

# ROCKVILLE CENTRE PUBLIC SCHOOLS

## Department of Physical Education, Health and Athletics

Carol Roseto, District Director  
516-255-8972, Fax 516-764-3783, croseto@rvcschools.org

South Side High School  
140 Shepherd Street, Rockville Centre, NY 11570

Dear Parent/Guardian:

Re: 2023-2024 Fall, Winter and Spring High School Athletics

If you would like your son/daughter to participate on a JV or Varsity sport team this year, he/she needs to be in good academic standing and have a completed sports physical and health history form electronically submitted as PDF's on Final Forms and approved by District medical personnel prior to the start of the EACH season (including concussion testing for contact sports as described below). Please be aware of the following items that relate to all sport seasons: 1) At the HS level, especially varsity, it is expected that all athletes come into the tryout process in top physical condition to give him/her the best opportunity to make the team and participate in a healthy manner. 2) An athlete who does not have the proper physical clearance is not eligible to participate in any part of a tryout or practice. 3) An athlete who does not actively participate during the sports specific tryout sessions may not be eligible to be a member of the team. 4) If an athlete is injured prior to the tryout process, but still wants to be on the team after being medically cleared, he/she must notify the coach prior to the start of tryouts, and attend all tryouts and practices from the first day of the season to be eligible for consideration for that season. 5) During the course of the athletic season, members of the press will be photographing and/or filming our athletic teams and players. Unless the Athletic Office is notified in writing otherwise, it will be assumed that you are giving the District permission for your son/daughter to be photographed/filmed during any sporting event throughout the year. 6) Due to the nature of HS athletics, it will be necessary for coaches to hold practices and/or games/meets on Saturdays, holidays and/or during school vacation breaks. By permitting your son/daughter to join a team you are agreeing to this policy and it is expected that your son/daughter participate during these practices/games in lieu of personal vacations or school visits. Absences at practice and/or games during these times may result in suspension of game play or expulsion from team if repeated. 7) All athletes and parent/guardians are required to sign an athletic contract before the season begins.

### FALL ATHLETES ONLY:

- 1) Football begins on Saturday-8/19, Cheerleading start on Monday-8/21, with all other sports starting on Monday-8/28.
- 2) District medical personnel will give each athlete a medical clearance electronically via the Final Forms platform (no more white slips necessary).
- 3) **Without clearance, your son/daughter will not be permitted to tryout and/or practice and it could affect his/her selection to the team.** Physicals, Concussion Testing and Medical Clearances will be held at the HS on 8/16, 8/22 & 8/28 for all HS athletes as follows: On 8/16 HS Football players ONLY will report at 7am for clearances. All other athletes can come for medical clearances from 9am to 11am. On 8/22 & 8/28 all athletes can come between 7am-10am. Note that some tryouts on 8/28 will begin at 7am so those athletes should be cleared on 8/16 or 8/22.
- 4) All required medical forms can be downloaded directly from your personal Final Forms Account. All documents, in the form-set on the left side, must be completed, printed and submitted prior to receiving a physical by the school physician.
- 5) If your child is trying out for a fall contact sport (football, volleyball, diving, soccer) and did not have IMPACT testing in 2022 or 2023, please have him/her report to HS room 2319 during the dates and times listed above. This computer-based test will take approximately 20-30 minutes. Parents cannot sit with their child and should remain in their cars or the main lobby during testing. If the test is considered invalid because the athlete was rushing and/or not taking the test seriously, he/she will be notified and will need to re-take this test on a different day before receiving clearance for their sport. No cell phones will be permitted during Impact Testing.

I hope this information is helpful. *Carol Roseto*

**FOOTBALL SEASON STARTS SATURDAY, 8/19:** All 9th-12th grade athletes who want to come out for JV or Varsity football should report to the HS as follows. All interested athletes should join the google classroom for more details: **op6iab7.**

<b>ON WEDNESDAY, 8/16:</b>	7AM - 9AM	Medical clearances: Sports Physicals/Concussion Testing-Room 1309
<b>ON SATURDAY, 8/19:</b>	7AM - 11AM	Practice
<b>ON 8/21-8/25</b>	7AM - 2PM	Practice (10-12 classroom/lunch)
<b>ON SATURDAY, 8/26:</b>	7AM - 11AM	Practice

**JV AND VARSITY CHEERLEADING TRYOUTS START MONDAY, 8/21:** Medical Clearances for all 9<sup>th</sup> through 12<sup>th</sup> grade cheerleaders will be on 8/16 between 9-11AM. Tryouts on 8/21-8/24 will from 10-1pm. Tryouts on Friday 8/25 will be from 10-3pm. All potential cheerleaders should enter the HS auxiliary gym through the outside door by the press box. All interested athletes should join the google classroom for more details: **wsn7o6q**.

