

# Chatsworth High School Volleyball

May 23, 2011

Dear Parent(s)/Guardian(s):

Please have your child and yourself initial next to each statement regarding the details of the volleyball program. Your initials represent your understanding of each detail and your signature represents acceptance of all terms of joining the Chatsworth High School Volleyball Program.

- | Parent | Student   |
|--------|---|
| _____  | <ul style="list-style-type: none"><li>I have read the equipment pre-sale form for the volleyball program and I will be responsible for all costs for the program. I understand that once an item is ordered that payment must be made and there are no returns or refunds (even if the athlete is asked to leave the team for disciplinary reasons or the athlete decides to not continue on the team).</li></ul> |
| _____  | <ul style="list-style-type: none"><li>I have read and understand the Chatsworth High School Volleyball Program Information sheet and will abide by all the rules and regulations as stated.</li></ul>   |
| _____  | <ul style="list-style-type: none"><li>I have read the Pursuing Victory with Honor-Code of Conduct for Student-Athletes and will abide by rules and regulations set within the document.</li></ul>   |
| _____  | <ul style="list-style-type: none"><li>I have read the Pursuing Victory with Honor-Code of Conduct for Parents/Guardians and will abide by rules and regulations set within the document.</li></ul>  |
| _____  | <ul style="list-style-type: none"><li>I have read and understand the Chatsworth High School Volleyball Program Summer Liability Waiver in order for my daughter to participate in summer practice.</li></ul>  |

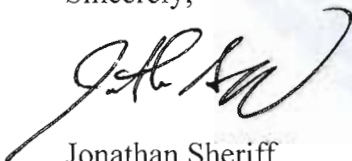
\_\_\_\_\_  
Student Name (printed)

\_\_\_\_\_  
Parent/Guardian Name (printed)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

Sincerely,



Jonathan Sheriff  
Volleyball Coach

*Pursuing Victory with Honor*



## VOLLEYBALL 2011

May 23, 2011

Dear Parent(s)/Guardian(s) & Players,

Welcome and congratulations on your acceptance into the volleyball program at Chatsworth High School. Our program has a great tradition of winning and we are excited to have you and your daughter join us. This year we have a great group of young women who were carefully selected by our coaches. We are looking forward to working with your daughter and having another successful year of Chatsworth volleyball.

I would like to take a moment to explain how our programs will run. We expect to have a large number of athletes on the teams this year. This will facilitate us in running better practices and having a large number of girls ready to play at the varsity level in the coming years. Unfortunately, this means that not all players will get the amount of playing time during the matches that we would like, however, this does mean that our athletes will have the opportunity to showcase their skills in a competitive practice environment. **The goal is that all of our players improve their individual skills while learning how to apply them to game situations.** The process of learning should be hard work and fun for our girls.

On the next page is the Equipment Pre-Sale Worksheet. The only item that is mandatory is the banquet fee. Our banquet is held in Chancellor Hall and will be catered. The cost for the girls covers their meal, trophies, manager, coaches, and parent recognition gifts, as well as perpetual plaque updates. Family and friends are encouraged to join in the end of year festivities but will be required to pay for their meal (price to be determined when the catering menu has been determined).

Finally, as with all programs, there is a fundraising. Fundraising is a mandatory duty of all families. Examples of fundraising activities include sending out sponsor letters, selling banners, signing up people to the E-Scrip program, and working the snack bar at one of the home football games. We are fundraising this year to allow upkeep of volleyball equipment and to purchase new equipment for increased safety and volleyball education.

I look forward to meeting you all and I welcome you to our volleyball family. If you should have any questions please feel free to email or call me at your convenience.

Sincerely,

Jonathan Sheriff  
Head Coach



VOLLEYBALL 2011
Equipment Pre-Sale WORKSHEET

Players Name: \_\_\_\_\_

Date: \_\_\_\_\_

All italicized items have a CHS Design. \*To add an embroidered logo please increase cost by \$10 per item.

Table with columns: Quantity, Size/Color, Item Description, Cost, Subtotal (\$). Rows include Banquet Fee, Total Package, Game Day Package, Warm-Up Package, Practice Ball, Car Sticker Decal, Game Shorts, Team Bag, Team Lanyard, Adversity Practice T-Shirts, Impossible Practice T-Shirts, Impossible Spirit Towel, Hooded Sweatshirt, Zipper Non-Hooded Sweatshirt, Jersey with Print, Name, and Number, Team Shoes, Game-day Polo Shirt, Warm-Up Jacket, Warm-Up Pant, Man's Warm-Up Jacket, and Stainless Steel Water Bottle.

GRAND TOTAL \_\_\_\_\_

Please Note the Following:

- Payment is expected when items are ordered and there are no returns or refunds. If payment has not been made then order will not be filled.
• Make checks payable to "Chatsworth Volleyball" with the players name in the memo field.
• The official order form and a check for the total amount needs to be returned to the main office at Chatsworth HS in an envelope addressed: "Girls Volleyball Coach - Coach Sheriff" by May 25, 2011.



