



**CALIFORNIA ATHLETICS &  
PHYSICAL EDUCATION**

**CAL POLY, SAN LUIS OBISPO      JULY 7-13, 2024**  
**PHYSICAL EDUCATION THROUGH THE AGES**

This year will be last year that the workshop will be held at Cal Poly in San Luis Obispo. We will be finding a new home for future workshops. Come help us celebrate many years of putting on workshops here at Cal Poly, while at the same time, experience the best of the best in physical education workshops. **DON'T MISS IT!**



**REGISTRATION**

**\$899.00\***

Opens in February

\*Includes: Meals, Parking,  
Registration, T-Shirt

\*Non-Housed registration  
**\$974.00**



**CREDITS**

CEU's available at  
additional cost. Additional  
Information at  
[peworkshop.com](http://peworkshop.com)



**ACCOMMODATIONS**

**\$727.50**

On campus housing

This year's instructors include:

**Nate Jackson – Classroom management**

**Kanoa Elizondo- Adaptive PE**

**Liz Robertson – Boxing**

**AJ King – POUND**

**Darrin Avrit- Instant Activities**

**Thomas Hernandez – Dance**

**Mike Hartman - Golf**

The California Athletics & Physical Education Workshop, CAPE, provides an opportunity for professional advancement to physical educators, directors, and teachers from elementary to secondary levels. Professional development is offered through a comprehensive curriculum including, but not limited to, the areas of physical education, health, nutrition, athletics, recreation, dance and allied fields.

**FOR MORE INFORMATION AND TO REGISTER, FIND US AT PEWORKSHOP.COM**

# 2024 CAPE SCHEDULE

Sunday July 7 <sup>th</sup>						
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	