

7th Grade Athletic Orientation

June 21, 2023



Athletic Department Values

- 1) Student Athletes and Coaches will aim for, pursue and achieve high academic standards.
- 2) Student Athletes and Coaches will compete passionately, but with integrity, pride and class.
- 3) Student Athletes and Coaches will develop and have a sense of community pride and social responsibility.
- 4) Student Athletes and Coaches will possess strength of character and high moral purpose



Plainview-Old Bethpage Department Philosophy

MODIFIED LEVEL (JR. HIGH SCHOOL): This stage of participation is a formal introduction of organized interscholastic contests. Skill development, learning the rules, sportsmanship and fair play are emphasized. Playing time is evenly distributed based on participation, attendance and effort.

Plainview-Old Bethpage Department Sport Season Start Dates

2023-2024

Fall

Tuesday, 09/05/23

Winter 1

Monday, 11/06/23

Winter 2

Tuesday, 01/16/24

Spring

Monday, 03/25/24

Plainview-Old Bethpage Department Interscholastic Athletic Teams

<u>Fall - 12 teams</u>	<u>Winter 1 - 14 teams</u>	<u>Winter 2 - 10 teams</u>	<u>Spring - 14 teams</u>
Football (District)	Boys Basketball (7th and 8th Grade Mattlin and POBMS)	Girls' Basketball (7th and 8th Grade Mattlin and POBMS)	Baseball (7th and 8th Grade Mattlin and POBMS)
Girls' Swimming (District)	Girls' Volleyball (7th and 8th Grade Mattlin and POBMS)	Boys' Volleyball (7th and 8th Grade Mattlin and POBMS)	Softball (District 7th and 8th Grade)
Boys' Cross Country (District)	Competitive Cheer (District)	Wrestling (District)	Boys' Lacrosse (District)
Girls' Cross Country (District)	Boys' Swimming (District)	Bowling - COED - (Mattlin/POBMS)	Girls' Lacrosse (District)
Game Day Cheer (District)	Boys' Winter Track (Mattlin/POBMS)		Boys' Spring Track (Mattlin/POBMS)
Boys' Soccer (Mattlin/POBMS)	Girls' Winter Track (Mattlin/POBMS)		Girls' Spring Track (Mattlin/POBMS)
Girls' Soccer (Mattlin/POBMS)			Boys' Tennis (Mattlin/POBMS)
Girls' Badminton (District)			
Girls' Tennis (Mattlin/POBMS)			

Google Classrooms

1. Each team will maintain a Google Classroom during the season
2. Things that will be posted:
 - a. Practice schedules - locations and times
 - b. Game schedules - games and times
 - c. Other important information - uniforms, family id links, etc....

Athletic Registration



1. Each season that a student athlete participates in interscholastic sports they must register through Family ID.
2. When YOU REGISTER: Any student wishing to participate in interscholastic athletics at POB must meet the following requirements
 - a. All student athletes must be a bona fide student within the POBCSD
 - b. All student athletes must have a current physical (completed within the last 12 months) and uploaded into Family ID.
 - c. All student athletes must have a completed Health History Form in Family ID.
 - d. All student athletes and parents must read and sign the POB Concussion Information Sheet.
 - e. All student athletes and parents must read and sign the POB Interscholastic Athletic Participation Contract.
3. INFORMATION NEEDED TO REGISTER: It will be helpful to have the following information handy to allow for the accurate completion of your online registration.
 - a. Copy of your most recent physical - It must be on the follow form -
<https://www.pobschools.org/cms/lib/NY01001456/Centricity/Domain/1057/health-exam-form-2023.pdf>

Tryout Procedure

1. Tryouts are the first 3-5 days of the season
2. Prior participation in a program does not guarantee an athlete's spot on the roster, even if the athlete was a member the preceding year.
3. Roster sizes are set by the Head coach in conjunction with the Athletic Director
4. Club affiliation and preseason workouts are not a factor in our decision making process
5. Should you have a question regarding your child's tryout please contact the head coach



Practice Expectations

1. Middle School Sports will have games or practice 5 days a week (Monday thru Friday) when school is open.
2. At the conclusion of 8th period the students will wait in designated locations
 - a. There are supervisors present
 - b. Mattlin - student athletes will meet in the Cafeteria and will be brought down in groups to the locker room to get changed for practice
 - c. POBMS - student athletes will meet in the gymnasium and will be allowed to get changed in locker room to get changed for practice
3. Practices are typically held after school from 3:45-5:15 pm or 4:00-5:30 pm.
4. Practice Locations - will vary from sport to sport
 - a. Should students practice at an off site facility transportation will be provided to the location but parents must pick up at the end of practice.
 - i. **Shuttle Bus Pick up**
 1. Mattlin - students will be picked up in the circle
 2. POBMS - students will be picked up outside the pool doors

Schedules - Leagueminder

1. A NEW Scheduling program will be used next year.
2. More information to come

Transportation

1. The POB Athletic department is responsible for transporting student athletes to and from all athletic events on our schedules
2. Coaches will communicate bussing times - Typical departure time is 3:45pm
3. Travel Release Form - Should a need arise to take a child home from a sporting event a Travel Release form must be completed. This form and a copy of a driver's license must be emailed to mdunat@pobschools.org or jofilnuk@pobschools.org
 - a. If someone other than the parent is picking up please email us their license as well.

Travel Release Form -

<https://www.pobschools.org/cms/lib/NY01001456/Centricity/Domain/59/Travel%20Release%202019.pdf>

Parent/Coach Communication

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach.
- Expectations the coach has for your child as well as all players on the squad. Locations and times of all the practices and contests.
- Team requirements, team rules, special equipment, off-season
 - Recommendations for improvement of skills.
- Procedure should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy.

Parent/Coach Communication

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play calling
- Other student athletes

Contact Information

1. **Athletic Office** - 516-434-3100
 - a. Joseph Braico - jbraico@pobschools.org
 - b. Miranda Dunat - mdunat@pobschools.org
 - c. Jo-Anne Filonuck - jofilonuk@pobschools.org
2. **High School Athletic Coordinator**
 - a. Jeff Salzberg - jsalzberg@pobschools.org
3. **Middle School Athletic Coordinator**
 - a. Jay Obloj - jobloj@pobschools.org
4. **Athletic Trainers**
 - a. Nikki Kaplan - nikkaplan@pobschools.org (High School)
 - b. Olivia Shipley - oshipley@pobschools.org (Middle School)