Syosset Central School District
Syosset High School
70 South Woods Road
Syosset, NY 11791

Scott Stueber
Director of Athletics, Physical
Education and Recreation
516-364-5749

Dear Parents and Student-Athletes:

Welcome to the Syosset Central School District Interscholastic Athletic Program. On behalf of the Athletic Department, I would like to introduce you to one of the largest and most successful athletic programs in New York State. The Syosset Interscholastic Athletic Program is a member of the New York State Public High School Athletic Association (NYSPHSAA); competing as a Class "AA" school in Section VIII (Nassau County) and Conference 1 at the modified level (7^{th} and 8^{th} Grade students).

This letter will provide you with information concerning our physical examinations and other pertinent information. The athletic director and coaches are here to make this a constructive and enjoyable learning experience for your son/daughter.

Good luck to you during the upcoming season. Remember that you get out what you put in and commitment and dedication are the hallmarks of a successful program. We look forward to seeing you over the season.

Sincerely yours,

Scott Stueber
Director of Athletics, Physical Education and Recreation

Sports Registration

Before any student-athlete can participate in athletics, he/she must be registered on ArbiterSports. Each student/athlete must have a current physical and it must be on the mandated NYS Health form. In accordance with New York State Regulations, the physical shall be valid for qualifying a student's participation in athletics for a period of 12 continuous months. For example: a student who receives a sports physical in August 2021 will be able to participate in the athletic program for the entire 2021-2022 school year. Please see this link for ArbiterSports:
Registration link

Code of Conduct

All student-athletes will be responsible for adhering to the standards set forth in the Code of Conduct. Athlete Code of Conduct

Tryouts

Students are required to attend all tryouts. All candidates should be given a minimum of four full practices to try out for a team (4 days). However, in the case of double session tryouts for the Fall season, cuts can be made after 6 tryout sessions which equate to 3 days.

Practice Sessions

Responsibility, dedication, commitment, sacrifice, and individual pride are all necessary ingredients needed for a successful season. Student-athletes are expected to attend all practices and contests. On most school days, practice begins at 2:30 pm for high school and 3:00 pm for middle school. Practice times vary, ranging from one hour to three hours per day. All practices are mandatory. The varsity and junior varsity teams may practice and have contests over holiday breaks and on weekends. To be chosen as a member of any team, all student-athletes must commit to their specific sports season and daily practice schedule. Practice times are subject to change. ***It is important to note that Fall season practices for high school teams begin approximately the third week of August. Varsity football may begin even earlier.***

Transportation

Student-athletes will be transported to and from away contests by school authorized vehicles only. If there are any changes in this travel procedure, the parent must submit a Transportation Waiver requesting that the parent take the student-athlete home from the event to the coach.

Uniforms and Equipment

Athletic equipment becomes costlier each year. It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued. No one should have any equipment at home after the season without school permission. Failure to do this will result in the student-athlete paying for the missing articles and will not be issued another uniform until the matter is resolved.

Sports injuries

All sports injuries must be *immediately* reported to the coach and to the athletic trainer and nurse. The nurse/coach will fill out an accident report. All medical notes must go to the school nurse. If you are injured over the summer, you must bring in a doctor's note that specifies that the student-athlete is cleared to participate in athletics.

High School Athletic Offerings

Fall
Boys Badminton
Cheer
Boys Cross Country
Girls Cross Country
Football
Kickline
Boys Soccer
Girls Soccer
Girls Swimming & Diving
Girls Tennis
Boys Volleyball
Girls Volleyball

Winter
Boys Basketball
Girls Basketball
Boys Bowling
Girls Bowling
Competitive Cheer
Boys Fencing
Girls Fencing
Gymnastics
Competitive Kickline
Boys Swimming & Diving
Boys Winter Track
Girls Winter Track
Wrestling
Unified Bowling

Spring
Girls Badminton
Baseball
Girls Flag Football
Boys Golf
Girls Golf
Boys Lacrosse
Girls Lacrosse
Softball
Boys Tennis
Boys Track & Field
Girls Track & Field
Boys & Girls Rowing
Unified Basketball

Modified (7th & 8th Grade) Athletic Offerings

Fall
Cheer
Cross Country (coed)
Football
Boys Soccer
Girls Soccer
Girls Swimming & Diving
Girls Tennis

Winter I
Boys Basketball
Boys Swimming & Diving
Competitive Cheer
Girls Volleyball
Winter Track (coed)

Winter II
Girls Basketball
Boys Volleyball
Wrestling

Spring
Girls Badminton
Baseball
Intramural Golf (coed)
Boys Lacrosse
Girls Lacrosse
Softball
Boys Tennis
Track & Field (coed)