## Volleyball Program Information

### ***Expectations:***

1. Every player is expected to **be committed to the program.**
2. Every player is expected to **give no less than their best effort.**
3. Every player is expected to **be caring for their teammates.**
4. Every player is expected to **have fun.**

### ***Goals:***

1. PRACTICE HARD.
2. PLAY HARD.
3. WIN GAMES.
4. WIN MATCHES.
5. WIN TOURNAMENTS.
6. WIN LEAGUE TITLE.
7. WIN CITY TITLE.

### ***General Rules:***

1. All players must follow all rules established by the volleyball program, school, and CIF.
2. All students need to maintain the appropriate grades in order to participate (2.0 GPA per 10 week period).
3. If there is a rift between two or more players, they must immediately work it out by themselves. If unable to do so, they must meet with the coach outside of practice and game time and work on a solution until the problem is solved.
4. Any use of alcohol, drugs, or tobacco is strictly prohibited and it's use will cause immediate dismissal from the team.

### ***Attendance:***

You must adjust your personal schedule around our training and competition schedule if we can hope to accomplish any of the goals we set for ourselves and our program. If you are unable to attend practice, each player has the responsibility to contact the coach at least 24 hours before the scheduled practice. In the case of an emergency, please notify someone as soon as possible (coach, teammate, administrator, etc.).

### ***Practice Attitude:***

1. We must make the maximum use of this time we spend in practice. Quality work, not quantity produces the best results! Therefore, you must always come to practice mentally, physically, and emotionally prepared to work hard! Playing time will be earned at practice.
2. To work hard is a privilege. It is important to know the coaching staff will work only with those who want to work hard.
3. Always pay attention and follow directions. When uncertain as to what has been said or what is to be done, make sure you find out.
4. Never allow yourself to settle for anything less than your best. Try to be a perfectionist. Accept nothing less than excellence from everyone.

### ***Practice Rules:***

1. Practice will always start on time.
2. There is no sitting down in practice, unless so instructed by the coaching staff.
3. Coaches will coach and players will play. Players will not coach.
4. Any overt display of displeasure or frustration will not be tolerated. That player will be taken out of a drill, asked to sit down, or dismissed from practice. We cannot afford losses of emotional control during competition.
5. Any taping will be done prior to practice.
6. Always shag your own ball. Never ask another person or group to shag for you.
7. When shagging balls during a drill, never allow a ball to roll through the practice area, especially during hitting or blocking exercises.
8. If you must leave practice for any reason...notify the coach.
9. In any drill, if you do not "go" for the ball, you either will start the drill over or be taken out of the drill. There is NEVER a reason for a lack of effort.
10. When other teammates are in any intense drill, you must be encouraging; it is a great show of teamwork.
11. If you know you are going to miss or be late to practice, notify your coach at least the day before. If you do not participate or attend practice the day before a match you may not play in the match.
12. Players must report illness or injury to the coaching staff immediately upon detection. Should you feel the need to use the restroom, do so before practice or during a break.

At the conclusion of practice, all players will round up all balls. At that time, an inventory will be taken. Volleyballs are a major expense of running our program. Take the responsibility and keep an eye out for them.

### ***Final Words:***

My coaching philosophy is best explained by John Wooden, UCLA Basketball Coach Extraordinaire, who said, "One coaching concept I never could accept was trying to fire a team up emotionally for a game. I never believed in it, and I still don't."



## CIF – High School Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sup>sm</sup>"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

### TRUSTWORTHINESS

1. *Trustworthiness* — be worthy of trust in all I do.
  - ❑ *Integrity* — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
  - ❑ *Honesty* — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
  - ❑ *Reliability* — fulfill commitments; do what I say I will do; be on time to practices and games.
  - ❑ *Loyalty* — be loyal to my school and team; put the team above personal glory.

### RESPECT

2. *Respect* — treat all people with respect all the time and require the same of other student-athletes.
3. *Class* — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

### RESPONSIBILITY

6. *Importance of Education* — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off

the field. Consistently exhibit good character and conduct yourself as a positive role model. **Suspension or termination of the participation privilege is within the sole discretion of the school administration.**

8. *Self-Control* — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* — protect the integrity of the game; don't gamble. Play the game according to the rules.

### FAIRNESS

11. *Be Fair* — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### CARING

12. *Concern for Others* — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### CITIZENSHIP

14. *Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of rules* — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.**

ON FILE  
\_\_\_\_\_  
Student-Athlete Signature

ON FILE  
\_\_\_\_\_  
Date

# Pursuing Victory With Honor\*

## Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"<sup>SM</sup>). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

### TRUSTWORTHINESS

- *Trustworthiness* — Be worthy of trust in all you do.
- *Integrity* — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- *Honesty* — Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- *Reliability* — Fulfill commitments. Do what you say you will do.
- *Loyalty* — Be loyal to the school and team; Put the interests of the team above your child's personal glory.

