

AGBU MANOOGIAN-DEMIRDJIAN SCHOOL
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Titans
Parent and Athlete Handbook
2025-2026

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Athletics Mission Statement

The AGBU-MDS School's mission is to equip our students to be productive citizens who will have positive attitudes and be value-oriented, career-directed, competent in communications, capable of problem-solving, skillful, creative, and critical thinkers while being active during school and in after-school athletic programs.

Athletics/Activities Philosophy

Participation in athletics and/or activities in the AGBU-MDS is a PRIVILEGE that involves varying degrees of HONOR, RESPONSIBILITY, TEAMWORK, and SELF-DISCIPLINE.

Athletes represent not only their school but also the community at large. As such, it's imperative for them to act with integrity and present themselves in a light that brings pride to themselves, their families, their school, and our culture and community. Engaging in athletics and other activities offers an unparalleled medium for connecting home, school, and community. Furthermore, these activities play a significant role in personal development, growth, and education. The interscholastic athletic program allows athletes to compete with peers from other schools, fostering new friendships, teaching sportsmanship, and emphasizing the importance of teamwork to achieve shared objectives.

To partake in these activities, a genuine dedication to the athletic or activity program is a prerequisite. It's essential to remember that as participants, you symbolize your family, school, Armenian culture, and community. Thus, one's actions, both on and off the field, must always be above reproach. While some sports necessitate the selection of team members based on athletic skills, factors such as attitude, conduct, cooperation, loyalty, and commitment are also crucial determinants in the selection process.

Athlete/Activity Expectations

As a participant representing AGBU-MDS, you are responsible for exhibiting good sportsmanship and citizenship at all times. The moment you put the school uniform on or represent the school in competition, you become a representative of the student body, the school, and the community. As a result, upholding the following guidelines of conduct for sportsmanship and responsibility is an expectation of the athlete:

1. Respect the integrity and judgment of the officials.
2. Respect your opponents and their facilities when you are a visiting player.
3. Display positive attitudes and actions in public at all times.
4. Demonstrate integrity by exemplary sportsmanship and citizenship both as a student and as an athlete.
5. HAVE FUN!

Parent/Fan Expectations

Parents and fans play a crucial role in the overall success of all extra-curricular programs, especially athletics. Students mirror the behaviors and actions of their parents and relatives. Therefore, it is important to continually model good sportsmanship and responsibility to all athletes. By following the guidelines in mind, you can help to make athletic/activity participation an enjoyable and positive educational experience:

1. Keep athletics in perspective. Although we all like to have successful, winning programs, the physical, mental, social, and emotional growth from participating in athletics far exceeds the actual benefits of winning or losing.
2. Support the student-athlete both in and out of the classroom. Talk to them about their experiences as a student and as an athlete. Compliment them when they are deserving.
3. Support the overall program and help the student maintain a positive attitude throughout the school year. Display, by your actions and words, an understanding of the athletic philosophy and the overall role you play in the success of the athlete and the program.
4. Respect the officials, athletes, coaches, and other fans, whether they are opponents or friends.
5. When there are questions regarding any of our programs, please follow the communication procedure outlined below.

Communication Procedures

Both parenting and coaching are extremely challenging responsibilities. Parents may have questions and concerns regarding their athlete that they wish to discuss with the coach or even the administration. Please bear in mind that our coaches make judgment decisions based on what is best for the entire team, taking into consideration every member of the team. This is not an easy task, and sometimes people become frustrated or upset regarding the performance of an athlete or team. Our coaches work extremely hard for very little compensation. They coach because they love working with student-athletes and realize the positive benefits of participation in athletic programs. By establishing and understanding each position, we are able to accept the actions and behaviors of others, allowing better communication.

The following are some guidelines to help facilitate productive and efficient communication between parents and school personnel:

1. All head coaches/sponsors are expected to schedule and attend a meeting with parents and players at which they will provide schedules for practices and games to all athletes.
2. The coaches/Athletic Director will schedule parent meetings.
3. Coaches will provide any additional team rules or requirements for participation.
4. Coaches will notify both the athlete and parent when any disciplinary action is taken.
5. Parents are expected to notify the coach well in advance of any scheduling conflicts.
6. Parents are encouraged to have their child approach their coach should questions or problems arise during the course of the season by calling or making an appointment with the head coach.

