



# **PARENT GUIDE TO CLUB VOLLEYBALL**

**2015-2016 SEASON**

**UPDATED SEPTEMBER 2015**

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**USA** Volleyball.

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## Welcome

Volleyball is a sport that can be adapted to most individuals. This is an interesting statement because volleyball, in its heart is a team sport. The thing that most do not realize, is that we can play volleyball at age “toddler” (with a ball that is a balloon) when the concept of team is unknown until we are at age “elderly” when it takes a team to help us through our activities of daily living, let alone volleyball (and the ball may still be a balloon). We can play as a military veteran with a BKA (below-knee-amputation) AND as a child that has been diagnosed with “special needs”. This game is a unifier...of age, size, skill-level, adaptations, and of course culture...AND I welcome you to volleyball within the Evergreen Region of USA Volleyball!

USA Volleyball is the National Governing Body for volleyball in the Nation, and the Evergreen Region Volleyball Association is one of 40 regions of USA Volleyball (USAV). Evergreen Region, or ERVA, is currently the local governing body of those, choosing to register as USA Volleyball Clubs, Players, and Coaches in Central and Eastern Washington, Northern Idaho, and Montana. ERVA sets policy, implements USAV education programs, provides insurance, and operates various tournaments and championships. Once a player joins a team, they become a member of ERVA and USA Volleyball.

We are constantly striving to make each club volleyball season better and help our parents/players understand what club volleyball is all about. The following is a basic FAQ guide for parents of athletes that are interested in what volleyball can provide for them within our Region and our Nation. We do not just play volleyball within the country in which we live, but we are part of a movement of athletes that play volleyball within the culture of team. GO USA!!

Meredith Coupland  
Commissioner

## Benefits of USA Volleyball

- Tournaments are available in your area in each age division most weekends from January through April
- Standardized tournament regulations and rulebook (USAV Rulebook updated every 2 years)
- Sanctioned and insured events for ERVA members only
- Background-screened club personnel, coaches, tournament directors and officials. Screened for multiple alcohol offenses, sexual abuse and violent convictions. Every ERVA coach is IMPACT certified (USAV Coaching Certification Course). Every ERVA Coach and Club Personnel must complete the USAV (through the USOC) [SafeSport](#) training.
- Free online education courses for club personnel, coaches, players and officials for referee & scorer training
- Power League & Regional championships hosted by ERVA operations
- Power League ranking system (so you can see how your team ranks against other teams in your age division)
- ERVA office is located in Spokane and can assist with advice, problems and concerns
- Exposure to college coaches at region events, national qualifiers, and USAV Junior National Championships
- Included with your membership is a secondary sports accident policy that covers additional costs related to injuries that occur during an ERVA sanctioned practice, tournament or event (not covered by your primary insurance coverage)

## What is Club Volleyball?

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 coaches, teams, insurance, uniforms,

practice facilities, etc. so that the teams can play against other clubs in tournaments. Usually a club will have a number of teams for different age groups and skill levels, and may have girls and/or boys teams.

For girls' volleyball, clubs host individual tryouts. A tryout is an assessment of the athlete's ability and skill level, how well an athlete learns from instruction, and how well they play with others.

For boys' volleyball, ERVA hosts a Draft where club coaches are able to watch any boys interested in volleyball compete and make them an offer on the spot. This is a one day, Region-hosted event as opposed to girls tryouts which occur for multiple days are hosted by each individual club.

## How do I Select a Club?

Each club and team determines its own tournament and travel schedule; some travel a great deal, while others stay more local. Selecting a club is a family decision and takes some research. Although clubs must abide by general ERVA and USA Volleyball rules, each club is different in the way they run their organization and train their athletes. It is important to know these differences when selecting the right club for your family.

