



VOLLEYBALLBC

## So You're A Volleyball Family ....Now What?

*Info to help you survive the season*

January 14, 2026

**Adrian Goodmurphy**, Head of Sport

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## Land Acknowledgement

*While volleyball is played across the province, we acknowledge that our offices stand on the traditional territories of the səlilwətaʔ təməxʷ (Tsleil-Waututh), šxʷməθkʷəy̓əməʔ təməxʷ (Musqueam), Skw̓xwú7mesh (Squamish), and S'ólh Téméxw (Stó:lō) peoples. This place is also connected to the care and history of the Hul'qumi'num Treaty Group, the Stz'uminus, the Qayqayt First Nation, and the inland Cayuse, Umatilla and Walla Walla peoples.*

*We acknowledge and thank these Indigenous People for their continued stewardship and leadership on these lands. Our commitment is to thoughtfully encourage places for community, fun, and active living, honouring the deep and ongoing relationship that Indigenous nations have with this land and water.*

# AGENDA



**OVERVIEW OF CLUB  
SEASON**



**HOW TO SUPPORT  
YOUR ATHLETE & TEAM**



**KEY RESOURCES**



**KEY POLICIES &  
EXPECTATIONS**



**WHAT TO EXPECT AT  
TOURNAMENTS**



**ISSUE RESOLUTION**



**WHAT'S NEXT?**



## SCOPE & SCALE OF THE SEASON

700

teams estimated for the 2026 season.

**8400** players

**1500** coaches

**400** referees

9

Regional VBC staff across BC.

200+

tournaments scheduled and organized by Volleyball BC during the 2026 season.

Each weekend we have an average of **10** tournaments taking place across the province.

60%

growth in the number of club participants over the last 3 years.

# OVERVIEW OF THE CLUB SEASON

## General Season Timeline

- November/December - Tryouts
- January to April - Competition Season
  - 1 to 5 events
- April/May - Championship Season

## Competition Structures

- Competition structure review
- Age category dependent
  - 12-14U / 15-18U
- Rankings

