

Program Information For New and Returning PVHS Volleyball Players

The growth and success of the Palos Verdes Girls Volleyball Program depends on the leadership of the coaches, the hard work and commitment of the players, the support of the Palos Verdes Booster Club and Athletic Department, and the many volunteers who devote countless hours behind the scenes organizing activities and fundraising dollars to help to build a premier program. It is collaboration in the truest sense. As the girls enter their fourth year in the very challenging Bay League, they will need all of our support as they pursue their personal and team goals of becoming the best. This not only means teaching them the finer skills of volleyball and providing the equipment and facilities they need, but also teaching them what it means to be responsible, determined young women who will be a positive force in all they pursue. Please review the information below and consider how you can get involved in building a legacy of Sea King volleyball that we can all be proud of.

Program Expenses

Following is a list of many of the team expenses that are incurred throughout the year that our families should be aware of. It is not all inclusive, but covers the majority of recurring program costs. These expenses are paid for through school district registration fees, booster club donations, ASB funds, "spirit pack" contributions, and fundraising activities.

- Uniforms
- Player practice and travel apparel
- Coaches apparel
- Transportation to games
- Volleyball equipment (nets, balls, carts, training tools, etc.)
- Volleyball equipment maintenance and storage
- Summer league fees
- Tournament fees
- Plyo/SAQ training
- Team dinners and special team building events
- Team photos
- Souvenir program printing and binding
- Webmaster fee
- Senior recognition and gifts
- End of the season banquet
- Coaches stipends
- Media costs – videotaping and editing, etc.

Palos Verdes High Booster Club

PVHS has one booster club dedicated to the academic, athletic, and artistic development of its students. While many high schools have multiple booster clubs to support the various interests and needs of the school, Palos Verdes has chosen to have one unified organization that equally supports each of these priority areas in campus life. Consequently, the girls volleyball program has parent representatives that sit on the board for the PVHS Booster Club, and all of our volleyball families are asked to join the Booster Club at the beginning of each school year. The minimum donation is \$200. Any contribution over \$200 may be designated to a specific school program such as Girls Volleyball, Model United Nations, Ceramics, etc. All donations are tax-deductible. As an added incentive, each of the girls volleyball teams that receive 100% Booster Club participation will receive a rebate that will be deposited directly into the Girls Volleyball ASB account to be used to further support our growing volleyball program. The generous donations of the volleyball families are extremely important because they not only help to fund the coaches stipends, but they also support extraordinary programs throughout the school such as

the College and Career Center, Live From 205, the Marching Band and Drumline, and the PV Institute of Technology. Certainly Palos Verdes High would not be ranked among the top 100 high schools in the nation without the support of our Booster Club.

There are two ways to join. Go to <http://www.pvboosterclub.com>. Click on "Membership online" to join online, or click on "Membership" to print out and mail a check and membership form.

Associated Student Body (ASB)

Every student at PVHS is a member of the ASB. As a group, the ASB form the governing body of the school and are in charge of school-wide events. All PVHS students purchase an ASB card at the beginning of the school year. ASB funds are used to support all school groups at PVHS including athletics, song and cheer teams, video production/Live from 205, drama and all on-campus clubs. ASB funds pay for athletic entry fees for tournaments and competitions, security personnel, ticket takers, and game officials at all home sporting events. ASB funds also cover homecoming, pep rallies, and spirit week. A significant part of the girls volleyball budget is supported by ASB funds.

Fundraising

In trying to keep costs down for each player, the girls volleyball program sponsors several activities throughout the season to raise money. The primary fundraising effort is the Sea King Souvenir Program which is distributed at all Palos Verdes home games. The program features all of the athletes as well as advertising from families, friends, and businesses. Each player is required to participate and sell a minimum amount of ads; sample letters are available for use in soliciting these ads. In addition to the media guide, the volleyball program hosts a snack bar/concession stand at all of the home events. All volleyball families are asked to volunteer and share their time and responsibility for staffing the stand and donating food items. Each family is also asked to contribute \$15 to assist with the stocking of the snack bar prior to opening game day. Other fundraising ideas being pursued are athletic grants, corporate sponsors, and raffles. All fundraising proceeds go directly into the Palos Verdes Girls Volleyball Program. Any further ideas to help make the volleyball program more self sufficient are always welcome!

Volleyball "Spirit Pack"

The "Spirit Pack" includes the practice uniforms and travel gear that the coaches would like each new and returning player to have. It also includes the player cost for team dinners and the end-of-the-season banquet, as well as a contribution to senior and coaches gifts, a Catch the Wave team sponsorship, and the snack bar donation referred to above. The cost of the pack varies by team and by player depending on the items required by each coach and the optional items purchased by each player. The spirit pack is a required purchase for all players.

Player Registration Packets

Registration packets are handed out to the players over the summer and include the PVHS, school district, and CIF forms which must be completed and submitted before playing volleyball in the fall, including participation in practices. It is the player's responsibility to get the package signed-off by the coach, parents, and athletic office, and to submit any fees to the student store by the deadline designated by the program.

Program Activities/Volunteer Opportunities

There are a myriad of ways to get involved in the girls volleyball program! Please look at the attached interest finder so you can decide where you would like to help if you haven't volunteered already. This program is successful in large part because of strong parent supportplease help us build a winning volleyball tradition at PVHS!

