any 3 years worked within a Quad (4 year period). Must be confirmed with the USAV HP Manager.
RVA HP Programs/ Events/ Tryouts Staff	All Coaches	1 per year	Limited to any 2 years worked within a Quad (4 year period); Must be confirmed with the RVA HP Director AND USAV National HP Manager.

USAV CAP/BCAP Participation

Course/Program	Participation Type	Re-Cert Credits	Notes
CAP or BCAP Course Module(s)	Attendee	1 per module attended	Can purchase USAV module credits to attend on the second course day or purchase the entire course.
VCAP Course	Attendee	2	One time only, no USAV module credit purchase needed.
CAP/BCAP Course Involvement	Host a CAP/BCAP Course	4	Contact CAP@usav.org for details.
	Serve as a course admin	2	



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Online Options

Organization	Course Name(s)	Re-Cert Credits	Module Credit Purchase	Notes
NFHS Online Classes	Coaching Volleyball	2	No	One time only. Cost associated through NFHS.
	Captains Course, Coaching Unified Sports, Creating a Safe and Respectful Environment, Concussion in Sports, Engaging Effectively With Parents, A Guide to Sports Nutrition, Heat Illness Prevention, NCAA Eligibility Center, Positive Sports Parenting, Sportsmanship, Sudden Cardiac Arrest	1 each	Yes	One time only. Free through NFHS.
	First Aid, Health and Safety for Coaches, Middle School Sports, Strength and Conditioning, Officiating Volleyball: Ball Handling, Teaching and Modeling Behavior, Teaching Sports Skills	1 each	Yes	One time only. Cost associated through NFHS.
ASEP Online Classes	Coaching Principles, Sport First Aid, Coaching Youth Volleyball	1 each	No	One time only. Cost associated through ASEP.
TrueSport Online Courses	Developing a Coaching Philosophy and Ethics, Understanding Supplements and Energy Drinks, Navigating Performance-Enhancing Substances	1 each	Yes	One time only. Email CAP@usav.org in order to get a discount code for 50% off TrueSport approved courses.
USOC Safe Sport	Complete Safe Sport Course	1	No	One time only. Free USOC course.

Other Ways to Earn Credit

Program	Category/Involvement	Re-Cert Credits	Module Credit Purchase	Notes
AVCA Convention	Approved Session Attendance/Instruction	2-6	No, but can purchase additional credits	CAP I: 2 Credits CAP II: 3 Credits CAP III: 4 Credits CAP IV: 6 Credits Must submit proof of convention and session attendance/instruction.
Outside Coaching Clinics	Varies	Varies	Varies	Must be approved by CAP Office. Contact CAP@usav.org for details.
IMPACT Instructor Involvement	IMPACT Instructor Training	3	No	One time only
	IMPACT Instructor Refresher	1-2	No	One per year. 2 for live, 1 for recorded
	Teach an IMPACT course	1	No	Up to 3 credits per quad
Drill Video	Create and submit drill video	1	No	Only one credit per year. Must include explanations/diagrams
CAP Coaches Recognition Program	Coach a team that attends a USAV Jr. National or HP Championship	2-6	No	CAP I: 2 Credits, CAP II: 3 Credits, CAP III: 4 Credits CAP IV: 6 Credits. Must pick up certificate from the CAP booth.
	Have a first-time CAP coach use your discount coupon	1		