



**ATHLETE AND PARENT
HANDBOOK
2025 - 2026**

UPDATED VERSION: 7/27/2025



3N1 FAMILY Volleyball Club Athlete/Parent Handbook 2025-2026



Welcome to 3N1 Family Volleyball Club, a member of USA Volleyball, in the Puget Sound Region.

This handbook serves as an essential resource for our athletes and parents, offering a wealth of information about our club. It is designed to empower you with the answers you need throughout the season, ensuring a smooth and enjoyable experience for everyone involved. Your journey with us is important, and we are here to support you every step of the way!

MISSION STATEMENT:

At 3N1 Family Volleyball Club, we are dedicated to nurturing the next generation of athletes through the power of volleyball.

Our mission is to inspire a love for the game by teaching the essential skills and fundamentals that empower every athlete to reach their fullest potential, from their first service in club to their collegiate aspirations, fostering a lifelong passion for the game and a strong sense of diversity within our club.

3N1 FAMILY VBC LEADERSHIP:

Director – Cherish Malu

- *Oversee the whole operation of the club.*
- *Works closely with the Club Board representatives, Tournament Manager and Team Coaches.*
- *Liaison between Club staff and Parents of athletes*
- *Handles matters related to overarching policies and procedures.*
- *Addresses inquiries associated with rules and regulations.*
- *Oversee unique club recommendations and/or concerns.*
- *Coordination and arrangements of tryouts, clinics, camps, practices, and tournaments.*
- *Responsible for coach recruitment, evaluation of placement and disciplinary actions.*

Assistant Director – Ruta Fitiao

- *Main duty will be main support to the Director with the whole operation of the club.*
- *Works closely with the Club Board representatives, Tournament Manager and Team Coaches.*
- *Liaison between Director, Vendors, Club staff and Parents of athletes*
- *Handles matters related to overarching policies and procedures.*
- *Addresses inquiries associated with rules and regulations when Director is not available.*
- *Handle logistical aspects of operations of club needs.*
- *Assist Director with coordination and arrangements of tryouts, clinics, camps, practices, and tournaments.*

Administration/Secretary – Tiare Malu

- *Oversee all administrative tasks that facilitate the operations of 3N1 Family VBC.*
- *Handles all document processing for registered athletes for the club season:*
 - *Birth Certificates*
 - *Signed Athlete/Parent Contracts*
 - *Current USAV medical release forms*
 - *Completion of all online courses for Coaches and Athletes*
 - *Monitors all Coach certifications.*
- *Collaborate closely with club treasurer to manage monthly dues, invoices and membership rosters.*
- *Prepare minutes from all club related meetings.*
- *Maintains individual files for Athletes, Coaches and Teams*
- *Support representative to the Club board members assisting in all matters related to the club.*

Treasurer – Ruta Fitiao

- *Develop a financial plan for all club-related activities, including practices, tournaments and special events.*
- *Oversee the management of budgets for the club.*
- *Administer Coach expenses, collect monthly dues from parents, and handle invoices/payments.*
- *Ensure timely payment for purchase orders and tournament fees.*

- *Keep accurate financial records by reconciling all vendor and athlete accounts.*
- *Collaborate with the Club Tax Accountant to ensure accurate annual filing.*
- *Support representative to the Club board members assisting in all matters related to the club.*

Event & Fundraiser Coordinator – Melissa Vinoray / Precious Talamoni

- *Organize club related events; plans, manages, and executes events that align with club's mission.*
- *Develop events and fundraiser ideas and themes that resonate with the club's goals and members' interest.*
- *Works close with members of the board, creating event/fundraiser budgets ensuring responsible spending and projected earnings.*
- *Works closely with event vendors – developing timelines and schedules, coordinating team/club activities.*
- *Addresses any unexpected issues or challenges that arise during an event/fundraiser and notifying Director or Assistant to the Director in a timely manner.*
- *Works close with club's Media Coordinator to help the appropriate marketing and promotion of events/fundraisers to the club organization and community.*

Media Chiefs – Precious Talamoni

- *Responsible for creating and managing engaging content, promoting the club's activities.*
- *Interacts with online commentaries to boost engagement and awareness for the club organization.*
- *Identifies target audiences, choosing relevant platforms and creating a content calendar.*
- *Designing graphics, short videos to assist the promotion of upcoming events, tryouts and tournaments.*
- *Manage spotlight moments of athletes during tournaments and practices.*
- *Stay up to date on the latest social media platforms and trends.*
- *Works closely with the Event/ Fundraiser Coordinator, Assistance to the Director and Director to ensure all information all accurate and precise.*

Facility Coordinator – Jake Taliloa

- *Maintain the scheduling and coordination of all facility utilized by the club organization.*
- *Ensuring a safe and functional environment during practices, tournaments and special events.*
- *Regularly inspect facilities for any issues or building concerns.*
- *Ensure the facilities adhere to safety standards, address any security concerns and in charge of all facility scheduling.*
- *Communicate effectively with board members regarding facility matters.*
- *Works closely with Director, Assistance to the Director and Treasurer managing the facility budgets.*
- *Assist with tryout, official practice training and hosted tournaments facility usages.*

TRYOUTS AND TEAM SELECTION

Athletes are assessed on their skill execution, athletic performance and potential. Selections are made based on athletic ability, overall athletic potential, skill proficiency, work ethic, receptiveness to coaching and attitude. Annual evaluations will be conducted for all athletes, regardless of their previous year's team participation. Those with physical or medical conditions that may hinder their attendance at tryouts should reach out to the Club Director or Secretary before the tryout date.

