Strength & Conditioning 101: Weight Training and Knee Injury Prevention

This CAP Webinar topic will be offered on:
January 18, 2011
from 6:00-8:00pm MOUNTAIN TIME
(5-7pm Pacific; 7-9pm Central; 8-10pm Eastern)

(Click here to register for Strength & Conditioning 101: Weight Training and Knee Injury Prevention)

Please join Jill Wosmek - USAV Women's National Team Trainer (MA, ATC), Tim Pelot - USOC Sports Physiologist for USA Volleyball and Guest Speakers Robert Brown - USAV CAP Level III & Master Strength and Conditioning Instructor (MSS) and Ken Kontor - Publisher Performance Conditioning Volleyball, for a "Strength and Conditioning 101" CAP Module Webinar.

We will be addressing:

- Injury incidence rates
- Awareness amongst coaches and sports med professionals
- What is the research telling us
- ACL prevention - why is this still a great debate?
- What have we learned and implemented with the U.S. Women's National Volleyball team
- Expert Opinions: on what it takes to have a successful strength and conditioning plan for elite level female volleyball players
- Recommendations for coaches and other support staff at the various levels
- How USAV certified Coaches can count this Webinar as 1 CAP Module Credit to use towards re-certification of your existing CAP Level I, II or III.
- How, if new to CAP certification and if you attend a CAP I (or II) Course within 12 months of this Module, you can use this Webinar towards the "Additional Module" requirement needed to meet CAP Level I (or II) certification.

Coaches wishing to receive the CAP Module Credit for this Webinar must complete an online Survey and Quiz following completion of the Webinar. These log-in instructions will be discussed and sent at the end of the Webinar.

To register for this webinar, you will need to choose between the following two categories of Registrations:

- **Are you a CURRENT USAV/Region or AVCA member? If so then choose:** ***$35.00 *Early Registration option.***
- **If you are NOT a current member of either USAV or AVCA then choose:** ***$50.00 *Early Registration option.***

Please note that if you choose the "Member" registration category you must be able to provide verification of your membership status.

<u>*LATE FEES MAY APPLY BASED ON YOUR TIME OF REGISTRATION.</u>

- **Deadline for Early Registration is - *<u>January 16, 2010.</u>***
- **Late registration pricing is in effect on and after January 17, 2010.**
- **SPACE IS LIMITED and *Registration will CLOSE at 5:00 pm MOUNTAIN TIME on the day of the Webinar!***

<u>How do I join either AVCA or the USAV?</u>
You can join the AVCA on their website (http://www.avca.org/), which gives you full member benefits for 1 year.

You can join USA Volleyball through your LOCAL USAV REGION OFFICE with full member benefits for 1 year.

Please note: Coaches who cancel for any reason and request a refund will receive their fees less a 10% administrative processing charge.

For Questions on this Webinar please contact the USAV CAP Department at: (719) 228-6800 or email at cap@usav.org.

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