



**Parent Guide to Club Volleyball**  
**2016-17 Season**  
**As of October 12, 2016**

Columbia Empire Volleyball Association  
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## **Welcome**

Columbia Empire Volleyball Association (CEVA) is one of 40 regions of USA Volleyball. CEVA represents players and coaches in the state of Oregon and three counties in SW Washington (Clark, Cowlitz and Skamania). There are 89 [clubs](#) to choose from in the CEVA region for the 2017 season.

We are constantly striving to make each club volleyball season better and help our parents/players understand what club volleyball is all about.

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## **What is club volleyball?**

Club volleyball begins at the completion of the high school volleyball season in November and continues through the USA Volleyball Junior National Championships in June. Girls and boys from all over the state of Oregon and SW Washington try out for 89 different clubs as a way to continue playing volleyball year-round.

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 that the team plays against other clubs in tournaments. Usually a club will have a number of teams for different age groups and skill levels. 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. 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. Once a player joins a team, they will also become a member of CEVA and USA Volleyball.

## **Brand new to USA Volleyball/CEVA**

You get many benefits of joining a club registered with USA Volleyball. Some of these benefits include:

Tournaments are available in your area in each age division most weekends from January through May.

Standardized tournament regulations and rulebook (USAV Rulebook updated every 2 years)

Sanctioned and insured events for CEVA/USA Volleyball members only.

Background-screened club personnel, coaches, tournament directors and officials. Screened for multiple alcohol offenses, sexual abuse and violent convictions, etc. Every CEVA coach is IMPACT certified (USAV Coaching Certification Course). Every CEVA Coach must complete a SafeSport course.

Free online education courses for club personnel, coaches, players and officials for referee & scorer training.

Power League, Presidents Day Tournament & Regional Championships hosted by CEVA office.

Power League ranking system (so you can see how your team ranks against other teams in your age division).

CEVA office in Beaverton who can assist with advice, problems and concerns.

Exposure to college coaches at all national USAV national events and national championships.

Included with your membership is a secondary sports accident policy that covers additional costs related to injuries that occur during a CEVA sanctioned practice, tournament or event.

### **How do I select 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.

### **Questions to Ask a Potential Club**

- What is the club philosophy? To have fun? To win? To improve?
- 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 child play other sports during the volleyball season?
- When, where and how often are practices?
- Will team practice/play over the school holidays (Winter Break & Spring Break)?
- How far will teams 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 daughter be expected to fund-raise?
- 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 CEVA 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 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 CEVA-sanctioned tryouts, practices and events. Membership options are explained below.

Please follow these steps:

1. Go to [www.cevaregion.org](http://www.cevaregion.org).
2. Click the "Members Info" tab on far right of home page.
3. Select "New Member Registration."
4. Follow steps and select "Undecided" and "Membership Deposit" for \$10. This will allow your child to try out for up to five (5) clubs from November 6–December 15, 2016.
5. Print CEVA/USA Volleyball membership card and take this card to tryouts. Players must also bring the medical release form and concussion form to tryouts.
6. If you have two or more children registering, please note that username and passwords will be different for each child.
7. CEVA/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." Upgrade is \$45 for girls and \$15 for boys. You've already paid \$10 to tryout, now you're just paying to the difference for the full junior membership, which is \$55 for girls and \$25 for boys (boys have fewer tournaments). When you login to upgrade, you are a returning member.

If your child is not selected for a team, please visit our "Clubs Seeking Players" page on [www.cevaregion.org](http://www.cevaregion.org). If you're still unable to find a team, you're only out the \$10 membership deposit.

### **Returning members to USA Volleyball/CEVA**

Please follow these steps:

1. Go to [www.cevaregion.org](http://www.cevaregion.org).
2. Click the "Members Info" tab on far right of home page.

3. Select "Returning Member Login."
4. Update your account information; select "Undecided" unless you're absolutely certain your child will make a certain club team.
5. Select membership deposit for \$10.
6. Print CEVA/USA Volleyball membership card and take this card to tryouts. Players must also bring the medical release form and concussion form to tryouts.
7. If you are registering two or more children, please note that username and passwords will be different for each child.
8. CEVA/USA Volleyball membership is non-refundable.

### **Membership upgrade after child selected for a team**

Once you and your child have accepted a club offer, 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." Upgrade is \$45 for girls, \$25 for boys (boys have less tournaments). You've already paid \$10 to tryout, now you're just paying to the difference for the Regular Junior Membership.

If your child is not selected for a team, please visit our "Clubs Seeking Players" page on [www.cevaregion.org](http://www.cevaregion.org). If you're still unable to find a team, you're only out the \$10 membership deposit.

### **Club Activities that are not regulated by CEVA**

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 are not regulated or endorsed by CEVA.

### **Club Tryouts**

Tryouts begin after the Oregon and Washington High School state volleyball championships. For 12's and 14's tryouts can begin Sunday, November 6, 2016. For 16's and 18's tryouts can begin Sunday, November 13, 2016.

### **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 they can "play up."

## What are USA Volleyball Age Definitions?



### USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2016-2017 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	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Oct	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Nov	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Dec	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Jan	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Feb	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Mar	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Apr	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
May	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
June	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
July	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Aug	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009

<sup>1</sup> Players who were born on or after September 1, 1998 **OR** players who were born on or after September 1, 1997 **and** a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year.

