

**Glen Cove City School District
Athletic Handbook**



**For Student Athletes
and Parents**

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Dear Parents and Student/Athletes,

Welcome to the Glen Cove Interscholastic Athletic Program. Participation in interscholastic athletics is available to all students grades 7-12.

The Glen Cove Schools are governed by the New York State Education Department's Commissioner's Regulations, the New York State Public High School Athletic Association, Section VIII and the Glen Cove School District's Board of Education Policies. The Athletic Department oversees and enforces the rules that govern all interscholastic competition in the county and the state.

The Glen Cove School District realizes the importance of a quality interscholastic program in the community. This booklet provides pertinent information about our program. Please keep it handy and refer to it whenever necessary. Support for our program is vital so if you have any questions, please don't hesitate to contact my office at 801-7640 or contact me by email at kriso@glencoveschools.org

Sincerely yours,

Kimberly Riso

Kimberly Riso

Director of Health, Physical Education and Athletics

Athletics Website: glencoveschools.org and visit the Athletics page

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic Athletics in the Glen Cove School District is a component of the health and physical education program and therefore is an integral part of the district’s total educational program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication and self-discipline need to be developed in order to ensure the commitment and personal sacrifices required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season’s success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student/athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

VARSITY PROGRAM OBJECTIVES

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible but rare for a middle school level student to be included on a varsity roster. Selection classification occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.).

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and to be informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment often extends into vacation periods. Contests and practices are occasionally held on holidays, Sundays and during vacations. The dedication and commitment needed to succeed in a varsity program should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

JUNIOR VARSITY PROGRAM OBJECTIVES

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshmen and sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation. Occasionally a middle school student who has satisfied all selection classification requirements will be included.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season, however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

MODIFIED PROGRAM OBJECTIVES

This program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills, rules, fundamentals of team play, socio- emotional growth, physiologically appropriate demands on the adolescent body, and healthful competition.

At the modified level, cutting of students is not our practice. We attempt to keep the maximum number of teams and size of squad in every sport, based on 1) financial resources, 2) qualified coaches, 3) suitable indoor or outdoor facilities, and 4) a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department program called Selection Classification. Criteria that must be met in order to play at an advanced level include parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores, and the coach's skill evaluation. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

COACHES RESPONSIBILITIES

1. Set an example by demonstrating good sportsmanship and an understanding that healthful competition is a means toward an end.
2. Be positive and be prepared to win or lose by demonstrating self-control and respect for players, officials, opponents and spectators.
3. Plan organized practices regularly that address the needs of both the starting athletes and the secondary players equally. Supervise players at all times.
4. Inform athletes at the beginning of the season of practice and game schedules including weekend and holiday commitments.
5. Review expectations and eligibility rules including how students should address any conflicts they have with other school activities or jobs.
6. Establish acceptable reasons for missed practices, protocol if absent, and the consequences. Students should not be penalized for illness, family or religious obligations, or attending extra help.
7. Establish a notification system with athletes and parents that can be used in the event of an emergency or cancellation.
8. Maintain medical kit complete with supplies and have it and student emergency medical cards present at all practices and contests. Know where the nearest AED is located.
9. Attend all coaches' meetings schedules by Section VIII, Sports Coordinators, or School District and follow all regulations established by these governing bodies.
10. Inform Athletic Director of any pertinent information regarding your players or sport.

GUIDELINES FOR STUDENT/ATHLETES

A student is expected to remain in good academic standing by attending classes regularly, being punctual, respecting school property and equipment and demonstrating good citizenship. Failure to do so may affect participation in athletics. Being a member of a Glen Cove athletic team is a privilege and an honor. An athlete is expected to obey all school rules and adhere to all regulations established by the New York State Public High School Athletic Association, the Commissioner's Regulations, Section VIII and the League.

All athletes should recognize the need and importance for following these guidelines. Failure to do so may result in altered playing time, reprimand, suspension, dismissal or restitution.

