

Practices and Transportation

- ◆ Practices are held daily after school during the season at each designated location.
- ◆ Shuttle Bus service is available to transport athletes to and from buildings where practices are held and will accommodate after school extra-help schedules with an additional after-school run.
- ◆ 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 Hotline (887-0237) is updated daily by 2 PM and provides information regarding schedules, directions, and cancellations.
- Announcements will also be made during the day at the High School regarding cancellations.
- Lynbrook's Website can be accessed @ www.lynbrookschools.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 www.nassauboces.org/athletics. Follow the tabs down the page to ➔ Sportspak Online ➔ Game Schedules (top of page) and enter the school name, sport and dates you would like to search for.

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 2016-17



"Lynbrook Owls"

An Informational Brochure For High School Parents Prepared by The Lynbrook Athletic Department

**Thomas Graham, 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

Sports "Hotline": 887-0237

Game Schedules on web at: www.lynbrookschools.org to
Athletic Tab, drop down to Schedule/Statistics
to BOCES Sportspak

**Regulations
Eligibility
Transportation
Scheduling**

Lynbrook High School Junior Varsity and Varsity Athletic Teams

Football	Track	Tennis	Volleyball	Kickline
Basketball	Badminton	Wrestling	Baseball	
Softball	Soccer	Lacrosse	Swimming	Golf
Cheerleading	Cross-Country		Bowling	

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.

Thomas Graham, Director
Physical Education, Athletics & Health

Athletic Participation Forms

- Athletic forms will be distributed by coaches at meetings prior to the start of each season.
- Forms can also be picked up in the Athletic Office, or downloaded and printed from Lynbrook’s web site @ www.lynbrookschools.org. Just follow the links to Athletics ➡ Participation Forms.
- 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 the first day of the start of the season. Only the “Interval Health History” form is necessary if the medical form on file fits the above criteria.
- The school physician will be available to conduct athletic physicals in early November (winter season), mid-February (spring season), and early June and August (fall season). Announcements will be made at the High School.

INTERSCHOLASTIC ATHLETICS

Lynbrook High School
2016-2017 School Year

FALL SEASON	Boys		Girls
	Cross-Country (SM)		Cross-Country
August 15, 2016 Football & Cheer	(SM) Football leading (AA)	(MS)	Cheer-
August 22, 2016 All other V & JV	(NM) Soccer (NM)		Kickline
			Soccer (SM/MS/HS)
WINTER SEASON	Boys		Girls
	Basketball (HS)		Basketball
November 7, 2016 Wrestling & Cheer	(HS) Bowling (Baldwin Lanes) Winter Track (SM) leading (HS)		Bowling Cheer-
	(NM) Wrestling (AA)		Kickline
	Swim (Eisenhower Park)		Winter Track
SPRING SEASON	Boys		Girls
	Baseball (SM)		Badminton (HS)
March 6, 2017 Most V & JV sports	Golf (TBA)		Golf (TBA)
	(NM/MS) Lacrosse (SM/MS)		Lacrosse
March 13, 2017	Tennis (SM)		Softball (AA)
	Track (SM)		Track (SM)

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 Office.
- Tryouts begin after school on the first day of each season and last approximately 1 week. Fall tryouts begin Monday August 24th (Cheerleading and Football begins Monday, August 17th). **Please call the hotline @887-0237 for specific starting times.**
- 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.