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# S.M.A.C.S.

Athletic Department Handbook 2011 - 2012

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Elementary - Middle School

“Teamwork  
is the ability to work together  
towards a common vision. The ability to direct  
individual accomplishments towards  
organizational objectives. It is the fuel that  
allows common people to attain  
uncommon results.”



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## Athletic Department Handbook

2011 - 2012

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## **Athletic Department Philosophy:**

The Athletic Department at Sahag-Mesrob Armenian Christian School views interscholastic athletics as an opportunity for student participation in an organized, competitive environment with Christ reflecting attitude. While the ultimate goal of athletic competition is to achieve victory, the achievement of objectives such as fair play, sportsmanship, skill acquisition, and work ethic cannot be overlooked. Winning traditions are founded upon the concept of pride, respect, dedication, character and loyalty. Coaches, athletes, and parents alike must strive to ensure that the athletic teams at Sahag-Mesrob Armenian Christian School represent themselves in a manner that is conducive to, competitive spirit, good sportsmanship and Christ reflecting behavior.

## **Introduction:**

Interscholastic Athletics can be a fun, rewarding, and memorable part of the school experience. While academics offer the primary source for formal education, athletics can contribute to the total value of the education in many different ways.

Building upon the concept of teamwork, fair play, sportsmanship, and self-esteem with focus on Christ, athletics can help provide a well-rounded Christ centered educational experience. Athletic participation is a privilege and not a right. To those who strive to succeed in the classroom comes the privilege to compete outside of it.

Being an athlete or the parent of an athlete is often a very challenging ordeal. Sometimes this relationship can become complicated due to the nature and structure of athletics in general. It is the intent of this Athletic Handbook to provide some insights as to the role and responsibilities that athletes and parents face and share, separately and together, in the realm of school athletic participation.

The interscholastic (school) sport experience is much different than the recreational sport experience. Whereas recreational sport philosophy stresses equal participation by all, at the interscholastic level player's time is earned and not guaranteed. Student-athlete earns playing time through good work ethics in practice, skill development, sportsmanship, and overall Christ centered team attitude.

Likewise, not all who tryout for a given team will endure through the final selection process, to make the team roster. The Athletic Director is responsible for the selection of the team rosters and for the determination of playing time for those on the team.

Activities held in the off season, whether it be for conditioning, team camp, summer / fall leagues, specialized training, or any other type of out of season participation, can in no way affect

an athlete's ability to try out for or participate (playing time) on an in season team. Participation in any out of season activity is strictly voluntary on the part of the athlete. Coaches may not mandate nor pass judgment based upon out of season participation.

A parent reserves the right to send his/her child to any out of season source for the purpose of conditioning, training, or specialized instruction. Participation in Sahag-Mesrob Armenian Christian School based out of opportunities is simply that: Opportunities!

### **Player-Coach Relationship:**

All too often during athletic events, situations arise where many adults become too involved in the game in progress, professing to know more than the coaches or even the officials in charge. While this expertise may heighten a person's appreciation for a particular sport, it in no way changes the status of the individual as a parent-spectator. You should be there only to observe and enjoy the athletic performance.

The player-coach relationship is perhaps the most critical of all relationships in athletics. Parents can have a very profound effect upon this important and delicate balance. While you as a parent may not agree with all decisions that a coach may make, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that that he or she may carry your convictions to the next practice or game. This in turn can lead to a player-coach confrontation. You as a parent have great influence upon this delicate relationship. Please allow the coaches to do the job for which they were hired.

Coaches are expected to be the leaders to their players and the role models for their players. They are expected to teach and guide the players who play for them. They are not there to be friends or buddies. Coaches must demand respect from their players and parents and give respect to their players and parents in return. Concepts such as integrity, character, and sportsmanship provide the foundation upon which our coaching philosophy is based.

### **Parent-Coach Relationship:**

As a parent you obviously want what is best for your child. Allowing the coach to guide and instruct the team is crucial. Again, you are asked to please allow the coach to do his/her job.

Should you have any questions or concerns, do not approach the coach immediately after a game. At this time, coaches have other responsibilities and it may be a very emotional moment. Call and make an appointment for a later time and approach this meeting in a calm and logical manner.

For any coach, one of the post-game responsibilities is to meet with his/her players. Athletes should not be expected to stop and talk to parents and friends immediately after a game is over. These team meetings are crucial to the learning process and are important in efforts to build team unity and understanding.

### **Parent-Player Relationship:**

Sometimes parents may try to re-live their own athletic memories through the real life athletic effort of their children. Being positive and supportive is very important, but adding pressure and unrealistic expectations may be extremely harmful. Allow your child to enjoy, grow and take responsibility for his/her athletic experience. Encourage your child to give 100% effort and to become a team player, not an individual statistic seeker. In the end, it is the child's perception of the game that really matters, not that of the parent.

### **Relationship with Game Officials:**

It is often the case that if a game is seemingly leaning towards one side over the other, irate fans will infer an unfair advantage given by the officials. The bigger school does not select the officials. Hometmens sports commissioner assigns all officials and neither team has a say in which officials are assigned to a given game or contest. Game officials agree to, and follow a code of conduct and ethics. They really do not have a vested interest in which team emerges victorious. It is very essential to understand that officials are an integral part of the game.

