

Parents' Meeting Winter Season 2021

November 2, 2021



Important Dates

November 2nd - Preseason Parent Meeting - 7:30pm and 8:00pm Coaches Mtg

November 8th - First day of Middle School Winter 1 season

November 11th - Veterans Day - No Practice

November 15th - First day of JV/V Winter Season

November 25th and 26th - Thanksgiving - School is closed - No Indoor practices

December 24th - January 2 - Winter Break (No Practices on Dec 24th and Dec 31st)

January 17th - Martin Luther King Jr. Day - School is closed - No Indoor practices

January 25th-28th - New York Regent Exams/Midterms

February 1st - Chinese New Year

February 21st - President day - School is closed



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 and effort.

JUNIOR VARSITY LEVEL: The Junior Varsity Level is intended for those student-athletes who display the potential for continued development into a productive Varsity level player. The atmosphere is more competitive and the focus is on skill, conditioning work, ethics and reliability. Emphasis is placed on fundamental skill strategies of team play and social-emotional development. A specific amount of playing time is never guaranteed, but there is an effort to balance the sometimes conflicting goals of winning and of getting everyone into the game.

VARSITY LEVEL: The Varsity level of play is designed for the highly skilled who will be participating against other schools' skilled players. It is the most demanding and competitive of all programs. Prior participation in an off season program does not guarantee an athlete's spot on the roster, even if the athlete was a member the preceding year. Once a member of the team, the student-athletes and parents must understand that playing time may vary extensively. It is vital that each team member understands their role on the team. It is the coach's responsibility to convey this information to the team members. The selection of captains is determined by the coach's individual philosophy.

Sport Clearances - Family Id

1. All Sport Clearances will be completed using Family ID
 - a. [High School Letter about Family Id](#)
 - b. [Middle School Letter about Family Id](#)
2. Family Id website - <https://hello.familyid.com/>



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, COVID registration links, etc....
3. For a complete list of Google Classroom codes please refer to the October 25th letter sent from my office or [click here](#)
4. Some teams will also provide other forms of communication via Remind, Emails, Group text, etc...

COVID Guidelines

1. **Masks must be worn indoors at all times** - mask breaks are permitted but students must remain at least 3' apart during them (water breaks)
 - a. 2 exceptions to this rule - Swimming and Gymnastics
2. Students in High Risk Sports who are not vaccinated will be subject to weekly COVID testing
 - a. Sports Considered high Risk
 - i. Basketball
 - ii. Volleyball
 - iii. Cheerleading
 - iv. Wrestling
3. THERE IS NO "AS TOLERATED" regarding the mask policy everyone indoors must wear a mask at all time

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 Schedule/Expectations

- 1) JV/Varsity - 6 days a week - 3:15 start time is the earliest
 - a) Weight Room is open for HS students during 10th and 11th period
 - b) Family Vacations and Club Practices -Missing practice due to a family vacation and/or club practice is considered an unexcused absence and subject to team rules
- 2) Middle School - 5 days a week (No practices on holidays and breaks)
- 3) Practice Locations
 - a) Kickline/Cheerleaders - MS/JV/V - Stratford Road
 - b) MS Volleyball and Basketball will practice at home schools - practices will be stacked 3:45 and 5:30
 - c) Gymnastics - Jamaica Ave

Transportation to offsites will be provided

POBMS sports practice schedules will vary at the start the season as POBMS gym floor is being repaired*

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 (Cont.)

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

Other Items

1. Travel Release - forms can be emailed to Mdunat@pobschools.org or TKosich@pobschools.org please email the form and a copy of the parents drivers license and if someone other than the parent is picking up please email us their license as well.
2. Game Schedules
http://170.24.253.25/sportspak/oecgi3.exe/O4W_SPAKON
[LINE_HOME](#)

Contact Information

1. **Athletic Office** - 516-434-3100
 - a. Joseph Braico - jbraico@pobschools.org
 - b. Miranda Dunat - mdunat@pobschools.org
 - c. Therasa Kosich - tkosich@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. Anthony Navarro - anavaro@pobschools.org (Middle School)