## Championships

### Provincial Championships (VBC)

- Open registration
- Large festival style event
- 2-day Waved

### National Championships (VC)

- Limited Open registration
- Large festival style event
- 3-day Waved

# KEY RESOURCES & INFORMATION



## CLUB PAGE

<https://volleyballbc.org/play/youth/indoor/club-volleyball/>



## SCHEDULES & RESULTS

<https://volleyballbc.org/club-event-schedules-and-results/>



## CLUB HANDBOOK

<https://shorturl.at/R5u15>

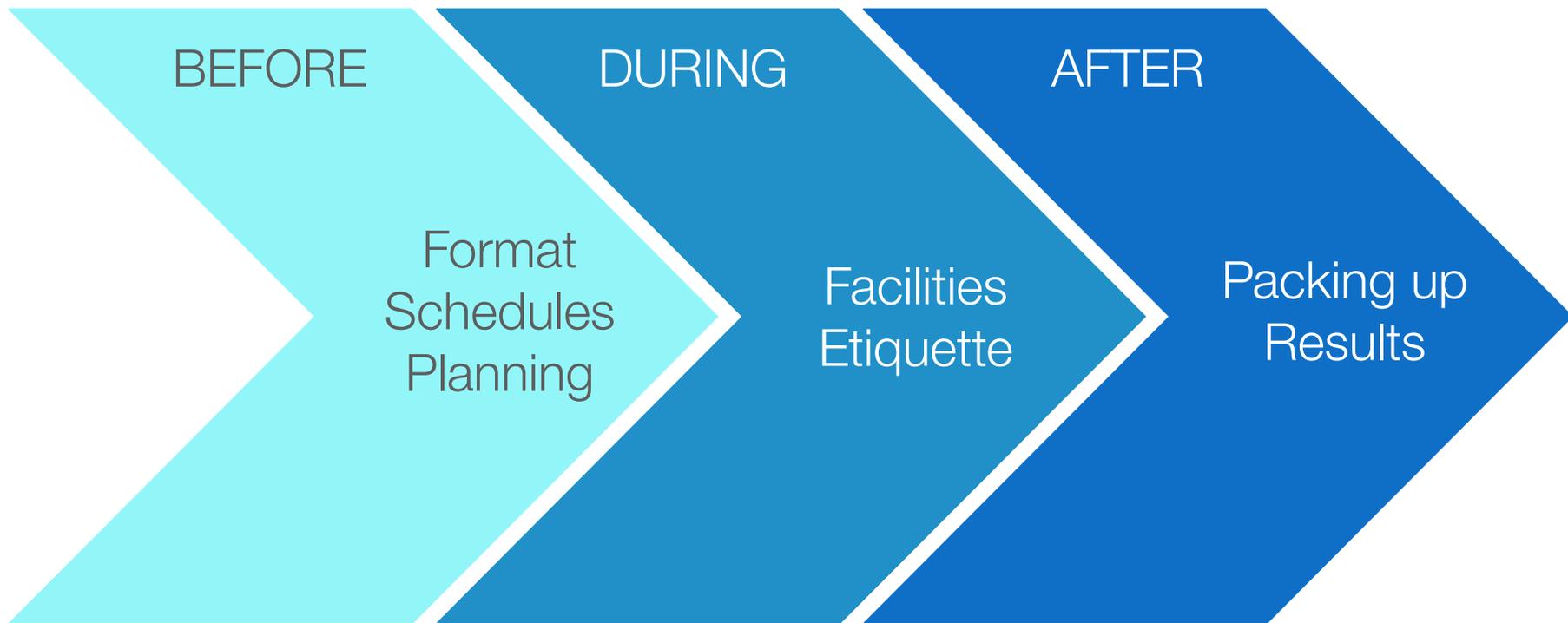


## PROVINCIAL CHAMPIONSHIPS

<https://volleyballbc.org/play/youth/indoor/club-volleyball/provincial-championship/>

- All information is posted on our website as soon as it is available. Please check there **before** you email or call us.
- Please ensure that you are **subscribed** to our emails. This happens automatically when you register but if you clicked “unsubscribe” on any of our emails, you will not receive information.

# THE TOURNAMENT EXPERIENCE



# THE TOURNAMENT EXPERIENCE

BEFORE

- Tournaments not leagues
- You will know the city you are playing in but not the individual facilities until 10 days before each event
  - Hotels
  - Travel considerations
  - Reservations
- Tournament length: 1-day or 2-day
- Prepare for the day:
  - Ensure that enough food and drink (and that can be safely kept in car!)
  - Gyms are loud - earplugs are a good investment
  - Bring tape, prowrap, bandaids/bandages, hair ties.
  - Carpool! Especially if you are at the Harry Jerome Sport Centre.
  - Some gyms may be chilly, bring layers just in case.

# THE TOURNAMENT EXPERIENCE

DURING

- Volleyball BC Staff/Coordinators
  - All facilities will have a coordinator for the onsite delivery
  - Show respect and appreciation for facility staff and VBC Coordinators.
- How do I know where/when I play?
  - Online draw and results ([via google](#))
- How long will I be in the gym?
  - You should plan to be there for 6 to 8 hours depending on the event format
  - There is not a common, scheduled lunch break. Athletes should eat when their team is not scheduled
- Changing facilities
  - You may be required to travel to another facility to play
  - The draw will allow for travel time
  - Maximum once per day

# THE TOURNAMENT EXPERIENCE

## DURING

- Understand food and drink restrictions:
  - Bring only water inside the gym
  - Only bring food and other drinks into designated spaces that are communicated by VBC beforehand.
  - No team tables, portable cooking devices, or catering.
- Animals are not allowed.
- Respect the facility rules:
  - Stay within designated spectator areas.
  - Do not enter restricted or private spaces and do not move any property.
- Come prepared:
  - Most tournaments are in schools with limited spectator space - please share!
  - Tournaments rarely run to time!
  - Be ready for a lot of noise.

