

2024 CAPE SCHEDULE

Sunday July 7th

10:30am-12:00PM
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
5:45 am 6:45 am	Beach Walk	Beach Walk	Beach Walk	Beach Walk	Beach Walk	
6:00 am 7:00 am		Yoga	Yoga	Morning Workout		
7:00am 8:15am	Soccer Defending as a Unit PE Ice Breakers	Soccer Creating a Field Vision "No Equipment" Workout	Volleyball for PE Instagram Games	Growth Mindset Action Games-GOPHER	Hike to the "p" Ice Breakers and Warm ups-GOPHER	8:00am-10:00a m Check out 8:00am-9:15am CAPE Planning Mindfulness
8:30am 9:45am	Boxing Small Games	Boxing Creating a Champion PE Program	Boxing Control the Chaos	Boxing Teaching with Stations	Boxing Fitness Day Activities	
10:00am 11:15am	Dance Pt 1 Teaching Systems	Dance Pt 2 Electronic Fitness Forms & Assessments	Dance Pt 3 Teaching Systems	Dance Pt 4 International Invasion Games	Pound Best Takeaways	
11:15am 12:30 pm	LUNCH Chat & Chew	LUNCH Chat & Chew	LUNCH Chat & Chew	LUNCH Chat & Chew	LUNCH Chat & Chew	
12:30pm 1:45pm	Culture in the Classroom 30+ activities with a Tennis ball	Soccer Creating a Field Vision Team Building	Coaching Volleyball Strategies Adapted PE	12:30-5:00 pm Golf Scramble 12:30-5:00 pm Hike: Bishop Peak/Del Oro	Track Throwing Techniques Avrits Favrits	
2:00pm 3:15pm	Volley Tennis Soccer Defending as a Unit	Adapted PE Pickleball	Pound An IEP is more than a meeting		Personal Defense CAPE Planning	
3:30pm 5:30pm	Volley Tennis Tourney	Pickleball Tourney	Sand V-ball Tourney		Friday Closing Ceremonies 3:30-4:30 pm 85 Year Celebration 4:30-6:30 pm	
6:00 pm 10:00 pm	BBQ Social 6:00 – 8:00 pm	Bonfire Grover Beach 6:00 – 8:00 pm	Casino Night (BBQ Before) 7 – 10 pm	SLO Market/ Scavenger Hunt 6:30-8:30 pm	A different way to Golf 7 -9 pm	