



# CEVA MONTHLY

NOVEMBER  
2020

## WHAT'S NEW

### COVID-19 MITIGATION

CEVA has a dedicated page on our website with suggestions for clubs, individuals, and event planners for risk and COVID mitigation.

[www.cevaregion.org/covid-19](http://www.cevaregion.org/covid-19)

### POWER LEAGUE

As of now, we plan on opening registration for 16s and 18s Power League on December 7th at 9:00 AM via our website. The deadline for registration will be Monday, December 21st at 5:00 PM.

[www.cevaregion.org](http://www.cevaregion.org)

### CLUB ACTIVATION

Clubs who plan to register for Power League, run December tryouts, etc - must be activated with CEVA by 5:00 PM on Monday, November 30th. Please contact Alix Montoya if you have questions about this process.

[alix@cevaregion.org](mailto:alix@cevaregion.org)

### STATE ORDERS

CEVA is aware of the orders issued by the State of Oregon on 11/13 as well as other advisories issued by both Oregon and Washington. We are gaining clarity on specifics and continue to update our season info website with the latest information.

## FORMS & APPLICATIONS

We anticipate forms for age waivers, boy on girls' team waivers, and scholarship applications to be available beginning December 7th at 9:00 AM. These will be open on our website - [www.cevaregion.org](http://www.cevaregion.org)

## IMPORTANT WEBSITES

CEVA home page: [www.cevaregion.org](http://www.cevaregion.org)  
CEVA season planning updates: [www.cevaregion.org/seasoninfo](http://www.cevaregion.org/seasoninfo)  
CEVA COVID-19 plan: [www.cevaregion.org/covid-19](http://www.cevaregion.org/covid-19)  
Purchase a membership: [www.cevaregion.org/membership](http://www.cevaregion.org/membership)

## SAVING YOUR MEMBERSHIP CARD IN SPORTSENGINE

The new SportsEngine system moves us away from printed membership cards. You can save your digital membership card to your phone via Apple Wallet or Google Pay - your card will have a QR code that can be scanned to show eligibility and requirements.

Read more about this process here: <https://help.sportsengine.com/en/articles/1459>





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## Gratitude, Mindfulness, & Checking In

In the middle of COVID-19, and in the midst of potentially having to enter another lockdown phase depending on where you live, we must remember how important it is to revisit the basics surrounding gratitude, mindfulness, and simply checking in on other people.

Sending a text or making an unsolicited phone call are two easy, simple ways to check in on your friends and family. This pandemic has taken a toll on our mental health and has led to spikes in depression. **PLEASE CHECK IN ON EACH OTHER.** It's more important now than ever.

There are a couple of quality articles on Truesport regarding gratitude and mindfulness. These are two things we cannot forget during the pandemic. Check them out below:

### 5 Easy Ways for Young Athletes to Practice Gratitude:

<https://learn.truesport.org/5-ways-practice-gratitude/>

### How & Why to Teach Mindfulness to Young Athletes

<https://learn.truesport.org/teach-mindfulness-young-athletes/>

For more information, visit CEVA's #VTC website - [www.cevaregion.org/vtc](http://www.cevaregion.org/vtc) - or visit [www.truesport.org](http://www.truesport.org).



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## RESOURCES

CEVA maintains an extensive list of educational resources, training modules, and documents on our website.

Talk within your club about what you're doing as an individual, as a team, and as a club to drive positive change in your community and in volleyball.

And remember - during COVID especially - **CHECK IN ON PEOPLE.** Text, call, or send a note just because. Take care of each other.

Visit [www.cevaregion.org/vtc](http://www.cevaregion.org/vtc)

Also, be on the lookout for a new and improved website dedicated specifically to CEVA's Diversity & Inclusion program, launching in December.