



REVOLUTION

PEACE REGIONAL VOLLEYBALL CLUB
EST. 2012

2026

Peace Regional Volleyball Club

The Peace Regional Volleyball Club (PRVC) is a not-for-profit organization focused on providing competitive club volleyball for Peace Region youth aged 12-18.

PRVC aims to provide athletes with the time, support, and coaching needed to develop their physical and psychological skills.

Throughout their time with PRVC athletes will develop a broader understanding of the game while increasing their tactical, technical and psychological abilities. When athletes leave PRVC we want them to have reached their highest potential within the sport of volleyball and have developed a love of lifelong fitness and a true understanding of sportsmanship.

Peace Regional Volleyball Club Goals

- To promote the spirit of fairness, integrity and teamwork.
- To create a fun, yet competitive environment that promotes skill and personal development.
- To provide quality coaching to assist athletes in reaching their maximum potential.
- To provide leadership and mentorship that gives our athletes the foundation to succeed at higher levels both on and off the court.
- To operate PRVC in a professional and transparent manner.

PRVC CONTACT INFORMATION

PRVC President - Wade Johnson
PRVC Vice-President – Jennifer Regal
Email: executiveprvcvolleyball@gmail.com

PRVC Treasurer – Tania Duval
Email: prvcfinance@gmail.com

PRVC Secretary – Carolyn Giroux
Email: prvcsecretary@gmail.com

PRVC Communications Coordinator – Hannah Johnson
Email: prvccommunications@gmail.com

PRVC Equipment Director – Katrina Burns
PRVC Equipment Support – Gill McLeod
Email: prvcequipmentdirector@gmail.com

PRVC Fundraising Director – Lynn Jackson
Email: prvcfundraising@gmail.com

PRVC Coaching Coordinators – Remi Gagnon & Mike McGillivray
PRVC Coaching Support – Leo Giroux
Email: prvccoachingcoordinator@gmail.com

PRVC Sportlomo & Volleyball Alberta Support – Jessica Clarke & Terry Carbone
Email: prvc.teamhelp@gmail.com

Mailing address:
PRVC Revolution
Box 6641
Peace River, AB T8S 1S4

Follow us on Facebook at:
PRVC Revolution Volleyball

CLUB STRUCTURE

The Peace Regional Volleyball Club is organized by a group of dedicated parents, coaches and community members. The Board of Directors are responsible for maintaining the policies and bylaws that have been set out for the club. They are also responsible for the organizing and networking that ensures there are coaches, gym time, equipment and funding necessary for the club to function.

Peace Regional Volleyball Club Board of Directors

President	Wade Johnson
Vice President	Jennifer Regal
Treasurer	Tania Duval
Secretary	Carolyn Giroux
Communications Director	Hannah Johnson
Coaching Coordinators	Remi Gagnon & Mike McGillivray
Coaching Support	Leo Giroux
Equipment Director	Katrina Burns
Equipment Support	Gill McLeod
Facility Director	Angelica Alberto
Fundraising Director	Lynn Jackson
Sportlomo/Volleyball Alberta Support	Jessica Clarke & Terry Carbone
Director	Jenny St. Jean
Director	Leslie Carbone

There will be board positions to fill at the end of the 2026 season. We encourage everyone who may be interested to attend the 2026 AGM. This is usually held in June after the season is complete.

The Importance of Parents

The Peace Regional Volleyball Club welcomes parent involvement and support. PRVC encourages you to become involved with the club. Volunteerism is what makes the club, team and athletes successful. Supporting the team along with the players encourages teamwork on the court and provides an example for the players to learn from.

COACHES

It takes effort and commitment to become a competent and certified coach.

Volleyball Alberta requires the completion of specific training for coaches of different age groups. This training must be completed prior to the roster lock for Premier #2 or the coach may not be able to participate in the tournament.

- Development Coach OR Advanced Development Coach Training is accepted for first or second-year head coaches for all age classes (14U-18U).

- Development Coach OR Advanced Development Coach Certification is accepted for third+ year head coaches for all age classes (14U-18U). This certification includes an in-person Evaluation process.

The PRVC board recognizes the importance of coaches. PRVC has coach coordinators to assist Head Coaches and Assistant Coaches. The coaching coordinators have developed resources for coaches. PRVC provides funding for certifications and courses.

Coaches Commitment:

- To make every effort to treat players equally.
- Treat athletes with respect and be patient with them.
- Make the well-being of all team members the top priority.
- To value each member as a person and a player.
- Commit to improve 1% each day.
- Commit to give players an opportunity to communicate and actively listen to them.
- To build a safe, positive, fun, and inclusive environment.
- To value player's and parent's investment of time and finances.
- To always be honest with players and parents.