(Registration and tryout fees are necessary to ensure you are secure for tryout dates)

MULTI SPORT ATHLETES

It is essential to coordinate any scheduling conflicts with your coaches well in advance. While athletes are encouraged to participate in other sports during our volleyball season, they must recognize the physical demands and commitments involved. Injuries tend to occur more frequently among those competing in multiple sports, so each athlete should understand her own limitations to maintain strength and avoid injuries.



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**** Time Commitment****

Volleyball club season for 2025-2026 will take place from October 2025 through May 2026. Participants are required to commit to attending the practices and tournaments organized by 3N1 Family VBC. Schedules can be accessed online at www.3N1Familyvolleyballclub.com

COACHING STAFF

Completion of the following certification, registration and screening for club season

- Safe Sports certified.
- IMPACT certified
- Complete Coach Registration with USAV
- Full background screening check
- *Completion of all USAV requirements for the club season*

Coaches will guide teams utilizing their expertise, understanding and skills.

REGISTRATION

Athletes and parents are required to fulfill the following pre-requisites prior to participating in any 3N1 Family VBC events.

- Signed 2025-2026 3N1 Family VBC agreement contract.
- Signed 2025-2026 USAV Puget Sound Region Commitment Letter
- USA Volleyball Puget Sound registration form
- USA Volleyball Medical History and Release form
- Puget Sound Region Concussion Awareness and cardiac Arrest form

REGISTRATION AND ELIGIBILITY

They USAV establishes age categories for both training and competition purposes. The classifications for these age divisions are outlined as follows:



USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2025-2026 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under ¹	18 & Under ²	17 & Under	16 & Under	15 & Under ³	14 & Under ⁴	13 & Under ⁵	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Aug	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Sept	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Oct	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Nov	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Dec	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Jan	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Feb	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Mar	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Apr	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
May	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
June	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018

¹Players who were born on or after July 1, 2006 and a high school student in the twelfth (12th) grade or below during some part of the current academic year are eligible to compete in 18 & under.

²Players in this age range that have graduated high school are ineligible only if they have been enrolled at a university, college, community college or junior college AND have been cleared to participate by that (volleyball) program.

³Players who were born on or after July 1, 2007, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under.

⁴**Male Only** - Players who were born on or after July 1, 2011 OR players who were born on or after July 1, 2010 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year **are eligible to play in the 14 & Under division**. This is because the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

⁵**Male Only** - Players who were born on or after July 1, 2011 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

⁶**Male Only** - Players who were born on or after July 1, 2012 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.

ATHLETES CODE OF CONDUCT

- Strive to be a collaborative member of the team, whether actively participating in a game or supporting from the sidelines.
- It's essential to prioritize your attendance and commitment during practices and tournaments.
- Demonstrate respect towards all teammates, parents, coaches and officials.
- A player's demeanor and conduct can have a profound impact on both their teammates' mental and physical well-being.

- Offer encouragement and support to your teammates both during games and in practice.
- Disrespectful behavior, such as arguing or talking back will NOT be tolerated.
- Inappropriate actions may lead to reduced playing time or removal from team if not resolved.

PARENTS CODE OF CONDUCT

- Parents should serve as role models for young athletes by leading through their actions.
- Always exemplify good sportsmanship and stewardship.
- Criticism directed at athletes, coaches, referee officials or opposing teams is unacceptable and should be avoided.
- It is important to refrain from using inappropriate language or yelling obscenities at any volleyball event.
- Be mindful and allow coaching staff to manage team without distractions.
- Any confrontation involving parents, coaches, athletes, referee officials or other parents may lead to restrictions on attendance at future practices and tournaments.
- Any discussions regarding playing time and or any other concerns should not occur between parents and coaches at tournaments. Please reach out to coaches privately to schedule a time and date for further discussion.

Please familiarize yourself with the **PURPLE CARD** policy established by the Puget Sound Region, as your behavior reflects on both your play and 3N1 FAMILY volleyball club

GRIEVANCE PROCEDURE

For the well-being of both the teams and the club overall, complaints and concerns will only be addressed solely through the grievance process detailed below.

