RSVC Programs Guide

Youth volleyball programs in Coquitlam and the Tri-Cities

Welcome to RSVC Programs

Rocky Spikes Youth Volleyball Club (RSVC) offers youth volleyball programs designed to help athletes build skills, confidence, teamwork, and a positive connection to the sport in a safe and supportive environment.

Our programs are development-focused and may vary by season depending on gym availability, coaching capacity, athlete registration, and overall program structure.

Age Groups

RSVC programs are designed for youth athletes across multiple developmental age groups.

Programs may include introductory, beginner-focused, and development opportunities for athletes generally within the 12U-17U range, depending on seasonal availability, gym space, coaching capacity, and the structure of the specific program.

Training groups are generally organized based on age, experience level, physical development, safety, and overall athlete readiness to support a positive learning environment.

RSVC aims to provide inclusive volleyball opportunities for athletes from different backgrounds and experience levels throughout Coquitlam and the Tri-Cities.

Beginner Development Pathway

RSVC beginner programs are designed to help new athletes build confidence, fundamental volleyball skills, movement coordination, and a positive understanding of team sport.

Training focuses on introducing core volleyball techniques in a structured, encouraging, and development-focused environment that supports athletes who are new to the game.

Coaches support gradual improvement through repetition, positive feedback, teamwork, communication, and consistent participation.

The beginner pathway is intended to create a strong foundation for long-term athlete development and future volleyball opportunities.

Training Structure & Skill Focus

RSVC training sessions use structured practice formats that may include athlete check-in, warm-up activities, movement preparation, technical instruction, volleyball drills, partner or small-group work, teamwork exercises, and supervised gameplay.

Session planning is designed to balance skill development, athlete engagement, physical activity, communication, and positive learning experiences.

Skill focus may include passing, setting, serving, attacking, ball control, court movement, communication, teamwork, and game understanding, depending on the age and experience of the group.

Coaches may adjust session structure, drill difficulty, or athlete groupings based on age, experience, attendance, participation numbers, gym space, safety, and training objectives.

RSVC aims to maintain organized, respectful, and development-focused training environments throughout all sessions.

Athlete Development Philosophy

RSVC believes youth volleyball development should support both athletic improvement and positive personal growth.

Programs aim to encourage confidence, teamwork, discipline, communication, respect, resilience, and long-term enjoyment of physical activity.

Athletes are encouraged to learn through positive coaching, repetition, teamwork, consistent participation, and supportive instruction appropriate for their developmental stage.

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RSVC values safe, inclusive, and encouraging environments that help athletes develop both on and off the court.

Attendance Expectations

Regular attendance helps support athlete development, skill progression, teamwork, and overall program consistency.

Families are encouraged to communicate in advance whenever an athlete may be absent, arrive late, or need to leave early.

Athletes are expected to participate respectfully during training sessions and follow reasonable coach instructions throughout activities.

Consistent participation helps create a positive learning environment and supports both individual and group development.

Seasonal Programs

RSVC seasonal programming may include introductory volleyball sessions, development-focused training programs, camps, clinics, and other athlete-development opportunities depending on facility availability and community interest.

Program structures, schedules, fees, and training frequency may vary throughout the year based on gym access, athlete registration numbers, seasonal planning, coach availability, and operational needs.

Current program information is communicated through official RSVC channels.

Future Competitive Pathway

As athletes continue developing their skills, confidence, teamwork, and overall volleyball understanding, opportunities for more advanced or competitive training may become available depending on athlete readiness, program development, and organizational capacity.

RSVC aims to support long-term athlete growth through positive coaching, structured development, and progressive learning opportunities appropriate to different experience levels.

Participation in a beginner or development program does not guarantee placement in a future advanced program, competitive team, or specific training group.

Parent & Guardian Support

RSVC values positive parent and guardian involvement throughout athlete-development programs.

Families are encouraged to support respectful communication, consistent attendance, positive sideline behaviour, and healthy encouragement for all participating athletes.

Questions, scheduling concerns, or general program communication should be directed through official RSVC communication channels whenever possible.

Questions & Contact

Website: rockyspikes.com
Email: info@rockyspikes.com
WhatsApp: +1 (778) 683-8031
Instagram: @rockyspikesvolleyball

Program schedules, age ranges, fees, locations, and availability may change by season. Please use current RSVC registration information and official club communications for the most up-to-date details.

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