

Practices and Transportation

- ◆ Practices are held daily after school during the season at each designated location.
- ◆ Junior Varsity and Varsity Athletes are expected to attend scheduled practices over school vacations.
- ◆ An important aspect of team play involves students travelling to and from away games together. It is a valuable time for coaches to speak with the players both before and after the game. However, we do realize and respect that family commitments or emergencies may arise that may necessitate a parent picking up a child from a game or bring a child to a game. The following protocol is requested for all special allowances: Submit a note to the Coach at least three days in advance of the known conflict. Upon pick up or drop off, make sure you report directly to the coach to let him or her know that you are there to pick up or drop off your child.

Informational Resources

- Lynbrook’s Athletic Office can be reached at 887-0236 with any questions.
- Announcements will be made during the day at the High School regarding cancellations.
- Lynbrook’s Website can be accessed @ www.lynbrookschoools.org and provides information regarding participation forms, directions and schedules. Just click on Athletics & follow the links.
- Results and scores can be accessed @ www.newsday.com. Just follow the links to Sports ➡ High Schools ➡ Lynbrook.
- Schedules for JV/Varsity Athletics can be accessed at:
[Lynbrook High School - Official Athletics Site \(digitalsports.com\)](http://Lynbrook High School - Official Athletics Site (digitalsports.com))

Moms and Dads Club

The Lynbrook Moms’ and Dads’ Club offers parents and friends of all Lynbrook athletes the opportunity to get involved in the spirited support of Lynbrook’s Varsity, Junior Varsity and Middle School teams. We sponsor the annual Varsity Dinner and Journal, and have an informative College Recruitment Evening. Our general meetings are listed on the District Calendar and are held at Lynbrook High School, so please join us! For membership information, please see the school website.

CONCUSSION IN SPORTS

What is a Concussion?

A concussion is a type of traumatic brain injury or TBI caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Heads Up: Concussion in Youth Sports is a free, online course available to coaches, parents and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. Address is—
http://www.cdc.gov/concussion/HeadsUp/online_training.html.

Lynbrook Public Schools

Junior Varsity & Varsity Interscholastic Athletics

2025-2026



An Informational Brochure

For High School Parents

Prepared by The Lynbrook Athletic Department

Joseph Martillotti, Director

Physical Education, Athletics & Health

IMPORTANT: NO ATHLETE MAY TRY OUT FOR ANY SPORT UNLESS AN UP-TO-DATE PHYSICAL FORM IS ON FILE WITH THE ATHLETIC OFFICE

IMPORTANT NUMBERS/SITES

District Athletic Office: 887-0236

Game Schedules on web at: [Lynbrook High School - Official Athletics Site \(digitalsports.com\)](http://Lynbrook High School - Official Athletics Site (digitalsports.com))

Regulations

Eligibility

Transportation

Scheduling

Lynbrook High School

Junior Varsity and Varsity Athletic Teams

Football Track Tennis Volleyball Kickline Golf

Basketball Badminton Wrestling Baseball

Gymnastics Softball Soccer Lacrosse Swimming

Cheerleading Cross-Country Bowling Flag Football

Lynbrook High School Interscholastic Athletics

Lynbrook High School Interscholastic Athletics is an activity available to qualified boys and girls in grades 9 through 12. Lynbrook High School athletic program goals include the use of athletics to promote skills useful in conducting adult lives in a positive fashion. In order to participate in Interscholastic Athletics, all students must fulfill the requirements of athletic eligibility as stated in the student handbook.

High school athletics hopes to further the educational progression begun at the middle school level. Naturally, the high school maturation level is different, so the parameters of high school sports differ from the middle school experience. High school athletes are expected to participate on weekends and during vacations. On the middle school level competition is based on geographic proximity, i.e. playing nearby teams. At the high school level, ability and/or school population determine schedules. Middle school sports have specific regulations intended to promote maximum student participation. High school athletics, particularly at the varsity level, emphasize skill development of higher ability youngsters. For some team members playing time may be reduced. However, whether a team member is a starter or a role player on the bench, it is believed that Lynbrook High School Interscholastic Athletics gives a boy or girl the opportunity to acquire levels of commitment, responsibility, and self-discipline that will bode well in future years.

Joseph Martillotti, Director
Physical Education, Athletics & Health

Athletic Participation Forms

- All athletic forms must be completed on our “Final Forms” platform online.
- Team information will be distributed by coaches at meetings prior to the start of each season.
- All forms are due AT LEAST ONE WEEK PRIOR to the first scheduled day of tryouts.
- Medical forms must be completed and dated within one calendar year of first day of the start of the season. Only the “Interval Health History” form is necessary if medical form on file fits the above criteria.
- The school physician will be available to conduct physicals 7am August 21st @ MS (football).
- Also August 26th 7am in HS nurse’s office (fall season). Announcements will be made at the HS in November (winter season) and March (spring season) with upcoming dates.

INTERSCHOLASTIC ATHLETICS

Lynbrook High School 2025-2026

FALL	Boys	Girls
	Cross-Country (SM) Football (MS) Soccer (TBD) Volleyball (HS)	Cross Country (SM) Cheerleading (AA) Kickline (NM) Soccer (SM) Swim (Greis) Tennis (SM) Volleyball (HS)
August 18, 2025 Football August 25, 2025 All other V & JV		

WINTER	Boys	Girls
	Basketball (HS) Winter Track (SM) Wrestling (AA) Bowling (Woodmere Lanes) Swim (Eisenhower Park)	Basketball (HS) Winter Track (SM) Kickline (NM) Bowling (Woodmere Lanes) Cheerleading (HS) Gymnastics (All American)
Nov 17, 2025		

SPRING	Boys	Girls
	Baseball (SM) Golf (Seawane) Lacrosse (MS) Tennis (SM) Track (SM)	Badminton (HS) Golf (Seawane) Lacrosse (NM) Softball (AA) Track (SM) Flag Football (MS)
March 9 2026 Lacrosse, Track, Softball,Baseball &Flag Football March 16, 2026 Badminton, Golf & Tennis		

Tryouts, Cuts and Notification

- Individual coaches will hold pre-season meetings at the high school to provide information regarding tryouts and distribute the necessary participation forms.
- No athlete will be permitted to try out for any sport until an up-to-date physical form is on file with the Athletic and Nurse Offices.
- Tryouts begin after school on the first day of each season and last approximately 1 week. Fall tryouts begin Monday, August 21st. (Football begins Monday, August 14th).
- Junior Varsity and Varsity tryouts for each sport are held concurrently at the same locations listed above.
- If it is necessary for a team to cut players, a letter will be given to the athlete stating they have been cut.