



REVOLUTION
PEACE REGIONAL VOLLEYBALL CLUB
EST. 2012

PRVC Athlete Handbook

PRVC Athlete Handbook 2026

Strong Minds. Strong Teams. Strong Futures.

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1. What It Means to Be a PRVC Athlete

Being selected for a PRVC team means you are part of something bigger than yourself. You represent your teammates, coaches, families, and Club every time you practice, compete, travel, communicate online, or wear PRVC clothing.

You do not have to be perfect. You are expected to be honest, respectful, willing to learn, and committed to becoming a better athlete and teammate.

What We Expect from You

- treat athletes, coaches, officials, volunteers, opponents, and families with respect.
- bring effort, attention, and a willingness to learn.
- take responsibility for your choices, words, and actions.
- support your teammates and contribute to a positive team environment.
- compete with confidence, humility, and good sportsmanship.

Why it Matters

Your talent helps a team compete. Your character, effort, and treatment of others determine the kind of teammate you become.

2. Commitment to Your Team

Attendance and Preparation

Your team depends on you. Attend practices, tournaments, meetings, and team activities unless you are ill, injured, or have another important commitment. Arrive early enough to be fully ready at the scheduled start time. Your coach may set an earlier arrival time for practices, tournaments, or other team activities.

- with your parent or guardian, make sure you hold the Volleyball Alberta membership required for each activity. After joining a competitive team, complete the required membership upgrade and ensure it is added to PRVC's Sportlomo portal.
- report your availability in TeamLinkt by the requested deadline.
- tell your coach or Team Manager as early as possible if you will be late or absent.
- come ready to participate, including proper clothing, water, food, and required equipment.
- help with team equipment and setup or cleanup when asked.
- keep phones put away during practices, meetings, and team activities unless a coach permits their use for a specific purpose.
- let your coach know about an injury, illness, or concern that may affect your safety or participation.

Attendance can affect team preparation, athlete development, your role, and playing-time decisions when Volleyball Alberta rules do not require otherwise.

Why it Matters

A team cannot prepare well when athletes are frequently missing or when coaches learn about absences at the last minute. Reliable communication shows respect for everyone's time and effort.

3. Effort, Coachability, and Growth

Coachable athletes listen, ask questions, try the correction, and keep working even when a skill feels difficult. Being coachable does not mean you must agree with everything immediately or never feel frustrated. It means you respond respectfully and stay open to learning.

Growth Looks Like

- giving honest effort, including during drills that are not your favourite.
- accepting feedback without eye-rolling, arguing, shutting down, or blaming others.
- asking for clarification when you do not understand.
- trying again after mistakes instead of becoming afraid to make them.
- recognizing that progress may happen at a different pace for every athlete.

A helpful response

"I'm not sure I understand what you want me to change. Can you show me again?"

Why it Matters

Mistakes are part of learning. Athletes grow fastest when they can receive feedback, stay curious, and keep trying without allowing one difficult moment to define the rest of practice or competition.

4. Being a Good Teammate

Good teammates do more than celebrate points. They help create an environment where everyone feels safe to learn, compete, make mistakes, and contribute.

- encourage teammates without controlling or criticizing them.
- celebrate team success without comparing athletes.
- include others and avoid cliques, gossip, exclusion, and inside jokes intended to hurt.
- do not blame teammates, coaches, or officials when something goes wrong.
- show respect for officials and do not argue calls during a match.
- address conflict respectfully and ask an adult for help when needed.
- never participate in bullying, harassment, discrimination, hazing, retaliation, or humiliation.
- never threaten, push, shove, fight, or use physical aggression toward another person.

You are not required to be best friends with every teammate. You are required to treat every teammate with dignity and respect.

Why it Matters

Athletes play with more confidence when they know mistakes will not lead to ridicule or exclusion. A respectful team culture allows everyone to take risks, learn, and compete together.

