



USAVolleyball

NEW Parent Guide To Club Volleyball

**Selecting
A Club**



Tryouts

**Training &
Resources**



**In Season
Reminders**



Welcome to CEVA!

We're excited to welcome you to the Columbia Empire Region of USA Volleyball (CEVA) and to the world of club volleyball! Whether you're a first-time parent or a returning family, this guide is designed to serve as a helpful resource as you navigate the season—from tryouts and club selection to tournaments and beyond.

Club volleyball can feel overwhelming at times, especially if it's your first season, but you're not alone. Our website offers a wide range of tools and information to support you throughout the year. Your club director is also a key point of contact and can answer many questions specific to your team or club. And of course, our CEVA staff is always here to help.

CEVA Office Hours & Contact Info

June 1 – September 30

- Monday–Thursday: 9:00 AM – 2:00 PM

October 1 – May 31

- Monday, Tuesday, Thursday, Friday: 9:00 AM – 3:00 PM



Best way to reach us: region@cevaregion.org



Website: www.cevaregion.org



For help or questions, contact us at: region@cevaregion.org

Visit our website: www.cevaregion.org

Selecting a Club



Do your Research

Choosing a club is a big family decision, and a little research can go a long way.

1

Benefits of USA Volleyball and CEVA Membership

CEVA is the local region of USA Volleyball for Oregon and SW Washington, overseeing all affiliated clubs in the area. To join a club team, athletes must become members of USA Volleyball. Membership provides access to tournaments, insurance coverage, standardized rules, and education resources. CEVA also ensures events are safe and well-organized by screening club personnel and offering support through its regional office.

2

What is Club Volleyball

Club volleyball is a paid opportunity for athletes to play on a team outside of school, with practices, coaches, uniforms, and tournaments organized by the club. Teams are formed through tryouts, which assess skill, coachability, and teamwork. Clubs may offer multiple teams by age and skill level, and travel varies—some stay local while others compete regionally or nationally.

3

Know What Clubs Control – Do Your Homework

Just like choosing a restaurant or store, selecting the right club is a personal decision based on what fits your family's needs and values. CEVA does not manage individual club operations, so it's important for families to research and ask questions before tryouts. Each club makes its own decisions about coaches, team placement, fees, policies, playing time, and tournament schedules. CEVA does not control these aspects and cannot influence how a club is run. Taking time to learn about each club's philosophy, structure, and expectations will help you find the best "fit" for your athlete. Not all clubs are the same—shop wisely.

4

Choosing the Right Club for Your Family

Selecting a club is an important family decision that requires some research. While all clubs follow basic CEVA and USA Volleyball rules, each club operates differently when it comes to coaching styles, training methods, team culture, and expectations. Taking the time to explore your options before tryouts can lead to a more positive and successful season. CEVA does not endorse any specific club, but we're here to support you in the process. We can help you think through what matters most to your family and what questions to ask as you look for the right fit.



Do your homework! Not all clubs will be the right fit for every family.
For help or questions, contact us at: region@cevaregion.org

DOES YOUR ATHLETE GET STUCK IN THEIR HEAD?

Mental performance coaching can help.

Anna Hennings, MA Sport Psychology, specializes in helping volleyball players break through mental blocks, manage pressure, and build lasting confidence.

“

Anna taught me how to trust myself and my instincts. Her support shaped me in ways I will carry with me forever.

”

“

Anna has been the biggest game-changer in my daughter's outlook and positive recovery on the court and in life.

