



PARENT GUIDE TO CLUB VOLLEYBALL 2024-2025 SEASON

COLUMBIA EMPIRE VOLLEYBALL ASSOCIATION

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WELCOME

Welcome to the Columbia Empire Region of USA Volleyball. We've put together this guide as a helpful toolkit for parents and families who may be new to the club volleyball experience, but it should be helpful for anybody who wants to participate this year.

While things like tryouts, selecting a club, and navigating through the season can be challenging at times, please know that we have numerous resources on our website to assist you. Also, remember that a club director is a fantastic resource for you and should be able to answer many questions you have. Additionally, you can always reach out to our office.

WHAT IS CLUB VOLLEYBALL?

Girls' club volleyball begins at the completion of the "normal" high school volleyball season in November and continues through the USA Volleyball Junior National Championships in June and July. Girls and boys from all over the state of Oregon and SW Washington try out for many different clubs to continue playing volleyball year-round. Boys' clubs may have an earlier start date than some girls' clubs.

Club volleyball is an opportunity to play volleyball outside of high school or middle school-sponsored activities. Families pay to join a volleyball club that arranges for team practices, coaches, uniforms, insurance, etc. so the team plays against other clubs in tournaments. A club can have several teams for different age groups and skill levels.

Club volleyball usually starts with tryouts, which are assessments of the athlete's skill level, how well they learn from instruction, and how well they play on a team. Each team determines its own tournament and travel schedule; some travel a great deal while others stay more local.

USA Volleyball is the National Governing Body for volleyball for the country. USA Volleyball has 40 regions throughout the country. As a region of USA Volleyball, CEVA is the umbrella organization for all the clubs in Oregon and SW Washington. CEVA sets policy, implements USAV education programs, provides insurance and operates various tournaments and championships. To join a team, the player must become a member of USA Volleyball. Detailed instructions on how to become a member are laid out in this guide.

CEVA OFFICE HOURS & STAFF CONTACTS

Our office hours are as follows:

June 1 – September 30:	Monday-Thursday – 9:00 AM to 2:00 PM
October 1 – May 31:	Monday, Tuesday, Thursday, Friday – 9:00 to 3:00 PM

E-mail is generally the most efficient way to reach our staff: region@cevaregion.org
Learn more about our staff here: www.cevaregion.org/staff

BENEFITS OF A USA VOLLEYBALL / CEVA MEMBERSHIP

You will receive many benefits by joining a club registered with USA Volleyball and from your membership with our organization. Some of those benefits include:

- Tournaments available in each age division most weekends from December through May.
- Secondary sports accident insurance for those with primary insurance, which can become primary (with higher deductible) for those without health insurance during events.
- General liability insurance covering all sanctioned activities.
- Standardized tournament regulations and rulebook
- Sanctioned and insured events for CEVA/USA Volleyball members only.
- Background-screened club personnel, coaches, tournament directors and officials. USAV's background screens are among the most stringent in the youth sports industry.
- Free online education courses for club personnel, coaches, players and officials, including coaching education and referee/scorer training materials.
- Power League, Presidents Day Tournament & Regional Championships hosted by CEVA, and a Power League ranking system (you see how your team ranks against others).
- CEVA office in Beaverton who can assist with advice, problems and concerns.
- Exposure to college coaches.

For more information on all the benefits of your USAV membership, visit our website.

SELECTING A CLUB

Selecting a club is a family decision and takes some research. Although clubs must abide by general CEVA and USA Volleyball rules, each club is different in the way they run their organization and train their athletes. **Do your homework before tryouts.**

Spending time researching your options will help you have the best season possible. If you need assistance in the process, CEVA can help. We do not endorse any one club over another but can help you consider what goes into the decision and questions you may want to ask.

There are some important questions to ask a club director during your search for the right club:

- How much are club dues? What are the club dues intended to cover? (Ask for itemized list.)
- How often does the team practice? Where?
- Does the team travel to tournaments out of our region? Who pays for the travel?
- Will the team practice or play over school holidays, such as Christmas Break or Spring Break?
- Who will the club hire as coaches, and what are their credentials?
- How many players and coaches will generally be assigned to each team?
- What's the club's philosophy? (e.g., winning vs. equal playing time)
- Does the club offer scholarships or opportunities to fundraise to help offset club dues?
- How does the club's tryout operate? Will it run all day? Do players have to make a commitment to a team immediately on the day of tryouts if offered? If a player accepts an

offer at tryouts, what sort of down payment or deposit will our family be responsible for at that time?

- Will the club make accommodations if my player has conflicts with high school sports?
- If the player is interested in playing in college, can the club help with the recruiting process?

