

SECTION I: WELCOME & CLUB IDENTITY

Welcome to Tualatin Valley Volleyball Club (TVVC)

Dear Players, Families, and Supporters,

Welcome to Tualatin Valley Volleyball Club — a place where athletes of all backgrounds come to grow, compete, connect, and have fun. Whether this is your first season with us or your fifth, we're thrilled you're part of something that's more than just a team. At TVVC, we're building a community — one that values joy, resilience, adaptability, and connection just as much as athletic performance.

You've joined a club committed to player-first, game-based training, with a clear purpose: to help athletes become confident, creative, and adaptable — on and off the court. We believe great volleyball is born from great environments. Our coaches don't just run drills — they design learning experiences that reflect the real game, encourage exploration, and promote deep learning through play.

This handbook outlines our shared values, responsibilities, and the structure of our program. It's meant to guide you through the season with clarity and confidence. Think of it not as a rulebook, but as a map — a way to understand who we are, what we're doing, and why it matters.

Let's make this season one to remember — full of growth, grit, and joy.

With gratitude,

Loren Anderson
Club Director, TVVC

Mission Statement & Vision for TVVC

Our mission is to create a positive, affordable, and development-focused volleyball experience for athletes of all skill levels. We aim to:

- Help players grow as confident, adaptable, and joyful athletes

- Offer a competitive but low-pressure environment that values development over perfection
- Keep volleyball affordable and accessible to families across the Tualatin Valley
- Reduce unnecessary travel and time commitments so families can enjoy balance

Our vision is to be a club that players love to be part of — where they feel seen, supported, and challenged in ways that help them thrive both on and off the court. We're not just building better players. We're helping young people become better thinkers, teammates, and leaders.

Coaching Philosophy: Athlete-Centered, Game-Based, Ecological

We believe in coaching *with* our athletes, not *at* them.

Our approach is grounded in ecological dynamics — a fancy way of saying we learn through experience. We don't break the game into isolated drills. Instead, we use small-sided games, live play, and tactical challenges to help players:

- Read the game more effectively
- Make smarter, faster decisions
- Develop adaptable, game-relevant skills
- Stay engaged and excited during training

We coach through questions, constraints, and guided exploration — because when athletes discover solutions for themselves, the learning sticks. Our goal isn't perfect form; it's effective, repeatable action under pressure.

In every practice, we aim to create environments where players:

- Feel safe to try, fail, and try again

- Are challenged at the edge of their ability
 - Learn how to solve problems, not memorize answers
 - Build confidence through meaningful reps, not robotic ones
-

Core Values & Team Identity

The heartbeat of TVVC is how we treat each other, how we show up, and how we grow. These five values guide everything we do:

1. **Joy in the Process** – We love the game, even the messy parts. Joy makes learning stick.
2. **Effort with Intention** – We train with purpose. Every touch, every rep, every action matters.
3. **Growth Over Perfection** – Mistakes are feedback. Struggle is part of mastery.
4. **Accountability Without Shame** – We own our actions. We don't blame or judge — we learn.
5. **Team Over Ego** – Volleyball is a team game. Trust, support, and connection come first.

Our identity is shaped by how we compete, how we communicate, and how we carry ourselves — in drills, in games, and in the moments between. We strive to be a club where every athlete feels proud to wear the jersey, not just because of the name on the front, but because of what it stands for.

Defining Success at TVVC

Success here isn't measured only by wins or medals. We define success by:

- The confidence and joy players feel throughout the season
- The improvement in individual and team performance
- The resilience shown during hard moments and setbacks
- The growth in communication, responsibility, and self-leadership
- The way athletes support and elevate one another

We're proud of our results. But we're even more proud of *how* we get there.

SECTION II: CLUB STRUCTURE & SEASON OVERVIEW

What to Expect This Season

Each season at TVVC is broken into key phases to help players develop consistently, while still allowing for rest and balance:

- **Fall Tryouts (November):** Teams are selected for each age division following CEVA and USA Volleyball tryout windows.
- **Winter Training Block (December–January):** Focus on skill development, team connection, and tactical foundations.
- **Main Tournament Season (February–May):** Competitive play in local and regional tournaments.
- **Optional Spring/Summer Opportunities (May–August):** Includes open gyms, clinics, and TVVC SAND (beach volleyball training).