1. Demonstrate good sportsmanship at all times.
2. Refrain from using profane or vulgar language.
3. Attend practices regularly and give 100%.
4. Wear athletic equipment and uniforms for scheduled games and practices only.
5. Do not loan athletic equipment/uniforms assigned to you.
6. Do not remove personal items, equipment or uniforms from opponents' schools or damage any equipment or facilities at home or away.
7. Remain with the team until dismissed by the coach.
8. Use of illegal substances and/or performance enhancing drugs is prohibited.
9. Tobacco use is discouraged and prohibited on school grounds by Federal Regulations.
10. Follow a proper diet and get plenty of rest.
11. Any type of hazing or initiation activity on or off school grounds is prohibited. (i.e. bullying, internet threats, harassment, etc.)
12. Follow any additional rules established by your coach.

ELIGIBILITY TO PARTICIPATE IN HIGH SCHOOL ATHLETICS, CLUBS AND STUDENT ACTIVITIES

The Board of Education considers extracurricular activities to be a valuable part of the school and shall support these activities within the financial means of the District.

In order to improve learning and promote increased academic success, the Board of Education implements the following policy concerning Extracurricular and Interscholastic eligibility.

A. If any student fails three (3) or more classes for the quarter, the student will be ineligible to participate for the next quarter in extracurricular activities for the duration of that entire quarter. The eligibility will carry over from the fourth quarter to the first quarter of the following school year unless the student passes the classes that had been failed during summer school.

B. If a student fails two (2) classes, he/she will be placed on probation for one (1) quarter. If a student fails two (2) classes during the fourth quarter he/she will remain on probation for the duration of the 1st quarter of the new school year. Should the student pass the course that he/she had failed in summer school; the student will be removed from probation. To remain eligible, it is the student's responsibility to attend required extra help sessions and make up all missed assignments, tests, class work, etc. A bi-weekly progress report which is designed to monitor student's attendance at extra help sessions will be mandatory. Failure to do so will result in a student's suspension or removal from the activity for one week.

If a student fails to show continued incremental academic improvement and effort, according to the teacher, then he/she will be deemed ineligible. The Academic Eligibility Committee will be responsible for the determination.

C. All entering 9th graders will have their final 8th grade report cards evaluated by the High School Eligibility Committee. Their eligibility will be based upon the same eligibility requirements that all other high school students must meet (see A & B above). However, if the entering 9th grader is deemed ineligible during the 1st quarter he/she should be placed on probation.

D. A student, who has an unexcused absence, or is out for reasons of illness, or is suspended from school, can not participate in any extracurricular activity during the school day.

E. A student cannot participate in any extracurricular activities for that school day if he/she arrives after 9:00a.m. without a legal excuse.

F. An appeals committee consisting of the principal or his designee, athletic director, coach of the sport/advisor of the activity, guidance counselor and one content area teacher will meet on a regular basis to review student status and academic eligibility.

MIDDLE SCHOOL ATHLETIC MONITORING

Finley Middle School administration monitors and reviews the academic progress of all students each week. Building administration reserves the right to deny students the privilege to participate in clubs and extracurricular activities.

COMPLETION OF NECESSARY FORMS

1. A permission form signed by parent and athlete is required before a student may participate in any sport. This form must be returned to the coach or the nurse on or before the first day of practice. Participation in sports involves risk of injury which can range from bruises to more serious problems such as fractures, concussions, paralysis and even death. It is the duty of the school district to warn all parents of these risks.
2. A physical examination is required annually preferably by the child's own physician. School physicals may be scheduled prior to the beginning of each sport's season. Forms are available in the Nurse's office.
3. Within 30 days of the beginning of each sport season a medical health survey form is required to update information from the physical.
4. All students participating at the J.V. and Varsity levels that have had an irregular EKG in the past must be cleared with written consent from their primary physician prior to participation.

***Note:** It is especially important for Fall sport participants to complete as much medical information as possible by mid-May as J.V. and Varsity sports begin at the end of August and the school physician is not available during the summer.

INJURIES AND CLEARANCES

At any time an athlete becomes injured it must be reported immediately to the coach. If a physician's visit or treatment is warranted, a written release must be on file in the Nurse's Office who will then copy the notice to the coach. The school doctor makes the final decision on any questionable conditions.

