

AGBU
Vatche & Tamar Manoukian
High School



Athletic Department Handbook

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ATHLETIC DEPARTMENT MISSION STATEMENT

We believe that participation, play, and the joy of physical activity should be at the heart of our athletic program.

We will teach habits of body and mind that contribute to a healthy and happy life.

We will encourage our student-athletes to challenge themselves through honest competition and to learn lifelong lessons of responsibility, commitment, and initiative.

We will practice and teach teamwork and good sportsmanship.

We will respect our student-athletes and their commitments beyond athletics.

We recognize that our athletic program is an integral part of the AGBU Vatche & Tamar Manoukian High School community and complements the academic mission which is central to the life of our school.

ATHLETIC DEPARTMENT OVERVIEW

The interscholastic athletic program at AGBU Vatche & Tamar Manoukian High School is an important component of the overall school curriculum. Students participate in a program that reflects the school's philosophy of continual growth and achievement, participation, and the development of the individual's greatest potential. Also recognized is the importance of equal programs and equal opportunity for both sexes. Throughout the interscholastic athletic program, the goal is to provide fair and equal competition where all participants have a chance for success. AGBU MHS is one of 570 member schools of the California Interscholastic Federation (CIF) Southern Section and competes in a variety of sports against schools of all sizes and backgrounds.

The interscholastic athletic program provides the opportunity for student-athletes to identify and learn a strong set of values. Among the values we seek to cultivate are:

- the acquisition of new physical skills
- an understanding of the need for sacrifice, discipline, dedication and commitment
- the establishing and achieving of goals
- sense of self-confidence, teamwork, and cooperation
- sportsmanship
- respect for others and self
- a feeling of individual, team and school spirit

GOALS

The goal of the Athletic Program at AGBU Vatche & Tamar Manoukian High School is to provide students with opportunities for interscholastic athletic participation and competition. Even though AGBU MHS encourages a highly competitive attitude within the athletic program and takes great pride in winning, the school does not condone “winning at all costs.” We discourage any and all pressures that lead to poor sportsmanship and words or actions contrary to the mission of AGBU MHS. It is the goal of the Athletic Department to field teams with the best possible examples of what it means to be a part of the AGBU MHS Family. The Athletic Department emulates the CIF philosophy of “Pursuing Victory with Honor.”

THE ROLE OF THE STUDENT

Participation in interscholastic athletic activities is a privilege, not a right. This means that students must work to earn and keep the right to be a member of a team. With this privilege comes the responsibility to maintain the standards and conduct guidelines in the school handbook and the CIF-SS Code of Ethics that each participant signs at the beginning of the season. While specific team rules and expectations will come from the various coaches, the following is intended to outline what is expected of a student-athlete at AGBU Vatche & Tamar Manoukian High School.

1. Keep Athletics in Perspective

- Keep your priorities in order: 1. Family, 2. Academics, 3. Athletics
- Remember you as an athlete are the most visible representative of the AGBU MHS Family to the community and the public
- Plan your schedule to properly balance your academic work and athletic commitment
- Do not demean the other participants in an athletic contest (teammates, opponents, coaches or officials)
- Stand by your commitment to your sport, your team, your coaches, and your school
- HAVE FUN!

2. Be a Person of Integrity

- Display exemplary citizenship and sportsmanship on and off the court
- Show respect for yourself, your teammates, your opponents, your coaches, and the contest officials
- Do not place winning above following the rules or the positive aspects of participation
- Always maintain emotional control

3. Be a Leader

- Be a positive example for other students by things you say and do on and off the court
- Give your best effort at all times
- Represent AGBU Vatche & Tamar Manoukian High School with pride and distinction
- Maintain a positive attitude in all circumstances and situations
- Be willing to sacrifice your own desires for the good of the team
- Follow all training rules and guidelines
- Take care of all school facilities

COMMITMENT

Once an athlete has accepted a position on any team at AGBU Vatche & Tamar Manoukian High School, the athlete is expected to attend every meeting, practice, and game. The Coach should be consulted at least 48 hours in advance of any conflict. Before trying out for a team, the ability to sustain the time commitment through an entire season should be considered by the student-athlete and their family.