In general, the following model should be used to resolve any issues:

- a. ATHLETE with COACH
 - b. PARENT with COACH
 - c. PARENT with COACH & ATHLETIC DIRECTOR OR ASSISTANT ATHLETIC DIRECTOR
 - d. PARENT with ATHLETIC DIRECTOR AND PRINCIPAL
7. **We do not discuss "playing time or positioning" during the season. Playing time and positioning are important aspects of coaching, not of spectating or parenting. Any discussion on these topics will not benefit anyone and lead to hard feelings between the involved parties.**
 8. Parents are ENCOURAGED to make an appointment to speak with the coach or other school personnel. Coaches have teaching responsibilities during the day, and an appointment will make any discussion more beneficial. **DO NOT APPROACH THE COACH WITH AN ISSUE BEFORE, DURING, OR AFTER A GAME!** Issues are rarely resolved at these times. It is far better to have discussions in private and not during the heat of the moment. We recommend waiting at least 72 hours before making contact with a coach about an issue.

AGBU-MDS Student Activities Standards and Eligibility

AGBU-MDS is a proud member of the California Interscholastic Federation (CIF) and the San Fernando Valley Private School League (SFVPSL), and shall be regulated by the code of this association. The following is a short list of the most important by-laws, but it is by no means an all-inclusive list of regulations for athletes and schools:

1. **Age Standards**
 - a. Senior high students shall not have reached the age of 19 before July 1 preceding the opening of school.
2. **Academic Eligibility**
 - a. **In order to participate in after-school sponsored activities, a student in grades 6-12 must currently be enrolled in courses and maintain a minimum of a 2.40 GPA at each reporting period and be in good disciplinary standing.**
 - b. Student-athletes with D's or F's during any reporting period will be flagged and placed on Academic Review.
 - c. Per school policy, students must be present for the full school day to be eligible to practice or

to participate in a competition.

Non-School Competition

1. An athlete may not practice for or participate with a non-school team or any organized non-school athletic competition and for your school team in the same sport during the same season.
2. An athlete may participate on a school team and a non-school team in different sports during the same season; however, you may not practice in organized non-school athletic competition on the same day that you practice or participate for the school team.
3. Please remember, there are many additional regulations from CIF and SFVPSL regarding eligibility, college tryouts, recruitment, transfers, etc. Any specific questions should be directed to the Athletic Director to ensure proper interpretations and advice.

Code of Conduct

Being an athlete or participating in an activity is a PRIVILEGE that involves teamwork and self-discipline. Parents and coaches, along with student athletes themselves, compose that team/activity. In order to have a successful team/program, everyone must identify and understand certain regulations. The AGBU-MDS Athletic Code exists to provide specific guidelines for students who represent their various schools in the field of athletics and/or other AGBU-MDS programs. All members of a team/program bear the responsibility for working together to help make athletics/activities a successful experience for everyone involved. Therefore, this code shall be in effect during the school year, to include the period starting with the first practice and any postseason play. It will include those written rules and regulations established for students competing as representatives of the AGBU-MDS. All students choosing to participate in athletic programs shall be given a copy of this code, and by virtue of their continued voluntary participation, shall agree to conduct themselves in accordance with the code.

A student-athlete in the AGBU-MDS shall not use, consume, or possess alcoholic beverages, cigarettes, or tobacco of any form, steroids, illegal drugs, including marijuana, or paraphernalia related to the use of illegal drugs and the abuse of prescription or nonprescription drugs. The athlete shall further abide by all written training rules established for the sport by the coach(es) in which he/she is competing, and shall at all times behave in a manner that conveys respect for all individuals. Acts of harassment or hazing will not be tolerated. In addition, a student athlete shall at all times and in all situations, both as a participant and as a spectator, conduct himself/herself with personal integrity and honesty. Any action or behavior that necessitates the imposition of team or school discipline or the committing of criminal acts outside of school will be viewed as a violation of the Athletic Code. Before any disciplinary action is taken, a thorough investigation will be conducted, and all concerned parties will be properly notified. However, conviction in a court of law is NOT necessary for the listed consequences to apply. Remember, athletic participation is a PRIVILEGE, not a right.