INSURANCE

The coach will complete the insurance forms whenever an injury occurs. Medical expenses resulting from athletic injuries should be submitted to the parent's insurance carrier first. Any remaining balance can then be submitted to the school's insurance carrier who will pay based on the company's pre-established limits for specific injuries and services. The necessary forms can be obtained in the Nurse's Office.

EQUIPMENT AND UNIFORMS

Any equipment or uniform assigned to an athlete is the responsibility of said athlete until the end of the season. If any equipment or uniform is destroyed stolen or lost, the student is responsible for payment. Each coach will submit a list to the Athletic Director of unreturned or destroyed items at the end of their season. A reminder and bill will be sent to those who owe. No student will be cleared for further athletic participation until all responsibilities are met.

TRANSPORTATION

Athletes are required to be transported to and from away contests by school authorized vehicles. Athletes are not permitted to drive their automobiles to away contests or to off site practice locations. The only exemption to this policy would be for a parent to file a written request in advance with the coach or the Athletic Director for alternative transportation. This should be reserved for unusual circumstances. A form is available in the Athletic Director's office.

TRY-OUTS

Students must be at each day of try-outs. No positions are guaranteed from year to year. Students who miss practices or who don't show genuine effort may jeopardize their placement.

CHANGING SPORTS

Occasionally an athlete chosen for one sport will decide he/she would rather be playing a different sport within the same season. The student must get permission from both coaches and the Athletic Director. If he or she has been cut from one sport, it is legitimate to try out for another. The athlete must understand that practices are sport specific and cannot count from one sport to the next. Only one sport may be played during each season including cheerleading.

QUITTING A TEAM

Any athlete who quits a team is encouraged to speak to the coach first and explain the reason for leaving the team. Any athlete who quits or is dismissed from a team forfeits all athletic awards for that team. All uniforms and equipment are to be returned immediately and participation in another sport that season is not allowed.

ATHLETIC AWARD SYSTEM

Each individual coach will establish the criteria for earning a Varsity letter in his/her sport. Athletes must complete the season to be eligible for an award. Injuries, illness or other special circumstances will be decided by the coach.

Middle School participants – sport specific patches

J.V. athletes - 5" letter "G"

Varsity athletes – 1st year - 7" letter "G"

2nd year - sport pin

3rd year - plaque

4th year - engraved plaque

All seniors – 4" x 6" sport plaque

Each varsity team and coach selects a Most Valuable Player and a Booster Award winner who receives a trophy. A Superintendent's Cup trophy is given to one academic athlete at the end of each season. Other special awards commemorating former Glen Cove High School Graduates are also given. At the end of the year a male and female Athlete of the Year is awarded and Sportsmanship and Effort award winners are also voted on by their coaches to receive trophies.

BOOSTER CLUB

The Glen Cove Booster Club meets monthly throughout the school year and organizes several fund raising activities and events to support teams and promote athletics. Any parent or guardian is welcome to join the Booster Club by attending meetings or contacting any Booster Club member or the Athletic Director's office. The Booster Club sponsors an awards program for student/athletes and their parents at the culmination of the school year to honor all Varsity athletes. The Booster Club operates a concession stand at all home football games and sells refreshments occasionally at other athletic events throughout the year. Every year the Booster Club gives scholarships to graduating male and female athletes and seniors should apply through the Guidance Department in March. The Booster Club also sells booklets with directions to all Nassau County Schools. They are available in the Athletic Director's Office or at the concession stand.

NCAA REGULATIONS

A Guide for College-Bound Student-Athletes and Their Parents is available in the Athletic Director’s Office. Seniors who are intending to play sports in college should begin early (sophomore, junior years) to accumulate statistics and research college opportunities. Coaches will assist in this process. The NCAA has established a Clearinghouse for the purpose of reviewing all core courses and high school transcripts for all student/athletes who plan to play sports at an NCAA Division I or Division II school. The website address to register with the Clearinghouse is www.ncaaclearinghouse.net. After you file, print a copy of your application and take it to Mrs. Wellenreuther in the Guidance Office. Since the SAT and ACT scores must also be verified, it is necessary for the student/athlete to check box 9999 on the SAT or ACT application form. If you or your child has any questions about NCAA eligibility or regulations, please contact the athletic director, your child’s guidance counselor or coach.