CONDUCT

AGBU Vatche & Tamar Manoukian High School at all times expects model behavior from its athletes. The use of indignant behavior, abusive language or profanity, physical violence, or any behavior contrary to accepted standards of conduct set forth in the school handbook is intolerable. Failure to comply is grounds for suspension from the team and possible referral for school discipline. Athletes are the most visible ambassadors of the AGBU MHS community. If a student accepts the honor of wearing AGBU MHS on their uniform they also accept being held to a higher standard of conduct and discipline.

SPORTSMANSHIP

AGBU MHS athletes are expected to go beyond good sportsmanship in all activities where they are representing the school. Examples of opportunities are the offering of a hand to help a fallen opponent, “turning the other cheek” if bantered by the opposing team, ignoring vulgar language or the lack of ability on the opponent’s side.

THE ROLE OF THE PARENT

Parents play a critical role in the success of the AGBU Vatche & Tamar Manoukian High School Athletic program. We believe that participation in athletics is an extension of the AGBU MHS mission and serves as a vital component in the education of the whole person. Participation in athletics is a valuable tool in teaching our students the value of hard work and the essence of teamwork. Our athletic department strives to be a positive extension of the excellent AGBU MHS education in our classrooms, where lessons in self-discipline, self-confidence and character building through adversity abound. You, as a parent, play a critical and central role in this process. We expect our parents to model this commitment and philosophy, and be examples of good sportsmanship and behavior.

The following are some things that you can do to help make your child’s experience in the athletic program a positive educational endeavor.

1. Keep Athletics in Perspective

- Emphasize the right priorities: 1. Family, 2. Academics, 3. Athletics
- Place value in the positive participation, not the winning or losing of a contest
- Remember you as a parent at AGBU Vatche & Tamar Manoukian High School represent the school and its mission
- Do not publicly demean participants in an athletic contest (Players, officials, coaches, other parents or spectators, etc.)

2. Support Your Student-Athlete

- Talk to your child about how things are going with his/her sport
- Let your child select a sport based on his/her perceived ability and preferences
- Come to as many of your child's contests as possible
- Stress and model the importance of a healthy lifestyle free of drugs, tobacco, and alcohol
- Do not support "quitting" as the best way to solve problems, but rather perseverance

3. Support the Program

- Be supportive of the coaching staff and respect their professional judgment
- Model positive behavior when attending contests
- Understand the time commitment and needs of the particular sports as many of them involve significant time commitment.
- Help your child follow the guidelines in this packet and the CIF-Southern Section Code of Ethics
- Display, by your actions and words, an understanding of the Mission of AGBU Vatche & Tamar Manoukian High School, to enhance the image of our school to the community

COMMUNICATION WITH COACHES

The entire athletic staff is encouraged to keep the lines of communication open with our athletes and their families. It is our intent to supply you with all the essential information that you will need to manage your commitment to athletics successfully.

Many times, parents have questions and feel the need to meet with their student-athlete's Coach. AGBU Vatche & Tamar Manoukian High School makes every effort to hire the best possible leaders for its athletic programs. Our Coaches are professionals. They make decisions based on what is best for the entire team taking into account every member of the team. Our Coaches coach because they love working with kids and realize the positive benefit of participation in interscholastic athletics. The following are some guidelines and policies to help facilitate the most productive and efficient relationship with your child's Coach.

Parents are encouraged to discuss:

- The treatment of their child
- Ways to help their child improve
- Concerns regarding their child's behavior
- The philosophy of the Coach
- The expectations of coaches and role for their child on the team
- Team rules and policies
- Disciplinary action incurred by their child
- The college recruiting process
- Ways in which they can help the team (donate supplies, join Fathers Club, etc.)
- Their child's progress

Parents are not encouraged to discuss:

- Placement on teams (Junior Varsity, Varsity)
- Playing time

- Coaching strategies used during practice or contests
- Other student-athletes
- Student-Athlete's playing position

Problem Resolution

Communication with coaches is most productive when an appointment can be made to talk about the issue. Parents should never try to talk to a Coach before or after a contest on a game day. This is the most emotional time for all parties involved and is not the time for a meeting about specific issues with your student-athlete. Please respect the coaches and their need to be focused on the task at hand. If a parent feels it is necessary to meet with the coach, the parent must contact the Athletic office and schedule a meeting where the parent, student, coach and AD can all be present.