<sup>2</sup> **Male Only** - Players who were born on or after September 1, 2002 **OR** players who were born on or after September 1, 2001 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year **are eligible to play in the 14 & Under division**. This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002.

The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during the USAV 2016 Annual Meetings and research justified the continuation of the cut-off date of September 1.

2016-2017 Season

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### My child is too old to play on 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 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 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 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 she is not selected. After tryout week, many clubs are still seeking players. Check on our website under [Clubs Seeking Players](#) for additional opportunities.

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 her 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 child 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 will be asked to complete their Junior Scorer or R2/Line/Libero training online prior to their first tournament. Players will register for and take online course on USA Volleyball Webpoint where they took their membership.

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

Last season we registered 500 teams. Keep in mind, not all "14-1" teams are equal. "14-1" just signifies this team is the best 14's team in that particular 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).

Does CEVA offer scholarships?

Every fall, we are hopeful generous donors will contribute to our CEVA Memorial Scholarship Fund. Check website for more details in November 2016.

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.

For more Information, visit these websites:

[Oregon Schools Activities Association](#)

[Washington Interscholastic Activities Association](#)

[NCAA](#)

[NAIA](#)

[NJCAA](#)

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

Last season CEVA registered 256 high school seniors, [121 of those seniors or 47%](#) signed a letter of intent or committed to play college volleyball. Several of our larger clubs travel to national qualifier tournaments (Colorado Crossroads, 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 club director before tryouts.

#### What is the CEVA policy for social media?

We encourage all of our members to engage with us on social media (Facebook and Twitter). Good conduct and sportsmanship must be observed. We also ask club coaches to cc: parents on all texts and emails to players.

#### What happens if my child gets injured at a tournament?

The coach will report the injury immediately 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.

#### Other Resources

[Changing the Game Project](#): resources on being a successful sports parent  
"The truth about sports parents" on YouTube

[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.

#### **Once the season gets under way**

Drop off and pick up your child from practice and be on time. Most clubs 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. Almost all coaches want to speak directly with the player about playing time, not the parent.

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**

Parents recommend the following items for your daughter'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 she sprains an ankle)
- Antiseptic wipes. Antiseptic spray

- Cold packs
- Elastic bandages (to wrap ice on sprains)
- Blister pads
- Pain Relief (Advil, Aleve, etc.)
- Sanitary napkins/tampons (because female athletes never know when)
- Hair ties and hair bands
- Large Ziploc bag to hold ice
- Lip balm
- Facial wipes

### **Nutrition**

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

### **What is Power League? Where is our team playing?**

CEVA Power League is a series of 1 qualifying tournament and 3 place-earning tournaments. Age divisions are 12, 14, 16 and 18. Teams play along the Interstate 5 corridor once a month from January to April.

January 14's Power League Qualifier-day 2 locations will be announced the week prior to the tournament, since we must turn around the first weekend's results before determining where teams will be located for second qualifier tournament. We do the best we can to determine the closest gym for the majority of the teams in each division.

### **Remember, no alcohol allowed**

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 CEVA events. CEVA had 500 teams registered to play last season. We need to keep our facilities.

Here is a [list of our facilities](#).

Each facility has a specific Food & Drink Policy. Once you know where your child is playing, please visit our Facilities Page 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 hosted tournaments**

#### **Friendship Tournament (All Ages)**

Held in mid-December, a get-your-feet-wet-before-the-season-starts tournament

**Power League (All Ages)**

January through April at various locations

**Presidents Day Tournament (14's & 16's)**

February 18-20, 2017 in Springfield, OR

**Regional Championships (All Ages)**

May 6 & 7, 2017 at Oregon Convention Center in Portland, OR

**Club hosted tournaments**

Many of our clubs elect to host their own tournaments. These are called "club hosted" tournaments. While CEVA sanctions these events, our 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. CEVA will host an indoor & beach HP tryout during the season. For more info on indoor & beach HP, visit [USA Volleyball](#).

**CEVA Sanctioned Beach Volleyball promoters**

CEVA has sanctioned several [beach volleyball clubs](#). The beach season begins in late May and ends before school starts.



## **SPECTATOR CODE OF CONDUCT**

### **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 educate myself on the unique rules of this facility and abide by them.
4. I WILL generate goodwill by being polite and respectful to those around me at this event.
5. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
6. I WILL acknowledge that the spectator seating around the courts are for the primary use of those watching the match in progress.
7. I WILL acknowledge that spectators may rightfully choose to remain in a seat for an entire match without switching sides of the court when the teams switch.

### **I WILL NOT**

1. I WILL NOT harass or intimidate the officials including line judges and scorekeepers.
2. I WILL NOT participate in any game or game-like activities unless I have a current membership card with USA Volleyball.
3. I WILL NOT bring and/or carry any firearms at any USA Volleyball event.
4. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

### **WARNING!**

Risk of injury from flying objects incidental to the sport of Volleyball may occur at this event. Attend at your own risk. Please pay close attention to your surroundings and be on alert at all times, especially during active play.

**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. 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](http://www.cevaregion.org). And be sure to read the [Junior Girls Handbook](#).

Like us on [Facebook](#)! Follow us on [Twitter](#)! Follow us on [Instagram](#).

CEVA staff is available Monday through Friday from 9-5 pm should you have any questions 503-644-7468 or by emailing [region@cevaregion.org](mailto:region@cevaregion.org).