5. Roles, Playing Time, and Disappointment

Every athlete wants to contribute. Your role may change during the season based on attendance, effort, attitude, skill development, positional needs, team strategy, readiness, safety, team expectations, competition level, and the stage of the season.

Playing Time

PRVC follows all Volleyball Alberta fair play and developmental substitution requirements that apply to your age category. Subject to those requirements and circumstances such as tournament format, safety, injury, illness, discipline, attendance, and team needs, coaches will make reasonable efforts to ensure each athlete participates in a minimum of three sets per tournament.

Equal playing time is not guaranteed unless Volleyball Alberta rules require it. Playing-time decisions must still be made respectfully and thoughtfully, with athlete development, team expectations, and PRVC values in mind.

When You Are Disappointed

- allow yourself time to calm down before starting an important conversation.
- ask your coach what you can work on or what they need to see from you.
- listen to the answer, even when it is difficult to hear.
- focus on the parts you can control: preparation, effort, attitude, communication, and response.

Why it Matters

Disappointment is real but learning how to respond to it is part of becoming a strong athlete. A respectful conversation gives you useful information and helps you take an active role in your development.

6. Communication and Using Your Voice

Coaches and athletes may communicate directly as part of normal coaching, including feedback, goals, development, team role, and playing time. Athletes may ask questions themselves or request support from a parent, Team Manager, Assistant Coach, or another appropriate adult.

How to Start a Conversation

- choose an appropriate time, not during a match, in front of the team, or while emotions are high.
- ask the Team Manager to help arrange a conversation if needed.

- focus on your experience and what you want to understand.
- invite a parent, guardian, Team Manager, Assistant Coach, or another approved adult to be present.

You can say

“What do I need to work on to get more opportunities?”

Coach-athlete communication must remain professional, open, and observable. A one-to-one conversation may take place in an open and observable area. A sensitive conversation must include another appropriate adult. One-to-one electronic messaging with a minor athlete is not permitted; use the approved team channel or include a parent or guardian, Team Manager, Assistant Coach, or another approved adult.

Why it Matters

Learning to speak respectfully for yourself builds confidence and independence. Observable communication also protects you and the adults supporting the team.

7. Safe Sport and Athlete Well-Being

You have the right to participate in an environment that is safe, respectful, and free from abuse, harassment, bullying, discrimination, retaliation, hazing, neglect, and inappropriate conduct. Athlete welfare always comes before winning.

Speak Up

Tell a trusted adult if something makes you feel unsafe, pressured, humiliated, threatened, or uncomfortable, or if you are worried about another athlete. Ordinary Club concerns may be brought to a coach or Team Manager. Suspected maltreatment or a possible breach of Volleyball Alberta policy must be reported through ALIAS. A trusted adult may help you make the report. Call 911 if there is immediate danger.

- ALIAS reports may be submitted online through Volleyball Alberta's Safe Sport page or by phone at 1-855-603-0483.
- you will not be punished for raising a concern honestly and in good faith.
- you do not have to investigate or prove a concern before asking for help.
- do not promise to keep a safety concern secret if another athlete tells you they may be at risk.
- in an emergency, get immediate adult help or contact emergency services.

PRVC also expects you to respect other people's boundaries, privacy, bodies, belongings, and the right to say no.

Why it Matters

Safe Sport is not only about preventing serious harm. It is about creating a team where athletes feel respected, supported, and able to ask for help without fear.

8. Social Media and Representing PRVC

The same standards of respect apply online. Posts, comments, group chats, direct messages, photos, videos, screenshots, and private accounts can affect athletes and the team even when they are shared outside official Club activities.

