



Athletic Director: Tomik Iranosian

VAHAN & ANOUSH CHAMLIAN ARMENIAN SCHOOL ATHLETIC HANDBOOK

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## TIGERS TRAITS:

Chamlian Athletic Department emphasizes the importance of good character, sportsmanship and citizenship. Chamlian Armenian School TIGERS are expected to uphold the six traits that proudly spell out TIGERS:

**T = Trustworthy**

**I = Integrity**

**G = Generosity**

**E = Enthusiasm**

**R = Responsibility**

**S = Sportsmanship**

# Chamlian Tigers Athletic Department

2018-2019

## **Mission Statement:**

Chamlian Tiger Athletics Department is committed to providing a positive, challenging, competitive and fair athletic experience that emphasizes the Tiger Spirit. We strive to make athletic participation an environment that promotes skill development, fosters teamwork and teaches important life skills necessary to becoming a valued member of the community.

## **PHILOSOPHY:**

The Chamlian Tigers Athletic Department embraces sports as an integral part of its educational mission. We provide an environment for student-athletes to achieve academic and athletic excellence.

The program:

-begins in the classroom. All students from grades 1-8 participate in physical education classes that emphasize team sports, health and physical fitness.

-is all inclusive. Every student has the opportunity to participate in one or more athletic activities:

-includes an after school sports program where students have the opportunity to participate in competitive interscholastic teams that

strive for achievement and excellence with an emphasis on player development.

-emphasizes the importance of keeping priorities in order: Family, Academics & Athletics.

-enjoys a CHAMPIONSHIP TRADITION!

### **PARTICIPATION - Everyone plays**

- Everyone who signed up for the Afterschool Athletic Program is assigned to a team.
- The coach gives all players equal attention.
- Students will have the opportunity to play all sports offered at Chamlian.
- Any student who has less than a 2.0 grade point average at the end of any semester grading will not be able to participate in after-school athletics. Student will have to maintain a 2.0 grade point average or higher.
- Students' behavior in the classroom/campus has a strong impact on an athlete's participation in after-school athletics.
- At season's end, everyone receives an award/medal for participation in the after school athletic program during the year end banquet.

### **SPORTSMANSHIP- We play sports to have fun & learn**

- In addition to having fun on the court, players, coaches, parents, & Athletic Director are urged to follow "Tiger House Rules" including:
  - Maintain highest level of sportsmanship and conduct at all times.
  - Respect players, coaches and officials at all times.
  - Always play fair, with honesty and integrity.

### **FITNESS- Regular cardiovascular exercise is important for a lifetime**

- Encouraging fitness and good health means developing the whole person: body, mind, and spirit.
- Warm-up and conditioning exercises are included in practice sessions and before games.
- Healthy lifestyle habits are covered in team discussions and encouraged in family activities.
- Physical exercises, routine cardiovascular drills, are done during practices to enhance motor skills.

### **TEAMWORK- Focus on cooperation, not competition**

### **FAMILY INVOLVEMENT- All Chamlian Parents should participate**

- Players have the opportunity to play a variety of positions and are encouraged to help one another with skill(s) development. Team discussions often focus on the importance of TEAMWORK.
- Team unity is critical to Chamlian Athletics as we will work together to build strong student athletes in the classroom and in athletics.
  
- At Chamlian we want to encourage all parents to be **INVOLVED**. It is very important to be involved in your child's school athletic program.
- We have various opportunities to become involved, including coaching, being a team parent or being part of our Chamlian Athletics Parent Group. Most importantly, you can join us at games to cheer on our athletes!
- Please contact the Athletic Director for more information about how you can help.

### **SAFETY -Protect players from harm**

- Coaches and team parents are responsible to see that the players are safe from harm and injury at their practices and games.
- Playing areas are to be inspected before play to prevent hazardous conditions.
- A safe playing condition for everyone is important to all. Practice and games are all supervised by Chamlian Tigers Athletic Department staff.

### **PROFESSIONAL APPERANCE (Uniforms)**

- Players in our Chamlian Athletic program wear the best quality uniforms available: our school jerseys and shorts adorning the unique Tigers logo with durable numbers on the front and back.
- Each athlete is responsible for uniforms or equipment issued to him/her. If the athlete fails to return any items, he/she must pay the replacement cost.

### **COACHING CERTIFICATION**

- Our coaches participate in a training process to equip them to be the best coach possible.
- They are educated and held accountable to uphold the values the school exemplifies.
- All coaches should have knowledge of the sport they will be coaching.
- Coaches all will be CPR & First Aid trained before coaching.

#### SPORTS SEASONS:

Season	Months	Sports
<b>FALL</b>	September- November	Basketball, Track & Field & Volleyball
<b>WINTER</b>	December- March	Basketball, Soccer & Table Tennis
<b>SPRING</b>	March- June	Basketball & Soccer

#### TOURNAMENTS & GAMES:

- KAHAM is a yearly tournament where all the surrounding local Armenian Schools gather and take part in team sports/individual sports competitions organized by Homenetmen Western Region. This is an important aspect in developing our student athletes to learn sportsmanship and a great way to build friendships through sports.
- Chamlian Athletics will be competing in local Friendly Games/Scrimmages and Private School Leagues as we prepare our students to compete in more school games.
- Below is a List of Sports & Projected Months for KAHAM Games.

Sports	Grade Level	Projected Month
Track & Field	1 <sup>st</sup> – 8 <sup>th</sup> Grade -Boys/Girls	October
Volleyball	5 <sup>th</sup> -8 <sup>th</sup> Grade -Boys/Girls	November/December
Table Tennis	3 <sup>rd</sup> - 8 <sup>th</sup> Grade- Boys/Girls	January
Soccer	1 <sup>st</sup> -8 <sup>th</sup> Grade- Boys/Girls	February/March
Basketball	1 <sup>st</sup> - 8 <sup>th</sup> Grade- Boys/Girls	February/March
Closing Ceremony	Everyone must <b>ATTEND</b>	March

#### TEAM PLACEMENT:

- Each student will be eligible to register and participate in Chamlian Tigers Athletics.
- Team's will be assembled by grade level and sorted by number of registered participants.
- TEAM PLACEMENT EVALUATION period will be the first two weeks of practice to form the teams.
- If a grade level has a team of more than 10 kids registered, Athletic Director will form 2 teams a BLUE team & White team for the grade level.
- Why BLUE or WHITE team? We believe Chamlian students should be given the opportunity to participate in Athletics. Blue or White our students will be given the equal attention to develop skills necessary to improve in each area of the sport.
- Athletic Director and Coaching staff will be deciding the Blue team and White team.

- Is there a difference between skill levels in one team? Coaches will be forming teams to compete in all games and we will be deciding teams on skill level, participation and overall commitment the first two weeks of TEAM PLACEMENT.