DEPARTMENT POLICIES

The constitution, by-laws and regulations of the California Interscholastic Federation Southern Section (CIF-SS) govern the AGBU Vatche & Tamar Manoukian High School Athletic Program. Information regarding these governing bodies is available in the Athletic Office. Before the season starts, coaches will review both CIF and school/team policies with team members. The following policies relate to participation at AGBU MHS and are intended to guide student-athletes and their parents to a successful and positive athletic experience.

Attendance

An athlete will not be eligible for practice or an athletic event on the day the athlete is absent from school with these exceptions: appearance in court, attendance at a funeral, written verification of a doctor's appointment, or by approval of the Administration and/or the Athletic Director.

An athlete missing part of a school day for an appointment on game day needs to follow the school's policy to be eligible to attend practice or participate in a contest. To be eligible, the student must be in attendance for at least half of the required classes on the day of the event.

If an athlete is suspended from school, the athlete is ineligible to compete in games, participate in practice or conditioning during the time of suspension. This includes in-school suspensions.

Teachers and Administrators have jurisdiction to suspend students from participating in one or more interscholastic contests.

Dress Code

The appearance of our athletes and student managers should be exemplary when present at any athletic event. When the team does not travel to their game in uniform, normal school uniform is required. Coaches may require special standards of travel dress for their athletes such as jackets and ties, travel sweats, game day polo, etc.

On the field of play, athletes are expected to maintain a neat and uniform appearance as prescribed by CIF-SS regulations and consistent with principles of team unity and commitment. (i.e., shirts tucked in, uniform worn in the manner intended, etc.)

Training Rules

An athlete's use of alcohol, tobacco, performance enhancing drugs, androgenic/anabolic steroids or controlled substances is prohibited. AGBU Vatche & Tamar Manoukian High School policies are in effect at all games, practices and school sponsored activities and will be enforced. Any student on prescribed medication (including asthma prescriptions) should report use to the Coach and Athletic Director.

Eligibility

Participation in co-curricular, extra-curricular and athletic activities is considered an important part of the student's educational program. However, participation must not interfere with a student's academic success. A student loses eligibility for leadership roles (class, club office, team captain, etc.) and participation in any interscholastic athletic program, extra-curricular or co-curricular activity when:

- He/she earns a grade of D or F in any subject at the end of the quarter or semester
- He/she is absent from school or any single class for ten or more days in any semester

The student athletes and members of co-curricular / extracurricular activities must maintain grades of C- and/or above in all enrolled courses during the school year. Eligibility is reviewed by the school counselor. Students who earn any grade below C- will be ineligible to participate in sports or extra / co-curricular activities, and will be placed on Athletic probation. Academic ineligibility will be removed as soon as the grade is repaired and updated. Students are not allowed to try out for any athletic team or participate in an extra/co-curricular activity if their GPA is below a 2.0 or they have any D's or F's at the time tryouts/elections are scheduled.

If a student is ineligible to try out for a sport, s/he will not be able to be a part of the team for that season. Ineligibility includes practices. The student remains ineligible until the next evaluation report is issued. The administration reserves the right to suspend a student's participation in any program for other serious reasons for varying lengths of time.

AGBU Vatche & Tamar Manoukian High School complies with the eligibility requirements mandated by the CIF-SS. The following condensed eligibility guidelines should be used for initial eligibility assessment: (For clarification of any rule, including eligibility, please contact the Athletic Director)

1. The athlete must be under the age nineteen prior to June 15, heading into following school year.
2. The athlete must meet school attendance requirements.
3. The athlete must be scholastically eligible (minimum 2.0). The eligibility status will be evaluated at the end of each semester and end of summer session.
4. The athlete must have met the residence and citizenship requirements.
5. The athlete may not participate in any tryout for a professional or collegiate team without Athletic Department approval.
6. The athlete may not compete on any outside team during the season that sport is played during the school year.
7. The athlete must be an amateur.

