



HIGH PERFORMANCE ACADEMY—CURRICULUM

TUESDAY, JUNE 30, 2020

2:00-3:00pm PT	<p>Parent Info Session / Tips and Tools for Being a Great Sport Parent</p> <p>Peter Vint USA Volleyball, Chief of Sport</p> <p>Sue Enquist USA Women's National Team, Consultant</p>
----------------	---

WEEK ONE

TUESDAY, JULY 7, 2020

2:00-3:00pm PT	<p>Introduction / Welcome to Team USA</p> <p>Peter Vint USA Volleyball, Chief of Sport</p> <p>Karch Kiraly USA Women's National Team, Head Coach, 3x Olympian</p> <p>Sean Scott USA Beach National Teams, Director</p>
----------------	---

WEDNESDAY, JULY 8, 2020

2:00-3:00pm PT	<p>Return-to-Play Considerations—Indoor</p> <p>Jimmy Stitz USA Women's National Team, Athletic Performance Coach</p>
3:00-4:00pm PT	<p>Return-to-Play Considerations—Beach</p> <p>Christian Hartford USA Beach National Teams, Athletic Performance Coach</p>

THURSDAY, JULY 9, 2020

2:00-3:00pm PT	<p>Performance Nutrition / Building Better Recovery Habits</p> <p>Shawn Hueglin USOPC, Senior Sports Dietician</p> <p>Kara Kessans USA Women's National Team, Athletic Trainer/Physical</p>
3:00-4:00pm PT	<p>Sleep Considerations for Elite Performance</p> <p>Dr. Meeta Singh Henry Ford Sleep Disorders Center, Sleep Specialist</p>



WEEK TWO

TUESDAY, JULY 14, 2020

2:00-3:00pm PT	<p>Mindset: Improving Our Relationship with Challenge and Stress</p> <p>Courtney Thompson <u>Compete to Create</u>, Mindset Coach, 2x Olympian</p>
----------------	---

WEDNESDAY, JULY 15, 2020

2:00-3:00pm PT	<p>Setting Concepts</p> <p>Erin Virtue USA Women's National Team, Assistant Coach</p> <p>Patty Dodd USA Beach</p>
3:00-4:00pm PT	<p>Passing Concepts</p> <p>Tama Miyashiro USA Women's National Team, Assistant Coach, Olympian</p> <p>Mike Dodd USA Beach, Olympian</p>
4:00-5:00pm PT	<p>Blocking Concepts</p> <p>Jeff Liu USA Women's National Team, Performance Analyst</p> <p>Tyler Hildebrand USA Beach National Teams, Head Coach</p>

THURSDAY, JULY 16, 2020

2:00-3:00pm PT	<p>National Team Athlete—Q&A</p> <p>April Ross USA Beach National Team, 2x Olympian</p> <p>Erik Shoji USA Men's National Team, Olympian</p> <p>Foluke Gunderson USA Women's National Team, 2x Olympian</p> <p>Kelsey Robinson USA Women's National Team, Olympian</p> <p>Dan Regan USA Men's Sitting National Team, Paralympian</p> <p>Tayyiba Haneef-Park Moderator, 3x Olympian</p>
----------------	--



WEEK THREE

TUESDAY, JULY 21, 2020

2:00-3:00pm PT	Offensive Tactics and Systems—Beach Angie Akers USA Beach
3:00-4:00pm PT	Offensive Tactics and Systems—Indoor Erin Virtue USA Women's National Team, Assistant Coach
4:00-5:00pm PT	Offensive Tactics and Systems—Sitting Michelle Goodall USA Women's Sitting National Team, Assistant Coach

WEDNESDAY, JULY 22, 2020

2:00-3:00pm PT	Defensive Tactics and Systems—Beach Rich Lamborne USA Beach Coach, Olympian
3:00-4:00pm PT	Defensive Tactics and Systems—Indoor Chris McGown USA Women's National Team, Consultant Coach
4:00-5:00pm PT	Defensive Tactics and Systems—Sitting Joe Skinner USA Men's Sitting National Team, Assistant Coach

THURSDAY, JULY 23, 2020

2:00-3:00pm PT	National Team Athlete—Q&A Tri Bourne USA Beach National Team Taylor Sander USA Men's National Team, Olympian Annie Drews USA Women's National Team Haleigh Washington USA Women's National Team Nicky Nieves USA Women's Sitting National Team, Paralympian Stacy Sykora Moderator, Sykora Academy, 3x Olympian
----------------	--



WEEK FOUR

TUESDAY, JULY 28, 2020

2:00-3:00pm PT	<p style="text-align: center;">Defense Concepts</p> <p>Tama Miyashiro USA Women's National Team, Assistant Coach, Olympian</p> <p>Mike Dodd USA Beach, Olympian</p>
3:00-4:00pm PT	<p style="text-align: center;">Serving Concepts</p> <p>Nate Ngo USA Men's National Team, Performance Analyst</p> <p>Jordan Cheng USA Beach</p>
4:00-5:00pm PT	<p style="text-align: center;">Attacking Concepts</p> <p>Chris McGown USA Women's National Team, Consultant Coach</p> <p>Jose Loiola USA Beach, Olympian</p>

WEDNESDAY, JULY 29, 2020

2:00-3:00pm PT	<p style="text-align: center;">Leadership and the Pursuit of Mastery</p> <p>Sue Enquist USA Women's National Team, Consultant</p> <p>Jordan Larson USA Women's National Team, 2x Olympian</p> <p>Kawika Shoji Men's National Team, Olympian</p> <p>Jake Gibb Beach National Team, 3x Olympian</p>
----------------	--

THURSDAY, JULY 30, 2020

2:00-3:00pm PT	<p style="text-align: center;">The Path to the Podium</p> <p>Peter Vint USA Volleyball, Chief of Sport</p>
----------------	---