- do not post or share content that humiliates, insults, threatens, excludes, or targets another person.
- do not take team conflicts or disputes to social media or other public posts. This includes disputes involving an athlete, coach, team, opponent, official, volunteer, family, or PRVC. Raise concerns through the appropriate PRVC or Volleyball Alberta process. This does not prevent you from asking for help, reporting a safety concern, or making a report through ALIAS.
- do not publicly post or circulate screenshots, private messages, another person's medical information, or confidential disciplinary matters. You may share relevant information privately with a trusted adult or appropriate authority when asking for help or making a report.
- ask before posting an identifiable photo or video of another athlete.
- do not use indirect posts, anonymous accounts, or vague public criticism to address team conflict.
- pause before posting when you are angry, embarrassed, or disappointed.
- report online bullying, harassment, threats, or other serious concerns to a trusted adult.

Why it Matters

Online content can spread quickly and last much longer than the moment that caused it. Protecting privacy and choosing respectful communication helps protect you, your teammates, and the Club.

9. Travel, Tournaments, and Team Activities

Team travel and tournaments are part of the PRVC experience. Club expectations continue in hotels, restaurants, vehicles, venues, public spaces, and team activities.

- follow schedules, curfews, check-ins, supervision, and room expectations.
- be respectful to hotel staff, restaurant staff, officials, opponents, volunteers, and the public.
- remain with the team or approved adult while under team supervision and do not leave early without notifying the coach or Team Manager.
- tell an adult immediately if an athlete is missing, unsafe, ill, injured, or needs help.
- do not participate in alcohol, cannabis, vaping, illegal substances, hazing, dangerous behaviour, or property damage.
- do not use phones, cameras, or other recording devices in change rooms.
- leave change rooms, benches, hotel rooms, and team spaces clean and respectful.

Why it Matters

Travel gives teams an opportunity to build trust and create great memories. Responsible choices protect athlete safety, family finances, the team's reputation, and everyone's ability to enjoy the experience.

10. Accountability and Making Things Right

Everyone makes mistakes. Accountability means being honest about what happened, listening to how others were affected, accepting a fair response, and taking steps to repair trust.

When Expectations Are Not Met

Depending on the seriousness, impact, frequency, safety risk, and previous concerns, PRVC may respond with a conversation, reminder, apology or restorative action, parent involvement, an improvement plan, restricted participation, suspension from an activity, or removal from the team or Club. Serious safety or misconduct concerns may also be referred to the appropriate organization or authority.

Before making a final decision about an athlete's conduct, PRVC will tell the athlete and their parent or guardian what the concern is and give them a reasonable opportunity to respond. PRVC may take temporary action while the concern is reviewed when needed to protect athletes or the team.

Strong athletes take responsibility

An apology matters most when it is followed by changed behaviour.

Why it Matters

Accountability is not about expecting perfection. It is about protecting the team, learning from mistakes, repairing harm where possible, and showing through your actions that trust can be rebuilt.

Athlete Acknowledgment Form

Peace Regional Volleyball Club | Season: _____

Athlete Name: _____

Team/Age Category: _____

I have reviewed and understand the PRVC Athlete Handbook. I agree to:

- ☐ hold the Volleyball Alberta membership required for each PRVC activity and complete any required membership upgrade after joining a competitive team.
- ☐ treat athletes, coaches, officials, volunteers, opponents, and families with respect.
- ☐ attend, prepare, and communicate reliably with my team.
- ☐ bring effort, accept feedback, ask questions, and remain willing to learn.
- ☐ support my teammates and avoid bullying, harassment, discrimination, hazing, gossip, and exclusion.
- ☐ speak respectfully with my coach about my development, role, or concerns.
- ☐ follow PRVC expectations for Safe Sport, communication, privacy, phones and recording devices, social media, travel, and team activities.
- ☐ understand that suspected maltreatment or a possible breach of Volleyball Alberta policy must be reported through ALIAS.
- ☐ tell a trusted adult when I feel unsafe or when I am concerned about another athlete.
- ☐ take responsibility for my choices and work to repair trust when I make a mistake.
- ☐ accept that failure to meet these expectations may result in corrective action or limits on participation.

I understand that I may ask questions if I do not understand an expectation or need help raising a concern.

Athlete Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____