



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. All forms may be downloaded from the athletic website at <http://nrhs.nrsd.net/athletics.php>

___ 1. Athletics Participation Permission Form

A student must submit a completed, signed parent's permission form prior to his / her first practice session. This 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 **2011-2012** academic year is **\$150.00 per participant per season. There will be an additional fee for ice hockey 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** and return CHECK OR FINANCIAL ASSISTANCE REQUEST with athletic participation form.

___ 3. Physical Examinations / Form

All students must pass a physical examination within 13 months of the start of each season. Students who meet this criteria at the start of the season will remain eligible for that season. Physical examinations must be performed by a duly registered physician, physician's assistant, or nurse practitioner. Proof of a valid physical exam must be submitted to the athletic director or the school nurse prior to the start of the sport season.

___ 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 and only needs to be submitted once per academic year.***

___ 5. Head Injury & Concussion Form

All student-athletes and their parents must learn about the consequences of head injuries and concussions through training programs and written materials. Please follow the instructions on the form, take an online course, and read over additional materials that can be found on the athletics website.

___ 6. Transportation Permission Form (OPTIONAL)

All participants are required to travel to and return from all athletic events in transportation provided by the school district. In certain situations, students may be excused from using school-authorized transportation provided they receive prior approval from the head coach. If a situation does arise where a student absolutely must be transported by a private vehicle or arrive/leave with a parent or guardian, a transportation permission form must be on file in the office of the athletic director AND the head coach must approve each occurrence.

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.