HOW DO I JOIN USA VOLLEYBALL & THE CEVA REGION?

Before you can step on the court for any tryout or practice, you must become a member. Your membership covers the insurance, among other things, for CEVA-sanctioned tryouts, practices and events.

We've got everything laid out at www.cevaregion.org/membership. Visit this site to get started. If you have questions, send us a message and we'll assist.

TYPES OF MEMBERSHIPS & RECOMMENDATIONS FOR MEMBERSHIPS

If a player has never participated in club volleyball before, or if you aren't sure they're going to make a team, we **highly recommend** only purchasing a membership for tryouts. This is a cheaper option that covers tryouts only (\$15.00). Since memberships are non-refundable, if your player doesn't make a team, you're only out that amount.

Once selected for a team, you will need to "upgrade" your child's membership to a CEVA Junior Athlete Membership before attending any practices or tournaments. Once your child makes a team your child will get a request from the club by email to affiliate with that club in SportsEngine. The upgrade is \$50 for girls and \$20 for boys. You've already paid \$15 to tryout, now you're paying the difference for the full junior membership, which is \$65.00 for girls and \$35.00 for boys. Login to your SportsEngine account to upgrade your membership.

If your child isn't selected for a team, we maintain a list of clubs seeking players on our website.

WHAT CEVA DOES AND DOESN'T SANCTION

Many clubs will offer a variety of programs, especially in the summer months, including private lessons, open gyms, open houses, etc. These activities are not regulated or sanctioned by CEVA. If your athlete attends one of these activities, they may be in the gym with non-registered players or coaches, and the secondary insurance policy from USAV will not be in place.

CEVA sanctions tournaments, tryouts, practices, camps, and multi-player clinics. Everybody participating in these activities must be a USA Volleyball member. Not every event your child participates in will be sanctioned by CEVA. Ask your club director for more information.

WHAT CEVA CONTROLS AND WHAT CEVA DOESN'T CONTROL

There is always a lot of confusion about what CEVA has control over, and what we don't have control over. Use the lists below as a guide.

CEVA CONTROLS:

- The cost of a CEVA Membership
- The cost of Power League, Regionals, Bid Tournament, Presidents Day, & CEVA Friendship Tournaments
- The posting of results and rankings on our website
- The look and feel of our website.
- CEVA social media channels
- Our customer service to you
- Schedule of our tournaments, to an extent – we must balance our desired schedule against conflicting events (such as national qualifiers), available facilities, holidays, conflicting sports, etc. It's not always possible to have a certain event on a certain day.
- Location where your team plays for Power League, to an extent – we must balance travel demands with the number of available facilities and where available facilities are located. This is almost always a lose-lose scenario for us. Remember that in Winter, facility availability is limited due to school sports (basketball, wrestling). Also remember we have clubs in our Power League that come from Central Oregon, Southern Oregon, the Oregon Coast, and the northern reaches of our region in Washington. Some teams must travel 4-5 hours to get to their playing site – and often do so without complaint.

CEVA DOES NOT CONTROL:

- Playing time for an individual player
- Who clubs hire as a coach and what coaches must do to get certified to coach.
- The cost of an adult background screen
- Club-specific policies regarding officiating & scoring certifications
- Your individual player's improvement or skill development
- How many teams your club creates in each age division.
- How many clubs operate in a specific geographic area.
- What team your individual player is placed on and what team your player's friends are placed on
- What tournaments your teams participate in
- Your club dues and refund policies within clubs
- Facility-specific rules regarding food, chairs, camping, tailgating, etc.
- SportsEngine registration process – questions asked, etc.
- Ref/Score testing interface
- The look and feel of AES or the AES X-Press app
- Logistics of club-hosted tournaments, like facility, teams competing, entry fees, etc.
- How or where clubs conduct tryouts
- Availability of specific facilities on specific dates or in specific locations
- Insurance claims for injuries
- What tournaments your club registers for, or if they register at all for events

CLUB TRYOUTS

Tryouts for female players defined by USAV as 14 and under may begin Sunday, November 10. For players defined as 15 and older, tryouts begin Sunday, November 17. If you believe your player may be waived to a lower-age team, they must still try out with their USAV-defined age group. Tryouts for all male players playing solely on a boys' team may begin October 1.

Remember that a lot of clubs have tryouts scheduled at the same time, so it's important to attend the tryout(s) of the clubs that appear to be the best fit for your player. Tryouts can be stressful. Encourage your player to do their best, exhibit a great attitude, and be a positive role model to others in the gym. Coaches notice attitude just as much as talent.