Before competing in an interscholastic (CIF) game, students who attended a different high school the previous academic year, must fill out **CIF Transfer Forms 207 and 510, to gain clearance from AGBU MHS and the CIF.** Please visit the Athletics Office for copies of these mandatory forms. All specific questions regarding eligibility should be directed to the Athletic Director.

Equipment and Facility Use

All equipment and uniforms are the property of the school and are loaned to the athlete during the season of the sport, unless purchased. The athlete is financially responsible for all equipment checked out for personal use. The athlete should make sure the equipment is clean and in good repair at all times.

The athletic facilities are primarily for the use of the teams in season. Use of these facilities will be allowed only with written permission by the Athletic Director. At no time are students allowed to use the facility such as the weight room, locker rooms, athletic fields, or gymnasium without adult supervision. Entering or using school facilities unsupervised will result in disciplinary consequences.

Physical Exam

By state law, all athletes are required to have a separate yearly examination for Athletics. AGBU Vatche & Tamar Manoukian High School students must turn in their physical exam (not more than one year old) form prior to the team's first game. A copy of this form – to be filled out by a physician – can be downloaded by visiting the Athletics Sports Handbook section at www.agbumhs.org.

Injuries

Any athlete referred to a medical doctor must have a signed note or letter from that doctor in order to return to participation. A copy of that note must be presented to the Athletic Director before the athlete returns to practices or games. Athletes with non-serious injuries that are not referred to a medical doctor can only be released by the Athletic Director (not the Coach) before returning to participation.

Travel

All students will have the opportunity to be transported to and from games with a Coach on school approved transportation with the exception of some holidays, weekend and local games.

An athlete must have the Parental Consent Release form signed by a parent or guardian on file with their Coach and the Athletic Department in order to be transported to games. While traveling to a game, athletes are expected to conduct themselves in a respectful manner at all times. All rules established by the driver of the bus/van on which the athletes are riding will be upheld. Failure to abide strictly by these travel directives may cause an athlete to be suspended or removed from a team.

Release Time

Because of the nature of athletics and the travel involved, it is often necessary for athletes to be released from class. This in no way releases the athletes from any academic responsibility. Athletes are expected to respectfully notify the teachers in advance of their release time, leave class only at the time announced by the Athletic Director, and make up all assignments and tests. Early dismissal due to athletic events does not exempt a student from turning in assignments by the due date. If student-athletes demonstrate an inability to perform these functions, athletic privileges may be curtailed or revoked. Student-athletes should go to school ready for travel.

Disciplinary Procedures

Enforcement of school rules while attending or being transported to or from an athletic event come under the jurisdiction of the regular school disciplinary procedures. The Coach may add to the punishment from the school but cannot bypass ordinary procedures. Since discipline is a vital ingredient to a team's success, athletes can be disciplined for many reasons including the following infractions:

- A. Unexcused absence from team meetings, practices or games
- B. Tardiness to practice
- C. Lack of hustle, sportsmanship, disrespectful, or indignant behavior
- D. Absence from practice for disciplinary reasons
- E. Failure to turn in fees or equipment on time
- F. CIF violations or breaking training rules
- G. Unsatisfactory participation in the off-season program
- H. Failure to support the program
- I. Ejection from a contest (automatic one-game suspension)
- J. Failure to abide by announced early out time

Sanctioned disciplinary procedures include but are not limited to the following:

- A. Suspension or expulsion from the team
- B. Benching or dismissal from game or practice
- C. Extra conditioning (i.e., running)

Athletic Fees

The Athletic Department at AGBU Vatche & Tamar Manoukian High School is committed to producing a top-notch program that offers opportunities for all students. We take pride in providing the best possible equipment and facilities. We are thankful to the Fathers Club, whose tireless effort helps subsidize many of our expenses. To offset the remainder of our operating costs, AGBU MHS charges an annual fee for participation in the sports programs. The sports fee will help offset the cost of jerseys, officials, equipment, facilities, transportation, CIF dues, and awards. All inquiries for financial assistance should be directed to our Business Operations Director, Mr. Levon Keshishian. No student will be excluded due to financial hardship.

