

2024 CAPE SCHEDULE

Sunday July 7 th						
10:30am-2:00PM Conference and Housing Check-in	1:15pm-2:45pm Welcome/Orientation	3:00pm-4:30pm Opening Ceremonies	5:00pm-6:30pm Team Building	6:45pm-10:00pm Bunco Social		
** Schedule Subject to Change**						
Time	Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13
6:00am 7:00am	Beach Walk	Beach Walk	Beach Walk	Beach Walk Workout	Beach Walk	
7:00am 8:15am	Yoga Archery	Yoga Archery	Volleyball for PE Workout	Yearly Budget Planning GOPHER	Hike to"P" GOPHER	8:00am-10:00am Check out
8:30am 9:45am	Boxing Small Games	Boxing Creating a Champion PE Program	Boxing Sports Performances	Boxing Modernized Health	Boxing Speedball	
10:00am 11:15am	Dance PE Systems	Dance Fitness Assessments	Dance PE Systems	Dance Invasion Games	Pound Team Building	
11:15am 12:15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
12:30pm 1:45pm	Culture in the Classroom 30+ activities with a Tennis ball	DEI Large Group Games	Coaching Volleyball Adapted PE	Golf Scramble Tee times: 12:30-5:00	Speedball Avrits Favrits	
2:00pm 3:15pm	Volley Tennis DEI	Adapted PE Pickleball	Pound Building a HS Program	Coastal Hike 12:30-5:00	Personal Defense CAPE Planning 2025	
3:30pm 5:30pm	Volley Tennis Tourney	Pickleball Tourney	Sand V-ball Tourney		Closing Ceremonies	
6:00pm 9:00pm	BBQ Social	Bonfire Grover Beach	Casino Night Theme: PE through the YEARS	SLO Market & Scavenger Hunt	A different way to Golf	