## Questions to Ask a Potential Club

- What is the club philosophy? To win? To improve? To have fun?
- What is the tryout and commitment process at your club? Are you a no-cut club?
- What is expected of coaches? What are the club coaches' credentials?
- Which age group teams are they fielding this season?
- Can my son or daughter play other sports during the volleyball season?
- When, where and how often are practices?
- Will teams practice/play over the school holidays (Winter Break & Spring Break)?
- How far will teams travel? How often will they travel?
- Cost? What will the expenses be for the season? Is it due up front? Is there an itemized report of dues?
- How many players will be selected for each team?
- What is expected of players in the club?
- Will my son or daughter be expected to fundraise?
- Is the club a non-profit organization?

Spending time researching your options will help you have the best season possible. If you need assistance in the process, the ERVA Office is happy to help. Please keep in mind we do not endorse any one club over another, but can help you in thinking about what goes into the decision and other questions you may want to ask clubs.

## How do I Join?

A brand new player is defined as a person that has never participated in USA Volleyball before. **If you have attended a tryout in the past or played in a different USA Volleyball region, you would be considered a "Returning Member."**

## New Member Registration/Membership Deposit

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 ERVA-sanctioned tryouts, practices and events. Membership options are explained below.

Please follow these steps:

1. Go to [www.evergreenregion.org](http://www.evergreenregion.org)
2. Scroll down to the “Online Registration” section and click “New Member Registration”
  - a. Registration Tutorials are available above the registration buttons
3. Follow steps and select “undecided” and either “ERVA Tryout Membership” for \$5 or “ERVA Boys Draft Membership” for \$5.
  - a. Girls Tryout Membership: Covers try outs for up to five (5) clubs from November 7– November 22, 2015
  - b. Boys Draft Membership: Covers participation in the Draft on December 6, 2015
4. Print ERVA/USA Volleyball membership card and take this card to tryouts. Players must also bring the medical release form and concussion form to tryouts.
5. If you have two or more children registering, please note that username and passwords will be different for each child
6. ERVA/USA Volleyball Membership is non-refundable

Once selected for a team, you will need to “upgrade” your child’s membership to a regular junior membership before any practices take place. You will be asked to select the club in place of “undecided.” For girls, upgrade to a full junior is \$55 and for boys, it’s \$30. You’ve already paid \$5 to tryout, now you’re just paying to the difference for the full junior membership for your child. When you login to upgrade, you are a returning member.

## Returning Members to USA Volleyball

Please follow these steps:

1. Go to [www.evergreenregion.org](http://www.evergreenregion.org)
2. Scroll down to the “Online Registration” section and click “Previous Member Registration”
3. Update your account info, select “undecided” and either “ERVA Tryout Membership” for \$5 or “ERVA Boys Draft Membership” for \$5.
  - a. Girls Tryout Membership: Covers try outs for up to five (5) clubs from November 7– November 22, 2015
  - b. Boys Draft Membership: Covers participation in the Draft on December 6, 2015
4. Print ERVA/USA Volleyball membership card and take this card to tryouts. Players must also bring the medical release form and concussion form to tryouts.
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## Club Activities that are not Regulated by ERVA

Many clubs will offer a variety of programs, especially in the summer months including private lessons, clinics, open gyms, open houses and camps. These activities may not be regulated or endorsed by ERVA. Check with the Club Director and/or ERVA Staff for more information.

## Girls Club Tryouts

Tryouts begin Saturday, November 7, 2015 for 12’s through 14’s teams and Sunday, November 15 for 15’s through 18’s teams (after the Washington High School state volleyball championships). Please visit our USA Volleyball Junior Player Age Descriptions in this guide to see what age group your child may try out for.

After tryouts, you are not limited in how often you contact a club to get more information (cost, schedule, etc.) **The club, however, is only allowed to contact you/your daughter TWICE prior to the commitment date.** ERVA has this rule in place to create an equal opportunity for each club when making offers to players. If you are being contacted more than the allotted amount by one club, please contact the region office at office@evergreenregion.org.

## Boys Draft

The Boys Draft will take place on Sunday December 6<sup>th</sup>. This is a one day, Region-hosted event as opposed to girls' tryouts which occur for multiple days are hosted by each individual club. The Draft brings any club coaches interested in having a boys' team and any boys interested in playing volleyball together for a mutually beneficial experience.

## Frequently Asked Questions

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

Yes, if your child is selected to play on an older team, then she can "play up."