Volleyball Program Website

There is a wealth of information on the PVHS Girls Volleyball website. You are encouraged to check this site often to be sure you are up-to-date with the team practice and game schedules, game results, weekly announcements, special events, photo gallery, news articles, senior college commitments, summer camps, tryouts, off-season club opportunities, and other information. There is a website release form if you do not want your player's name or picture posted on the team website. The website can be accessed through the Athletic Department webpage at www.pvhigh.com.

Team Rosters and Game Schedule

The Varsity, JV and Frosh/Soph rosters and game schedule will be available soon and can be downloaded from the website. They are tentative and subject to change. Players and their families will be advised of changes as they occur.

Communications

All communications from the coaches and team parents will be posted on the website and/or forwarded via e-mail. It is the players' and parents' responsibility to check e-mail and the website everyday for changes and updates.

Clearinghouse Information

Players who believe that they have the opportunity, and have the talent, to participate in NCAA Division I, II, or III volleyball need to coordinate with the NCAA Clearinghouse. It is recommended that they set up an appointment with their school counselor to discuss the requirements for eligibility to play at that level.



PVHS Girls Volleyball

Program Activities/Volunteer Opportunities



Interest Finder 2009

Please place a check mark next to any of the areas you would be interested in getting involved with.

	Activity	Description
	Player Registration Packets	Prepared by varsity coach
	Program Budget & Master Schedule	Prepared by varsity coach
	Team Rosters and Contact Info	Prepared by varsity coach
	Booster Club Rep	Attend the Athletic Committee's meeting every second Tuesday of each month at 6:15 pm in the school library. One representative from each team attends the meeting. Prepare a monthly team report for submittal to the Athletic Committee. Encourage 100% participation by Varsity, JV, and Frosh/Soph volleyball families in the PVHS Booster Club (a % comes back to the volleyball program). Coordinate with coaches to prepare and submit team updates for the PVHS monthly newsletter, The Wave ; deadline for submission is the 15 th of the month <u>prior</u> to publication.
	Sea King Volleyball Website	Coordinate with PVHS webmaster to maintain Sea King volleyball website, including game results, photo gallery, news articles, announcements, rosters, schedules, directions to game sites, senior college commitments, etc.
	Team Parents	Assist coaches with day-to-day team communications, logistics, activities, etc. Forward relevant team info to the website manager. One parent needed for each team.
	Team Dinners	Organize families to sponsor Varsity, JV, or F/S dinners at player homes or other agreed upon locations. Frequency of the dinners is at the discretion of the coaches. \$10/player/dinner is reimbursable for dinners covered in the Spirit Pack. Families are encouraged to collaborate on the dinners.
	Snack Bar at Home Games	Coordinate staffing of the snack table, table set up, ice chest, item storage at end of game, parent donations, purchasing of additional items as needed, and pizza delivery. Check out money box from Patti Camp at student store (she will provide \$40 in box); check in box with Patti when done. Funds raised go to the Volleyball ASB account. Keep receipts for reimbursements.
	Tournament Coordinator	For each team, coordinate transportation, food/supplies, set-up area, and other logistics for high school tournaments.
	Volleyball Apparel	Lead the design, ordering, and distribution of Sea King volleyball apparel for PVHS players and families.

	Fundraising Volleyball Souvenir Program	Organize, design, and print/bind a 50 + page PVHS volleyball program brochure that includes player and team photos, varsity bios, advertisements, personal ads/dedications, and a collection of team photos from school and community venues, as well as community service projects. Volunteers are needed to assist with program ads, as well as the overall program layout and the pages which are specific to each team.
	Fundraising - Other	Athletic grants, corporate sponsors, raffles, etc. Organize and communicate as needed.
	Team Photos	Coordinate with Head Coach and PVHS Photographer, PSS Imaging, to establish date, time and venue for team yearbook photos, as well as any retakes. Assist with player orders and distribution of photo packages when they are delivered to school.
	In-House Photography/DVD	Need volunteers to take/donate digital photos for the website, yearbook, newspaper, banquet slide show, publicity, etc. Volunteer also needed to create slideshow.
	Game Video Taping	Volunteers who have video equipment who can tape the games and get copies of the footage to the coach
	Varsity Game Tracker	Prepare short articles/game highlights after each of the varsity games for posting on the Sea King website. Goal is to recognize all of the players over the course of the season.
	Publicity	Coordinate with local newspapers (PV News, Daily Breeze, L.A. Times) and volleyball websites to report team accomplishments.
	Community Service	Organize team activities that support the local community, i.e. assisting with local youth volleyball leagues, "ambassador" program with intermediate schools or local boys/girls club, and adopt-a-family projects.
	Senior Recognition Day/ Senior Gifts	Coordinate ceremony, gifts, decorations, photos, etc. honoring senior players on their last home game at PVHS and at the end of the year banquet.
	End of the Season Banquet	Held at the end of November for all players, families and coaches. Costs for players/coaches included in the program budget. Costs are separate for the families. Need senior parent volunteers to find banquet location, prepare invitations, coordinate menu, invite Athletic Director, purchase awards, plan decorations, coordinate gifts, etc.