



2020 Athletic Office | Annual Report

On March 11th, our Chapter Executive Board announced the suspension of all our activities due to the COVID-19 pandemic.

After realizing the seriousness of the pandemic and how this all would impact our athletic programs, we at the Athletic Office started our brainstorming and figuring out ways to keep our athletes active.

On April 7th, we started our STAY-AT-HOME DRILLS Campaign for Basketball, Volleyball, and Soccer. Our A Division and our younger players (boys and girls) shared some great drills with all our athletes, for them to practice at home during the quarantine.

On April 17th, we started our Ararat Insider Social Media Campaign. To get to know our athletes we asked them 5 questions.

1. What is your favorite Ararat Moment?
2. Who is your favorite Homenetmen player of all time?
3. What is your pregame ritual?
4. What is your favorite Armenian food?
5. If you had to choose 3 Ararat members to quarantine with who would it be?

On April 27th, Narina Minassian from the Athletic Office started sharing weekly Simple & Healthy recipes. She would show our social media followers how easy it is to make quick, nutritious, and delicious meals using everyday item we could find in our pantry and freezer.

In mid-June, the Athletic Office started working alongside The Ararat Facilities Covid-19 task force to prepare guidelines to start our outdoor training sessions. With the leadership of our Chief Athletic Director Mossig Kizirian and the Chapter Executive Board we were able to start our outdoor training sessions. We had 24 weekly sessions for 18 weeks. About 4000+ athletes participated with zero number of incidents.

On December 8th, our Chapter Executive Board decided on a new program and gave families living in the same household an opportunity to train in the Main Campus Blue Gym. This this continues as of today and all sessions are booked every week.

2020 Athletic Office | Basketball | Annual Report

February | Sevan Tournament | San Diego

March | Sassoon Tournament | Fresno | Canceled due to Covid-19

April - May | Stay at home basketball drills | Ararat Basketball players

April-May | Skills Challenge | athletes with the best drill will be gifted

April – June | Coaches happy hour | Basketball coaches from all divisions

April – May | Ararat Insider | Ararat Basketball players

April – May | LIVE 30-minute basketball drills training sessions | Tade Keshishyan

May – June | weekly SIMPLE & Healthy recipes | Nar Minassian

June – July | Ararat Basketball Coaches Trivia | Coaches from all divisions

August – November | Outdoor Team Practice Sessions | U9-U18 boys & girls | Volleyball | Table Tennis

December – present | Ararat Individual and Family Training | Ararat members

December – present | USA Basketball E-Learning program | All Basketball Coaches

Detailed

On March 27th, Nayiri Aslayan (1A division player) educated our social media followers about COVID-19

On April 9th, was our first Ararat Basketball skills challenge. We asked our boys and girls Basketball players to record a 30 second basketball drill. The best drill was gifted with an Amazon gift card.

Our Coaches happy hour started on April 10th we would get together every other week on Zoom and have some great laughs and our coaches would share their life at Ararat.

On April 22nd, we started our Instagram LIVE 30-minute basketball drills training sessions with Ararat A division basketball player Tade Keshishyan. This happened on a weekly basis.

On June 1st, we got our coaches involved again through our ARARAT BASKETBALL COACHES TRIVIA. Vardan Boyazhyan came up with this idea during one of our weekly Athletic Office meetings. 16 of our not so camera-shy coaches participated in the trivia. We put them to a fun test. We had our coaches match up against each other and our host Vardan would pick their brains with questions about Ararat and the sport of Basketball. We decided to have the Finals streamed LIVE on our Instagram page between Coach Liana Esmaili and Coach Allen Sotiri.

We have had an average of 700 views for each one of our IG posts during the COVID-19 period and our highest viewed post was Mary Markaryan's STAY AT HOME SKILLS DRILL with 1478 views.

Our latest project is with USA Basketball. USA Basketball has identified your organization as a great fit for their new E-Learning program. They have created a new initiative for youth organizations to educate their coaches through a customizable program tailored to the needs of each organization. At this point Ararat is the only program in the country. Upon completion, our coaches will receive a certificate that will include Ararat logo with USA Basketball logo. An email and a link will be sent out to our coaches by next week.

2020 Athletic Office | Volleyball | Annual Report

In collaboration with the Volleyball committee, the following projects were completed in 2020 (Refer to Volleyball report for the details)

1. Sevan Chapter Tournament
2. Social Media activities (*Increased followers from 87 to 181*)
 - a. Nutrition tips for athletes
 - b. Strength videos for athletes
 - c. Core & strength video for athletes
 - d. Short Volleyball drills
 - e. June challenge & winner received \$75 gift card
3. Zoom meeting & workshops
4. Outdoor practices
 - a. Established safe practices for all member in each team to attend.
 - i. Followed COVID protocols
 - b. Conditioning/Drill sessions for all volleyball members
 - c. Recruited 3 volleyball assistance from A-division teams
 - d. Encouraged all volleyball members to attend Wednesday night “Fab Fit Hour”
5. Pumpkin Pie Fundraisers
 - a. Raised \$1433 and donated to Armenia Fund

2020 Athletic Office | Soccer | Annual Report

In collaboration with the Soccer committee, the following projects were completed in 2020 (Refer to Soccer report for the details)

1. Hike with U14/16 & U18 teams
2. Social Media activities
 - a. Nutrition tips for athletes
 - b. Strength/core videos for athletes
 - c. Soccer drills
 - d. Mother’s Day Posts
 - e. Member highlights

3. Zoom meetings with teams & committee members
4. Outdoor practices
 - a. Established safe practices for all member in each team to attend.
 - i. Followed COVID protocols
 - b. Encouraged all members to attend Wednesday night “Fab Fit Hour”
5. Car Wash Fundraiser
 - a. Raised \$4000 and donated to Armenia Fund