



## HIGH PERFORMANCE ACADEMY—CURRICULUM

*\*Times are tentative and will be confirmed soon\**

TUESDAY, JUNE 30, 2020

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

TUESDAY, JULY 7, 2020

2:00-3:00pm PT	<p><b>Introduction / Welcome to Team USA</b></p> <p><a href="#">Peter Vint</a>   USA Volleyball, Chief of Sport</p> <p><a href="#">Karch Kiraly</a>   USA Women's National Team, Head Coach, 3x Olympian</p> <p><a href="#">Sean Scott</a>   USA Beach National Teams, Director</p>
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WEDNESDAY, JULY 8, 2020

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

THURSDAY, JULY 9, 2020

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



## WEEK TWO

TUESDAY, JULY 14, 2020

2:00-3:00pm PT	<p><b>Mindset: Improving Our Relationship with Challenge and Stress</b></p> <p><a href="#">Courtney Thompson</a>   <u>Compete to Create</u>, Mindset Coach, 2x Olympian</p>
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WEDNESDAY, JULY 15, 2020

2:00-3:00pm PT	<p><b>Setting Concepts</b></p> <p><a href="#">Erin Virtue</a>   USA Women's National Team, Assistant Coach</p> <p><a href="#">Patty Dodd</a>   USA Beach</p>
3:00-4:00pm PT	<p><b>Passing Concepts</b></p> <p><a href="#">Tama Miyashiro</a>   USA Women's National Team, Assistant Coach, Olympian</p> <p><a href="#">Mike Dodd</a>   USA Beach, Olympian</p>
4:00-5:00pm PT	<p><b>Blocking Concepts</b></p> <p>TBD   USA Men's National Team, Assistant Coach</p> <p><a href="#">Tyler Hildebrand</a>   USA Beach National Teams, Head Coach</p>

THURSDAY, JULY 16, 2020

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

TUESDAY, JULY 21, 2020

2:00-3:00pm PT	<b>Offensive Tactics and Systems—Beach</b> <a href="#">Angie Akers</a>   USA Beach
3:00-4:00pm PT	<b>Offensive Tactics and Systems—Indoor</b> <a href="#">Brian Thornton</a>   USA Men's National Team, Assistant Coach, Olympian

WEDNESDAY, JULY 22, 2020

2:00-3:00pm PT	<b>Defensive Tactics and Systems—Beach</b> <a href="#">Rich Lamborne</a>   USA Beach Coach, Olympian
3:00-4:00pm PT	<b>Defensive Tactics and Systems—Indoor</b> <a href="#">Chris McGown</a>   USA Women's National Team, Consultant Coach

THURSDAY, JULY 23, 2020

2:00-3:00pm PT	<b>National Team Athlete—Q&amp;A</b> <a href="#">Tri Bourne</a>   USA Beach National Team <a href="#">Taylor Sander</a>   USA Men's National Team, Olympian <a href="#">Annie Drews</a>   USA Women's National Team <a href="#">Haleigh Washington</a>   USA Women's National Team <a href="#">Nicky Nieves</a>   USA Women's Sitting National Team, Paralympian
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## WEEK FOUR

TUESDAY, JULY 28, 2020

2:00-3:00pm PT	<p><b>Defense Concepts</b></p> <p><a href="#">Tama Miyashiro</a>   USA Women's National Team, Assistant Coach, Olympian</p> <p><a href="#">Mike Dodd</a>   USA Beach, Olympian</p>
3:00-4:00pm PT	<p><b>Serving Concepts</b></p> <p>TBD   USA Men's National Team, Assistant Coach</p> <p><a href="#">Jordan Cheng</a>   USA Beach</p>
4:00-5:00pm PT	<p><b>Attacking Concepts</b></p> <p><a href="#">Chris McGown</a>   USA Women's National Team, Consultant Coach</p> <p><a href="#">Jose Loiola</a>   USA Beach</p>

WEDNESDAY, JULY 29, 2020

2:00-3:00pm PT	<p><b>Leadership and the Pursuit of Mastery</b></p> <p><a href="#">Sue Enquist</a>   USA Women's National Team, Consultant</p> <p><a href="#">Jordan Larson</a>   USA Women's National Team, 2x Olympian</p> <p><a href="#">Kawika Shoji</a>   Men's National Team, Olympian</p> <p><a href="#">Jake Gibb</a>   Beach National Team, 3x Olympian</p>
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THURSDAY, JULY 30, 2020

2:00-3:00pm PT	<p><b>The Path to the Podium</b></p> <p><a href="#">Peter Vint</a>   USA Volleyball, Chief of Sport</p>
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