Each team practices 2 times per week, and participates in tournaments based on their schedule and age division.

Age Group Breakdown

We form teams primarily around these age groups, with some flexibility based on numbers and skill levels:

- **13/14U:** Emphasis on foundational skills, decision-making, and joy in the game
- **15/16U:** Building tactical awareness, communication, and consistency
- **17/18U:** Competitive execution, leadership, and preparation for next-level play (college or adult league)

We prioritize placing athletes in environments where they'll be appropriately challenged and supported — sometimes that means playing "up" or being with a team that stretches you.

Tryout Process & Team Formation

Tryouts are your opportunity to:

- Show your skill *in game-like settings*
- Demonstrate your communication, hustle, and attitude
- Let us see how you make your teammates better

We are looking for more than talent. We're looking for teammates.

Teams are formed based on a mix of:

- On-court performance during tryouts
- Coach evaluations and feedback

- Positional needs and team balance
- Growth potential and mindset

Players will be contacted shortly after tryouts with team offers. All decisions are made with care and with the goal of providing the best possible learning environment for each athlete.

Our Practice Philosophy

TVVC practices are designed to:

- Be game-like, decision-rich, and fun
- Include small-sided games, constraints, and live play
- Develop mental focus, awareness, and adaptability

You won't spend time standing in lines or repeating robotic reps. We want every athlete to get lots of touches, make lots of decisions, and grow through experience. The gym should be a place where athletes feel safe to experiment, try new things, and push their limits.

Team-Specific Goals & Development Pathway

Each team at TVVC has its own unique vibe and set of goals — but all teams share common developmental benchmarks:

- 13/14U: Learn how to see the game, not just play it
- 15/16U: Adapt and apply skills in *game flow and chaos*
- 17/18U: Compete with confidence and make teammates better every point

We aren't just trying to win matches — we're helping athletes become more perceptive, more creative, and more self-directed. The goal is to develop volleyball players who *think, adjust, and elevate the group* — not just follow instructions.

SECTION III: FINANCIAL COMMITMENT

Transparent, Affordable, and Family-Friendly

At TVVC, one of our core commitments is to keep club volleyball as accessible and affordable as possible — without compromising on quality. We're proud to offer a streamlined financial structure with fewer hidden fees, fewer required travel weekends, and a more reasonable overall investment compared to many clubs in our region.

What's Included in Your Club Dues

Your seasonal fees cover:

- Tournament entry fees (for all standard scheduled events)
- Gym rental and equipment use
- Coaching salaries
- Practice gear package (jersey tops, shorts/spandex, backpack or shirt depending on year)
- Administrative costs (insurance, web tools, licensing, etc.)

We also offer additional optional gear and spirit wear for families who want to show their TVVC pride.

Payment Schedule & Options

Families may choose from the following options:

- **Full Payment:** Paid in one installment at the beginning of the season.
- **Monthly Installments:** Spread out evenly across the season (e.g., December–May).
- **Scholarship Requests or Financial Aid:** We aim to support families who need assistance. Please reach out early if this applies to you.

All payment instructions and due dates will be provided after tryouts in your welcome packet.

What's *Not* Included

The following costs are not covered by club dues:

- Travel expenses (hotels, meals, gas for away tournaments)
- Optional training (private lessons, summer camps, TVVC SAND)
- Replacement gear if original items are lost or damaged

We do our best to minimize travel and maximize developmental value in the events we choose.

Refund Policy

Due to the nature of club sports (tournament registration, roster commitments, etc.), club fees are non-refundable once a player has accepted their spot on a team and the season begins. We understand that unexpected situations arise — if an athlete must withdraw for medical or personal reasons, partial refunds may be considered on a case-by-case basis.