Ask ahead of time if players will be required to accept an offer of a spot on a club team at tryouts, if they will have any time to make their decision, or attend other tryouts. Ask how long a tryout will last, and if there will be any make-up tryouts after the initial one.

CEVA does not regulate the process by which clubs select their players. CEVA tells clubs what date they may legally begin to conduct tryouts. However, CEVA does not legislate if clubs require players to accept offers on site, how many players are selected for a team, or if clubs schedule tryouts at the same time as other clubs.

FREQUENTLY ASKED QUESTIONS

We get a lot of the same questions in the office each season. Below are some of them. Don't forget to use your coaches and club directors as a resource as well. If you still have questions, you can e-mail us at region@ceva-region.org.

Can my child "play up" in an older age division?

Yes, if your child is selected to play on an older team, then they can "play up." This should be a decision made by not only the family but also coaches and club directors.

My child is too old to play on a specific 12s, 14s, 16s, or 18s team. Are there age waivers?

Age waivers are only granted to players with developmental needs or their geographical location presents limited opportunity to play. Age waivers are very limited and must be submitted by the club director. They are not guaranteed to be approved. **If a club tells you an age waiver is guaranteed, they're giving you bad advice.**

What are the age definitions for USA Volleyball?

There's a chart on our website. Find the month of your athlete's birth on the left, and then look to the right to find the year of birth. The header at the top will tell you their age definition.

How can I best prepare my child for tryouts?

Tryouts can be a very stressful experience as dozens of girls and boys may be trying out for a place on the team. Our best advice is to have your child well-fed and rested before tryouts

begin. Get your paperwork done a week before tryouts start so nobody is stressed the day of tryouts. If a club is hosting a parent meeting, try to attend and learn about the club before tryouts. Have your child talk to another club player (even if they're older) to get a feel for what tryouts will be like. Parents, you should talk to other parents as well. Focus on coming to tryouts with a positive attitude and having fun during the entire tryout. Have a back-up plan in case your athlete is not selected by their first choice of club. After tryout week, many clubs are still seeking players. Check our website.

Once my child signs with a club, can they change their mind and join another club?

No, unless their club releases them, your child has made a season-long commitment to that club. And clubs are under no obligation to release the athlete until the season is finished after USA Volleyball Junior National Championships. Clubs will ask parents/players to sign a CEVA Letter of Commitment after tryouts. Many clubs will also require a verbal or written contract. The contract may be a legally binding agreement. Please read and understand what you are committing to before signing!

Why does my athlete have to keep score, referee, and/or line judge?

USA Volleyball believes in teaching players the entire game and that includes officiating. When they are not playing, players will develop leadership skills and knowledge of the game when they assist in officiating. Players may be asked to complete their Junior Scorer ref/scorer training online prior to their first tournament – this training is done through SportsEngine. For more information, please visit the CEVA website or talk to your coach/club director. **Remember that if a club is telling you all players on a team must get certified to officiate or else they can't play, that is a club-specific policy, not a CEVA policy.**

How can I tell which clubs have more competitive or more recreational teams?

We register approximately 500 teams each year, and levels of play can vary. Keep in mind, not all "14-1" teams are equal. "14-1" just signifies this team is the best 14's team in that club. Please visit our [Results Archive](#) page to see how each team finished last season. We have listed both our Power League and Regional Championship results (FYI - not all teams playing in Power League play in the Regional Championship). Also, talk to your club director or coach about the level of play they're looking for in their club. Each club's philosophy is different!

Does CEVA offer scholarships?

Yes. Applications are available October 1 and the deadline to submit the application is in November. Money from the funds comes almost exclusively from donors. These funds help pay for individual athletes' club dues – checks are written to the club, not to the individual family. Application requirements include essay questions and proof of financial need. Scholarship funds are not available to help with memberships, tryout costs, etc. Discuss any immediate financial need with your club. Scholarship funds from CEVA are dispersed in January.

Where can I find high school & collegiate eligibility rules?

Keep in mind that high school activities associations and intercollegiate athletic associations (NCAA, NAIA, NJCAA) have rules that can affect eligibility. It is the responsibility of the parents and the clubs to be familiar with these rules to stay in compliance. These rules are not enforced by CEVA, and we have no interest in them. You can visit our website for tips on recruiting, as well as the websites of the individual HS or collegiate athletics associations.

If my child plays club volleyball, will they earn a college volleyball scholarship?

Not necessarily. While in a normal year, nearly 50% of our high school seniors commit to play somewhere in college, playing club volleyball is by no means a guarantee of playing in college.

