

PARENT GUIDE TO CLUB VOLLEYBALL

2020-2021 SEASON

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WELCOME

Welcome to the 2020-2021 club volleyball season in 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 your club director is a fantastic resource for you and should be able to answer many of the questions you have. Additionally, you can always reach out to our office.

WHAT IS CLUB VOLLEYBALL?

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 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 the team plays against other clubs in tournaments. Usually a club will have a number of teams for different age groups and skill levels.

Club volleyball usually starts with a tryout, which 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. In order 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 AND AVAILABILITY

CEVA staff is available Monday through Thursday 9 AM to 12 PM. Starting October 1st, CEVA staff is available Monday through Friday from 9:00 AM to 5:00 PM. If you have any questions contact us at 503-644-7468 or email region@cevaregion.org



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 are available in your area in each age division most weekends from January through May.
- Secondary sports accident for those with primary insurance and primary sports accident insurance (with \$1,000 deductible) for those registrants without health insurance during USAV/RVA sanctioned events
- General liability insurance covering all USAV/RVA sanctioned activities
- Discounted subscription price to [Your Court](#), our quarterly digital magazine
- Flight discounts through United, USA Volleyball's preferred airline partner
- 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.
- 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 (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.

For more information on all of the benefits through your USAV membership, please click [here](#).

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.

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.

We encourage you to read through our full online guide to [picking a club](#). This can be a valuable resource for both new and returning players.

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 an itemized list.)
- How often does the team practice? Where?
- Does the team travel to tournaments out of our region?
- 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? (i.e. 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 is a multi-sport athlete or has conflicts with high school sports?
- If your player is interested in playing in college, can the club help with the recruiting process?

HOW DO I JOIN USA VOLLEYBALL?

Go to ceva-region.org and activate your SportsEngine account. USA Volleyball and the CEVA region have made the switch to SportsEngine Member Management System in place of Webpoint. Please see all we know about SportsEngine [here](#).

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. Follow the steps below to get your membership for this season:

- 1 - Go to www.ceva-region.org.
- 2 - Click the blue "Members" button on the top right.
- 3 - Select "Login to SportsEngine Here."
- 4 - Follow the prompts and make an account for your household. You will be able to add your child/children under your account so that you will have one login for your family.
- 5 - For the type of membership, pick the "CEVA Tryout Membership" for \$10. This membership will allow the athlete to try out from November 1st through December 15th.
- 6 - Once the membership is done, you will receive a confirmation email with your membership card in it. Players also need to bring a [Medical Release Form](#) to tryouts.
- 7 - If you have two or more athletes registering, they will each have a separate membership under your family account but you can use the same login for each child.
- 8 - Remember that the CEVA/USA Volleyball membership is non-refundable.

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. Upgrade is \$50 for girls and \$15 for boys. You've already paid \$10 to tryout, now you're paying to the difference for the full junior membership, which is \$60 for girls and \$25 for boys (boys have fewer tournaments). Login to your SportsEngine account to upgrade your membership.



If your child is not selected for a team, please visit our “Clubs Seeking Players” page on the [CEVA homepage](#). If you’re still unable to find a team, you’re only out the \$10 membership deposit.

WHAT CEVA DOES AND DOESN’T SANCTION

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 sanctioned by CEVA or USA Volleyball. 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, and practices. Everybody participating in these activities must be a USA Volleyball member.

WHAT CEVA CONTROLS AND WHAT CEVA DOESN’T CONTROL

CEVA sent a postseason feedback survey to our membership in early June, 2018. One overarching trend found in the responses received was that there’s a lack of clarity about what our office, committees, and Board actually have control over. That realization was the impetus for the lists below.

WHAT CEVA CONTROLS

- **The cost of a CEVA Membership** – there has been only one significant price increase in the last 10 years
- **Cost of Power League, Regionals, Bid Tournament, Presidents Day, & CEVA Friendship Tournaments** – we do not control the cost of club-hosted tournaments, nor do we “force” clubs to participate in any events. We provide opportunities – individual clubs choose to utilize them.
- **The posting of results and rankings on our website** – last year, all individual game results were posted on AES live during events, and all standings were posted to the CEVA website by 12:00 PM the following day.
- **The look and feel of our website, to an extent** – we are always trying to find better, simpler ways to convey information, however the overall design scheme of our website is controlled by an outside entity.
- **CEVA social media channels** – we always are looking for new, relevant content to post on our social media
- **Our customer service to you** – we work very hard to provide timely and accurate responses to legitimate e-mails, phone calls, social media messages, etc.
- **Schedule of our tournaments, to an extent** – we have to 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 have to travel 4-5 hours to get to their playing site – and often do so without complaint.