### RESPECT

- *Respect* — Treat all people with respect at all times and require the same of your student-athletes.
- *Class* — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- *Disrespectful Conduct* — Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- *Respect for Officials* — Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

### RESPONSIBILITY

- *Importance of Education* — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role Modeling* — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates

with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

- *Self-Control* — Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle* — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* — Protect the integrity of the game. Don't gamble or associate with gamblers.
- *Sexual Conduct* — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

### FAIRNESS

- *Fairness and Openness* — Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

### CARING

- *Caring Environment* — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

### CITIZENSHIP

- *Spirit of the Rules* — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

*I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.*

ON FILE

Parent/Guardian Signature

ON FILE

Date



*Summer Liability Waiver Summer*  
*10027 Lurline Avenue; Chatsworth, CA 91311*  
*Phone: (818) 678-3400; Fax: (818) 709-6952*

By choosing to participate in our summer volleyball program, please be informed that Chatsworth High School, the Los Angeles Unified School District, or Jonathan Sheriff is not liable for any injuries suffered because of participation in this activity. If you agree to allow your child to participate in this beneficial program, please sign and return this liability waiver to Coach Sheriff.

As parent/guardian of the below mentioned participant, I do hereby waive, release, and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damages which may arise in connection with the above named activity, against the coaching staff, Los Angeles Unified School District and its elected and appointed officials, agents, and employees.

In the event of accident, injury, or illness to the below named participant, consent is hereby given to treatment of my minor child for any and all medical procedures deemed necessary as a result of accident or injury and to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or specific supervision of any physician and/or dentist licensed under the provisions of the Medical Practice Act. I further agree to pay any and all costs incurred as a result of said treatment.

Participants Name: ON FILE School Name: CHATSWORTH HS

Parent/Guardian's Signature: ON FILE Date: May 23, 2011

Emergency Phone Number: ON FILE



# CHATSWORTH HIGH SCHOOL

HOME OF THE CHANCELLORS



PARENT NAME  
ADDRESS  
CITY, STATE, ZIP  
PHONE (XXX) XXX-XXXX  
PARENT E-MAIL

Jonathan Sheriff  
18720 Linnet St  
Tarzana CA 91356  
(818) 654-3300  
jsheff@lausd.net

Invoice #  
Order Date 5/23/2011  
Player Name Brooke Sheriff

PLEASE FILL IN ALL INFORMATION AS ACCURATELY AS POSSIBLE.

DO NOT WRITE IN SHADED AREAS

QTY	SIZE	COLOR	DESCRIPTION	UNIT PRICE	TOTAL
1			Banquet Fee	25	\$25
1			Practice Ball	40	\$40
1			Car Sticker Decal	2	\$2
1			Team Bag	45	\$45
1	1		Team Shoes	75	\$75
1			Total Package	200	\$200
2	XS	White & Blue	Jersey #13		\$0
1	XS		Short		\$0
1	XS		Warm-Up Top with Logo and Warm-Up Bottom No Logo	10	\$10
1	XS		Game Day Shirt with Logo	42	\$42
2	XS		Impossible T-Shirt	10	\$20
				BALANCE DUE	\$459

PLEASE MAKE REMITTANCE TO NAME AND ADDRESS BELOW

Invoice #			
Parent Signature			
Date	5/23/2011		
Amount Enclosed	\$ 459	<input type="checkbox"/> Cash	<input checked="" type="checkbox"/> Check # 3495



Chatsworth HS Girls Volleyball  
10027 Lurline Ave  
Chatsworth, CA 91311

PHONE (818) 678-3400  
FAX (818) 709-6952  
E-MAIL jsheff@lausd.net  
WEB SITE http://www.chsvolleyball.net

Los Angeles Unified School District

John E. Deasy, Ph.D.  
Superintendent of Schools

**SYLMAR HIGH SCHOOL**  
13050 Borden Avenue, Sylmar, CA 91342

Jan Lyons  
Principal

Telephone: (818) 833-3700  
FAX: (818) 364-1037

**TO:** Summer Volleyball League Participants & Their Parents  
**FROM:** Bob Thomson, Head Volleyball Coach - Sylmar High School  
**SUBJECT:** **LIABILITY WAIVER**  
**DATE:** July 2011

By choosing to participate in our summer volleyball league, please be informed that Sylmar High School, the Los Angeles Unified School District, or Bob Thomson is not liable for any injuries suffered because of participation in this activity. If you agree to allow your child to participate in this beneficial program, please sign and return this liability waiver to Coach Thomson.

### **VOLLEYBALL SUMMER LEAGUE PLAYER LIABILITY WAIVER**

As parent/guardian of the below mentioned participant, I do hereby waive, release, and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damages which may arise in connection with the above named activity, against the coaching staff, Los Angeles Unified School District and its elected and appointed officials, agents, and employees.

In the event of accident, injury, or illness to the below named participant, consent is hereby given to treatment of my minor child for any and all medical procedures deemed necessary as a result of accident or injury and to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or specific supervision of any physician and/or dentist licensed under the provisions of the Medical Practice Act. I further agree to pay any and all costs incurred as a result of said treatment.

Participant's Name: \_\_\_\_\_ School: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Phone Number: (       ) \_\_\_\_\_