### What are USA Volleyball Age Definitions?

#### USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2015-2016 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under <sup>1</sup>	18 & Under	17 & Under	16 & Under	15 & Under <sup>2</sup>	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Oct	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Nov	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Dec	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Jan	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Feb	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Mar	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Apr	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
May	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
June	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
July	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Aug	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008

<sup>1</sup> Player who was born on or after September 1, 1996 and is a high school student during some part of the current academic year

<sup>2</sup> Male Only - Player who was born on or after September 1, 2000 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) grade during the current academic year **are eligible to play in the 14 & Under division.**

### My child is too old to play on a 12's, 14's, 16's, 18's team. Can I get an Age Waiver?

Age waivers are only granted to players with developmental needs or if their geographical location presents limited opportunity to play. Age waivers are very limited and **MUST** be submitted by the club director.

### How can I best prepare my child for tryouts?

Tryouts can be a very stressful experience as dozens of players 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 just a year 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. And have a back-up plan in case he/she is not selected.

***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. The club is under no obligation to release them until the season is finished after USA Volleyball Junior National Championships. Clubs will ask parents/players to sign an [ERVA Letter of Intent Form](#) 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 child have to keep score and 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 will be asked to complete their Junior Referee & Scorer Certification prior to their first tournament, which includes Junior Scorer Certification, Libero Control and Line Judging. Some junior players decide to use their officiating skills to supplement their income as they get older. See the [ERVA Officials Page](#) for more information on junior officiating.

***Does ERVA offer scholarships?***

ERVA has partnered with multiple entities that offer grants and scholarships to Junior Volleyball Players. Visit our [Grants & Scholarships](#) page for more information.

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

Several of our larger clubs travel to National qualifier tournaments (Colorado Crossroads, Pacific Northwest Qualifier, Far Westerns, Florida Fest, etc.) so college coaches will see their players. But there is **no** guarantee your child will get 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 happens if my child gets injured at a tournament?***

The coach will immediately report the injury to the tournament director. The tournament director will also need the coach and parent's help in completing an injury 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.

## Once the Season Gets Under Way

Drop and pick up your child from practice and be on time. Club coaches are responsible for the care and safety of your child until you arrive. Most clubs also rent practice space, so if you're late, they may be on the hook for an additional hour of rent.

Encourage your child to speak to their coach if they're concerned about practice drills, skills and/or playing time. Most coaches will prefer to speak directly with the player AND a parent if necessary about these issues, not just a parent. Many clubs have their own policies on conflict resolution, so refer to those for more information.

Find like-minded parents to car pool with and arrange for travel on the road. Club volleyball becomes less expensive when parents share travel expenses.

## First Aid

Recommend the following items for your child's first aid kit. Many club coaches will carry a team first aid kit, but it's good to have your own, just in case.

- USA Volleyball Medical Release Form
- Band Aids

- Athletic tape
- Pre-Wrap (in case of a sprain)
- Cold pack
- Elastic bandages (to wrap ice on sprains)
- Blister pads
- Pain Relief (Advil, Aleve, etc.)
- Large Ziploc bag to hold ice
- Lip balm

## Nutrition

Please visit USA Volleyball's website for [nutrition tips](#).

## What is the Junior Girls' Power League?

The ERVA Power League is a series of 3 tournaments for the U14 and U16 age divisions. The first tournament will be held in January, followed by two tournaments in February and March. The Power League provides teams with high quality competition and top seeding in the National Bid Tournament. Please see our ERVA Power League sheet for more information.

## Facilities and Conduct

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 the police if alcohol is spotted inside or outside at ERVA events. ERVA has over 300 teams registered to play this season. We need to keep our facilities and require the cooperation of parents and clubs to make sure that happens!

Each facility has a specific Food & Drink Policy. 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.