Late Payment & Communication Policy

Timely payment helps us keep the club running smoothly. If a payment is missed:

- A friendly reminder will be sent within 5 days
- A late fee may be assessed if no response is received within 10 days
- Athletes may be held out of practice or tournaments if no payment plan is arranged

We never want money to be a source of shame or stress. If your family is struggling to meet a deadline, please contact the club director — we are always open to working with you privately and respectfully.

SECTION IV: TOURNAMENTS & TRAVEL

Competing the TVVC Way

Tournaments are where everything we've been training for comes to life. It's not just about performance — it's about connection, courage, and applying what we've learned in real game situations. We compete hard, we support each other relentlessly, and we represent TVVC with pride, respect, and joy.

Types of Tournaments We Attend

Depending on the team and age division, our schedule may include:

- Local Tournaments (within 60–90 minutes of Hillsboro)
- CEVA League Events (Power League or Friendship Tournaments)
- Regional Events (multi-day, within Oregon or Washington)

- **Optional Travel Tournaments (only if planned and agreed upon by team families)**

Our goal is to build a tournament schedule that maximizes development, minimizes excessive travel, and honors the time and energy of our families.

Sample Tournament Season Structure

While exact dates vary by team and year, a typical season may include:

- **1–2 tournaments per month from January through May**
- **5–7 total events depending on age group and level**
- **Option to attend additional events if team and coach agree**

Your team's calendar will be shared as early as possible and updated if any changes occur.

Travel & Transportation Expectations

TVVC does not provide team transportation. Families are responsible for:

- **Getting their athlete to and from tournaments**
- **Arranging carpools if desired**
- **Booking their own hotel (if an overnight tournament is scheduled)**

When overnight travel is involved, we'll provide recommended hotels and schedules in advance. We strive to avoid excessive travel and choose events with high value and low stress.

Tournament Day Guidelines

To ensure a positive and focused competition day, we ask all families and athletes to follow these norms:

For Athletes:

- Arrive on time, ready to warm up (typically 45–60 min before first match)
- Wear full and proper uniform gear
- Stay with the team during breaks and court assignments
- Cheer for teammates, stay off your phone, and stay engaged

For Parents:

- Cheer *positively* from the sidelines
- Let coaches do the coaching
- Respect officials and tournament staff — always
- Be flexible with schedules, delays, and unexpected changes

Behavior During Travel & Events

Whether we're 10 minutes from home or in another state, we hold the same expectations:

- Be respectful to hotel staff, opponents, officials, and teammates
- Clean up after yourself everywhere we go
- Represent TVVC with class, kindness, and maturity

Athletes who fail to meet behavior expectations may have playing time adjusted or face further consequences. Families will always be contacted if concerns arise.

SECTION V: PRACTICE EXPECTATIONS

Show Up. Lock In. Grow Together.

At TVVC, practice is where the magic happens. It's where we build habits, confidence, team chemistry, and the ability to thrive in competition. We value every rep — not for how “perfect” it looks, but for the decisions, effort, and adaptability it builds.

Attendance Policy

Because club volleyball is a team commitment, consistent attendance is essential. We ask every athlete to:

- Prioritize practices in their weekly schedule
- Arrive early, dressed and ready to go
- Communicate directly with the coach if they will miss or be late

Unexcused absences (without communication) may result in reduced playing time at tournaments. We don't punish players for being human — we simply ask for accountability.

Excused vs. Unexcused Absences

Excused:

- Illness or injury (with notification)

- School-required event (concerts, testing, etc.)
- Family emergency
- Pre-approved travel or one-time conflict

Unexcused:

- No-show or late cancellation
- Choosing another activity without communication
- Repeatedly missing for optional non-school sports without discussion

If you're unsure — just talk to your coach. We're human too.

Multisport Athlete Guidance

We support athletes who play other sports or have school commitments. That said, we ask that:

- Families be transparent about other schedules *before* the season starts
- Athletes don't consistently miss TVVC practices in favor of another team
- Communication happens early and often

We'll do our best to support multisport athletes — but we also believe that to grow, players must be present.

