



## **Courthouse Volleyball Club 2024-2025 Season**

### **Our Philosophy:**

We believe in training the athlete as a whole. Our goal is to provide a sports experience that builds character while teaching the fundamentals of the game. Also, we teach our athletes how to form healthy habits around exercise and nutrition that will carry them into adulthood. These healthy habits create the ability to influence both the athlete and their family, which allows us to have a positive effect on more than just those who wear a team jersey.

Club Volleyball is a marathon, not a sprint. The 6-month season will require repetition and allow many opportunities to grow and progress throughout the season.

### **What makes Courthouse Volleyball Club different from other clubs:**

1. Our club is backed by Courthouse Club Fitness. Courthouse Club Fitness has spent the last 40+ years as a part of area youth programs and making fitness a lifestyle in our community.
2. Uniforms are included. Each player will receive a Hoodie Sweatshirt, Practice T-shirt, and two uniforms. Players will have the ability to purchase additional gear online.
3. Our head coaches and director have at least five years of coaching experience or collegiate playing experience each.
4. We hold practice over Christmas and spring break. However, feel free to go on vacation if you have one planned during these times! Please just communicate travel plans with your coach.
5. Because we believe in training the athlete as a whole, we use Courthouse resources to make sure your daughter or son has the tools to train and reach her potential.
  - a. A Courthouse membership during the club season is included in club dues for each player. Your athlete can work out, cross-train, or use the pools and other amenities in the club.
  - b. Courthouse Volleyball Club supports multi-sport athletes, and we encourage you to play more than one sport! Research shows a correlation between one-sport athletes and an increased risk of injury. If your athlete chooses to play another sport, please lay their schedules side-by-side and find conflicts. Please inform your coach and team, but feel free to do basketball, softball, swimming, or track!
  - c. Our older teams (16u and 18u) will train with Courthouse trainers to improve their overall fitness and athletic performance in a team environment.

### **Practice**

Practices are held at the Battle Creek, Keizer, Lancaster and West Courthouse Club Fitness Locations. In addition, teams may practice at Blanchet and/or Salem Academy. Practice times range from 5PM-9PM. 12U will have priority for early practices.



## **Cost**

We realize that club volleyball is an investment and want to identify what is included in your cost. Clubs dues include all tournament fees, uniform package, coach compensation, Courthouse membership, Courthouse Training (if applicable) and reserved court space. **Player lodging, transportation, and food will be the parent's responsibility.**

Teams	Club Dues	Deposit	Installment 1	Installment 2	Installment 3	Installment 4	Installment 5
Boys Blue	\$2,500	\$600	\$380	\$380	\$380	\$380	\$380
Boys Red	\$2,000	\$600	\$280	\$280	\$280	\$280	\$280
18 Blue	\$2,800	\$600	\$440	\$440	\$440	\$440	\$440
18 Red	\$2,200	\$600	\$320	\$320	\$320	\$320	\$320
16 Blue	\$2,800	\$600	\$400	\$400	\$400	\$400	\$400
16 Red	\$2,200	\$600	\$320	\$320	\$320	\$320	\$320
14 Blue	\$2,400	\$600	\$320	\$320	\$320	\$320	\$320
14 Red	\$1,800	\$600	\$220	\$220	\$220	\$220	\$220
12 Blue	\$1,600	\$600	\$200	\$200	\$200	\$200	\$200
12 Red	\$1,300	\$600	\$140	\$140	\$140	\$140	\$140

**\*\*Fundraising options will be available to offset club dues, as well as our Courthouse Volleyball Club Scholarship Fund. Scholarship applications are on our website.**

## **Pre-Season Clinics - Cost: \$35 Register**

**12U/14U Pre-Season Clinic** – November 5, 6:00 PM to 7:30 PM at Battle Creek Courthouse

**16U/18U Pre-Season Clinic** – November 7, 6:00 PM to 7:30 PM at Battle Creek Courthouse

## **Tryouts**

**Boys** - Saturday, October 5, 2024, 1:00 PM - 3:00 PM Battle Creek Courthouse

**12U** - Sunday, November 10, 2024, 8:00 AM - 10:00 AM Battle Creek Courthouse

**14U** - Sunday, November 10, 2023, 11:00 AM - 2:00 PM Battle Creek Courthouse

**16U** - Sunday, November 17, 2023, 11:00 AM - 2:00 PM Battle Creek Courthouse

**18U** - Sunday, November 17, 2023, 8:00 AM - 10:00 AM Battle Creek Courthouse

**Parents MUST be present at the end of all tryouts. Teams will be selected at the end of tryouts.**

## **What you need to do before Tryouts (information found at [southsidevb.com/tryouts](https://southsidevb.com/tryouts))**

- Register for Tryouts via SportsEngine. It is recommended to register for a Tryout Membership first and upgrade to full membership after making a team.
- Fill out the CEVA Membership Form online (found on the Courthouse Volleyball website)

## **What you need to bring to Tryouts**

- Printed or digital copy of your USAV membership
- Printed CEVA Medical Release Form



**Tentative Girls Tournament Schedule (Blue Teams [Travel])** \*Subject to Change

Power Leagues tournaments are located between Kelso and Roseburg but are normally within the Willamette Valley. We will not know the tournament's location until approximately two weeks prior.