Please follow these grievance steps:

1. A 24-hour calm down period will be required prior to any discussion.
 - a. Before any meeting with the coaching staff or Director, it is imperative to allow all parties involved time to cool down.
2. Athletes meet with their head coach to discuss any concerns.

- If the issue remains unresolved or the athlete has valid concerns about communicating with the head coach, please advance to step 3
- 3. Parents may then meet with the head coach to discuss any concerns.
 - a. If the matter is not resolved or the parent has valid concerns about communicating with the head coach, please advance to step 4
- 4. The parents arrange to meet with the Club Director, where the athlete, head coach or both may be required to attend.
- 5. The decisions and recommendations made by 3N1 Family VBC and Director will be considered FINAL and not subject to an appeal.

***3N1 Family VBC is committed to promoting fairness and honest open communication, ensuring that all concerns are addressed with the athlete's well-being as a priority. Creating a comfortable environment for all athletes, parents and club staff. ***

UNIFORMS

- Uniform packages (15U-18U Boys/Girls teams ONLY) - **NOT INCLUDED TO TUITION**
- Uniform packages (12U-14U Girl teams ONLY) – **INCLUDED IN TUITION**
- Athletes must acquire a uniform package that consists of three (3) jerseys (2 long sleeves / 1 sleeveless), 2 spandexes, a warm-up top/bottom, arm sleeves, and a backpack.
- **Leggings, socks and knee pads are not included in the uniform package and will need to be purchased separately by the athlete.**
- Each athlete is responsible for the proper maintenance of their uniforms.

TUITION

Tuition includes:

- Power League and Regionals entry fees
- Local tournament entry fees
- Travel tournament entry fees
- Practice facility uses
- Uniform packages (12U-14U Girl teams ONLY)

Not included in Tuition

- Uniform packages (15U-18U Boys/Girls teams ONLY)
- Travel expenses: airfare, hotel etc.

A non-refundable deposit is required at the time of signing. Payment options are available in three distinct plans, which can be reviewed in the accompanying chart based on age group.

We recognize that unforeseen financial difficulties may arise, and if you are unable to meet your payment obligations, please contact the member of the 3N1 Family VBC Board promptly to discuss alternative arrangements. Failure to communicate regarding financial responsibilities may lead to suspension from practices and/or tournaments.

- Non-communication penalties
 - 5 days past due – WARNING
 - 1 week past due – Athlete **will NOT be able to participate** in current tournaments until payment or arrangement is made with Director or Club Treasurer
 - 2 weeks past due – Athlete **will NOT be able to participate** in practices and tournaments until payment or arrangements is made with Director or Club Treasurer.

Assigned payment due 28th of every month

Age Group <i>(Girls)</i>	Tuition	Deposit Fee <i>(Due at signing)</i>	4 MONTHS <i>(Nov – Feb)</i>	6 MONTHS <i>(Nov – Apr)</i>	7 MONTHS <i>(Nov – May)</i>
12U – 14U	\$2,800	\$500	\$575 / month	\$383.33 / month	\$328.57 / month

Assigned payment due 1st of every month

Age Group <i>(Girls)</i>	Tuition	Deposit Fee <i>(Due at signing)</i>	4 MONTHS <i>(Nov – Feb)</i>	6 MONTHS <i>(Nov – Apr)</i>	7 MONTHS <i>(Nov – May)</i>
15U – 18U	\$2,500	\$500	\$500 / month	\$333.33 / month	\$285.71 / month

Assigned payment due 15th of every month

Age Group <i>(Boys)</i>	Tuition	Deposit Fee <i>(Due at signing)</i>	4 MONTHS <i>(Sep – Dec)</i>	6 MONTHS <i>(Sep – Feb)</i>	8 MONTHS <i>(Sep – Apr)</i>
16U – 18U	\$2,500	\$500	\$500 / month	\$333.34 / month	\$250 / month

<i>Price Discounts Additional Sibling(s)</i>					
Sibling(s)	Tuition Discount	Deposit Fee (Due at signing)	4 MONTHS	6 MONTHS	7 MONTHS
2 nd Sibling 25% OFF	\$1,875	\$375	\$375 / month	\$250 / month	\$215 / month
3 OR more 50% OFF	\$1,250	\$300	\$237.50 / month	\$158 / month	\$136 / month

This calculation is using \$2500 as an example, deposit fee will not go lower than \$300 due to uniforms for ages U11-U14. For tuition discount for ages U11-U14 please contact the director @ Cherish@3n1familyvolleyballclub.org



Signature and Acknowledgement

By signing below, I acknowledge that I have reviewed all 3N1 CLUB handbook information and understand the pricing details listed above.

I accept the terms as outlined and agree to the amounts specified.

- Athlete's Name: _____
- Date: _____

- Athlete's Name: _____
- Date: _____

- Parent's Printed Name: _____
- Parent's Signature: _____
- Parent's Email Address: _____
- Date: _____