

# Lynbrook Public Schools

## Practices and Transportation

- ◆ Practices are held daily after school during the season at each designated location listed on the previous page.
- ◆ Shuttle Bus service is available between 2:50 PM and 6 PM 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.
- ◆ 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.
- ◆ Coaches will notify the athletes as to where they are expected to board the buses for a game and what building they will be returning to.

## Informational Resources

- Lynbrook's Athletic Hotline( 887-0237) is updated daily by 2 PM and provides information regarding schedules, directions, and cancellations, etc.
- Lynbrook's Website can be accessed @ [www.lynbrooksports.org](http://www.lynbrooksports.org) and provides information regarding participation forms, directions and schedules. Just follow the links through the Lynbrook Athletics menu to Middle School Athletic schedules.
- Game Schedules can be accessed @ <http://section8.nasboces.org> . Follow the links down the page to ⤵Sportspak Online ⤵Game Schedules (top of page) then enter the school name, sport and dates you want to search for.
- Announcements will be made at each middle school regarding any cancellations on the day of a scheduled practice or game.

## 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! Membership information: See District website.

## MIDDLE SCHOOL MODIFIED ATHLETICS 2016-17



"Lynbrook Owls"

**An Informational Brochure  
For Middle 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  
On the Web: [www.lynbrooksports.org](http://www.lynbrooksports.org)  
Game Schedules:  
[www.nassauboces.org/athletics](http://www.nassauboces.org/athletics)  
Click on Sportspak

**Regulations  
Eligibility  
Transportation  
Scheduling**

### Lynbrook Middle Schools Modified Athletic Teams

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

## Middle School Modified Athletics

Seventh and Eighth grade boys and girls are eligible to participate in middle school inter-scholastic athletics which includes competition in a variety of sports against neighboring schools. The correct name for this activity is “Modified Athletics” since in comparison to the more competitive high school athletics, rules are modified to promote safety and participation. In order to participate in Modified Athletics, all students must fulfill the requirements for athletic eligibility as stated in the student handbook.

The Lynbrook Public Schools recognizes the educational and social importance of middle school student participation. As a result, the past decade have witnessed the addition of several middle school sports: Boys & Girls Cross Country, Girls Swimming, Girls Volleyball (2nd team), Boys Lacrosse (2nd team), Boys Tennis, Girls Badminton and Boys Baseball (2nd team), Girls Softball (2nd team), Kickline and Cheerleading.

In instances where logistics limit participation, tryouts last at least one week, promoting fair opportunity for all candidates. Individual letters, rather than posted rosters are distributed, to better deal with adolescent middle school sensitivities.

Modified athletics afford an excellent opportunity for teaching many important life skills and, in combination with the priorities of family and academics, can certainly enhance a child’s middle school educational experience. In pre-season meetings coaches will discuss proper attire for tryouts as well as team rules and regulations. I look forward to seeing you on the athletic fields!

Thomas Graham, Director

### 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://cdc.gov/concussion/HeadsUp/online\\_training.html](http://cdc.gov/concussion/HeadsUp/online_training.html).

### 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 your school office, or downloaded and printed from Lynbrook’s web site @ [www.lynbrookschoools.org](http://www.lynbrookschoools.org). Just follow the links to Athletics ➡ Participation Forms.**
- **All forms are due at least one week before 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 sports 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 late August (fall season), early November (winter seasons), late-March (spring season), and early June (fall season). Announcements will be made at each middle school.**

## Grades 7 and 8

## 2016/2017 School Year

### MIDDLE SCHOOL MODIFIED ATHLETICS SCHEDULE

#### FALL SEASON

**September 6, 2016**

Boys	Girls
Cross-Country (SM)	Badminton (NM)
Football (SM)	Cross Country (SM)
Soccer (WP)	Kickline (WP)(midSept.)
Tennis (WP/SM)	Soccer (WP)
	Swim (Greis/Echo/Hewlett)
	Cheerleading (SM)

#### WINTER 1 SEASON

**November 2, 2016**

Boys	Girls
Basketball 7 (AA)	Kickline (WP)
Basketball 8 (NM)	Volleyball 7 (SM)
	Volleyball 8 (SM)
	Cheerleading (SM)

#### WINTER 2 SEASON

**January 17, 2017**

Boys	Girls
Wrestling (AA)	Basketball 7 (SM)
	Basketball 8 (NM)
	Kickline (WP)
	Cheerleading (SM)

#### SPRING SEASON

**March 28, 2017**

Boys	Girls
Baseball 7 (WP)	Lacrosse (WE)
Baseball 8 (WP)	Softball 7 (HS)
Lacrosse 7 (SM)	Softball 8 (HS)
Lacrosse 8 (SM)	Tennis (WP/SM)
Track (SM)	Track (SM)

#### Tryouts, Cuts and Notification

- Individual coaches will hold pre-season meetings at each middle 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.
- If it is necessary for a team to cut players, individual confidential letters will be handed out to each participant by the coaches on the final day of tryouts, notifying them of their status.