

# Sports and Activities Information Night - Freshmen Meeting



May 6, 2024

- ◆ Principal - Maria Jackson
- ◆ Athletic Director - Jennifer Griffin
- ◆ Assistant Principal of Activities & Athletics -
  - ◆ Yukari Salazar
  - ◆ ASB Advisor - Anna Kirsh
- ◆ Aaditya Jain, 23-24 Secretary, 24-25 Spirit Commissioner
- ◆ Samay Sikri, 23-24 Class President, 24-25 IDC Rep

# Homecoming

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# Gauntlet

Seniors



Juniors

Sophomores



Freshmen

Skit

Senior Skit



Junior Skit

Soph Skit



Frosh Skit

# Dance

Senior Boys Dance



Junior Girls Dance

Senior Girls Dance



Junior Coed Dance

# Decs: Backdrop



Senior Backdrop



Sophomore Backdrop



# Decs: Planters





@lynbrooksb

@lynbrookclassof2028

Sign up at [bit.ly/28hocosignups](https://bit.ly/28hocosignups)



# Sports Start Dates

## FALL SPORTS

Girls Golf

Field Hockey

Girls Volleyball

Girls Tennis

Girls Flag Football

## AUGUST 9th

Cross Country

Football (Aug. 5th)

Girls Water Polo

Boys Water Polo

## SPRING SPORTS

Boys Golf

Boys Volleyball

Swimming/Diving

Softball

Gymnastics

Girls Beach Volleyball

## February 3rd

Boys Tennis

Badminton

Track & Field

Baseball

## WINTER SPORTS

Boys Soccer

Wrestling

Girls Basketball

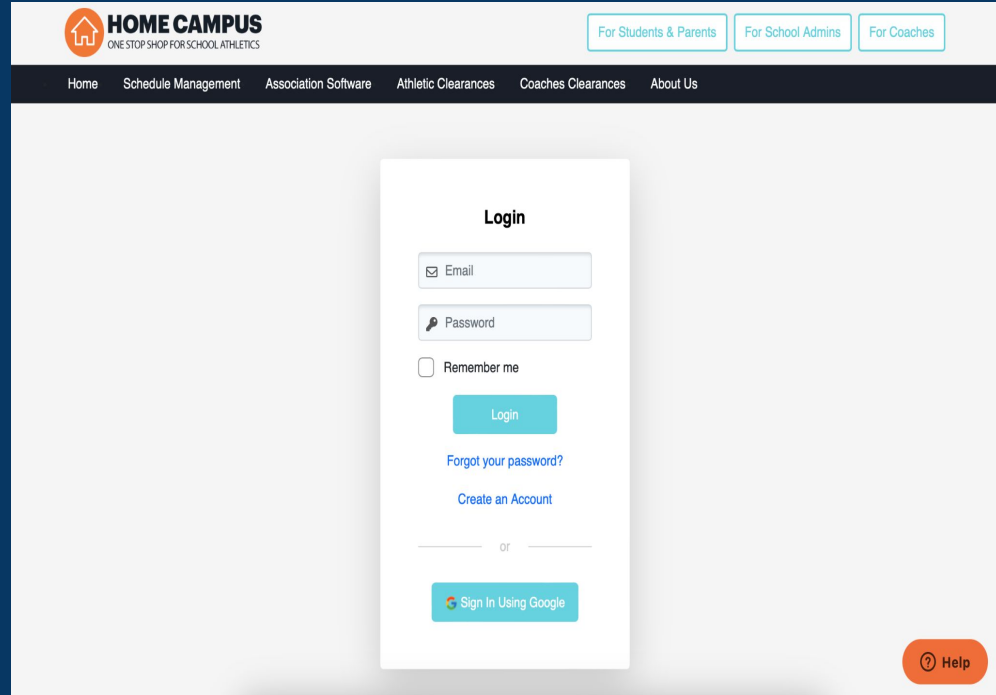
## November 4th

Girls Soccer

Boys Basketball

# Prior to Trying Out...

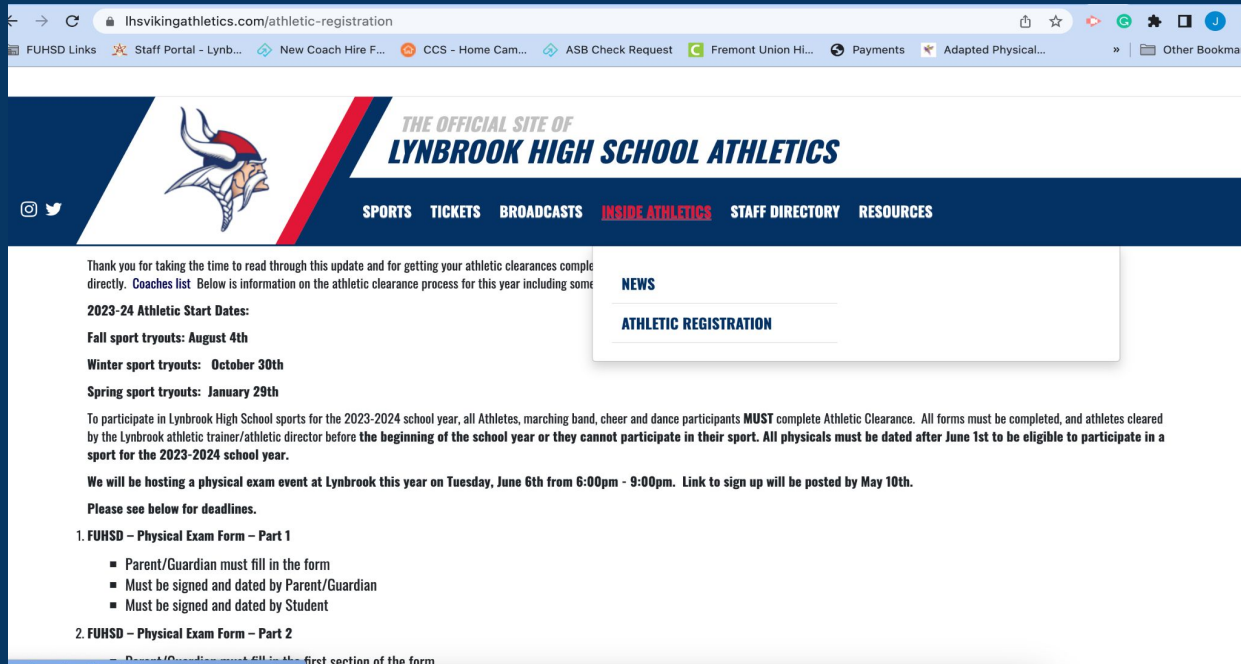
1. Completed Home Campus account by your parent/guardian
  - a. Go to [homecampus.com](https://homecampus.com)
  - b. Enter student and parent info, plus short medical history
  - c. Only select up to **ONE** sport per season
  - d. Home Campus is open for registration now.
  - e. Use your Lynbrook ID# that was sent with your course verification



The screenshot shows the Home Campus website interface. At the top, there is a navigation bar with the Home Campus logo (a house icon) and the text "HOME CAMPUS ONE STOP SHOP FOR SCHOOL ATHLETICS". To the right of the logo are three buttons: "For Students & Parents", "For School Admins", and "For Coaches". Below the navigation bar is a dark menu bar with links: "Home", "Schedule Management", "Association Software", "Athletic Clearances", "Coaches Clearances", and "About Us". The main content area features a white login form titled "Login". The form includes an "Email" input field with an envelope icon, a "Password" input field with a key icon, and a "Remember me" checkbox. Below these fields is a blue "Login" button, a blue link for "Forgot your password?", and a blue link for "Create an Account". A horizontal line with "or" in the center separates the login options from a "Sign In Using Google" button. In the bottom right corner of the page, there is an orange "Help" button with a question mark icon.