Alcohol, Drugs, Drug Paraphernalia, Steroids

The use of alcohol, legend drugs (including anabolic steroids), controlled substances, and controlled substance analogs is prohibited. Any athlete possessing (possession is to include the driver and all passengers in a vehicle), selling, and/or using alcoholic beverages, legend drugs (including anabolic steroids), controlled substances or controlled substance analogs, and/or drug paraphernalia on or off school property shall be subject to the following disciplinary action. In order for penalties to be imposed regarding violations of the code of conduct, information must be received from faculty/staff or law enforcement. In addition, if a student is involved in any incident involving an alcohol/controlled substance violation that results in a citation, the incident must be reported to the principal/AD within five school days of the citation. If this does not occur, a stiffer penalty will be incurred.

- A. First Violation: The student/athlete will be suspended for no less than 15 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will be allowed to practice. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.

- B. Second Violation: The student/athlete will be suspended for no less than 45 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will be allowed to practice. This penalty may carry over to subsequent sports seasons.
- C. Third Violation: The student/athlete will be suspended from all extra-curricular activities for 365 calendar days from the date of the infraction.

Tobacco Products

Possession or use of tobacco products will result in penalties consistent with the student handbook.

Criminal Acts, Vandalism, Theft, or Possession of Stolen Property

- 1. First Violation: The student/athlete will be suspended for no less than 15 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will NOT be allowed to practice. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.
- 2. Subsequent Violation: The student/athlete will be suspended from all extra-curricular activities for 365 calendar days from the date of the infraction.

Hazing/Harassment, Acts of Disrespect, and Actions Unbecoming of an Athlete

For these offenses, the student handbook guidelines will be followed. Individual Coaches have the option of assessing additional penalties.

Technical Fouls, Red Cards, Unsportsmanlike Conduct, and/or Other Like Incidents

- 1. First Violation: The coach's discretion and conference with administrators to make a decision about further consequences.
- 2. Second Violation: For unsportsmanlike conduct, the athlete will be removed from the rest of the contest and suspended from the next contest. For other technical fouls or incidents, the coach's discretion and conference with administrators. The athlete will be allowed to practice.
- 3. Third Violation: Unsportsmanlike conduct. The athlete will be removed for the remainder of the contest. In addition, the athlete will be removed from the team/activity for the next three games. Coaches have the option of extending the number of game suspensions or removal from the team. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the athlete will not be allowed to practice, but the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.
- 4. If a student gets two technical fouls or a red card for unsportsmanlike conduct in one game, per CIF rule, he/she is no longer eligible for participation for the remainder of the season. In elementary or middle school, the SFVPSL will conduct its report and will let the AD know the outcome of that athlete.

Violations of School Rules

Any student/athlete involved in conduct that results in the imposition of disciplinary action by the school may be declared ineligible for the next interscholastic contest for which he/she is eligible.

- 1. Detentions: Administration will NOT schedule detentions around any practice schedules. It will be the responsibility of the student/athlete to make sure both detention and practice requirements are met.
- 2. In-School-Suspension (ISS): If a student/ athlete is placed in ISS, the student/athlete will NOT be allowed to participate in any inter-scholastic competition on the ISS day(s) but may practice.
- 3. Out-of-School Suspension (OSS): If a student/ athlete is placed on OSS for disciplinary reasons, the athlete will NOT be allowed to participate in competition or practice for the duration of the suspension.
- 4. Subsequent suspensions may result in suspension from all extra-curricular activities at AGBU-MDS for up to one calendar year (365 consecutive days).

Coaches' Rules

A student/athlete will abide by all specific written rules formulated by the coach who has the responsibility for an athlete who violates those rules.

Attendance

1. All athletes are expected to attend all practices in order to participate in inter-scholastic contests/competitions. The coach or assistant coach may excuse students from practice for legitimate reasons or absences.
2. An athlete who misses school (any class period) on the day of a contest will not be allowed to participate
3. in school activities that day without being excused in advance by the administration.
4. If an athlete misses at least one class period the day following an event or game without being excused in advance by the administration, he/she will not participate in the next game or activity.
5. Parents should contact an administrator, head coach, or athletic director to discuss any conflicts on the day of or the day following an activity. Any student who misses class time on Friday without being excused will not be allowed to participate in weekend activities.
6. If school is canceled, it will be up to the principals or athletic directors' discretion as to whether extracurricular activities will be held as scheduled.
7. Athletes are responsible for making up all missed work in a timely manner per school policy outlined in the Student Handbook.