FEES

For fall tryouts, half of the fees are due by November 14, 2025, and the remainder by December 31, 2025. For winter tryouts, the fees are due by December 31, 2025. Players will not be allowed to practice if fees are not paid in full.

Fees are divided between the athletes signed to a team. Once tryouts are over and signing is completed, PRVC cannot refund club fees.

Fees can be sent to the club treasurer via e-transfer at prvcfinance@gmail.com.

Fees are based on age group and number of players. Younger age groups will generally have 12 players per team. Once play becomes competitive the number of players changes to 10 which means the cost is split amongst 10 players rather than 12.

The goal of PRVC is to set the fee to cover most of the cost of the season. In order to cover the remainder, there will be a fundraising bond required for each player. The bond will be between \$200 and \$280 and will be returned when fundraising requirements are met. Selling a book of raffle tickets is an example of a fundraising requirement.

Fees include:

- Club administration fees and operating costs.
- Gym Rentals for team training/practices
- Registration fee for Volleyball Alberta Premier Tournaments and Volleyball Alberta Provincials

- Registration and coaching expenses for 2 outside tournaments. (Entry fees, Coach travel expenses.)
- Coaching Fees (Honorarium, Expenses) (1 Head Coach and 1 Assistant Coach)
- Coach Travel expenses
- Teams are responsible for lost equipment or damage to facilities or equipment at home and away.
- Fines or Sanctions
- 1 warm-up shirt

Fees do not include:

- **\$200 Jersey deposit.** To be handed in upon receipt of jerseys and handed back at the end of the year when jerseys are returned.
- **\$200 - \$280 Fundraising bond.** Will be returned when fundraising expectation is met.
- Volleyball Alberta Tryout Fees (2026 Youth Development Player-Tryout)
- Volleyball Alberta 2026 Youth Competitive Player-Indoor Membership. Players must have this to be on the team roster and participate in practice or premiers.

Deadline as per [Volleyball Alberta's Fall Tryout & Signing Process:](#)

U17 & U18 – September 21, 2025

U15 & U16 – September 28, 2025

U13 & U14 – October 5, 2025

Deadline as per Volleyball Alberta's Winter Tryout & Signing Process:

Within 7 days from signing the LOI

See how to register [here](#).

- Player costs for transportation, accommodation and meals for all out-of-town tournaments.
- Nationals Registration Fee/Coach travel fee
- Additional outside tournament costs as decided upon by the team (entry fees, coach travel costs etc)
- Additional team activities as decided upon by the team. This includes pictures, wind-up, and team bonding activities.

Clarifications of fees:

- Coach fees will be based on one Head Coach and one Assistant Coach.
- If athletes choose not to participate in activities covered by fees or receive apparel (warm-up shirt) their fees will not be reduced.
- Volleyball Alberta Premier and Provincial events are mandatory. Players fees will not be reduced if they are unable to attend.
- Player fees will not be rearranged to accommodate additional costs. If a team decides not to attend a mandatory event, like a premier, they cannot use the money budgeted for that event for an outside tournament.

Fee Schedule

# of Players	Fee
12	1200/year + Fundraising Bond (\$200-\$280)
10	1400/year + Fundraising Bond (\$200-\$280)

TOURNAMENTS AND TRAVEL

Parents and competitive players (U14 – U18) can expect to attend three Premier tournaments and one Provincial tournament. The U13 age group has 2 premier tournaments and one Provincial tournament.

These tournaments are held in Edmonton, Calgary, Red Deer or Grande Prairie and surrounding areas.

There may also be local tournaments which can include Grande Prairie, Spirit River, Dawson Creek, Fort St. John.

Schedule for Premier and Provincials (as of September 2, 2025)

Team	Premier 1	Premier 2	Premier 3	Provincials
U13 Female	Mar 14-15	Apr 11-12	N/A	May 2-3
U14 Female	Jan 31-Feb 1	Feb 28-Mar 1	Mar 28-29	Apr 25-26
U15 Female	Feb 21-22	Mar 21-22	Apr 18-19	May 9-10
U16 Female	Feb 7-8	Mar 14-15	Apr 11-12	May 2-3
U17/U18 Female	Feb 21-22	Mar 21-22	Apr 18-19	May 9-10
U15 Male	Feb 7-8	Mar 14-15	Apr 11-12	May 2-3

Check the [Volleyball Alberta](#) website for schedule updates.

Nationals are in May. The [Volleyball Canada](#) website has more information about dates, times and preparation for nationals.

TEAM GOVERNANCE AND STRUCTURE

Parental involvement is a fundamental component of a successful club. As such each team will require parent volunteers to run efficiently and effectively.

