



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 – Online Registration

For each season of participation, a student must submit and complete an online participation form through Family ID prior to his/her first practice session. The consent portion of the form MUST be completed by a parent/guardian. The link to the online registration can be found on the Nashoba Athletics website (contact the Athletic Director if you do not have access to a computer). By registering online, parents and students provide your consent to participate in athletics, your acknowledgement of the student-athlete handbook, transportation permission, and your acknowledgement that you have been provided concussion education materials. This online form must be completed for each athletic season of involvement.

2. Athletic User Fee

The Nashoba Regional School Committee authorizes the Department of Athletics to collect an athletic fee from each student-athlete participating in interscholastic sports. The NRSD School Committee has approved and adopted a new fee structure for the 2019-2020 school year for NRHS athletics. A family cap of \$900.00 per school year will be instituted for high school student-athletes. The cap will exclude the additional fees associated with skiing, swimming, and hockey. However, high school and middle school fees cannot be combined for the family cap.

Fee Structure per Student-Athlete:

First Sport - \$175.00

Second Sport - \$150.00

Third Sport - \$125.00

Please pay through the district ONLINE PAYMENT SYSTEM at http://www.nrsd.net/families/online_payment_center

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.

User fee due dates for the 2019-2020 school year:

Fall users fees are due by September 6, 2019

Winter user fees are due by December 13, 2019

Spring user fees are due by March 27, 2020

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 a completed online registration.

4. Student Emergency and Health Record (ONLINE SYSTEM)

NRHS will be using an online student registration/data validation system. This online form will replace the old "blue form." All families will receive a letter/email from the high school during the summer with instructions on how to access the system for your student. The online form only needs to be updated once per academic year.

5. Head Injury, Concussion, & Substance-Abuse Education (included in online registration form)

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

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.