



Nashoba Regional School District

Athletics Participation Checklist

REQUIREMENTS NECESSARY FOR PARTICIPATION IN ATHLETICS AT NASHOBA REGIONAL

Pre-Tryout Requirement Checklist: A student must be declared eligible by the Athletic Director according to the standards listed in this section before he/she will be allowed to try out for a team.

___ 1. Athletics Participation Permission Form – NEW Online Form

For each season of participation, a student must submit and complete an online participation form prior to his/her first practice session. The consent portion of the form MUST be completed by a parent/guardian. These forms are online at the Nashoba Athletics website. Hardcopies can be found in the Athletic Office (if computer access is not available). Included in this form are acknowledgement of the student athlete handbook, the new concussion legislation, and transportation permission. This online form must be completed for each athletic season of involvement.

___ 2. Athletic User Fee

The Nashoba Regional School Committee has authorized the Department of Athletics to collect an Athletic Fee from each student-athlete. The fee for the 2012-2013 academic year is **\$150.00** per participant per season. There will be an additional fee for ice hockey, girls' ice hockey, swimming, and ski participants. Financial assistance guidelines can be found on the high school athletics web page.

Please pay through the district **ONLINE PAYMENT SYSTEM** at <http://www.nrsd.net/index.php?id=212>

OR make checks payable to **NASHOBA REGIONAL HS ATHLETIC DEPARTMENT**. Please include your child's name and sport on the memo part of the check.

Any student not selected for a team in the preseason will be issued a refund.

___ 3. Physical Examinations

All students who plan to participate in athletics must submit written proof of a current physical exam to the athletic director or school nurse prior to the start of the sport season. Physical examinations must be performed by a duly registered physician, physician's assistant, or nurse practitioner. Per DPH and MIAA regulations, physical exams are valid for 13 months to the day. A student athlete will NOT be allowed to participate once an exam has expired (new physical regulations). Athletes will NOT be allowed to participate without the completion of a physical exam and participation forms.

___ 4. Student Emergency and Health Record

Students must submit the required Nashoba Regional School District Student Emergency and Health Record form to the school nurse prior to participation in interscholastic athletics. This form is mailed to all students over the summer, is located on the athletics website, and only needs to be submitted once per academic year.

___ 5. Head Injury & Concussion Education (included in online registration form)

All student-athletes and their parents must learn about the consequences of head injuries and concussions through training programs and written materials. Information regarding concussion education can be found on the Athletics website.

___ 6. Medical History Form

Students must submit an updated Medical History Form prior to each season. Please contact the trainer, Don Napolitan (dnapolitan@nrsd.net) with questions or concerns.

User Fee Waiver / Financial Assistance Guidelines

If there is a financial hardship, parents / guardians may file for a waiver of user fees for those students who qualify for free or reduced price lunch. Waiver requests should be submitted confidentially in writing to the Athletic Director. The qualification criteria for free or reduced lunch status are determined by federal guidelines based on family income and the size of the family unit. If you would like a copy of this application, please contact the principal's office.