

ARMENS CROSS COUNTRY 2026

Dear Holy Martyrs High School Cross Country Students and Parents,

Welcome to the 2026 cross country season at Holy Martyrs High Armenian School! This letter will provide the basic information you will need for participation on the cross country team.

- **FORMS**

To access the 3 forms that you need to fill out **by July 13, 2026**:

- Go to Ferrahian.org
 - Go to Athletics
 - Go to Armens Home
1. Athlete Contact Information
 - Click [HERE](#) and fill out form and submit.
 2. Click where it says “CLICK THIS LINK” etc.

The first form is:

- a. **Sports Physical Form –**

The HISTORY FORM part (pages 1 and 2) needs to be filled out by the parent PRIOR to seeing the physician. The physician will fill out the PHYSICAL EXAMINATION FORM (page 3). Page 4 (CLEARANCE FORM) must be filled out by the physician (the first part) and the parent (the bottom portion)

The second form is:

- b. **Athlete Medical Release Form**

This form must be filled out and submitted on line by July 13, 2026.

- **For our first practice** on Monday morning **June 15th**, we will meet at the school. Practice will start at 7 am sharp and will end at 8:30 am. PLEASE DO NOT BE LATE!
- **From July 25th through August 9th** there will be no practices held since it is the **summer dead period**.
- We will have our annual **Armens summer sports camp** and all cross country runners are required to attend. The camp will take place from **Monday, June 22 through Wednesday, June 24** (we will be practicing at the camp)
Camp Arev 1701 Darling Avenue, Frazier Park, CA 93225
- **Practices are mandatory!** We expect students to make every effort to make the scheduled practices. This will help them improve their performance and race times, and also keep them strong and injury-free. Attendance will be taken. **After five unexcused absences** the athlete might be removed from the roster. An unexcused absence is any absence that has not been verified by the coach prior to practice starting.
- Summer practices will be held from June 15th through July 24th, 2026.

- After the dead period, practices will resume on Monday, August 10th
- As a member of the Holy Martyrs Armenian High School cross country team, you represent your school, the Armenians and the Armenian Community.

Any behavior deemed inappropriate by the coaches may result of your dismissal from the team.

Ongoing communication with your coach can be proactive towards resolving concerns and building healthy relationships.

We are available to address any questions you have and to assist you towards achieving your goals this season.

What do you need every day for practice:

- 1 Running shoes, t-shirt, shorts, socks, a running watch (nothing fancy, just one that has a stop watch feature!) and a water bottle (hydration is important even in cooler weather)
- 2 Clothing to layer. Practice won't necessarily be canceled if it's raining.

Other expectations:

1. Eat healthy during the season! Limit junk food.
2. Be on time to practice: we will begin with attendance, a few announcements and then we will be running. Be prompt!
3. Pay your athletic fee, \$215 (pay through Focus). This fee includes the two 5K runs that we are going to run in Santa Barbara (on July 8th and July 22nd), and the third one in Oxnard (July 16th).
4. Stay with your group. It won't take long to find a group appropriate to your pace, we never leave anyone behind, so be prepared to push yourself a bit!
5. Always improve. The goal is to be better each and every race. Always set goals and work hard to reach them. If you improve each and every race, then you have not only impacted the team, but have bettered yourself. As coaches we can ask for nothing more than your 100% effort.
6. Be safe, stay with your running group. Respect others using the park/trail etc. and always run on the right side.

We are looking forward to a great and fun season!

Thank you!

Coach Varant Vartabedian

coachvarant@ferrahian.org

Cell #: (818) 422-7538

CROSS COUNTRY PRACTICE SITES:

1. BALBOA PARK SOCCER FIELDS

Located on Balboa Blvd. between Burbank Blvd. and Victory Blvd. on the west side of Balboa Blvd.

2. BALBOA PARK

Located on the Northeast corner of Burbank & Balboa Blvds.

Parking directions (from school): when going east on Burbank Blvd. pass Balboa Blvd, then enter the first parking lot on your left. Once in h parking lot, make another left (going west in the parking lot) and park at the end of the parking lot. That's our meeting point.

3. Reseda Hills

Located on Reseda Blvd. south of Ventura Blvd.

Direction from school: Head south on White Oak Ave.

Make a right on Ventura Blvd.

Make a left on Reseda Blvd.

Go 1.3 miles up Reseda Blvd. and you will see the Armens Van parked there on the right side of the street.

4. Woodley Blvd.

Located on Woodley Blvd.

When going east on Burbank Blvd., make a left on Woodley Blvd. (go north about ¼ mile and park on the right side of Woodley Blvd.).