



LYNBROOK ATHLETICS

Jennifer Griffin, Athletic Director

ATHLETIC CLEARANCE

Register at
<https://www.homecampus.com/register>

Get a Sport Physical from your doctor

**Has to be dated after
June 1st, 2026**

Baseline concussion testing
May 26th, 27th, and 28th
Testing is done here at
Lynbrook

August 3rd, 6th and 26th
**Need to be finished with all
paperwork and testing before
school starts**

www.lynbrookvikings.com

ATHLETIC CLEARANCE

Everyone should go through this process. Even if they don't think they will play a sport or try-out for an activity.

Once you start school next year you might change your mind about participating and it will be too late.

FALL SPORTS – START DATE AUGUST 7TH

Football (starts August 3rd)

Girls Field Hockey

Girls Volleyball

Girls Tennis

Girls Flag Football

Girls Water Polo

Boys Water Polo

Co-Ed Cross Country

Girls Golf

FALL SPORTS START BEFORE SCHOOL STARTS - PLAN VACATIONS ACCORDINGLY! IF THEY ARE NOT HERE AT THE BEGINNING OF THE SEASON THEN THEY WILL NOT BE ALLOWED TO PARTICIPATE ON THE TEAM.

WINTER SPORTS – START DATE NOVEMBER 2nd

Girls Basketball
Boys Basketball
Traditional Competitive
Cheer

Girls Soccer
Boys Soccer
Co-Ed Wrestling

MUST FINISH THE PREVIOUS SEASONS SPORT BEFORE TRYING OUT FOR THE NEXT SEASONS SPORT. COACHES ARE AWARE OF THIS RULE AND WILL MAKE ACCOMMODATIONS WITH COMMUNICATION. ALL ATHLETES ARE GIVEN THREE DAYS OF TRYOUTS.

SPRING SPORTS – START DATE FEBRUARY 1st

Baseball

Softball

Boys Volleyball

Boys Tennis

Co-Ed Swimming & Diving

Co-Ed Track & Field

Co-Ed Badminton

Boys Golf

Gymnastics

PLAYING A SPORT FOR YOUR SCHOOL IS A PRIVILEGE NOT A RIGHT!

Our district allows you to play a sport for PE credit

- Must attend all games and practices
- Only allowed to miss 3 days and on the 4th day you will lose credit for your sport. **This includes being registered and ready to go at the start of your season.**
- If you are absent from school due to illness and don't attend practice then it will not count as one of your absences.
- Make sure that all appointments are scheduled at times that do not interfere with practices or games.
- Clubs are extracurricular activities and athletics are co-curricular which means you earn credit

ELIGIBILITY

- Must be registered on homecampus.com
 - Please be sure your email and parents email are correct so you receive correspondances.
- Physical must be dated after June 1st 2026. Physicals should be uploaded when registering.
- MUST HAVE A 2.0
- MUST have Residential Eligibility- enrolled in the last 12 months at Lynbrook High School (if not, you need to get transfer paperwork)
- Must have Baseline Concussion Testing (May 26, 27, 28, 3:00 - 5:30 pm)(Aug. 3, 6, 10:00am - 1:00pm) & (Aug. 26, 3:00 - 5:00pm)

GRADING PERIODS

End of GP #1 – September 25
End of GP #2 – November 6
End of Semester 1 – December 18
End of GP #4 – February 26
End of GP #5 - April 23
End of Semester 2 - June 3

Schoology Assignment

All sports will have a Schoology assignment.
Just like any other class you are taking, there will be a deadline for turning in your assignment
If not turned in on time then you will be removed from the roster and your sport will not appear on your transcript
This year, I was more flexible. Next year, I will not be as flexible.

DATES FOR CONCUSSION TESTING

Valid Baseline Concussion Test

- a. Required for all student athletes, Valkyries/ and Cheer
- b. Testing Dates (all tests given in the fieldhouse & room 701):
 - May 26th, 3:00pm - 6:00pm (last student admitted at 5:30pm)
 - May 27th, 3:00pm - 6:00pm (last student admitted at 5:30pm)
 - May 28th, 3:00pm - 6:00pm (last student admitted at 5:30pm)
 - August 3rd, 10:00am - 1:00pm (last student admitted at 12:30pm)

Library

- August 6th, 10:00am - 1:00pm (last student admitted at 12:30pm) Library
- August 26th, 3:00pm - 5:00pm (last student admitted at 4:30pm)

Room 701

- c. All concussion tests will be completed on site at LHS

IMPORTANT DATES

June 1st, 2026: All physicals must be dated after today to be eligible to play sports for next year.

August 3rd: All paperwork and the baseline concussion test completed and valid for athletes playing a Fall sport/activity

August 17th: All paperwork and the baseline concussion test completed and valid for all athletes playing a Winter or Spring sport/activity

***I understand that it is difficult to get physicals for some. Many urgent care clinics have appointments for sports physicals only. Action Urgent Care at Westgate offers sport physicals for around \$50

ASB CARDS

We expect every athlete who is on a sports team to purchase an ASB card. ASB helps fund our officials, equipment purchases for teams, uniform purchases, tournaments, and more...

The district does not give us enough money to cover all of these expenses and by purchasing an ASB card that helps to fund our athletics program. This card also gives you access to all home games for free, discounts on dances and other ASB functions, and a yearbook. So make sure that you purchase one in August.

INJURIES & CONCUSSIONS

We have an Athletic Trainer on campus, Mr. Leveau. He is in the main office in the morning and the athletic training room in the afternoon.

- Athletes report to our Trainer when injuries occur. Depending on severity of the injury Parents/ Coaches will be notified if further Doctor evaluations are necessary.
- If an athlete sustains a concussion they must see a doctor and go through a return to play protocol with our athletic trainer.

SPORTS & ACTIVITIES INFORMATION NIGHT – MAY 4TH @ 6:30PM

Support the Coaches

Hang out with your team

Talk about the sport to the
incoming freshmen

Help take sign ups to
receive information about
any pre-season or summer
workouts your team does.



@lynbrook_athletics



@LynAthletics

Website: www.lynbrookvikings.com

ATHLETIC SENATE

A student-led organization whose purpose is to assist the athletic department with events, find ways to develop the athletic community at Lynbrook, promote school spirit, and increase attendance at athletic events. This is an excellent leadership opportunity, so we encourage everyone to apply! You don't have to be an athlete to join.

The selected students will be expected to work outside the normal school day. The students will receive equipment and supplies from the Athletic Department necessary to be successful in their position.

Please email Mrs. Griffin if interested in joining.

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