



Cascade Volleyball Club of Seattle

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Sign up for our mailing list to receive program updates.

CLUB TEAMS (U12-U18)

November to end of May (practices start after tryouts).

Tryout registration opens mid October

Our mission is for all players to develop advanced volleyball skills in a fun and competitive environment.

CASCADE VBC HAS THE BEST BALANCE OF ANY CLUB IN OUR REGION:

- Well-organized club administration
- College player involvement
- Competitiveness (we have teams ranked in top ten in region)
- Central location (practice locations in Seattle/Shoreline)
- More coaches with advanced training: Gold Medal Squared, CAP, Positive Coaching Alliance



SKILLS PROGRAMS

Skills Clinics

- Designed for players in grades 6-12
- Less time-intensive than tournament team play
- Includes volleyball skills, strategy and game play
- No tryouts or cuts

Little Spiker & Youth Programs

- Designed for younger players in grades 2-5
- Offered to boys and girls
- includes skill development and game play
- No tryouts or cuts

Fall Program

Sign up for individual weeks or full session

Registration opens in early September

Winter/Spring Programs

Two 8 week sessions

Registration opens in December



Summer Camps—Week long camps throughout the summer

Registration opens in March

All programs are taught by experienced Cascade coaches and instructors and focus on providing players with great technical skills instruction and individualized feedback. Coaches use a variety of drills and games to build skills in a fun and positive environment. Players learn all aspects of game play: serving, passing, setting, hitting, blocking.