While you may not agree with all their calls, please do not harass and taunt game officials. Parents are supposed to be good role model for their children. Remember that officials are in charge of the game and have complete authority to have unruly spectators removed. Many times a given team may see the same officials on several occasions throughout the course of the season. Coaches, Athletic Directors and school Administrators work hard to establish good working relationships with game officials, which can be easily damaged or destroyed by spectator interference. So please let the players play, let the coaches coach, let the officials officiate, and let the spectators be positive spectators.”

**Sports offered at SMACS by grade:**

( 1st - 8th ) November	Track and Field Tournament
( 5th - 8th ) December	Volleyball Tournament
( 5th - 8th ) January	Table Tennis Tournament
(1st - 8th ) January, February & March	Basketball Tournament
( 1st - 8th ) January, February & March	Soccer Tournament
( 1st - 8th ) March	CLOSING CEREMONIES

**Uniforms and Participation Fees:**

At the beginning of each season the Athletic Director will distribute all necessary uniforms. Basketball, Volleyball and Soccer uniforms will be handed out sometime after the Christmas break, during scheduled practice time. Only athletes who have paid the fee in full will receive their uniform.

The uniform and participation fees are:

- Basketball uniform fee \$40.00
- Soccer uniform fee: \$25.00
- Participation fee: \$50.00 per sport.

Participation fees **MUST** be paid before Christmas break

## **Responsibilities of the Athlete:**

Athletes are expected to adhere to the following guidelines

- The team's goals and success should always come before individual interest.
- Athletes need to be in attendance at all scheduled practices and games, including weekends.
- Athletes must be receptive to coaching style.
- Team members are responsible for all issued uniforms and equipment.
- Athletes are responsible for the security of all personal items.
- As a team member an athlete must abide by established team rules.
- All injuries must be reported to the coach and to the Athletic Director.
- Strive for academic success in order to assure athletic eligibility.
- Take pride in being a student-athlete at Sahag-Mesrob Armenian Christian School.

## **Sportsmanship Procedures: The School's Role:**

It is the expectation of Sahag-Mesrob Armenian Christian School, and more specifically the Athletic Department, that everyone in the Sahag-Mesrob community will conform to and demonstrate good sportsmanship and fair play during all athletic contests. This concept is presented to the staff and to the athletes throughout the school year.

The Athletic Department at Sahag-Mesrob Armenian Christian School views the need for good sportsmanship as a very important issue. We will continue in our efforts to assure that every student-athlete understands that need as well.

## **Sportsmanship: The Parent's Role:**

Since the concept of athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role model for our students and athletes.

**“Sportsmanship is an overt display of respect for the rules of sport and for all other-players, coaches, officials, and fans”.** It also involves a commitment to fair play, ethical behavior, and integrity.

This means that:

1. Vulgar or inappropriate language from fans is not tolerated nor permitted.
2. Taunting or trash talking with opponents or with their fans is not tolerated.
3. Spectators may not leave the bleachers or step onto the court or field during a game or contest.
4. Fans should be supportive and positive. Cheering should be done for our team, and not “booos” against our opponent.
5. Fans should let the officials officiate. Remember after all, it is only a game, and we are to enjoy, be supportive and encourage our teams and most importantly have FUN!

## **Eligibility:**

Any student who has less than a 2.0 grade point average at the end of any semester grading period will be placed on academic probation. Students must have a grade point average of at least 2.0 in the previous semester to be eligible for athletic participation. To regain eligible status, a student must raise their grade point average to a 2.0 at the next semester.

S.M.A.C.S. complies with the eligibility requirements mandated by the Athletic Director. The following condensed eligibility guidelines should be used for initial eligibility assessment: (For clarification of any rule, including eligibility, please contact the Athletic Director)

## **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,
- 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.
2. You don't want a full stomach to weigh you down.
3. Limit eating fatty foods before you play. 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.

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**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	Orange
Eggs	Beans
Low fat plain yogurt	Whole Oats
Spinach	Nuts
Sweet potatoes	Avocados
Tomatoes	Broccoli