NEW YORK STATE REGULATIONS

Registration: A pupil shall be eligible for interschool competition in a sport during a semester, providing that he/she is a bona fide student, registered in the district and enrolled in four regular courses including physical education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school. NOTE: A student in a shared services part-time or full-time program taking the equivalent of four subjects including physical education is considered as being registered in the home school.

Transfer:

- a. A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) shall become eligible after starting regular attendance in the second school. A residence change must involve a move from one school district to another. Furthermore, when a student moves from one public school district to another public school district, for athletic eligibility the student must enroll in the public school district of his/her parent’s residency.

- b. A student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one (1) year if the student participated in that sport during the one (1) year period immediately preceding his/her transfer.

Exemptions to (b):

- 1. The student reaches the age of majority (emancipated minor) and establishes residency in a district.
- 2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parent’s residency.
- 3. A student who is ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.
- 4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such transfer is allowed once every six months.
- 5. A student who is declared homeless by the Superintendent.

Note: It is provided, however, that each school shall have the opportunity to petition the section involved to approve transfer without penalty based on an undue hardship for the student.

- c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of the regular attendance for fall sports.

Note: After approval by the school medical officer a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

- d. Practices at the previous school may be counted toward the minimum number of practices required provided the Principal or Athletic Director of the previous school submits, in writing, the number and dates of such practices to the Principal or Athletic Director of the new school.
- e. A 7th or 8th grade student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of his/hers parents or guardians, or having reached the age of majority establishes a residency.

Duration of Competition: Regulation of the Commissioner of Education: A pupil shall be eligible for senior high school athletic competition in a sport during each of *four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and prior to graduation*, except as otherwise specified by the Commissioner's Regulations. A pupil enters competition in a given year that the pupil is a member of the team in the sport involved, and that the team has completed at least one contest. The eligibility for competition of a pupil who has not attained the age of 19 years prior to July first may be extended under certain circumstances. Consult the Athletic Director regarding the appeal process.

Age: Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when the sixteenth birthday is attained; however, in program A (football, boys' lacrosse), if a student attains the sixteenth birthday during a sport season he/she may complete that sport season. In program B, (football and boys' lacrosse) when the fifteenth birthday is attained during sport season, he/she may complete the sport season.

Selection Classification: The Selection Classification Program is a process for screening students to determine their readiness to compete in interscholastic athletics by evaluating their physical maturity, fitness and skill. The intent of this program is to provide for students in grades 7-12 to safely participate at an appropriate level of competition based upon readiness rather than age and grade.

The Glen Cove Board of Education permits students in grades 7 and 8 who have been selected by their coaches to be evaluated for this program. With the parents written permission, the student's physical maturation, physical fitness, and skill will be assessed for placement at the appropriate level of competition. This process must be initiated at least one season prior to the desired season of play.

When final approval is granted by the Athletic Director the students' records are filed with the Section VIII Office for appropriate extension of eligibility. This program is aimed at the few select students who can demonstrate readiness. It creates a fairer competitive environment for the individual and others on the modified teams while reducing injury rates and fostering greater personal satisfaction.

Health Examination: A student who may engage in interschool competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the School Medical Officer. **Note:** Medical examinations may be scheduled at any time during the school year and shall be valid for a period of twelve months. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence must be re-qualified by the School Physician prior to participation.

A Fan's Guide to Sportsmanship

Practice Sessions: An organized practice in grades 7-12 is a session for the purpose of providing instruction and practice in physical conditioning activities, skills, team play, and game strategy designed expressly for that sport under the supervision of a qualified coach appointed by the Board of Education. Such instruction and practice shall be held during the season designated for that sport. No student or team may be permitted to participate in school organized practice or play on seven consecutive days during the regular season. Only one practice session per day and only six days of a calendar week may be counted toward the total practice sessions required. Each student must meet the minimum practices for each sport by the New York State regulations.