Each team must have a Team Manager and Treasurer. These are key parent representatives or contacts for the team. Most teams recruit additional parent volunteers to assist with equipment, travel, scorekeeping and live streaming.

Sharing the responsibility encourages more parental involvement and generally provides for a more positive environment as more folks see and recognize the work running a club entails.

The following is a very general breakdown of parental responsibilities. There are more extensive information packages for parent volunteers.

Team Manager

- Be the liaison between coaches and parents.
- Ensure coaches have what they need for practices and tournaments. This may be information or resources.
- Ensure players are rostered to the teams properly. There will be a team manager meeting at the beginning of the season to review rosters.
- Assist the coaches in compiling information sheets on each player, detailing personal information.
- Ensure injury reports and Return to Play forms are completed and submitted to the Board or the Head Coach as necessary.
- Ensure teams are registered for all Volleyball Alberta tournaments, Provincials and outside tournaments.
- Coordinate Volunteer roles with team parents and ensure contact lists are forwarded to the board.

Treasurer

- Manage team expenses, sponsorships and fundraising.
- Ensure parents are aware of fundraising requirements and works with the Club Treasurer to fulfill them.
- Ensure head coach and parents are up to date on expenses.
- Signing authority on team account
- Is in direct communication with the club treasurer.

Communication Liaison

- Use an app (TeamLinkt) to communicate information to parents and players.
- Ensure all names, numbers and emails of team volunteers are shared with the board.
- Prepare phone and email lists of players and parents
- Provide updates regarding tournaments, practices, pictures and other team activities.
- Manage any social media pages the team is using.
- Coordinate with the person in charge of scorekeeping to set up a list for livestreams.

Accommodations, Activities and Logistics (Travel Coordinator)

- Organize hotel booking. Communicate this to the team.
- Communicate with the team regarding any outside plans, team bonding or other activities.

Scorekeeping/Flipcard coordinator

- Every parent is expected to scorekeep. The scorekeeping organizer will ensure the task is shared equally. Coordinate with the Communications person to set up a list for scorekeeping, keeping in mind parents can't livestream and keep score at the same time. Ensure this list is communicated to parents.
- Provide scoresheet line up labels. See resource links at the end of this document.
- There are multiple resources for scorekeeping on the Volleyball Alberta website. Ensure parents have these links so they can learn how to keep score prior to their game.

Equipment and apparel

- This volunteer will be responsible for communicating with the Equipment Director regarding equipment needs or issues.
- They will be responsible for getting the jerseys and distributing them.
- They will be responsible for getting the jersey deposit and returning it at the end of the season once jerseys are checked.
- They will ensure first aid kits are kept stocked. They can work with the coaches to decide who will be responsible for bringing the kit to practices and games as well as ensuring it is returned at the end of the season.
- They will ensure all equipment used by the team is in good working order and is being used appropriately. IE. The ball baskets are being taken down correctly. The equipment is being returned to the storage area in the proper places.

By distributing responsibilities among volunteer parents, you create a collaborative and supportive team environment. Regular communication and clear expectations will help ensure everyone remains informed and on track with helping the team grow, learn and compete throughout the season.

Team Communication

Teamlinkt will be used as a communication tool during the season. All parents and players will be expected to participate on the app as all team information will be there.

The coach and club will do its best to ensure parents and players are communicated with in advance regarding practice, games and tournaments.

CONCERNS AND COMPLAINTS

24 Hour Rule

If a player, parent or coach has a concern or complaint, they must wait 24 hours prior to discussing the matter with the appropriate party.

After the wait period, please follow these steps to resolve the issue constructively.

Encourage Self-Advocacy

- Have your child communicate their concerns directly to the coach when possible.

Contact the Team Manager

- If the concern persists, reach out to the team manager, specifying the issue.
- No discussion will take place over phone, email, or text.
- The team manager will arrange a face-to-face meeting with the coach and manager present, with no back-and-forth correspondence beforehand.

Escalation if Unresolved

- If the issue is not resolved through the in-person meeting with the team manager and coach, submit a written statement of your concern to the club's executive team.
- The club will review the matter and follow up accordingly.

13U, 14U, 15U COMPETITION RULES & COURT TIME

13U and 14U are designed with a focus on skill development and having lots of fun. 15U is the first level in Alberta's competitive development system. This category of play also leads to the Team Alberta Program for outstanding individual athletes.

Competition Rules

U13

The 13U category will employ a tripleball format for the VA Premier Events. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

- All players listed on the score sheet must start the first or second set.
- Each team will need to provide a ball retriever on their side.
- All matches are best 2 of 3: a third set will only be played to break a 1 – 1 tie in sets.
- Substitutions are not permitted in the first or second set.
- Coaches will be allowed to call 3 time-outs in sets 1 and 2 as there are no substitutions permitted. The option of a 3rd time-out may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.
- Receiving the serve with an overhand motion using the fingers (volley/setting) IS NOT PERMITTED, regardless of the quality of the contact.