What Practice Should Feel Like

We don't run cookie-cutter drills. Instead, we train through small-sided games, decision-rich activities, and competitive environments that mimic real volleyball. Expect practices to be:

- Fast-paced and engaging
- Loud with communication, laughter, and grit
- Focused on reading the game, adapting under pressure, and solving problems

It might feel messy sometimes — that's how real growth happens.

Practice Gear & Preparedness

Players should arrive with:

- Full gear (TVVC shirt, proper shoes, water, kneepads, layers if needed)
- A mindset ready to learn and support teammates
- A willingness to give effort with intention — every rep, every time

Being “ready to go” means more than wearing the jersey. It means showing up with your focus, your energy, and your heart.

SECTION VI: PLAYING TIME, ROLES & SUPPORTIVE CULTURE

Everyone Has a Role — On the Court and Beyond

At TVVC, we believe that learning, growth, and contribution come in many forms. Not every player will start every match. Not every match will have equal playing time. But every player has a role — and every role matters.

Success in our club isn't just measured in stats. It's measured in how you show up, how you support your teammates, how you respond to adversity, and how you grow throughout the season.

Playing Time Philosophy

We are a *development-first* club, not a win-at-all-costs program. That means we prioritize learning and growth — and also recognize that competition is part of that growth.

Playing time is based on a combination of:

- Practice performance and readiness to contribute
- Tactical needs and match context
- Effort, focus, and growth mindset
- Team needs and the role you play in elevating others

Not every player will play the same number of points, but all players will have meaningful opportunities to contribute and improve.

What It Means to “Be Ready”

Even if you're not in the starting lineup, your role is vital. Athletes are expected to:

- Stay locked in during matches and warmups
- Support teammates vocally and energetically
- Be physically and mentally prepared to go in at any moment

Your time will come. Stay ready for it.

Communication Expectations

We encourage open, respectful communication between players, families, and coaches. Here's how we handle questions about roles, playing time, or team dynamics:

- 1. Athlete speaks with their coach first. This helps players develop ownership, curiosity, and problem-solving skills.**
- 2. Parent may follow up if needed, but only after their athlete has taken the first step.**
- 3. If concerns remain unresolved, the coach may involve the Club Director for additional support.**

If something feels frustrating or unclear, please follow the 24-hour rule — wait a full day before reaching out. Emotions settle, perspective improves, and conversations become more productive with just a little space.

We're here to help — and we'll always prioritize your athlete's growth and well-being.

The Role of Parents & Families

You are a huge part of your athlete's journey. Your presence, energy, and mindset have real impact — on your child and the team.

Here's how you can help us build a strong, supportive club culture:

Do:

- Cheer loudly and positively.**
- Focus on effort and growth — not just results.**
- Encourage open communication between your child and coach.**
- Be your athlete's biggest fan, especially after a tough day.**

Avoid:

- Coaching from the sideline
 - Criticizing officials, coaches, or other players
 - Comparing your athlete to others
 - Turning the car ride home into a post-game breakdown
-

Sideline Expectations & Tournament Behavior

We love having families at tournaments. Please help us maintain a positive, focused environment by:

- Letting coaches coach and athletes play
- Staying out of team huddles and bench areas
- Showing respect to referees, opponents, and other fans — always

Great teams are backed by great sideline culture.

Thank you for being a vital part of the TVVC community. Together, we build a culture where athletes thrive — not just because of what happens on the court, but because of how we all show up around it.

SECTION VII: CODE OF CONDUCT

The Standard We Set — On and Off the Court

At TVVC, how we compete matters just as much as how we carry ourselves. We are proud to compete with intensity, but we do it with integrity, respect, and class. This

section outlines what we expect from all members of our community — players, coaches, and families alike.

Athlete Code of Conduct

As a TVVC athlete, you agree to:

- Show up on time and prepared for all practices and matches
- Give your best effort, even when no one is watching
- Treat teammates, coaches, officials, and opponents with respect
- Own your mistakes and learn from them
- Keep your communication positive and inclusive
- Represent the club with pride in person and online

Disrespectful behavior, bullying, consistent negativity, or a refusal to be coached may result in loss of playing time or additional consequences.