	<u>18 Blue</u>	<u>16 Blue</u>	<u>14 Blue</u>	<u>12 Blue</u>
<b><u>December</u></b>	12/15 Courthouse Volleyball Club Friendship Tournament, Salem	12/15 Courthouse Volleyball Club Friendship Tournament, Salem	12/14 Courthouse Volleyball Club Friendship Tournament, Salem	12/14 Courthouse Volleyball Club Friendship Tournament, Salem
<b><u>January</u></b>	1/4 PLQ  1/18-1/20 NW Juniors MLK, Seattle	1/5 PLQ#1  1/18-1/20 NW Juniors MLK, Seattle  1/26 - PLQ#2	1/12 - PLQ#1  1/18-1/20 NW Juniors MLK, Seattle	1/11 - PLQ  1/18-1/20 NW Juniors MLK, Seattle  1/25- PL #1
<b><u>February</u></b>	2/1 - PL#1  02/15-02/17 Region Rumble, Salem	2/15-02/17 Ceva Presidents Day, Eugene  2/22 - PL#1	2/2 - PLQ#2  2/15-02/17 Ceva Presidents Day, Eugene  2/23 - PL#1	2/15-02/17 Region Rumble, Salem
<b><u>March</u></b>	3/8 - PL#2  03/29-03/30 Friendship, Rogue Valley Classic, Medford	3/9 - PL#2  03/29-03/30 Friendship, Rogue Valley Classic, Medford	03/02 Friendship NPJ, March Mayhem Salem  3/16 - PL#2	03/08 Friendship OJVA, Beaverton  3/15 - PL#2
<b><u>April</u></b>	4/13 - PL#3  4/19 Friendship MAC, Portland	4/12 - PL #3  4/19 Friendship MAC, Portland	4/5 - PL#3  4/26 - 4/27 Regionals	4/6 - P #3  4/26 - 4/27 Regionals
<b><u>May</u></b>	5/3 - 5/4 Regionals	5/3 - 5/4 Regionals		



**Tentative Girls Tournament Schedule (Red Teams)** \*Subject to Change

Power Leagues tournaments are located between Kelso and Roseburg but are normally within the Willamette Valley. We will not know the tournament's location until approximately two weeks prior.

	<b><u>18 Red</u></b>	<b><u>16 Red</u></b>	<b><u>14 Red</u></b>	<b><u>12 Red</u></b>
<b><u>December</u></b>	12/14-15 Courthouse Volleyball Club Friendship Tournament, Salem	12/14-15 Courthouse Volleyball Club Friendship Tournament, Salem	12/14-15 Courthouse Volleyball Club Friendship Tournament, Salem	12/14-15 Courthouse Volleyball Club Friendship Tournament, Salem
<b><u>January</u></b>	1/4 PLQ  1/18-1/19 Friendship Athena, Hillsboro	1/5 PLQ#1  1/18-1/19 Friendship Athena, Hillsboro  1/26 - PLQ#2	1/12 - PLQ#1  1/18-1/19 Friendship Athena, Hillsboro	1/11 - PLQ  1/25- PL #1
<b><u>February</u></b>	2/1 - PL#1  02/15-02/17 Region Rumble, Salem	02/15-02/17 Ceva Presidents Day, Eugene  2/22 - PL#1	2/2 - PLQ#2  2/23 - PL#1	2/08 Friendship NPJ, February Fever, Salem
<b><u>March</u></b>	3/8 - PL#2  Friendship TBA	3/9 - PL#2  03/01 Friendship NPJ, March Mayhem Salem	3/16 - PL#2  03/09 Friendship OJVA, Beaverton	3/15 - PL#2  03/08 Friendship OJVA, Beaverton
<b><u>April</u></b>	4/13 - PL#3  04/19 Friendship NPJ, Salem	4/12 - PL #3  04/05 Friendship OJVA, Beaverton	4/5 - PL#3  4/26 - 4/27 Regionals	4/6 - P #3  4/26 - 4/27 Regionals
<b><u>May</u></b>	5/3 - 5/4 Regionals	5/3 - 5/4 Regionals		



**Tentative Boys Tournament Schedule (Blue & Red Teams)** \*Subject to Change

Power Leagues tournaments are located in Oregon, Washington and Idaho. Team designation will determine travel requirements

	<b><u>Boys Blue</u></b> <i>Participation in the Western Boys Power League in one-day and two-day events across Oregon, Washington and Idaho.</i>	<b><u>Boys Red</u></b> <i>Participation in the Western Boys Power League in one-day and two-day events across Oregon only.</i>
<b><u>December</u></b>	12/7-8 Ceva Kickoff Tournament, Hillsboro, OR  12/14-15 WBPL Kickoff Tournament, Centralia, WA	12/7-8 Ceva Kickoff Tournament, Olympus Sports Center, Hillsboro, OR  12/14-15 Courthouse Volleyball Club Friendship Tournament, Salem
<b><u>January</u></b>	01/25-26- WBPL/Idaho Strike Boise Tournament, Boise, ID	
<b><u>February</u></b>	02/08- Ceva Boys February Freeze, Hillsboro, OR  02/15-16- WBPL/Ajax Portland Tournament, Hillsboro, OR	02/08- Ceva Boys February Freeze, Hillsboro, OR  02/15-16- WBPL/Ajax Portland Tournament, Hillsboro, OR
<b><u>March</u></b>	*03/8-9- WBPL/Absolute Zero Mercer Island Tournament, Mercer Island, WA	*03/15-16- Courthouse Boys Friendship Tournament, Salem, OR
<b><u>April</u></b>	04/12-13- WBPL Centralia Tournament, Centralia, WA  04/19- Ceva Boys Spring Fling, Hillsboro, OR  04/27-28 Ceva Regional Championships, Portland, OR	04/19- Ceva Boys Spring Fling, Hillsboro, OR  04/27-28 Ceva Regional Championships, Portland, OR

**Questions?**

Visit our website at [courthousefit.com/courthouse-volleyball](http://courthousefit.com/courthouse-volleyball) or email Director Cherry Denos at [volleyball@courthousefit.com](mailto:volleyball@courthousefit.com)