



PLAINVIEW-OLD BETHPAGE

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH, ATHLETICS AND RECREATION

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Frequently Asked Questions

Sports:

What sports do we offer?

We offer a wide variety of sports. For more information please click on the following links:

Fall Sports - <https://www.pobschools.org/Page/3193>

Winter Sports - <https://www.pobschools.org/Page/3194>

Spring Sports - <https://www.pobschools.org/Page/3254>

What are the requirements to participate in interscholastic sports?

All participants must be cleared by the school nurse. Students must have a current physical (within 1 year of the start of the season) and a completed Health History update on file with the school nurse.

All participants must read and sign the [Parent and Student Concussion Information sheet](#). This form must be completed prior to the start of each athletic season and handed into your head coach.

All participants must complete and sign the [POB Interscholastic Athletic Participation Contract](#). This contract must be completed prior to the start of each athletic season and handed into your head coach.

Does my child need to be present at the time of the clearances?

Yes, the school health department requires that all students be present in order to be cleared for athletics.

Do I need to fill out the forms each season?

Yes, based on school district procedure, each season in which a student athlete participates in, they must complete new forms.

Tryouts:

Do all students make a team?

This will vary between sports and levels. At the middle school we make every effort to avoid cuts, but sometimes it's unavoidable.

When are tryouts and how long are the tryouts?

Tryouts are usually the first 3-5 days of the season, but they can be longer depending on the number of student athletes that tryout. The actual length of the tryouts will be determined by the Head Coach.

Practice and Games:

What time do practices begin and end?

High School – Will vary depending on sports and facility availability. Most practices will last between 2 - 2.5 hours Monday-Saturday.

Middle School - Practices will be after school Monday thru Friday. Most practices will last 1.5 hours in length and run from 3:45 - 5:15pm. District teams or teams that practice at an offsite will have a later start time due to shuttle bus transportation.

Transportation

Do students get bussed to games?

All teams will be bussed to and from all away games during the season.

Can you take your child home in your car after a game?

Only in an "emergency" and with prior permission from the Athletic Director. You need to fill out a [Travel Release](#) form prior to 2:00pm on the day of the game. In order for the athletic department to grant permission we require a copy of your driver's license. This stamped form should be given to the head coach at the end of the game.

How does my child get to practice when its not at their home school?

The school district will provide a shuttle bus for all student athletes to practices not at their home school.

Does the school district provide transportation home after practices?

No, the school district does not provide this service. Parents are responsible for picking their child up after practice at their practice location.

Can someone else pick up or drive my child from an away game?

This will only be allowed in an emergency situation. In an event where a parent wishes for another person to drive their child home after an away game the athletic department will require a completed travel release form and a written note from the parent allowing this.