



COSTA MESA HIGH SCHOOL VOLLEYBALL PROGRAM

Congratulations on being selected to be a part of the Costa Mesa High School Volleyball Program. Participation in Mustang Volleyball will be an experience in hard work and fun. We are going to work hard to achieve the highest level of performance that our skills will allow, and we will keep in mind that volleyball is a game ... and games should be fun. However, as long as there is a scoreboard, we are playing to win the match with our highest level of character intact.

On the following pages, you will find important notices, documents and team schedules (subject to change). Some of these documents must be signed and returned before the player can participate in any team events. **ALL players must have medical clearance prior to the beginning of the season.** Please get your physicals done early so you do not miss out on any practices or team play. The High School Activities Form and Physical Clearance forms are available on CMHS website at <http://cmhs.schoolloop.com> – Athletics – CMHS/MS Athletics Resource Locker and download and print. CMHS Volleyball has a website with important updates and information. Please visit <http://cmhsvolleyball.webstarts.com/>.

At CMHS, our Students are our highest priority. Please remember that participation in athletics is an important part of a student's overall educational experience, but participation is a privilege, not a right.

All players, coaches, faculty members, booster club members, spectators and volunteers play an important part in making our Mustang Volleyball Program a success. If you have any suggestions or input, please feel free to let us know.

Coach – Todd Hanson

Asst. Coach – Steven Vu (Frosh/Soph) and Coby Pham (Frosh/Soph)

Girls Volleyball Booster Board

Angela Maniaci – President
Yvette Tufuga – Vice President
Diana Moore – Treasurer
Ginger Zeramby - Secretary

Boys Volleyball Booster Board

Stacey Sanchez - President
Angela Maniaci – VP/Treasurer

CMHS Volleyball Booster Organization

All Parents and Players



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PLAYER EXPECTATIONS

All CMHS athletes are students first and need to stay on top of their academics. Students must maintain passing grades and good conduct in order to participate. Full day attendance is required to participate in a match.

Practice Rules

- Your attendance at every practice is absolutely necessary. Coming late or missing a practice or game shows a lack of commitment and respect for your coach and your team. Excused absences due to illness, family emergency or special circumstances are understandable. Please notify your coach as soon as possible.
- Injured players should attend practice and games at the coach's discretion.
- If you have a school related activity that conflicts with practice, please let your coach know ahead of time.
- Your conduct on and off the court is expected to be mature and sportsmanship like. Maintain a positive attitude and be a team player. Concerns, if you have them, should be directed to your coach -NOT OTHER PLAYERS.
- **Show respect to your teammates and coaches at all times. Be coachable and accept feedback because it will make you a better player. Signs of disgust, talking back, trash-talking other players or noncooperation will not be tolerated.**

Game Conduct

- All CMHS players must play within the rules set for by the CIF. Athletes are expected to conduct themselves in a positive manner.
- Be ready for the game! Make sure you have both of your uniforms and kneepads at every competition. Only official CMHS jerseys can be worn for games. All jewelry must be removed including earrings.
- Set the tone when you step onto the court. Hustle!
- Respect your opponents.
- Respect the referees.
- Show good sportsmanship at all times. Maintain a high character. It is one of the most important traits you will carry with you your entire life.
- When not in the game, CHEER for your team. This shows your coach that you are engaged in the match and ready to be called upon when needed.

Transportation Conduct

- All players must ride to our away matches on the bus in order to participate in the match.
- The bus will leave on time. Please be present and ready to board at least 10 minutes before departure. We will not wait for you.
- Clean up after yourselves, no yelling and screaming is necessary and thank your bus driver.
- All players must ride back to the school on the bus from the match unless a parent/guardian signs them out with their coach at the end of the match. THE PLAYER CAN ONLY LEAVE WITH THEIR PARENT/GUARDIAN AND NOBODY ELSE.

Equipment Care

- You are responsible for cleaning your own uniform, and it must be clean for each match. At the conclusion of the season, ALL jerseys must be returned, cleaned, immediately.
- Before and after each practice and home game, every team member is responsible for the set up and tear-down of all nets and poles and the collection of the volleyballs.



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Other Player Expectations

- Please volunteer to call lines, assist with 3 ball system and keep score. Varsity team members help will be needed at home games to assist with JV and Frosh/Soph games. JV and Frosh/Soph will be expected to help during the Varsity games. Please see Todd for assignments.
- Please stay and support your CMHS teams. When Varsity takes the court, JV and Frosh/Soph players are expected to be present and on the court for their introduction.
- Make sure you have proper nutrition before games and practices. It will provide you with the energy needed for the game.
- Report any injuries to your coach as soon as possible.
- Playing time is at the discretion of your coaches ONLY. The best way to get more playing time is to ask your coach what you need to work on and *then work on it*.
- Take fundraising seriously and work hard to help our teams reach their fundraising goals.
- If your team is not playing on the court, and you're not keeping score, books or helping to ref the lines or doing the 3 ball system, please cheer from the stands. According to CIF rules, we not supposed to have extra "players" on the bench or behind the bench. The scoring tale consists of (4) teams members only. Your cooperation is appreciated.
- If you have brought your backpack, bags, purse, etc. please make sure they are properly stored as close to the wall in the gym as possible. We need to keep a clear pathway behind the player bends and scoring table.
- Clean up after the game. Collect any plastic bottle, trash and dispose of them properly. There will be a box for recyclable materials. Make sure to check behind the benches for jackets, sweatshirts, etc. that you may have left. Anything left in the gym will be taken to the team room or put into the lost and found in the main office.

