



## **Courthouse Volleyball Club 2025-2026 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 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 sweatshirt, practice t-shirt, and two uniforms. Players will have the ability to purchase additional gear on our online store.
3. Our head coaches and director have years of coaching experience ranging from 5 to 43 years in addition to collegiate playing experience!
4. We hold clinics over Christmas and spring break. However, feel free to go on vacation if you have one planned during these times. Please 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 their 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 Power League fees, uniform package, coach compensation, Courthouse membership dues, Courthouse training (if applicable) and reserved court space. **Invoiced Tournament fees (blue teams), 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 | \$3,600+  | \$600   | \$600+        | \$600+        | \$600+        | \$600+        | \$600+        |
| Boys Red  | \$3,200   | \$600   | \$520         | \$520         | \$520         | \$520         | \$520         |

+ Additional Invoice Travel tournaments (entry fee, coaches travel expenses, and athlete travel and hotel expenses) **TBA**

**\*\*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: \$50 Registration** (includes open gyms)

**14U-18U Pre-Season Clinic** – September 23, 2025 & September 25, 2025, 6:00 PM to 7:30 PM at Battle Creek Courthouse

**Open Gyms- Cost: \$15 Drop In or \$0 with Pre- Season Clinic Registration**

**14U- 18U Open Gyms** - September 30, 2025 & October 2, 2025, 6:00 PM to 7:30 PM at Battle Creek Courthouse

## **Tryouts**

**Boys** - Saturday, October 4, 2025, 8:00 AM - 2:00 PM Battle Creek Courthouse, 6250 Commercial St SE, Salem, OR 97306

- **14U-** 8:00am-10:00am
- **16U/18U-** 11:00am-2:00pm

**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 [courthousefit.com/volleyball-club/](http://courthousefit.com/volleyball-club/))**

- 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 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><br><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><br><i>Participation in the Western Boys Power League in one-day and two-day events across Oregon, Washington and Idaho.</i> |
|------------------------|---|--|
| <b><u>December</u></b> | Ceva Kickoff Tournament, Olympus Sports Center, Hillsboro, OR<br><br>SoCal Cup Winter Formal, Los Angeles, CA                                       | Ceva Kickoff Tournament, Olympus Sports Center, Hillsboro, OR<br><br>WBPL Kickoff Tournament, Centralia, WA  |
| <b><u>January</u></b>  | WBPL/Idaho Strike Boise Tournament, Boise, ID   | WBPL/Idaho Strike Boise Tournament, Boise, ID  |
| <b><u>February</u></b> | WBPL/Ajax Portland Tournament, Hillsboro, OR  | Ceva Boys February Freeze, Hillsboro, OR<br><br>WBPL/Ajax Portland Tournament, Hillsboro, OR   |
| <b><u>March</u></b>    | WBPL Mercer Island Tournament, Mercer Island, WA  | WBPL Mercer Island Tournament, Mercer Island, WA   |
| <b><u>April</u></b>    | Ceva Regional Championships, Portland, OR   | Ceva Boys Spring Fling, Hillsboro, OR<br><br>Ceva Regional Championships, Portland, OR   |
| <b><u>May</u></b>      | Border Smackdown, Spokane, WA   | Border Smackdown, Spokane, WA  |



|                    |   |  |
|--------------------|---|--|
| <b><u>June</u></b> | SoCal Cup Showcase,<br>Los Angeles, CA<br><br>AAU Nationals,<br>Orlando, FL |  |
| <b><u>July</u></b> | AAU Nationals,<br>Orland, FL  |  |

**Questions?**

Visit our website at [courthousefit.com/courthouse-volleyball](http://courthousefit.com/courthouse-volleyball) or email Director Kim Labrousse at [club.sports@courthousefit.com](mailto:club.sports@courthousefit.com)