## ERVA Hosted Events

### **Power League (U14 & U16)**

January through March at various locations in Spokane, WA

### **Allen Allen Youth Tournament**

February 2015, details TBD

### **U18 National Bid Tournament**

March 13, 2015 in Missoula, MT

### **U12-U17 National Bid Tournament**

April 15, 2015 at the HUB Sports Center in Spokane, WA

### **Evergreen Region Volleyball Championships (All Ages)**

April 16-17<sup>th</sup> at Convention Center & HUB Sports Center in Spokane, WA



## Club Hosted Tournaments

Most of our tournaments are “club hosted” events. While ERVA sanctions these events, the clubs manage these tournaments.

## USA Volleyball High Performance

USA Volleyball is the National Governing Body for the sport of volleyball in the United States. They run and manage the USA National Men's and Women's Volleyball Teams, the USA Olympic Teams, and also USA Youth and Junior National Teams for each gender. The Youth and Junior National Teams, along with a number of tiered training programs, fall under the High Performance Department, or HP. For more info on indoor & beach HP, visit [USA Volleyball](#).

## ERVA Sanctioned Beach Volleyball promoters

ERVA has sanctioned several [Junior Outdoor Programs](#). The outdoor season begins in late May and ends before school starts.

## SafeSport

We all have a role to play in providing a healthy setting for volleyball. The USA Volleyball SafeSport Program raises awareness about possible misconduct in our sport. ERVA Club Directors, Club Administrators, Head Coaches, Assistant Coaches, Team Reps, Chaperones, Managers and Officials are required to take the SafeSport training. Learn more [here](#).

## Other Helpful Resources

[Dear Parents](#): a letter by player, coach and parent Mike Schall

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

[The Best Gifts for a Volleyball Player](#): the intangible gifts parents can give their children

[So You Want to be a Better Spectator?](#): five ways to improve your sideline parenting

[Coach-Parent Partnership](#): guidelines for developing a healthy coach/parent relationship

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

[Safe Athletes](#): what every parents should know about athlete abuse

[Parents Association for Youth Sports](#): education and membership program

[YESports](#): a mastery approach to parenting in sports

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

[What Parents Should Say](#): some guidelines on what parents should say as their children perform



## **Spectator/Parent Code of Conduct**

Important notice: Entry to this privately sanctioned event is granted as a courtesy. If you enter/attend this, or any region sanctioned event, you agree to abide by the following code of conduct guidelines:

### **I will:**

1. I will abide by the official rules of USA Volleyball.
2. I will display good sportsmanship at all times.
3. I will encourage my child and his/her team, regardless of the outcome on the court.
4. I will educate myself on the unique rules of this facility.
5. I will honor the rules of the host and the host facility.
6. I will generate goodwill by being polite and respectful to those around me at this event.
7. I will direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear.
8. I will redirect any negative comments from others to the respective event director or program administrator.
9. I will direct all concerns regarding officials to the head coach or club director for my team/club as opposed to the head official directly.
10. I will immediately notify the event director and/or program administrator in the event that I witness any illegal activity.
11. I will support the policies and guidelines of the team/club that I represent.
12. I will acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.
13. I will model exemplary spectator behavior while attending this event.
14. I will respect the history and tradition of the sport of volleyball by being a good ambassador.

### **I will not:**

1. I will not harass or intimidate the officials.
2. I will not coach my child from the bleachers and/or sidelines
3. I will not criticize my child's coach or his/her teammates.
4. I will not participate in any game or game-like activities unless I have a current membership card with the region.
5. I will not bring and/or carry any firearms at any region event.
6. I will not bring, purchase or consume alcohol at any youth/junior volleyball event.

Note: any violation of this code of conduct will result in you being asked to leave the site/facility and may result in you possibly being banned from attending future region sanctioned events. The event director has the final say regarding their individual event, local law enforcement will be contacted if necessary to resolve any disputes or altercations, and questions or concerns may be directed to the region office.

## In Closing

Club volleyball can be the most fun parents and kids have together in middle and high school years, so focus on the road trips and time together. 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.evergreenregion.org](http://www.evergreenregion.org), and be sure to read the Participant's Handbook.

Like us on [Facebook!](#)

ERVA staff is always available if you have any questions: 509.290.5552 or [office@evergreenregion.org](mailto:office@evergreenregion.org).



Evergreen Region