PARENT EXPECTATIONS

Parents are vital to the success of the Costa Mesa High School Volleyball teams. Parents are needed and expected to play a supporting role. All parents/guardians are asked to volunteer in some capacity so our teams can function well.

1. Be supportive and positive about your player's experience. Support her coaches and teammates.
2. Do not criticize the officials or the opposing team's players, spectators or coaches.
3. Encourage your player to resolve any issues on her own before getting involved. There is a process for this:
 - a. Student athlete – talk to your coach
 - b. Parent – talk to coach
 - c. Parent – only after talking to the coach may you meet with Mrs. Uhl. If you have not spoken to the coach, she will direct you back to do so. Chances are that your questions or concerns will be resolved by talking to your coach first.
4. Game times and dates are assigned prior to the start of the season but may change with little to no advance notice due to unforeseen circumstances. We do our best to notify the players and parents as soon as possible. If there is a last-minute game or time change, the players will be asked to contact the parents.
5. Please be aware that some of our matches may be against schools with only 2 levels of teams. We at Mesa, are proud to have all 3 levels this year. If our opponent has only JV (or Frosh) and Varsity, we will combine the Freshman and JV teams for competition.
6. Not every player will receive equal playing time and those decisions are made by the coaches. Playing time is at the discretion of the coaches ONLY. The best way for your athlete to get more playing time is for them to ask their coach what they need to work on and *then work on it*.
7. Send your player with food/snacks. Nutrition is important.



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Donations for snack bar (Girls Only)

- There is a form in this packet with the item(s) we are asking your player to donate for sale at our snack bar. We have 5 home games. We need donations throughout the season, the form you've received is just what we need to get started. This is how we earn much needed funds to keep our uniforms fresh, attend tournaments, have a nice year-end banquet, etc.
- When you bring in your donation(s), please put your name on them so we know which player it came from and thank you for your support!
- If you choose not to donate items to our snack bar, we offer a \$35 buy-out. Please send cash or a check (payable to CMHS Volleyball Boosters) with your player.
- As always, please consider donating throughout the season. Even a case or two of water or Gator Ade is very much appreciated. Just bring it to any home game.

Volunteering (Girls Only)

- We have 5 home games and possible CIF Playoff games at Costa Mesa High School. We need volunteers to sell at our snack bar. It's very easy and helps out our team immensely.
 - Varsity Parents – Your help is needed to set up the snack bar and sell during the JV/Frosh Soph games so those parents can enjoy watching their players. Instructions and price lists are available. You can sign up on line in GoogleDocs or at the mandatory parent/player meeting.
 - JV/Frosh Soph Parents – Your help is needed to sell during the Varsity games and tear-down and put supplies in storage. You can sign up on line in GoogleDocs or at the mandatory parent/player meeting.
- 2 parent volunteers for each shift ... please coordinate with [Ginger Zeramby](#).

Fundraising (Girls Only)

Our major fundraiser is Snap-Raise. This is a paperless and completely on-line fundraiser. There is no selling. No going door to door. All your player does is sign up for an account as instructed by our Snap-Raise representative (there is an instruction sheet if needed). From there – just enter emails; try for 20. Snap-Raise does the rest. As donations are received, Snap-Raise automatically sends an email to the donor along with our Tax ID – ALL DONATIONS ARE TAX DEDUCTIBLE. Check your account frequently and resend emails to those who have not donated. We are looking for 100% participation in this fundraiser. By participation we mean all the girls should:

- a) Sign up for an account
- b) Enter as many email addresses as possible (parents can help with that)
- c) Share on social media sites.
- d) Check your account frequently.

Donations received through Snap-Raise earn 25% (after expenses) toward your player's spirit pack.

Our other fundraiser is our Volleyball Program. This is a printed handout listing our team members, schedules. This program reaches over 200 local residents as they attend our home games. The ads are very inexpensive, starting at just \$25 for a business card size ad. Ask your family, friends or local businesses that you frequent to place an ad in the program. They get a lot of bang for their buck. Also, you can send your player a message! Ads placed in the Program received 50% toward your player's spirit pack.

Fundraising (Both Teams)

Costa Mesa Boosters Bingo. Every Tuesday night at the Costa Mesa Senior Center and a few times per year at special events. We need volunteers. We need players. We need to get the word out. Volunteer time is paid quarterly (if after season it will count towards next year) and is calculated per hour worked. Volunteer hours paid counts at 50% toward your player's spirit pack.



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OC Fair Parking at Costa Mesa High School. During the OC Fair, we have an opportunity to earn fundraising dollars by volunteering to collect parking money, direct traffic, etc. The more people who sign up to volunteer, the more shifts will be given to us and the more money we can earn. Volunteer time is calculated per hour worked. Volunteer hours paid will count 50% toward your player's spirit pack.

Please support your players as these much-needed funds help our teams get new uniforms and equipment, attend tournaments and have an awesome year-end banquet.

PLEASE SIGN AND RETURN THIS PAGE.

**** STUDENT EXPECTATIONS ****

I have read and understand the CMHS Volleyball rules and expectations. I will abide by all the rules and expectations and realize that if I fail to adhere to these expectations, it may result in a loss of player privileges.

Player Name (Print)

Player Signature

Date

**** PARENT EXPECTATIONS ****

I have read and understand the CMHS Volleyball rules and expectations.

Parent Name (Print)

Parent Signature

Date