# Prior to Trying Out...

## 2. Completed FUHSD Physical Form for Athletes and Marching Band/Color Guard/Cheer/Valkyries



The screenshot shows a web browser displaying the Lynbrook High School Athletics website. The browser's address bar shows the URL [lhsvikingathletics.com/athletic-registration](https://lhsvikingathletics.com/athletic-registration). The website header features the Lynbrook High School logo and the text "THE OFFICIAL SITE OF LYNBROOK HIGH SCHOOL ATHLETICS". A navigation menu includes links for SPORTS, TICKETS, BROADCASTS, INSIDE ATHLETICS, STAFF DIRECTORY, and RESOURCES. The main content area contains a message about athletic clearances and provides the following information:

Thank you for taking the time to read through this update and for getting your athletic clearances completed directly. Coaches list Below is information on the athletic clearance process for this year including some

**2023-24 Athletic Start Dates:**

- Fall sport tryouts: August 4th
- Winter sport tryouts: October 30th
- Spring sport tryouts: January 29th

To participate in Lynbrook High School sports for the 2023-2024 school year, all Athletes, marching band, cheer and dance participants **MUST** complete Athletic Clearance. All forms must be completed, and athletes cleared by the Lynbrook athletic trainer/athletic director before the **beginning of the school year or they cannot participate in their sport. All physicals must be dated after June 1st to be eligible to participate in a sport for the 2023-2024 school year.**

**We will be hosting a physical exam event at Lynbrook this year on Tuesday, June 6th from 6:00pm - 9:00pm. Link to sign up will be posted by May 10th.**

**Please see below for deadlines.**

- 1. FUHSD – Physical Exam Form – Part 1**
  - Parent/Guardian must fill in the form
  - Must be signed and dated by Parent/Guardian
  - Must be signed and dated by Student
- 2. FUHSD – Physical Exam Form – Part 2**
  - Parent/Guardian must fill in the first section of the form

# Prior to Trying Out...

## 3. Valid Baseline Concussion Test

a. Required for all student athletes and Marching Band/Colorguard/Valkyries/ and Cheer

b. Testing Dates (all tests given in room 701):

May 28th, 3:00pm - 6:00pm (last student admitted at 5:30pm)

May 29th, 3:00pm - 6:00pm (last student admitted at 5:30pm)

May 30th, 3:00pm - 6:00pm (last student admitted at 5:30pm)

August 1st, TBD

August 2nd, TBD

c. All concussion tests will be completed on site at LHS for next school year

# 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.



Lynbrook

Apple Store



Google Play Store

# Still Have

# Questions?



@lynbrook\_athletics

[www.lhsvikingathletics.com](http://www.lhsvikingathletics.com)