Statute of Limitations

Violations that are reported to school personnel more than 365 days (one calendar year) after they occur will NOT be considered for disciplinary action.

Appeal Process

1. In general, it will be the responsibility of the coach to contact and inform students/athletes, parents, and administration concerning any disciplinary actions.
2. Anyone who wishes to request an appeal should notify the high school principal and or the athletic director IN WRITING within seven (7) calendar days of the date the student and parents are notified of the suspension. THE RIGHT TO APPEAL WILL BE FORFEITED IF NOT REQUESTED WITHIN THIS SEVEN-DAY TIME LIMIT.
3. If an appeal is requested, the principal and or the athletic director will conduct a hearing with the student, parents, coach(es), and other administrators. The purpose of this appeal hearing will be to inquire into the athlete's violations and the resulting consequences. The student/athlete and parents will be allowed to present evidence on their behalf. The principal and or athletic director shall make the final determination regarding the violation and the application of this Activities Code of Conduct. Any consequences may be eliminated, shortened, or extended following the appeal hearing. No legal implications will be attached to this hearing.

End of Season

1. The sports season officially concludes with the Awards Banquet for that particular sport. All student/athletes MUST attend the Awards Banquet for their respective sport to receive recognition and awards for their accomplishments. THE COACH MUST GRANT ANY EXCEPTIONS.
2. Student/athletes are responsible for turning in their equipment after the completion of their season. Student/athletes are financially responsible for any equipment or uniforms not turned in or damaged. c. Any violations of the above Activities Code resulting in removal from a sports team will disqualify them for all awards, including letters.

Traveling Rules for Extra-Curricular Activities

Safe team/club travel depends on the cooperation of everyone involved. All team/club members must adhere to the following rules for travel.

1. Follow the directions of the driver, who is legally responsible for you, and your coach or sponsor. They are acting in your best interest.
2. When the bus is in motion, please stay seated. Jumping around, throwing balls or other objects, loud yelling, and similar distractions divert the driver's attention from the road and create a safety hazard.

3. Never hang out of a window or put parts of your body or anything else out the window of a moving bus.
4. Your bus is private property. Please keep it clean and avoid damage to seats, etc., that may be caused by your equipment. Remember, the bus is designed for people, not sports equipment; take an extra moment when loading and unloading to handle your equipment carefully.
5. Please pick up after yourselves when disembarking. Orange peels, soda spills, and trash are safety hazards. Make sure to remove all your personal belongings after thoroughly checking the area. Students who do not follow the above guidelines will miss one contest or activity on the first offense. A second offense may result in the student being dismissed from the team, club, etc.

For any other information or concerns, please feel free to contact the athletic director.

Suren Arzoumanian
Athletic Director 2025-2026



Parent/Athlete Participation Contract

Athletic participation assists in promoting the importance of teamwork, effort, goal setting, and commitment. Athletics can be highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. Not all athletes perform at the same level, but all can demonstrate effort, dedication, and fair play. An athlete's character development far outweighs his or her athletic accomplishments.

Sportsmanship

An important mission is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that athletes demonstrate a magnanimous attitude and principled behavior.

Participation Expectations – Parents

Supporting your student in their athletic activities is an exciting part of being a parent. As models of adult behavior, we ask the following of our parents:

1. Exhibit responsible, respectful, and thoughtful behavior to all players, coaches, officials, and other fans, including all members of the other school and team.
2. Recognize that decisions regarding the team are at the discretion of the coaches. Therefore, parents agree to respect these decisions. Parents agree to discuss any concerns or issues with the coaches in private and at the appropriate time (not before, during, or after a match) and place so that adequate attention can be given to the matter.
3. Utilize the chain of command when addressing concerns, contacting the coach first, the athletic director next, and then the principal in seeking a resolution to any issue.
4. Respect all decisions made by match directors.
5. Display good sportsmanship at all times.
6. Read all program emails and respond, when necessary, in a timely manner. Parents can be the greatest support to their athletes or a source of discouragement.

The Positive Coaching Alliance

The Positive Coaching Alliance makes the following recommendations for parents in encouraging their athlete in all sports:

1. Encourage proper rest, nutrition, and hydration.
2. Do not Coach Your Child – Let the coaches, coach.
3. Do not analyze your athlete's performance in the car ride home from practice or a match.
4. Focus on Life Lessons when it is appropriate for you to talk to your child.