# THE TOURNAMENT EXPERIENCE

## AFTER

- Help us to maintain access to facilities:
  - Clean up any garbage that you have.
  - Tidy up team benches for the next team coming to play.
  - Thank facility staff if you see them.
  - Leave promptly and quietly.
- Results from the tournaments are available using the same link for the draw.
  - Overall seasonal rankings and results (15-18U) will be posted online
    - [2026 Club Rankings](#)
- Start preparing for the next event!

# SUPPORT FOR YOUR TEAM AND YOUR ATHLETE

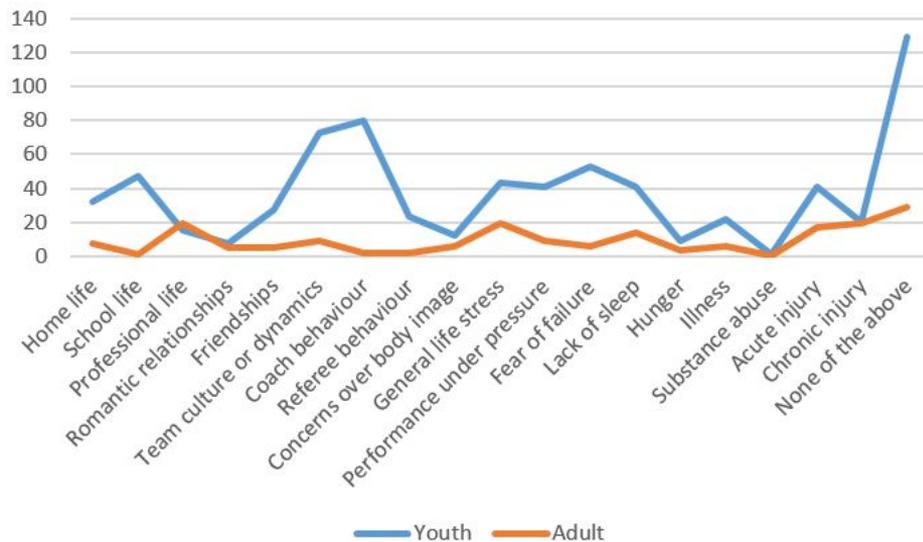


- Coaches are volunteers for the most part.
- Ask your coach or club how you can help.
  - Team Logistics
  - Scorekeeping / Lines Person
- If any concerns or issues arise, find out from your club how best to raise them.
- You're a parent not a coach

# SAFETY IS A PRIORITY



*“What impacted your performance this year?” (2025)*





<https://volleyballbc.org/safe-sport/>

## CONCUSSIONS

### What is a concussion?

A concussion is a mild traumatic brain injury (mTBI) that occurs when there is rapid acceleration/deceleration of the brain inside the skull due to a hit to the head, face, neck, or elsewhere on the body with forces transmitted to the brain. This causes multiple signs and symptoms, including physical, cognitive, emotional, and sleep-related issues.

### What are the signs and symptoms of a concussion?

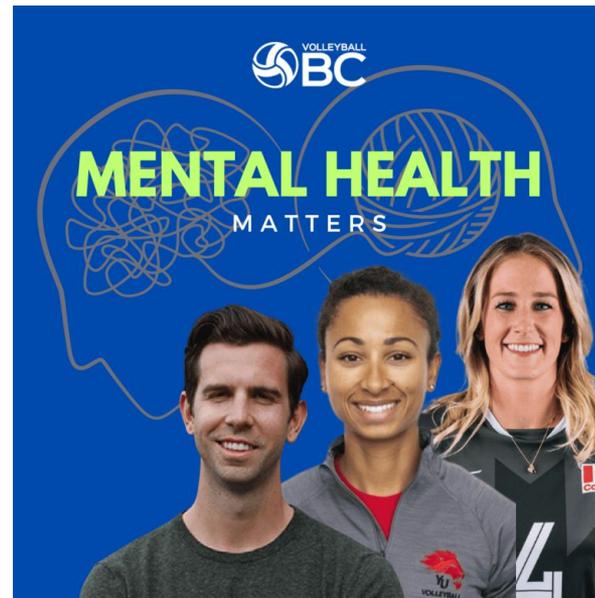
If an athlete shows ANY ONE of the following symptoms, they are diagnosed with a concussion. These symptoms also may appear in the hours following an incident.

