

9th Grade Athletic Orientation

May 18, 2026



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 Athletic Department Philosophy

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 student-athlete 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.

Plainview-Old Bethpage Department Sport Season Start Dates

Fall

Monday, 8/17/26

Football

Kickline

Monday, 08/24/2026

All other JV/Varsity Sports

Winter

Monday, 11/16/2026

All JV/Varsity Sports

Spring

Monday, 03/8/2027

B&G Lax, B&G Outdoor

Track, Baseball, Softball,

Flag Football

Monday, 03/15/2027

B Tennis, B&G Golf,

G Badminton

Plainview-Old Bethpage Department Interscholastic Athletic Teams

<u>Fall - 19 teams</u>	<u>Winter - 14 teams</u>	<u>Spring - 19 teams</u>
Football (JV/V)	Boys Basketball (JV/V)	Baseball (JV/V)
Girls' Swimming (Varsity)	Girls' Basketball (JV/V)	Softball (JV/V)
Boys' Cross Country (Varsity)	Competitive Cheer (Varsity)	Boys' Lacrosse (JV/V)
Girls' Cross Country (Varsity)	Boys' Swimming (Varsity)	Girls' Lacrosse (JV/V)
Game Day Cheer (Varsity)	Boys' Winter Track (Varsity)	Boys' Spring Track (Varsity)
Boys' Soccer (JV/V)	Girls' Winter Track (Varsity)	Girls' Spring Track (Varsity)
Girls' Soccer (JV/V)	Wrestling (JV/V)	Boys' Tennis (JV/V)
Boys Badminton (JV/V)	Boys' Bowling (Varsity)	Flag Football (JV/V)
Girls' Tennis (JV/V)	Girls' Bowling (Varsity)	Girls' Badminton (JV/V)
Kickline (Varsity)	Gymnastics (Varsity)	Boys' Golf (JV/V)
Boys' Volleyball (JV/V)	Kickline (Varsity)	Girls' Golf (Varsity)
Girls' Volleyball (JV/V)		

Team Communication

1. All teams are required to use PARENT SQUARE for communication.
2. Information that will be posted:
 - a. Practice schedules - locations and times
 - b. Game schedules - games and times
 - c. Other important information - uniforms, ArbiterSports links, etc....

Athletic Registration



1. **We are in the process of transitioning our Athletic Registration process from Arbiter Sports to Infinite Campus. Directions will be forthcoming.**
2. Student-athletes wishing to participate in interscholastic athletics at POB must meet the following requirements:
 - a. All student athletes must be bona fide students of the POBCSD.
 - b. All student athletes must have a current physical (completed within the last 12 months) uploaded into Infinite Campus.
 - c. All student athletes must complete a Health History Form during registration.
 - 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. Click the link below to access the required NYS School Health Exam Form:
[Health Exam Form](#)

Tryout Procedure

1. Tryouts are the first 3-5 days of the season - attendance at tryouts is required to make the team.
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.



School attendance & PE participation rules

1. School Attendance:

- Student-athletes must be present in school for a minimum of 4 consecutive periods to participate in a practice, scrimmage, or contest that day
- A student absent from school may not practice or compete unless prior approval is granted by the Athletic Director or the Principal

2. Physical Education:

- Student-athletes who are medically excused from PE, unprepared for PE, or do not participate in PE may not practice or compete that same day
- Exceptions require prior approval from the Athletic Director

Practice Expectations

1. JV and Varsity Sports will have games or practice 6 days a week (Monday thru Saturday) THIS INCLUDES VACATIONS. Missing practices for a family vacation is considered an unexcused absence and students will be subject to team rules.
2. Practices are typically held after school from 3:15-5:15 pm or it can vary based on sport, coach availability and/or gym space.
3. Practice Locations - will vary from sport to sport
 - a. Should students practice at an off-site facility, transportation will be provided to that location. Parents must pick up at that location at end of practice.
 - b. Shuttle Bus Pick up to practice 3:45pm
POBJFK HS - Main Circle

Schedules - Digital Sports

1. JV and Varsity Schedules -
<https://plainviewathletics.digitalsports.com/>
2. Parents can subscribe to their child's team schedule and get real time updates for any game changes.
3. This is free of charge!

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 between 3:45 and 4:00pm.
3. Alternate Transportation after Contests
 - A season-long permission release is part of the athletic registration process and it provides the student athletes parent/guardian or anyone listed as an emergency contact in Infinite Campus to drive their child home.
 - Release to any other individual requires prior written approval from the Athletic Director
 - Permission remains in effect for the athletic season unless revoked in writing
 - After each contest, the authorized individual must notify the coach in person before the student-athlete is released
 - Once released, District supervision ends and the parent/guardian assumes full responsibility for transportation and safety
 - Failure to follow these procedures may result in loss of alternate transportation privileges

Conduct, hazing, and substance policy

1. Conduct:

- Student-athletes are expected to demonstrate respect, responsibility, and good sportsmanship at all times — on and off the field
- Disrespectful behavior, foul language, insubordination, or conduct detrimental to the team may result in disciplinary action

2. Hazing:

- Hazing in any form is strictly prohibited and will be fully investigated and addressed in accordance with District policy

3. Alcohol, Drugs & Tobacco:

- The possession, use, or distribution of illegal drugs, alcohol, tobacco, vaping products, or performance-enhancing substances is strictly prohibited on or off campus while a member of an interscholastic team
- Violations may result in suspension or removal from athletic participation and additional school disciplinary consequences

Player/Parent/Coach Communication

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- Coach's philosophy
- 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. Janine Kachadourian - jkachadourian@pobschools.org
- c. Jo-Anne Filonuk - jofilonuk@pobschools.org

2. **High School Athletic Coordinator**

- a. Matt Gentile - mgentile@pobschools.org

3. **Middle School Athletic Coordinators**

- a. Jay Obloj - jobloj@pobschools.org
- b. Karen Napoli - knapoli@pobschools.org

4. **Athletic Trainers**

- a. High School - Kathleen Burgess - kburgess@pobschools.org
- b. Middle School - TBD