Jersey Retirement

In order to receive consideration to have an athlete's jersey retired, candidates must meet the minimum objective criteria as listed below:

- 2 MVP Awards
- 2 Years as a Varsity Team Captain
- 2 All League Awards
- 2 All CIF Awards

SPORTS OFFERED AT AGBU MHS BY SEASON

Fall (September – November)

Boys & Girls Cross Country

Boys Soccer

Girls Volleyball (Varsity and Junior Varsity)

Winter (November – February)

Boys Basketball (Varsity, Junior Varsity and Frosh/soph)

Cheerleading

Girls Basketball

Spring (February – May)

Boys Volleyball

To have the most accessible Athletic Department, our entire sports schedule, along with archived results, can be found on our school website, www.agbumhs.org, and on MaxPreps.com. More than 120 Sports Articles can be found by visiting the Athletics News Section on our school website.

FIVE COMMANDMENTS FOR EATING LIKE AN ATHLETE

Eat breakfast.

Your body needs fuel after fasting all night during sleep. Starting the day with an empty tank will negatively affect your mental and physical performance.

Drink Plenty of Water.

Water is crucial to your health—it makes up sixty percent of your body weight. Dark urine is a sign that you're dehydrated and, especially for athletes, thirst isn't always a reliable indicator of hydration needs.

Eat more fruits and vegetables.

Athletes need nutrient dense foods. Eating fruits and vegetables is the best way to get the nutrients you need to perform your best.

Never feel hungry.

The best athletes graze rather than gorge. Eat smaller portions of the right foods all day instead of starving between infrequent large meals.

Refuel.

Your body needs fuel immediately after training. Waiting longer than thirty minutes after exercise before refueling is stressful and hinders your body's ability to recharge.

ATHLETIC DEPARTMENT NUTRITION GUIDE

In order to achieve your potential on the court or field of play, it is imperative that you develop healthy eating habits. It is important to understand that there are no evil foods; any food can be incorporated into your diet in moderation. However, to maximize your performance you should try and drastically reduce your intake of refined sugars (cookies, candy, etc.) and saturated fat (butter, fried foods, etc.) and eat plenty of fruits, vegetables, and whole grains.

Important Notes:

- A balanced diet consists of approximately 55-60% carbs, 15-20% fat, and 15-20% protein.
- Eat a variety of healthy foods (fruits, vegetables, whole grains, etc.)
- LIMIT your intake of fat, sugar, and sodium.
- Drink plenty of WATER!
- Quality Food Choices:
 - Protein: fish, chicken, tuna, lean red meat, turkey, low fat dairy products
 - Carbs: oatmeal, brown rice, whole wheat pasta, sweet potatoes, beans, fruits, veggies
 - Fat: fish, nuts, peanut butter

Realistic Sample Menu:

Breakfast: scrambled eggs with low fat cheese, bowl of oatmeal, and a banana
Snack: low fat plain yogurt and whole grain granola bar
Lunch: turkey sandwich, apple, milk, oatmeal cookies
Snack: peanut butter and jelly sandwich, glass of chocolate milk
Dinner: chicken breast, sweet potato, steamed vegetables, whole wheat roll
Snack: handful of almonds

Fluid Goals:

It is extremely important to be well hydrated, especially during the summer heat. Your performance on the court can decrease dramatically when your body is low on water. You should aim to drink water all day long, don't wait until you are thirsty.

1. Drink 16 oz. of fluid 2 hours before a workout, practice or game.
2. Drink 8 oz. 15 minutes prior to a workout, practice, or game.
3. Drink during the workout, practice, or game.
4. Drink 25 oz. per pound of bodyweight lost.

Pre-Game rules:

1. Eat lightly before you play. You don't want a full stomach to weigh you down.
2. Limit eating fatty foods before you play.
3. Drink sufficient amounts of water (see above for fluid requirements).