For modified (7-8) teams, practice sessions shall be limited to two hours and be at least 45 minutes in length.

Sportsmanship: The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

Any coach, player, or member of the squad including players, managers, scorekeepers, timers, statisticians, etc. excluded from a contest for unsportsmanlike conduct is ineligible to coach or be present at the next regularly scheduled contest of the same team.

Additionally, there will be no tolerance for negative statements or actions between opposing players, especially trash-talking, taunting or baiting of opponents. If such comments are heard by a game official, a penalty will be assessed immediately. Officials have the right to stop any contest and request that school officials remove any unruly fan.

Acceptable behavior:

1. Applauding during the introduction of players, coaches, and officials.
2. Showing concern for an injured player regardless of which team that player is on.
3. Accepting decisions made by officials, coaches, and players.
4. Encouraging those around you to display only sportsmanship behavior.

Unacceptable behavior:

1. Heckling players, officials, or coaches.
2. Participating in derogatory yells, songs, or gestures.
3. Displaying anger with officials, players, or coaches.
4. Blaming the outcome of a game on officials or individual players.
5. Disrupting cheering squads by altering cheers or yelling inappropriately during routines.
6. Endangering participants or fans by throwing objects.
7. Drawing attention away from the game by behaving in a loud or inappropriate manner.

***Any spectator that acts in a disruptive or abusive manner may cause the game to be suspended until the situation is resolved or the spectator is removed. ***

HIGH SCHOOL TEAMS

Fall Season

Girls' & Boys' Cross-Country	Varsity	
Football	Varsity	JV
Boys' Soccer	Varsity	JV
Girls' Soccer	Varsity	JV
Girls' Tennis	Varsity	JV
Boys' Golf	Varsity	
Girls' Volleyball	Varsity	JV
Cheerleading	Varsity	JV
*Kickline	Varsity	
Girls' Swimming	Varsity	

Winter Season

Boys' Basketball	Varsity	JV
Girls' Basketball	Varsity	JV
Girls' & Boys' Rifle	Varsity	JV
Girls' & Boys' Winter Track	Varsity	
Boys' Wrestling	Varsity	JV
Cheerleading	Varsity	JV
*Kickline	Varsity	

Spring Season

Boys' Baseball	Varsity	JV
Boys' Lacrosse	Varsity	JV
Girls' Lacrosse	Varsity	JV
Boys' Track	Varsity	
Girls' Track	Varsity	
Girls' Softball	Varsity	JV
Boys' Tennis	Varsity	

*Tryouts are conducted in the spring and coaches may adjust start and end dates.

MIDDLE SCHOOL TEAMS

Fall Season

Football 7/8	1 Team
Boys' Soccer 7 th Grade/8 th Grade	2 Teams
Girls' Soccer 7 th Grade/8 th Grade	2 Teams
Girls' Tennis 7/8	1 Team
Cheerleading 7/8	1 Team

Winter Season I

Boys' Basketball 7 th Grade/8 th Grade	2 Teams
Girls' Volleyball 7 th Grade/8 th Grade	2 Teams
Cheerleading 7/8	1 Team

Winter Season II

Girls' Basketball 7 th Grade/8 th Grade	2 Teams
Wrestling 7/8	1 Team

Spring Season

Baseball 7 th Grade/8 th Grade	2 Teams
Boys' Lacrosse 7/8	1 Team
Girls' Lacrosse 7/8	1 Team
Softball 7 th Grade/8 th Grade	2 Teams
Girls' & Boys' Track 7/8	1 Team
Boys' Tennis	1 Team

In addition to these sports, girls in grades 9-11 may try out for Varsity Cheerleading or Varsity Kickline. JV and Varsity fall sports begin 1 -2 weeks before the school year begins. Therefore, fall sport participants must complete all necessary medical forms in the spring to insure eligibility for a fall sport. The New York State Public High School Athletic Association sets these standards for all students in grades 7-12. Contact the Athletic Director's office if you have any questions (801-7640) or visit our website glencove.k12.ny.us – click on High School –sports –forms.