Parent & Family Code of Conduct

As a supporter of TVVC, we ask that you:

- Cheer for all athletes, not just your own
- Stay positive during matches — especially when things get tough
- Respect all coaches, referees, and tournament staff
- Avoid confrontations in or around the court

- Follow our communication guidelines and 24-hour rule
- Let your athlete experience the game without added pressure

We know emotions run high in competition. Let's model the behavior we want our kids to emulate.

Social Media & Digital Citizenship

The way athletes and families represent themselves online affects the entire team. We ask everyone to:

- Avoid posting negative or inflammatory content about teammates, coaches, or other teams
- Use social media to uplift, celebrate, and support
- Think twice before posting or commenting — you represent TVVC

Violations may result in team consequences. Digital respect is part of modern sportsmanship.

Disciplinary Process

We take conduct seriously — not to punish, but to protect the team culture. If an issue arises:

1. Coaches will address it directly with the athlete or family.
2. If the behavior continues, the Club Director will be involved.
3. Ongoing or serious issues may lead to reduced playing time or removal from the team.

Our goal is not perfection — it's accountability with compassion. Everyone makes mistakes. What matters is how we respond.

SECTION VIII: UNIFORMS & EQUIPMENT

Wear It With Pride

Your TVVC gear isn't just a uniform — it's a reflection of the culture you help build. When we look sharp and feel confident, it shows in how we play and carry ourselves.

What's Provided by the Club

Each player will receive a competition and practice gear package that includes:

- **2 official game jerseys**
- **1 TVVC practice t-shirt**

Families will also have the opportunity to purchase additional TVVC gear and swag at low prices throughout the season.

Exact sizing and ordering details will be provided after team selection.

Uniform Guidelines

- **Players are expected to wear the full, correct uniform to every tournament and as directed for practice.**
- **Keep gear clean, in good condition, and free of rips or markings.**
- **Game jerseys are to be worn for matches only — not as everyday clothing.**

- If a player forgets part of their uniform, they may not be eligible to compete in that match.

Take pride in your appearance — it reflects your readiness and respect for the game.

Additional Equipment Recommendations

To be fully prepared for practices and tournaments, we recommend each athlete have:

- Court shoes in good condition
- Knee pads
- Refillable water bottle
- Extra socks, layers, and personal hygiene items
- Athletic tape or braces (if needed)

Having the right tools allows you to stay comfortable, focused, and game-ready.

Lost or Damaged Items

- Players are responsible for taking care of their gear throughout the season.
- Lost or excessively damaged items may require a replacement fee.
- All gear provided to players is fully theirs to keep — no items need to be returned at the end of the season.

Respect your gear — and it'll take care of you.

Celebrating More Than Just Wins

At TVVC, we believe in celebrating growth, effort, and the intangibles that make great teammates and great people. Awards and recognition are not about being the best on paper — they're about being a positive force within the team and demonstrating growth over time.

End-of-Season Awards

At the conclusion of the season, each team may give out the following recognitions:

- **Ultimate Teammate Award:** For the player who embodies trust, support, humility, and commitment to the collective.
- **Growth Mindset Award:** For the athlete who embraces feedback, overcomes adversity, and consistently improves.
- **Coach's Choice Award (optional):** Given at the coach's discretion to honor leadership, spirit, or extraordinary growth.

These awards highlight the values that define our culture — joy, effort, resilience, and connection.

Individual Feedback & Progress

Coaches will offer feedback throughout the season to help athletes:

- Understand their strengths
- Identify growth areas
- Set personal goals
- Reflect on their learning journey

Our focus is long-term development, not short-term evaluation. We want every athlete to finish the season with more skill, confidence, and clarity than when they started.

Encouraging Self-Reflection

Players will be guided through short self-check-ins or reflection prompts during the season to help them:

- **Evaluate their own progress**
- **Notice patterns in effort and focus**
- **Take ownership of their learning**

The goal isn't perfection — it's awareness, curiosity, and continuous improvement.

