

7th Grade Athletic Orientation

May 18, 2026



POB Athletic Mission Statement

*Our mission is to develop student -
athletes and coaches
who excel in the classroom,
compete with heart, and lead
with integrity —on the field
and in the community.*



POB Athletic Department Core Values

Academic Excellence

We are students first. Our athletes and coaches aim for, pursue, and achieve high academic standards as the foundation of lifelong success.

Integrity in Competition

We compete passionately, but always with pride, sportsmanship, and class.
Winning matters, but *how* we compete defines us.

Community Pride & Responsibility

We represent more than ourselves—we represent our school, families, and community.
We cultivate school spirit, give back, and act with social responsibility.

Character & Purpose

We lead with strength of character and high moral purpose. We strive to do what's right, even when it's hard, and set an example for others to follow.

The 4 Pillars of POB Athletic Department

Character

We lead with integrity, show respect, and carry ourselves with humility.
Character is the foundation of leadership, sportsmanship, and lifelong success.

Discipline

We embrace structure, accountability, and hard work.
Discipline is what separates potential from performance and turns good into great.

Selfless Commitment

We prioritize the team over individual glory. Every decision is made with the group in mind.
Trust, sacrifice, and unity fuel our shared goals and create something bigger than ourselves.

Competitiveness

We bring energy, grit, and a relentless drive to improve—every practice, every game, every moment.
True competitiveness is about consistent effort, resilience, and the hunger to get better.

Plainview -Old Bethpage
Athletics Department Philosophy

MODIFIED LEVEL (JR. HIGH SCHOOL):

This stage of participation is a formal introduction to organized interscholastic contests.

Skill development, learning the rules, sportsmanship and fair play are emphasized.

Playing time is evenly distributed based on participation, attendance and effort.

Plainview -Old Bethpage Athletics Department Sport Season Start Dates

2026-2027

Middle School Sport Seasons

Fall

Tuesday, 09/02/26

Winter 1

Monday, 11/02/26

Winter 2

Tuesday, 01/19/27

Spring

Monday, 03/29/27

Plainview - Old Bethpage Athletics Department

Interscholastic Athletic Teams

<u>Fall - 12 teams</u>	<u>Winter 1 - 14 teams</u>	<u>Winter 2 - 11 teams</u>	<u>Spring - 13 teams</u>
Football (District)	Boys Basketball (7th and 8th Grade Mattlin and POBMS)	Girls Basketball (7th and 8th Grade Mattlin and POBMS)	Baseball (District 7th and 8th Grade)
Girls Swimming (District)	Girls Volleyball (7th and 8th Grade Mattlin and POBMS)	Boys Volleyball (7th and 8th Grade Mattlin and POBMS)	Softball (District 7th and 8th Grade)
Boys Cross Country (District)	Competitive Cheer (District)	Wrestling (District)	Boys Lacrosse (District)
Girls Cross Country (District)	Boys Swimming (District)	Bowling - COED - (Mattlin/POBMS)	Girls Lacrosse (District)
Game Day Cheer (District)	Boys Winter Track (7th/8th Grade Mattlin and POBMS)		Boys Spring Track (7th/8th Grade Mattlin and POBMS)
Boys Soccer (Mattlin/POBMS)	Girls Winter Track (7th/8th) Grade Mattlin and POBMS)		Girls Spring Track (7th/8th) Grade Mattlin and POBMS)
Girls Soccer (Mattlin/POBMS)	Kickline (District)		Boys Tennis (Mattlin/POBMS)
Boys Badminton (District)			Girls Badminton (District)
Girls Tennis (Mattlin/POBMS)			Flag Football (POBMS/Mattlin)
Kickline (District)			

Team Communication

1. Each team will communicate through Parent Square during the season.
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

We are in the process of transitioning our Athletic Registration process from ArbiterSports to Infinite Campus. Directions will be forthcoming.

Any student wishing to participate in interscholastic athletics at POB must meet the following requirements:

- a. All student-athletes must be bona fide students within the POBSCS
- b. All student-athletes must have a current physical (completed within the last 12 months) uploaded into Infinite Campus
- c. All student-athletes must have a completed Health History Form
- 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
- f. Copy of your most recent physical which must be on the following form:

[Health Exam Form](#)

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 Expectations

1. Middle School Sports will have games or practice 5 days a week (Monday thru Friday) when school is open.
2. At the conclusion of 8th period, the students will wait in designated locations.
 - a. There are supervisors present in these locations
 - b. **Mattlin** - student athletes will meet in the Mattlin gym. Teams will be provided designated time slots to get changed. One team in the locker room at a time.
 - c. **POBMS** - student-athletes will meet in the cafeteria. At 3:35pm students will be allowed in the locker room to get changed for practice.
3. Practices are typically held after school from 3:45-5:15 pm or 4:00-5:30 pm.
4. 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 from that location at the end of practice.

Shuttle Bus Pick up

1. Mattlin - students will be picked up in the circle
2. POBMS - students will be picked up outside the front door of the school

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

1. 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

Schedules - Digital Sports

Mattlin - <https://mattlinathletics.digitalsports.com/>

POBMS - <https://pobmsathletics.digitalsports.com/>

- Parents can subscribe to their child's team schedule and get real time updates for any game changes
- There is no cost to sign up - it's free!

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 3:45pm
- 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

1. Hazing:

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

1. 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

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. **Athletics 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