”



ANNA
HENNINGS
mental performance coach

1-on-1 sessions for athletes

Workshops for teams & groups

Learn more and get in touch:
ANNAHENNINGS.com



CEVA's trusted
mental
performance &
sport psychology
partner since
2022

CLUB COMPARISON CHECKLIST

Use this sheet to ask the same questions at each club and jot down notes to help with your decision

Club Name:	Tryout Date/Time:
Club Director Name:	Location:
Email:	Phone:

	QUESTIONS	NOTES	Rating 1-5
1	What are the club fees, and what do they cover? (Ask for an itemized breakdown)		
2	Are scholarships or fundraising options available to help with costs? Are there payment plans?		
3	Do you have a tournament schedule? Does the team travel out of our region? Who pays for travel?		
4	Will there be practices or tournaments during school breaks?		
5	Who are the coaches, and what are their qualifications?		
6	What is the club's philosophy? (Winning focus, equal playing time, etc.)		
7	Does the club accommodate school sports schedules or other activities?		
8	Does the club accommodate school sports schedules or other activities?		
9	How do Tryouts Work? -How long do they last? -Do players commit on the same day? What if we want to go to multiple tryouts? -Is a deposit required?		

CLUB COMPARISON CHECKLIST

Use this sheet to ask the same questions at each club and jot down notes to help with your decision

Club Name:	Tryout Date/Time:
Club Director Name:	Location:
Email:	Phone:

Write down your own questions you'd like to ask the clubs

	QUESTIONS	NOTES	Rating 1-5
1			
2			
3			
4			
5			
6			
7			
8			
9			

Tryouts



Preparation Timeline

A step-by-step guide to help prepare for club volleyball tryouts.

1

July–September

Learn & Research

- Understand how club volleyball works (time, travel, cost, commitment).
- Review CEVA's website and USA Volleyball age definition chart to know what age group your child belongs in.
- Research local clubs—visit websites, attend info sessions, and talk to other families.
- Make a list of clubs that seem like a good fit and compare what they offer.

2

October–Early November

Finalize Tryout Plans

- Register with USA Volleyball via SportsEngine and complete any required forms in advance.
- Contact club directors and ask key questions
- Ask clubs if they'll have makeup tryouts or allow multiple tryout attendances.
- Make sure your child is **rested, well-fed, and has a positive mindset** heading into tryouts.

3

Tryout Dates

- **October 4-** Tryouts begin for **male athletes 18 & under** competing solely on boys' teams
- **November 9** - Tryouts begin for **female athletes 14 & under** (based on USAV age definitions).
- **November 16** - Tryouts begin for **female athletes 15 & older**.
- If you believe your athlete may be waived to a younger team, **they must still try out in their USAV-defined age group**.

4

During Tryouts

Focus on Attitude & Effort

- Remind your child: coaches notice **effort, coachability, and attitude**, not just skill.
- Be encouraging and positive—tryouts can be stressful!
- Come prepared with paperwork, correct gear, and backup options.

5

After Tryouts

Understand the Commitment

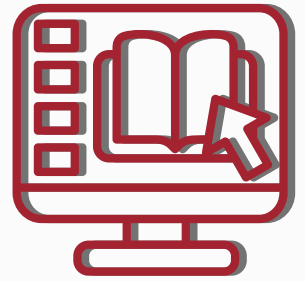
- If selected, your child may be asked to sign a **Letter of Commitment** and/or club contract.
- Once signed, this is a **season-long commitment**—you cannot switch clubs unless released.
- If your child doesn't make their first choice team, many clubs are still forming teams—check CEVA's website for open spots.



Do your homework! Not all clubs will be the right fit for every family.

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Training & Resources



For Players & Parents

Helpful training and resources to navigate the club volleyball season

DON'T FORGET!

Enjoy the Journey Together

Club volleyball can be one of the most rewarding experiences for both athletes and parents. Embrace the road trips, the shared moments, and the growth you'll witness as your child becomes both an athlete and a leader.

It's their journey—but you get to enjoy the ride. We hope this season is a positive, memorable experience that inspires a lifelong love for the game.

Junior Officiating Training

Why Do Players Have to Keep Score or Officiate?

Officiating is part of learning the full game—on and off the court.