14U

14U will utilize the 12 LIMITED substitutions rule with no libero for all Premiers & Provincials. The following Developmental Substitution rules will apply (changed to align with Volleyball Canada Nationals):

- All players listed on the score sheet must start the first or second set.
- Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets if it complies with the first Developmental Substitution rule.
- Any line up can be used at the start of the third set. Teams are strongly encouraged to distribute playing time among all players on the team.
- Coaches will be allowed to call 3 time-outs in sets 1 and 2 as there are no substitutions, the option of a 3rd timeout may help coaches to manage and alleviate stress in athletes. As set three allows substitutions, only 2 time-outs will be permitted.
- Receiving the serve with an overhand motion using the fingers (volley/setting) IS NOT PERMITTED, regardless of the quality of the contact.

15U

NEW for 2026 – Libero Pilot

Volleyball Alberta and Volleyball Canada are coordinating a pilot to assess the impact of the Libero position at the 15U age group. The goal of the pilot is to determine if an earlier introduction of the position enhances athlete development, supports broader alignment with long-term athlete development, and improves quality of play. Findings will inform a future decision on whether to expand Libero use provincially and nationally in this age group.

For Premier #1 and Premier #2, the use of only 1 libero is permitted, and 6 limited substitutions will be used. The following Developmental Substitution rules will apply:

- All players listed on the score sheet must start the first or second set.
- In the first two sets no substitutions may take place before one team has scored 15 points.
- An athlete may be substituted out of a set due to injury. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets if it complies with the first Developmental Substitution rule.
- If a third set is necessary, any line up can be used.
- The 15U age class is permitted to receive serve with an overhand motion using the fingers.
- For Premier #3 and Provincials, no libero will be permitted, and 12 limited substitutions will be used.

Court Time

A coach's decision to give a player more playing time may be related to factors the player can affect or change.

- Stats, personal attitude, and aptitude will determine who plays.
- Practice attendance, punctuality, attitude, work ethic, commitment to learning our systems, consistency, lineup chemistry, and support of team members will affect play time.

16U, 17U, 18U COMPETITION RULES & COURT TIME

16U, 17U and 18U are part of Alberta's competitive development system. This has an impact on court time as well as on expectations regarding behaviour, attitude and hustle. These categories of play also lead to the Team Alberta Program for outstanding individual athletes.

Competition Rules

16U

Use of only 1 libero is permitted, and 6 limited substitutions will be used (boys & girls).

- Teams are strongly encouraged to continue to use Developmental Substitution principles for the entire season as it is important for all athletes in the age class to get an opportunity to apply their skills and tactics in a competition environment.
- The 16U age class is permitted to receive serve with an overhand motion using the fingers.

17U and 18U

Use of only 1 libero is permitted and 6 limited substitutions will be used.

(The information regarding [competition rules](#) was taken from Volleyball Alberta Website, September 2, 2025.

Court Time

- Court time is mainly earned in practice although scrimmages and games can also be used to evaluate which players will have starting roles.
- Stats, personal attitude, and aptitude will determine who plays.
- Practice attendance, punctuality, attitude, work ethic, commitment to learning our systems, consistency, lineup chemistry, and support of team members will affect play time.
- Although playtime is no longer equal, Coaches will ensure that every athlete plays in a minimum of 3 sets over the course of a Premier Tournament provided that the above points are met by the athlete. Coaches will have discussions with athletes when playtime may be impacted as a result.
- All players that are not under disciplinary action or injured will play at premiers. How much is determined by the above points.

CODES OF CONDUCT

All Code of Conduct documents are sent with player LOI's. If you need more information about the code of conduct, please speak with a member of the board.

LINKS AND RESOURCES

Concussions

- [Pre Season Concussion Education](#)
- [Concussion Protocol](#)
- [Concussion Pathway](#)
- [CRT 6 Concussion Recognition Tool](#)

Scorekeeping

- [Scoresheet Presentation](#)
- [Volleyball Alberta Scoresheet - General](#)
- [Volleyball Alberta Scoresheet – 13U/14U](#)

Volleyball Alberta information

- [2026 13U Tripleball Information](#)
- [New for 2026](#)
- [2026 Club Season Schedule](#)

2025 PRVC SPONSORS

We would like to extend our heartfelt gratitude for your generous support during the 2025 season. Your sponsorship has played a crucial role in our success, allowing us to shape unforgettable moments, big wins, and even bigger growth. We appreciate your commitment to our athletes and to our club.

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