## **ALL OTHER JV & V SPORTS: OFFICIAL SEASON STARTS MONDAY, 8/28**

**CROSS COUNTRY:** On Monday, 8/28, all 9<sup>th</sup>-12<sup>th</sup> grade runners should meet outside on the HS bleachers at 9AM and be ready to run. On Tuesday, 8/29 all runners should report directly to the RVC Sports complex at HLSP (Bralower parking lot) at 8am. Enter park on Peninsula and meet by the softball bleachers to the left. Please arrange to be dropped off and picked up from HLSP that day. All interested athletes should join the google classroom for more details: **vdclq7s**.

**GOLF:** On Monday, 8/28, all 9<sup>th</sup>-12<sup>th</sup> grade athletes who wish to try out for the Golf team should report to the HS auxiliary gym at 9am. Please enter through the outside doors by press box. Tryouts will be later that morning at either Lido or Eisenhower Park pending course availability. Students will be expected to arrange for their own transportation to and from the course on Monday, Tuesday and Wednesday. Depending on weather, nine holes will be played each day. Tryouts and practice schedule will be given out at the first meeting. All interested athletes should join the google classroom for more details: **mjphsjv**.

**SOCCER (BOYS):** On Monday, 8/28, all 9<sup>th</sup>-12<sup>th</sup> grade male athletes interested in trying out for boys' JV or Varsity Soccer should report directly to Bralower Field from 6:30-9am and to Darcy Field from 3:30-6pm. All interested athletes should join the google classroom for more details: **vnjjbsn**.

**SOCCER (GIRLS):** On Monday, 8/28, all 9<sup>th</sup>-12<sup>th</sup> grade female athletes interested in trying out for girls' JV or Varsity Soccer should report directly to Bralower Field for a 9-12PM tryout and then report to the HS track for the fitness portion from 6-8pm. On Tuesday, 8/29, tryouts will be 7-10AM on Bralower Field. All interested athletes should join the google classroom for more details: **as3nofp**.

**SWIMMING (GIRLS):** On 8/28 and 8/29 all 9<sup>th</sup>-12<sup>th</sup> grade female athletes who want to try out for the swim/dive team should report directly to RVC Links Pool; tryouts will be from 7-9AM. All interested athletes should join the google classroom for more details: **twsgwu7**.

**TENNIS (GIRLS):** On Monday and Tuesday, 8/28 and 8/29, all 9<sup>th</sup>-12<sup>th</sup> grade female athletes who want to try out for JV or Varsity Girls' Tennis should report to Hempstead Lake State Park 10-12pm. All interested athletes should join the google classroom for more details: **2k2d7vw**.

**VOLLEYBALL (GIRLS):** On Monday and Tuesday, 8/28 and 8/29, all 9<sup>th</sup>-12<sup>th</sup> grade female athletes who want to try out for JV or Varsity girls' volleyball should report to the HS main gym from 1-3:30PM. All potential players should enter the gym through the outside door by the press box. All interested athletes should join the google classroom for more details: **ipyxovy**.

**VOLLEYBALL (BOYS):** On Monday and Tuesday, 8/28 & 8/29, all 9<sup>th</sup>-12<sup>th</sup> grade male athletes who want to try out for JV or Varsity Boys' volleyball should report to the HS main gym from 10-12:30PM. All potential players should enter the gym through the outside door by the press box. All interested athletes should join the google classroom for more details: **qyhtm4q**.

## **AND FOR ALL FALL ATHLETES**

***\*All tryout times are subject to change and are at the discretion of the coach. After the first day, all athletes will be notified of the rest of the tryout schedule directly by the coach. All athletes should check the sport specific google classroom for more details.***

***\*\*Athletes should come with proper clothing/footwear and enough liquids to keep them hydrated throughout the entire tryout/practice.***

***\*\*\*Athletes should come to tryouts in season-ready physical condition. Team selection is based on performance AND ATTENDANCE at the all tryouts.***