Post-Game Rules:

1. Consume carbohydrate rich foods and beverages (Gatorade) as soon as possible after you play. This will replenish your muscle's energy stores.
2. Replace fluids that have been lost (see above for fluid requirements).
3. Replace any potassium or sodium that has been lost during competition or training. Fruits, vegetables, and salty foods are excellent for this.

Recipe for a Super Shake:

- 1 cup of frozen fruit (strawberries and/or blueberries work well)
- 1 cup of either low fat milk or orange/apple juice
- 1 cup of low fat yogurt
- 1 packet of low sugar oatmeal
- 1 to 2 scoops of protein powder
- Blend and enjoy as a great post workout/practice meal!

Golden Rules for Athletes:

- Get lean protein at every meal
- Eat healthy every day. Avoid all hydrogenated (trans) fats and fried foods.
- Breakfast, pre and post-training/game nutrition are the 3 most important meals of the day.
- Eat vegetables as often as possible.
- Drink water all the time. Don't drink anything with high fructose corn syrup.
- Try to eat these foods at least 3 times a week:

Lean red meat	Berries
Fish	Oranges
Eggs	Beans
Low fat plain yogurt	Whole Oats
Spinach	Nuts
Sweet potatoes	Avocados
Tomatoes	Broccoli

Food to Incorporate Into Your Diet

Yogurt:

Contains probiotics ("friendly" bacteria) to support the intestinal tract and the immune system

Bananas:

Rich in magnesium and potassium; good source of fiber and slow-absorbing carbohydrate that prevents radical swings in blood sugar

Skim Milk:

Excellent source of protein, calcium, and vitamins with low levels of fat and cholesterol

Tomatoes/Tomato Sauce:

Full of nutrients and contain lycopene to support immune function

Whole Grains (Breads, Cereals):

Rich in complex carbohydrates, fiber, vitamins, and minerals

Nuts/Seeds:

A source of protein and fiber with heart-healthy omega-3 fatty acids, vitamins, and minerals

Citrus Fruits (Oranges, Grapefruits, Tangerines):

These contain flavonoids/antioxidants and are high in vitamin C, folic acid, and potassium

Sweet Potatoes:

Loaded with carotenoids, antioxidants, vitamin C, potassium, and fiber

Apples:

A single apple contains 5 grams of fiber and an abundance of antioxidants to support cardiovascular health

Eggs/Egg Whites:

Provide an inexpensive source of high-quality protein, are low in carbohydrate and sodium, and contain antioxidants

Chicken/Turkey Breast:

A low-fat protein choice that is rich in zinc

Broccoli:

A good source of dietary fiber and complex carbohydrate

Berries (Blueberries, Raspberries, Strawberries):

Berries contain antioxidant compounds that reduce free-radicals in the body and the effects of stress on the body

Oats/Oatmeal:

Provide a good source of complex carbohydrates and about 9 grams of fiber per half-cup of serving

Omega-3 Fish (Salmon, Tuna, Trout):

A quality source of lean protein and omega-3 fatty acids may reduce the risks of coronary heart disease

Beans (Black, Kidney, Pinto):

High in lean protein, complex carbohydrate, B-vitamins, potassium, and fiber

Important Rules:

- Never miss breakfast: Cereal with milk and fruit, egg sandwich and fruit, yogurt with fruit
- Eat at least 3 quality, balanced meals per day: carbohydrates, proteins, and fats for energy
- Fruits/Vegetables: 4 to 8 total servings per day
- Drink WATER throughout the day: stay hydrated with at least 8 cups of water per day
- Sleep: *at least* 8 hours for the body to rebuild and recover
- Good meal on game-day: peanut butter and jelly sandwich, pasta
- Eliminate the following: Cola drinks (Coke, Pepsi), energy drinks (Red Bull, Monster), pizza
- There is no way you can give 100% for an entire practice or game if you are running on fumes. Pancakes, waffles, bagels, cereal, oatmeal, and fruit are some fantastic high energy foods