Here is Section X: Safety, Emergencies, & Logistics as a standalone copy-paste version for your Google Doc:

SECTION X: SAFETY, EMERGENCIES, & LOGISTICS

Athlete Safety Comes First

Your athlete's physical and emotional well-being is our top priority. We design practices with injury prevention in mind, foster a positive environment, and have clear plans in place in case of emergencies. A safe, supportive gym is non-negotiable.

Emergency Action Plan (EAP)

In case of a medical emergency at practice or a tournament:

- Coaches will respond immediately and contact emergency services if needed
- Parents/guardians will be notified as soon as possible
- An emergency contact form for each athlete must be completed prior to the season

All coaches are CPR/First Aid certified and trained in emergency protocols.

Injury Reporting & Return to Play

If an athlete is injured:

- Please notify the coach immediately — even if it happens outside of volleyball
- We encourage athletes to rest, recover, and follow medical guidance
- Return-to-play decisions will be made collaboratively between athlete, family, coach, and (if applicable) a healthcare provider

We'd rather have you healthy next month than hurt all season.

Weather & Event Disruptions

While rare, unexpected conditions (e.g., snow, extreme heat, power outages) may affect scheduled practices or tournaments.

- We will notify families of any cancellations or changes via text and/or email
- We follow local school district closures and event host decisions
- Make-up practices will be offered when possible, but not guaranteed

Flexibility is part of the game — thanks for rolling with us when things shift.

Gym Etiquette & Facility Use

We rent and share space with schools and community gyms. Please help us maintain a strong reputation by:

- **Arriving and leaving on time**
- **Cleaning up after your team (trash, water bottles, gear)**
- **Treating equipment and staff with care and respect**
- **Using only designated court and seating areas**

Leave every space better than we found it — it's part of being a great teammate.

Here is Section XI: Fundraising & Club Growth, formatted for easy copy-paste into your Google Doc:

SECTION XI: FUNDRAISING & CLUB GROWTH

Why We Fundraise

TVVC is committed to keeping club volleyball affordable — and that means we rely on occasional fundraising to support:

- **Equipment upgrades**
- **Scholarship assistance**
- **Tournament entry fees**

- **Training resources and facility access**

Fundraising helps us expand opportunities for every athlete while keeping dues as low as possible.

How Families Can Help

We'll offer a few low-effort, high-impact fundraising opportunities each season. These may include:

- **Snack bar shifts or donations at hosted events**
- **Community-based fundraisers (restaurant nights, raffles, etc.)**
- **Selling apparel or gear during the season**

Participation is always appreciated — and makes a real difference. Even small efforts help sustain and grow what we're building.

Club Growth Vision

As TVVC continues to grow, we are exploring ways to expand:

- **Training opportunities: more gyms, beach volleyball sessions, and off-season workouts**
- **Financial accessibility: growing our scholarship fund to help more families participate**
- **Community impact: creating spaces where volleyball is accessible to kids of all backgrounds and ability levels**

Every practice, every game, and every dollar raised helps us invest in the future of this club — and the athletes who make it special.

Here is Section XII: Gratitude & Connection, formatted for easy copy-paste into your Google Doc:

SECTION XII: GRATITUDE & CONNECTION

To Our Athletes

Thank you for showing up — not just physically, but with your heart and effort.

It takes courage to try, to struggle, to grow, and to commit yourself to something bigger than your own success. You are the reason this club exists. You are the reason we coach. And you are the ones who carry our values into every practice, every tournament, and every interaction.

We hope you leave this season stronger, more confident, and more connected — to the game, to your team, and to yourself.

To Our Families

Thank you for trusting us.

For the drives, the meals, the emotional ups and downs. For supporting your athlete through their challenges and triumphs. For helping us create an environment where kids can compete, belong, and grow.

You're not just part of the logistics — you're part of the culture. Your belief in what we do means everything.

Stay Connected

TVVC is more than a season — it's a community. We encourage families to stay involved between seasons through:

- **Attending open gyms or clinics**
- **Following us on social media**
- **Recommending TVVC to new players and families**
- **Giving feedback that helps us grow**

This club is built on relationships — and we're so grateful you're part of ours.