- ✓ USA Volleyball encourages all players to understand the rules by participating in scorekeeping, refereeing, and line judging.
- ✓ These roles help athletes build leadership, confidence, and deeper knowledge of the sport.
- ✓ Players may be required to complete online Junior Scorer training through SportsEngine before their first tournament.
- ✓ Visit the CEVA website or talk to your coach or club director for details and how to access the training
- ✓ **Note:** If a club requires all players to become certified officials, that is a club-specific rule, not a CEVA mandate.

Other Resources

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

USAV Parent Resources: helpful resources on parenting in the volleyball

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



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IN SEASON REMINDERS



Tips and Tools

Stay prepared and support your athlete during the club season.

EVENT REMINDERS

- ☐ **Be on Time** – Drop off and pick up your athlete promptly. Many clubs rent practice space and can be charged for overtime.
- ☐ **Respect Coach-Athlete Communication** – Encourage your athlete to speak directly to their coach about concerns, especially regarding playing time. Most coaches prefer to have these conversations with the athlete—not the parent.
- ☐ **Plan Ahead for Travel** – Find like-minded families to carpool with and share travel costs. This helps reduce expenses and build community within the team.

NUTRITION

- ☐ Pack healthy snacks and meals for long tournament days. [CLICK HERE to view facility policies.](#)
- ☐ Keep your athlete hydrated and fueled with whole foods.

ESSENTIALS:

- ☐ Hair Ties, headbands, clips
- ☐ Sanitary Products (as needed)
- ☐ Extra socks, spandex, jerseys, knee pads
- ☐ Snacks (as allowed by venue)
- ☐ Deodorant, Face Wipes, Towel
- ☐ Portable charger for electronic devices
- ☐ Downtime activities: Book, cards, games

DOCUMENTATION

- ☐ USA Volleyball Medical Release Form
- ☐ Travel Information (hotel, travel tickets)
- ☐ Identification (drivers license, ID card)

FIRST AID KIT

While coaches carry team kits, it's smart to have your own small first-aid bag ready for tournaments:

- ☐ First aid kit (including band-aids, antiseptic wipes, and pain relievers)
- ☐ Prescription medications
- ☐ Athletic tape, pre-wrap, cold packs, bandages, blister pads.



Frequently Asked Questions



1	Can my child play in an older age group?	Yes — if selected by a coach and approved by the club, athletes can "play up" in an older division.
2	Are there age waivers if my child is too old for a certain team?	Age waivers are extremely limited and only considered in special cases —such as developmental needs or when a player has very few local playing opportunities. Waivers must be submitted by the club director and are not guaranteed. If a club promises an age waiver will be approved, that's incorrect and misleading.
3	Can we switch clubs after signing?	No. Signing a CEVA Letter of Commitment means a full-season commitment. Clubs are not required to release players.
4	Are scholarships available?	Yes. CEVA offers financial aid (club dues only) based on need. Applications open in October and are due in November and funds are dispersed to the club directly in January. Discuss any immediate financial need with your club.
5	How can I tell if a club is competitive or recreational?	Team levels vary across the 500+ teams we register each year—"14-1" just means it's the top 14s team within that club. Check our Results Archive for past standings and talk to club directors to understand their team's competitive level and philosophy.
6	If my child plays club volleyball, will they earn a college volleyball scholarship?	Playing club volleyball does not guarantee a college scholarship or offer. While many seniors do go on to play in college, scholarships are not guaranteed, and recruiting support varies by club, so be sure to ask the club director about their process.
7	What happens if my athlete gets injured at a tournament or practice?	If your athlete is injured at a tournament or practice, the coach will report it to the tournament or club director right away. You may be asked to help complete an Incident Report, and you'll receive a Medical Claim Form with instructions if you choose to file for secondary insurance through USA Volleyball.
8	What is the CEVA policy for social media?	We welcome member engagement on our Facebook and Instagram pages— submit content to region@cevaregion.org for consideration. Coaches are required to copy parents on all communication with players. Most clubs also have their own social media pages and policies.



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