WHAT CEVA DOES NOT CONTROL

- **Playing time for an individual player** – solely determined by your coach and club director.
- **Who clubs hire as a coach** – all coaches must be certified through USA Volleyball with a baseline coaching education curriculum, a background screen, and SafeSport certification. We do not control who individual clubs hire, what teams coaches are assigned to, their philosophies, training methods, practice plans, etc.
- **What coaches must do to get certified to coach** – this is largely dictated by USAV. USAV mandates IMPACT training, a background screen, and SafeSport.
- **The cost of an adult background screen** – this is a passthrough cost for us and the cost is set by the company actually running the background screens. CEVA garners \$0 profit on each screen.
- **Club-specific policies regarding reffing & scoring certifications** – CEVA’s requirement currently is 3 score-certified players and one ref-certified adult on each roster and in attendance at each event. If a club mandates that each player on a roster be certified, or indicates a reduction of playing time for a player that isn’t certified, that is a club policy, not a CEVA policy.
- **Your individual player’s improvement or skill development** – we do not run or oversee practices.
- **How many teams your club creates in each age division** – strictly a club decision based on number of players and coaches. Remember, quality coaches are not always available, and you can’t have a team without a coach.
- **How many clubs operate in a specific geographic area** – we are actively trying to expand our reach, but we cannot create clubs in underserved areas, nor can we prevent a club from starting in an already popular market.
- **What team your individual player is placed on** – we do not create teams for clubs, nor do we have any input on selecting players for those teams, or the selection process of those teams.
- **What team your player’s friends are placed on** – see above.
- **What tournaments your teams participate in** – we offer programming, but individual clubs choose to participate in it. We don’t mandate clubs participate in our Power League, Regionals, etc.
- **Your club dues** – the only money you pay directly to CEVA is for a membership. You don’t pay CEVA for uniforms, travel costs, etc. We also do not control how much additional money you pay to clubs for other fees, nor do we mandate a certain profit margin for a club. Each club is a separate business.
- **Refund policies within clubs** – if you stop participating, it’s not our decision if you get your club dues back.
- **Facility-specific rules regarding food, chairs, camping, tailgating, etc** – this is up to each facility. Remember, facilities have to clean up after our events, and many of them implement these policies because their facilities have been left in bad shape after events in the past.
- **Webpoint or SportsEngine registration process** – we have very limited control of the look/feel of these sites. Those decisions are made by the administrators of the site and USAV.
- **Ref/Score testing interface** – we do not control how the content is presented, nor the length of the modules. These are decisions made by USAV. We also don’t control the reliability of the technology these modules are housed on – if a server crashes, we don’t have the ability to fix it – that’s on USAV.
- **The look and feel of AES or the AES X-Press app** – we’re not software developers and we didn’t develop those programs. We utilize them to the best of our ability.
- **Logistics of club-hosted tournaments, like facility, teams competing, entry fees, etc.** – this is purely up to the host club, and remember that it’s your club’s choice to participate in these events.
- **How or where clubs conduct tryouts** – we don’t oversee the selection process nor the methods by which each club picks teams. We don’t mandate a specific start time (how would we enforce it?) nor a



specific length of time. We only mandate the day which clubs may legally begin tryouts in each age division.

- **Availability of specific facilities on specific dates or in specific locations** – we don't own any facilities, so we rely on schools, clubs and other private facilities to host our events.
- **Insurance claims for injuries** – we submit all incident reports to our insurance company for processing on a weekly basis, but we do not control if a claim is granted, the amount of the claim, or the process by which a claim is granted or denied.
- **What tournaments your club registers for, or if they register at all for particular events** – it's up to each club to pick what events they participate in, to register on time, and to submit payment in a timely manner. Clubs who do not submit timely payments can be pulled from events by CEVA.

CLUB TRYOUTS

Tryouts generally begin near the end or after the high school volleyball season. Athletes who are defined as a 14-year-old or younger can start trying out on Sunday, November 1st. Athletes who are defined as a 15-year-old or above can start trying out on Sunday, November 15th.

Remember that a lot of clubs will have tryouts scheduled at the same time, so it's important to pick and 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 will notice attitude just as much as they'll notice talent.

Always 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@cevaregion.org or call us at 503-644-7468.

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.



What are the age definitions for USA Volleyball?

See chart [here](#). 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 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 for clubs seeking players.

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 (usually late June). 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. Players will register for and take an online course on USA Volleyball SportsEngine where they took their membership. For more information, please visit the CEVA website or talk to your coach/club director.

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 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). 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?

Every fall, we are hopeful generous donors will contribute to our CEVA Memorial Scholarship Fund. Check the website for more details in November 2020.

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. Please keep in mind that these rules are not enforced by CEVA and we have no interest in them. For more Information, visit the websites below:

[Oregon Schools Activities Association](#)

[Washington Interscholastic Activities Association](#)

[NCAA](#)

[NAIA](#)

[NJCAA](#)

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

In the 2019 season, CEVA registered 225 high school seniors, and of those, [131 seniors 117 \(52%\)](#) signed a letter of intent or committed to play college volleyball. Due to COVID-19, numbers were a little lower for the 2020 season.

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 & Instagram). Good conduct and sportsmanship must be observed. We also ask club coaches to cc: 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 your 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

[Safe 4 Athletes](#): what every parents should know about athlete abuse

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

Another great resource - go to www.youtube.com and search "The Truth About Sports Parents"



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. Here is a [great article](#) from USA Volleyball on the topic.

FIRST-AID

Club coaches should be carrying a team first aid kit with them at all times, 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 (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

POWER LEAGUE EXPLANATION

Power League is a series of 1 qualifying tournament and 3 or 4 place-earning tournaments. Age divisions are 12s, 14s, 16s and 18s. Teams play along the Interstate 5 corridor once or twice a month from January to April. We do the best we can to determine the closest gym for the majority of the teams in each division.

You can get a detailed explanation of how Power League works by visiting [our website](#) or reading through our [Junior Girls' Handbook](#).



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 the police if alcohol is spotted inside or outside at CEVA events. CEVA registers approximately 500 teams every year. 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 SCHEDULE

Tryouts – generally held in November. See the “tryouts” section of this guide.

Power League – January through April at various locations.

Presidents Day Tournament – held February 13-15, 2021 in Springfield (14s and 16s divisions)

Regional Championships – two weekends – April 24-25 (for 12s/14s) and May 1-2 (for 16s/18s)

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.

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, 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 likely host an indoor HP tryout during the season. For more info on indoor & beach HP, visit [USA Volleyball](#).

BEACH VOLLEYBALL

CEVA has sanctioned several [beach volleyball clubs](#). The beach season begins in late May.

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. And be sure to read the [Junior Girls Handbook](#).

Need a mask? Order [here](#)! Like us on [Facebook](#)! Follow us on [Instagram](#)!

