

CVC 2026

2026 TEAM TRIALS | **PLAYER REGISTRATION**
JOINING INFORMATION AND INSTRUCTIONS
PHASE 1



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WELCOME FROM THE PRESIDENT

At Creadaptive Volleyball Club (CVC), everything we do is built on a foundation of **discipline, resilience, passion, and competitive excellence**. We do not settle for average.

Our vision is simple but ambitious: **to be Queensland's leading force in volleyball** – one recognised for its **standards, culture, and results**. We deliver this through world-class coaching, structured programs, and an uncompromising commitment to player growth both on and off the court.

But make no mistake, this path is not for everyone. It is demanding, uncompromising, and selective by design. It asks for **consistency, ownership, and a hunger to improve** every single day. For the right player – the one who thrives on feedback, embraces hard work, and lives for the pursuit of excellence – it's a challenging, rewarding, and transformative one. **It is everything they've been searching for.**

These joining instructions outline the process and expectations for athletes seeking to represent CVC in 2026. **Please take the time to read them carefully.**

OUR 3-PHASE SELECTION PROCESS

CVC's 2026 selection process is divided into three distinct phases, each testing different aspects of what it takes to perform and thrive in a high-performance environment. Progression is dependent on meeting clearly defined standards at each stage:

- **Phase 1 – Personality and Commitment Assessment**
We look beyond skill. We want athletes who align with our standards of **discipline, accountability, and team-first leadership**. This phase reveals the mindset, habits, and character behind the jersey.
- **Phase 2 – Fitness Assessment** – [view the Fitness Requirements here](#)
Elite volleyball demands elite conditioning. We assess whether you have the **physical readiness, resilience, and capacity** to train and compete safely at a high standard.
- **Phase 3 – Volleyball Assessment**
Here, skill meets game reality. We test **technical ability, teamwork, decision-making, and composure under pressure** – all essential to compete in CVC colours.

Together, these phases provide a fair, demanding, and transparent pathway for athletes to prove they have what it takes to represent CVC. **Athletes who do not meet these standards will not progress further in the selection process.**

THE CVC PLAYER DNA: A RELENTLESS PURSUER OF EXCELLENCE

Being a CVC athlete means far more than just playing the game. Wearing the CVC uniform is a commitment to living out these qualities fully:

1. Unshakable Passion for the Game

A CVC player is deeply in love with volleyball – not just playing, but learning, training, and mastering the details. They bring energy, intensity, and focus to every session because the game itself fuels them.

5. Selfless and Team-First

They measure success not only by personal improvement but by the strength of the team around them. They lift teammates, reinforce standards, and lead through action and accountability to help the entire squad succeed. A CVC player never hides behind excuses or blames others – they take

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2. **Never Satisfied, Always Improving**

They believe there is always more to give, another level to reach, and a better version of themselves to uncover. Wins and losses both serve as fuel because progress matters more than results. They understand that with progress, results will naturally follow. A CVC athlete trusts the process, commits to the long-term journey, and knows that growth is built over time. They don't make excuses or point fingers – they look inward with honesty, and take ownership of their development and performance.

3. **Obsessed with the Craft**

They see volleyball as more than a sport; it is a craft to be refined daily. Repetition is not a chore, but the heartbeat of improvement. They want every rep sharper, cleaner, and faster than the last. Each rep carries purpose – valuing the small details that they know compound over time and that lead to big results.

4. **Disciplined Over Motivated**

They understand motivation comes and goes, but discipline is what sustains progress. Whether they feel like it or not, they show up, they train, and they deliver – because consistency is what separates average from elite. They build habits so strong that they can perform at an elite level on their toughest day, even when facing an opponent at their best.

ownership, contribute to solutions, and keep the collective goal above individual recognition.

6. **Competitive, Relentless, and Resilient**

They strive to win, but not through shortcuts. They embrace hard work, welcome pressure, and enjoy a challenge, seeing each as an opportunity to grow tougher, smarter, and stronger.

7. **Mentally Tough and Reflective**

Setbacks don't break a CVC athlete – they shape them. They handle adversity with composure, viewing setbacks as lessons rather than failures. They constantly evaluate their performance with honesty and humility, always searching for and working on the edge that will make them better.

8. **Detail-Oriented and Coachable**

A CVC player listens closely and with intent, stays curious, and asks thoughtful questions to learn deeply without arrogance or attitude. They see coaching as a privilege, respect the experience of those guiding them, and apply feedback immediately. They know that greatness lives in the smallest details – footwork, timing, communication – and they pursue mastery of every skill, with every rep.

STANDARDS, EXPECTATIONS, AND FEEDBACK CULTURE

Representing CVC is a commitment to the pursuit of excellence. We expect athletes to demonstrate consistent attendance at training, a commitment to physical preparation, the discipline to meet the standards we set for our teams, and a willingness to receive direct, honest feedback and use it to improve. Respect for teammates and coaches, professionalism in all interactions, and accountability for personal improvement form the foundation of what it means to be part of this club.

SOCIAL VOLLEYBALL OPTION – A SEPARATE PATHWAY

We recognise that not every athlete is seeking the demands of a high-performance program. For players who want a more **flexible, social, and inclusive volleyball experience**, CVC Socials offers a **completely separate pathway** outside of our competitive team environment.

CVC Socials is designed for:

- Players who want to enjoy the game for **fun, fitness, and friendship**
- Those unable to commit to the **training load and performance standards** of our competitive teams
- Athletes looking for a **casual environment** to play volleyball

This pathway operates **separately** from our competitive program, with social sessions typically held **weekly** and following their own schedule and participation requirements. It ensures that athletes can choose the pathway that best suits their goals, with our competitive program focused on performance excellence.

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For those whose ambitions change, players from the social pathway are welcome to trial for the competitive program in future seasons.

For more information about CVC Socials, visit our website [here](#).

NEXT STEPS

To begin your journey with CVC, you must:

1. Complete **Phase 1 (Personality & Commitment Assessment)** by **11:59PM Sunday, 18 January 2026**.
2. If selected, you'll receive full details for **Phase 2 (Fitness Assessment)** within 1–7 days of submissions closing. This phase will span **Monday, 26 January – Sunday, 1 February 2026**.
3. Successful athletes will then progress to **Phase 3 (Volleyball Assessment)** where selections will be finalised. This phase will span **Monday, 9 February – Sunday, 22 February 2026**.
4. Once all phases have been completed, offers will be sent out between **Monday, 23 February and Sunday, 8 March 2026**.

If you want a club that pushes you, invests in you, and holds you to world-class standards, CVC is *your* home.

For those ready to embrace the standards, values, and culture that define CVC, **your journey begins here –** [\[Complete Your Personality and Commitment Assessment\]](#)