**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):**

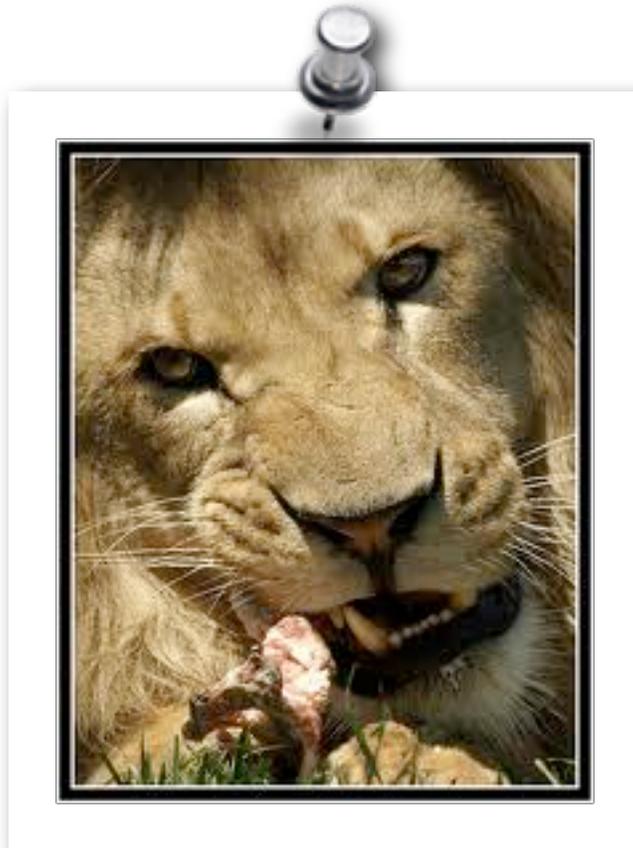
A quality source of lean protein and omega-3 fatty acids may reduce the risks of coronary heart disease

**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.



## **APPOINTMENT TO A COACHING POSITION:**

The success of our program will depend upon our ability to secure the services of highly qualified and motivated coaches. All coaching positions are yearly appointments, and there is no tenure as far as these positions are concerned. Each coach will be evaluated annually by the Athletic Director and a satisfactory evaluation will be essential for continuation in the position for the next school year.

Any SMACS staff member may apply, in the spring, for coaching position for the following school year. Incumbent coaches with satisfactory evaluations will, usually, continue with their assignments. All vacancies and newly created coaching positions will be posted on the appropriate designee. Upon selection, a candidate will be recommended to attend a coaches meeting.

The following criteria will be used for all interscholastic athletic coaching assignment:

### Mandatory:

1. CPR / AED and First Aid certification Fingerprinting
2. Fingerprinted

### Preferred:

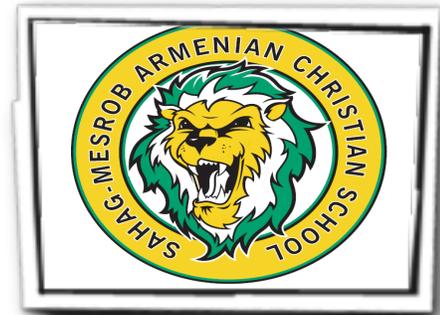
1. Certified teacher
2. Background and coaching experienced in sport
3. SMACS Alumni Student

## **COACHES EVALUATION SYSTEM:**

The sole purpose of the coaches' evaluation system is to improve the quality of our athletic program by recognizing and encouraging the use of successful coaching practices and techniques. A minimum of one evaluation will be written by the Athletic Director during the school year for each coach. Information contained in the evaluation will be based upon observations made at practices and contests during the athletic season, the quality of compliance

with the SMACS Athletic policies and procedures, and personal relations with athletes, professional colleagues and parents.

At the end of season review, the evaluation will be discussed with each coach, and the coach will be given the opportunity to comment or respond to any item in the evaluation. The original evaluation will be kept on file in the Athletic Director's office and copies will be distributed to each coach, the Director of Personnel, and School Principle.



## **Conclusion Statement :**

It is my hope as your Athletic Director, that you will find the overall athletic experience to be worthwhile, enjoyable and a valuable contribution to the total education process at Sahag-Mesrob Armenian Christian School. You should be proud of your school, confident in your education, and satisfied with your athletic experience. If you can look back as a graduate of Sahag-Mesrob and feel good about the overall process, then we have done our jobs correctly.

Sincerely,

Jack Dabbaghian  
Director of Athletics  
Physical Education

**STUDENT INFORMATION SHEET AND HANDBOOK AGREEMENT**

ATHLETE NAME \_\_\_\_\_ GRADE \_\_\_\_\_ GENDER \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

PARENT(S) NAME(S) PHONE NUMBER

\_\_\_\_\_  
\_\_\_\_\_

SPORTS PARTICIPATING IN 2011 - 2012: (CHECK ALL THAT APPLY)

- TRACK
- VOLLEYBALL
- BASKETBALL
- SOCCER
- CLUB BASKETBALL

**WE HAVE READ AND ARE FAMILIAR WITH POLICIES AND GUIDELINES SET FORTH IN THE SAHAG - MESROB ARMENIAN CHRISTIAN SCHOOL ATHLETIC HANDBOOK. WE ARE ALSO AWARE OF THE RESPONSIBILITIES OF STUDENTS AND PARENTS IN PROVIDING STUDENT ATHLETES WITH A SAFE AND POSITIVE ATHLETIC EXPERIENCE. AS A RESULT, WE AGREE TO ABIDE BY THE TERMS AND RESPONSIBILITIES OF THIS ATHLETIC HANDBOOK.**

\_\_\_\_\_ STUDENTS NAME  
\_\_\_\_\_ PARENT NAME  
\_\_\_\_\_ PARENT NAME  
\_\_\_\_\_ DATE