Several of our larger clubs do travel to national qualifier tournaments (Pacific Northwest Qualifier, Far Westerns, etc.) so college coaches will see their players. But there is no guarantee your child will receive a scholarship offer and/or financial assistance. Your club may or may not offer recruiting services, so check with the club director before tryouts.

What is the CEVA policy for social media?

We encourage all our members to engage with us on social media (Facebook & Instagram). To ensure that we get what you want posted, please submit content to region@cevaregion.org. Good conduct and sportsmanship must be observed. CEVA will block users and delete comments deemed disrespectful or offensive.

Club coaches must copy parents on all texts and emails to players. Most clubs have social media pages as well as specific social-media policies for their athletes and coaches. We encourage you to check those out as you're doing research prior to the season on clubs.

What happens if my athlete gets injured at a tournament or practice?

The coach will report the injury immediately to the tournament director or club director. They may need the parent's help in completing an Incident Report Form. A Medical Claim Form and instructions will be sent with the parent and they may choose to file a claim for secondary insurance coverage through USA Volleyball's insurance company.

OTHER RESOURCES FOR PARENTS AND ATHLETES

These are some great online resources for all participants in club volleyball.

[USAV Parent Resources](#): helpful resources on parenting in the volleyball world

[Safesport](#): resources used by USA Volleyball to promote a safe and inclusive environment

[Changing the Game Project](#): resources on being a successful sports parent

[Positive Coaching Alliance](#): valuable resources for sports parenting

Another great resource - go to www.youtube.com and search "The Truth About Sports Parents." Ask yourself if anything you see on these videos offends or disturbs you.

A COUPLE IN-SEASON REMINDERS

Keep these in mind once the season gets underway:

- Drop off and pick up your athlete from practice and tournaments – be on time. Most clubs rent practice space, so if you're late, they can be liable for overtime costs in the gym.
- Encourage your child to speak to their coach if they're concerned about drills, skills, or playing time. Almost all coaches want to speak directly with the player when it comes to playing time especially. Parents should try to stay removed from this topic.
- Find like-minded parents to carpool with and arrange for travel on the road. Club volleyball becomes less expensive when parents share travel expenses.

NUTRITION

This is a hugely important part of a successful club volleyball experience. USAV's resource page for parents (referenced above) has great information about athlete nutrition.

FIRST-AID

Club coaches should be always carrying a team first aid kit with them, but it's always good to have your own. Below are some items you might want to consider having handy at events.

- USA Volleyball Medical Release Form
- Band Aids
- Athletic tape
- Pre-Wrap
- Antiseptic wipes or spray, hand sanitizer.
- Cold packs
- Elastic bandages (to wrap ice on sprains)
- Blister pads
- Pain Relief (Advil, Aleve, etc.)
- Sanitary napkins/tampons
- Hair ties and hair bands
- Large Ziploc bag to hold ice
- Lip balm
- Facial wipes

NO ALCOHOL / FACILITY POLICIES

Many parents enjoy volleyball weekends and like to treat volleyball tournaments like a football game tailgate. We all love tailgates but remember **no alcohol** should be brought to junior volleyball events since most are held at public schools and this is a **strict violation of our rental**

contract. We will not hesitate to contact police if alcohol is spotted inside or outside at CEVA events. CEVA registers approximately 500 teams every year. We need to keep our facilities.

Each facility has a specific Food & Drink Policy. Once you know where your child is playing, please visit the facilities page on our website for details. An easy rule of thumb: **Water only in the gym.**

Violations of the Food and Drink policies can lead to penalties for teams (even if parents or fans are the violators). Not knowing the rules is not an excuse for breaking them.

CEVA SCHEDULE

Tryouts – generally held in November for girls, and October for boys. See the “tryouts” section of this guide.

Preseason Kickoff Tournaments – held in December.

Power League – December through April at various locations.

Presidents Day Tournament – held over the three-day Presidents Day weekend.

Regional Championships – two weekends – April 26-27 & May 3-4 at the Portland Expo Center.

Many of our clubs elect to host their own tournaments as well. These are called “club-hosted” or “friendship” tournaments. While CEVA does sanction these events, the clubs manage them, format them, and run them.

OUTDOOR & BEACH VOLLEYBALL

CEVA has sanctioned several [beach volleyball clubs](#).

IN CLOSING

Club volleyball can be the most fun parents and kids have together so focus on the road trips and time together. And watch your child become an athlete and a leader. It's their road, but you can enjoy the ride. We want your child to have a great experience this year! And hopefully continue to play the sport we all love for a lifetime.

For additional information, please visit our website, www.cevaregion.org.