



PARENT GUIDE TO CLUB VOLLEYBALL

2018-2019 SEASON

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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
- ERVA 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.

Everyone involved should recognize that family and school issues have priority over this program.

Each fall, 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. These tryouts are where the clubs are able to select players and offer spots on their teams each season.

How do I Select Which Clubs to Tryout for?

Selecting a club is a family decision and takes some research. Each player and parent should be well informed in selecting a team/club. Although clubs must abide by general ERVA and USA Volleyball rules they each have their own philosophies, schedules, costs, and expectations that vary from other clubs. It is important to know these differences so that you can find the best fit for you and your family.

Contact information for the current clubs in the Evergreen Region is listed on the [Clubs page](#) of the region website. Some clubs in the Spokane area also participate in a Club Open House, offered by the region, in the fall prior to the start of the season.

Parents and participants should also be aware that each team or club has its own autonomy and the ERVA is not involved in the club's finances and management.

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?
- Are practices mandatory? What if my child misses a practice? Misses a tournament?
- Will teams practice/play over the school holidays (Winter Break & Spring Break)?
- How far will teams travel? How often will they travel?
- How long is the season?
- Cost? What will the expenses be for the season? Is it due up front? Is there an itemized report of dues? Is there a payment schedule?
- 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
2. Scroll down to the "Member Registration" section and click "New Members"
3. Follow steps and select "undecided" and "ERVA Tryout Membership" for \$8
 - a. Tryout Membership: Covers try outs for up to five (5) clubs from November 3rd– November 18th, 2018
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 (available online at www.evergreenregion.org/important-forms/)

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. 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
2. Scroll down to the “Member Registration” section and click “Previous Members”
7. Update your account info, select “undecided” and “ERVA Tryout Membership” for \$8
 - a. Girls Tryout Membership: Covers try outs for up to five (5) clubs from November 3rd– November 18th, 2018
3. 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.
4. If you are registering two or more children, please note that username and passwords will be different for each child.
5. 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.

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 3rd, 2018 for U12 through U14 teams and Sunday, November 11th, 2018 for U15 through U18 teams. Please visit our USA Volleyball Junior Player Age Descriptions in this guide to see what age group your child may try out for.

As always, players are encouraged to let clubs know of your intentions as soon as the decision has been made-a player does NOT need to wait until the deadline to accept or decline an offer. Individual clubs may choose to extend offer deadlines, at their discretion, or athletes may ask for this extension. Any extensions granted (or not) are the sole responsibility of the individual clubs.

Formal acceptance of an offer is determined by when the player/parent submits a signed ERVA Offer & Acceptance Agreement to the Club Director during the set commitment periods as outlined in the Acceptance Agreement. We ask that players/families use ethical standards and not verbally commit to more than one club prior to submitting their Acceptance Agreement. By doing this, you adversely affect another player who is waiting for an open spot.

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.

The Region does not guarantee that every youth participant will be invited to play on a team as clubs and teams are private enterprises.

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 2018-2019 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 ¹	18 & Under	17 & Under	16 & Under	15 & Under ²	14 & Under	13 & Under	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
Sept	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Oct	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Nov	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Dec	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Jan	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Feb	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Mar	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Apr	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
May	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
June	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
July	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Aug	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011

¹ Players who were born on or after September 1, 2000 OR players who were born on or after September 1, 1999 and a high school student in the twelfth (12th) grade or below during some part of the current academic year.

² Male Only - Players who were born on or after September 1, 2004 OR players who were born on or after September 1, 2003 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) 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.

My child is too old to play on a U12, U14, U16, U18 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.

I can't print out my membership card yet?

If you have an \$8.00 tryout membership, the card will be available for printing on November 3rd, 2018.

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. Focus on a positive attitude and having fun at tryouts. Coaches and clubs are not only filling a team for skill, but for attitude and hard work. While one player, in your eyes, may be a better skilled player, another player may bring more positive intangibles.

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.

After tryouts, many clubs are still seeking players. Check the Players Needed page on our website for additional opportunities.

Once my child sign an Offer & Acceptance Agreement 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 parents' 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 4 tournaments for the U14 and U16 age divisions. Two tournaments will be held in January with the first one being a seeding/qualification tournament, 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 page](#) for more information.

Conduct

Once you join a club, they will have you sign a [Parent/Spectator Code of Conduct](#). We want you and your child to have a good experience this season – and your conduct is a big part of that!

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

Youth Tournament

February 2019, details TBD

U18 National Bid Tournament

March, 2019 details TBD

U12-U17 National Bid Tournament

April 26-27, 2019 in Spokane, WA

Evergreen Region Volleyball Championships (All Ages)

April 27-28, 2018 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. All of these events will be posted on the ERVA Events Calendar on our website.

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 High Performance

The Evergreen Region Girls' High Performance (HP) program is an avenue for the Region's premier players to receive training and competition opportunities from some of the top coaches in Evergreen Region. Our program is the regional chapter of the USA Volleyball's HP program. As a part of the HP pipeline, our program follows international age definitions and program offerings each year. There are three stages of the Evergreen Region Girls' HP program: tryouts, training camps and championship teams.

ERVA Sanctioned Beach Volleyball

ERVA has sanctioned several [Junior Outdoor Programs](#). The outdoor season begins in late May and ends before school starts. It's a great opportunity for players to learn new skills, stay in shape, and have FUN!

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](#).

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, and be sure to read the Participant's Handbook.

Like us on [Facebook!](#)

The ERVA Staff is here to help! Please don't hesitate to contact us with your questions or concerns regarding participation in USA Volleyball:
509.290.5552 | office@evergreenregion.org.