Cognition	Physical Symptoms	Overall Wellbeing
Difficulty concentrating	Headache	Nervous or anxious
Amnesia - troubles remembering before or after injury	Dizziness	Irritable
Confusion	Neck pain	Sadness
Drowsiness	Nausea or vomiting	More emotional



## Youth Guide to Safe Behaviours

## Concussion & injury handouts

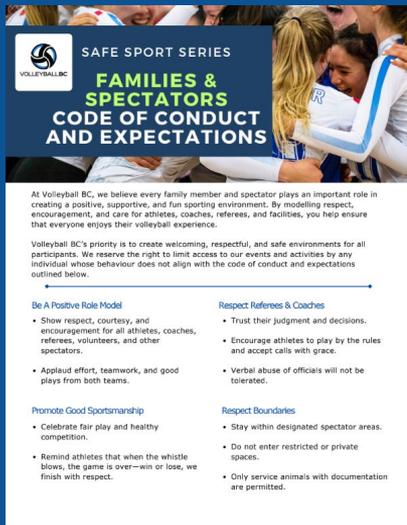


Game On: Mental Habits to Kickstart Your Season – January 27 at 6pm

Squad Goals: Owing Your Role on the Team – February 17 at 6pm

Pressure-Proof: Staying Calm When It Counts – March 3 at 6pm

# 15 CODE OF CONDUCT & EXPECTATIONS



<https://volleyballbc.org/news/so-youre-a-volleyball-family/>

## Key Policies

Code of Conduct & Ethics  
Facility Access & Use Policy  
Event Conduct Policy

You play a key role in creating a positive, supportive and fun environment for your athlete. Be a positive role model and promote good sportsmanship:

- Remind athletes that win or lose, we finish with respect.
- Applaud effort, teamwork, and good plays from both teams.
- All athletes to play, coaches to coach, and referees to referee without interference.
- Do not consume alcohol or drugs.
- Encourage athletes to resolve conflicts peacefully and respectfully.
- Help us ensure an environment free of bullying, discrimination or harassment.

## Possible consequences

Verbal warning.  
Forfeit of team's set or match.  
Ejection from event.  
Suspension or expulsion from VBC membership.  
Involvement of local authorities.

*"I have always felt physically safe but after my experience this year I think mental health and how to deal with parent coach conflict should be talked more about."*

*"Increasing heckling from parents / spectators makes the court not safe for players and referees."*

# REPORTING ISSUES & COMPLAINTS



## EVENT ISSUE

Speak to the on-site  
Tournament Coordinator.

Complete [online incident form](#) (if appropriate).

Report to VBC Head Office  
[reporting@volleyballbc.org](mailto:reporting@volleyballbc.org)



## TEAM ISSUE

Speak to your Coach or  
Team Manager.

Contact your Club's  
administrator or executive.



## VBC ISSUE

Complete [online incident form](#) (if appropriate)

Report to VBC Head Office  
[reporting@volleyballbc.org](mailto:reporting@volleyballbc.org)



## ABUSE OR MALTREATMENT

VBC has a partnership with  
ITP Sport to independently  
and confidentially handle  
any concerns related to  
conduct and safety.

<https://app.integritycounts.ca/org/itpsport>

# WHAT'S NEXT?



Beach Volleyball

May to August  
Join a club (or not)  
Tournaments



High Performance

14U West Coast Cup  
15U BC Summer Games  
16U Team BC



High School

Grade 8 to 12

**Any questions?**