

***NASHOBA REGIONAL SCHOOL DISTRICT  
MIDDLE SCHOOL ATHLETICS***



**STUDENT ATHLETE/PARENT HANDBOOK**

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## **WELCOME TO THE MIDDLE SCHOOL ATHLETICS PROGRAM**

We are excited to have you become a part of the Nashoba Regional School District Interscholastic Sports Program.

The handbook includes information regarding policies, practices and regulations that govern the athletic program and should help to answer many of your questions about interscholastic athletics at the middle school level. It is intended to help you understand what you can expect and what is expected of you as a student-athlete or parent.

Our interscholastic athletic program is an extension of the academic day and it is an important part of the educational process. In our pursuit of excellence, we operate and function within the mission of the school district: "To educate all students to their fullest potential." Our staff is committed to providing everything needed to help student-athletes achieve their fullest potential, both academically and athletically. We are here to help make your experience as a student-athlete enjoyable and successful.

If your questions and concerns are not answered within this Handbook, please speak with a member of our coaching staff or feel free to contact me directly. Being a part of a sports team at the middle school level is a major commitment but can also be one of the most rewarding experiences of your life. Best of luck and please let me know if I can ever be of assistance.

Sincerely,

**Tania Rich**  
**Director of Athletics**  
**Nashoba Regional School District**

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## GOVERNING BODIES

### **Middle Level Athletic Committee:**

The Middle Level Athletic Committee (MLAC) of the Massachusetts Secondary School Administrators' Association (MSSAA) is the official organization in Massachusetts for regulating and conducting athletic events and contests among middle level schools. MLAC is responsible for enforcement of rules relative to the eligibility of athletes for participation in inter-school athletic events and for recommending changes in rules to the Massachusetts Interscholastic Athletic Council (MIAC).

### **Nashoba Regional Middle Schools:**

Additional policies, regulations and rules are set by the Nashoba Regional School Committee and the Principal. Under MSSAA guidelines, local communities are allowed to set additional policies, rules and regulations so long as they are more restrictive than those stipulated by the MSSAA.

## INTERSCHOLASTIC MIDDLE SCHOOL SPORT OFFERINGS

### **Fall sports** (*Practice typically starts the second week of school*)

Cross Country Boys & Girls

### **Winter sports** (*Tryouts start Monday after Thanksgiving*)

Boys' Basketball

Girls' Basketball

### **Spring sports** (*Tryouts start the first week in April*)

Baseball

Softball

Track Boys & Girls

### **Intramurals**

In addition to the interscholastic athletic program, each middle school will run an intramural program based upon interest of the student body. These are after school programs, are non-competitive, and focus on involvement and participation for recreation and self-improvement.



## REQUIREMENTS NECESSARY FOR PARTICIPATION IN MIDDLE SCHOOL ATHLETICS

### ***Pre-Tryout Requirements:***

A student must be declared eligible by the Principal 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**

Parents and student athletes must register online on the middle school website for each sports season. By registering online, parents and students provide your consent to participate in athletics, your acknowledgement of our NRSD Middle School Student Athlete/Parent Athletics Handbook, and your acknowledgement that you have been provided concussion education and substance-abuse prevention materials. This online form must be completed for each athletic season of involvement.

### **2. Athletic User Fee**

The Nashoba Regional School Committee has authorized all Middle Schools to collect an Athletic Fee from each student-athlete. The fee is **\$55.00** per participant per season. Please pay through the district ONLINE PAYMENT SYSTEM at [http://www.nrsd.net/families/online\\_payment\\_center](http://www.nrsd.net/families/online_payment_center) OR make checks payable to your child's middle school (Luther Burbank, Hale, Florence Sawyer).

### **3. Physical Examinations **\*\*NEW REQUIREMENTS\*\*****

The MIAA has changed the physical examination requirement for student-athletes to adhere to the Department of Public Health's policy. In order to be in compliance with the state regulation physical exams will be required **every 13 months to the day of the exam**. For example if a student-athlete has a physical exam dated September 14, 2011, that exam will expire on October 14, 2012. Meaning as of October 15, 2012 the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the school nurse. All students must pass a physical examination within 13 months of the start of each 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 school nurse prior to the start of the sport season. ***The school nurse is unable to make any exceptions to this requirement.***

### **4. Student Emergency and Health Record**

Each parent must provide the coach with emergency contact information as well as sharing pertinent medical information about their child that may have a bearing on their child's ability to participate.

### **5. Health insurance**

All student-athletes must be enrolled in a health insurance plan. In addition, it is strongly recommended that each family purchase the supplemental insurance policy offered by the school system at a nominal yearly fee. Applications for this coverage are distributed to all students in their registration packet the first day of school. All injuries must be reported immediately to the coach or school nurse and an injury report placed on file with the school nurse. It is the family's responsibility to file all claims under its own plan, or supplemental policy. Filing forms are available from the school nurse. The trainer or nurse will assist in filing these claims if needed.



## **TEAM ORIENTATED INFORMATION**

### **Tryouts / Team Selection**

Students should understand that participation in athletics is a privilege. Students try out voluntarily and for some programs, there is a risk of not being selected for the team. It is the judgment of the coaches that dictates the selection and number of participants for teams. That number is based on several factors. Cutting students is a difficult process, and all coaches realize that sensitivity and communication are essential.

All students are given fair and ample opportunity to demonstrate their abilities prior to the start of game situations. During the tryout period, the coach will provide an explanation of his or her expectations. It is the student's responsibility to demonstrate that he / she can meet those expectations. Students who do not make a team will be informed as to the reasons by the coach. Students are encouraged to try out for another team if there is space and if final cuts have not yet been made. After tryouts begin, no athlete may voluntarily leave a team and try out for another without the consent of both coaches and the Principal.

### **Commitment To The Team**

When trying out for and after being selected to be a member of a team, students are expected to attend all practices and games of that team. Interscholastic athletics often demands much more commitment than a club or recreational activity.

### **School / Family Vacations, Extended Absences**

Every team member is expected to be present for all team practices and games. Students who plan to be absent for an extended period of time due to vacation or a planned extended absence should discuss this situation with the coach prior to tryouts.

### **Playing Time**

Perhaps the most emotional part of a student athlete's involvement in athletics centers around playing time. Factors such as practice attendance, attitude, commitment and athletic skill enter into the playing time decisions of the coach. It is the coach's responsibility to decide which athletes should start a contest, which should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the athletes in practice sessions, game like situations, and actual game competitions.

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## **PARENT / GUARDIAN COMMUNICATION GUIDE**

The following section is designed for parents of athletes participating in the Middle School Athletic Program. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication You Should Expect From Your Child's Coach**

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e., practices, special equipment, out-of-season conditioning
5. Procedure followed should your child be injured during participation
6. Discipline that may result in the denial of your child's participation



### **Communication Coaches Expect From Parents**

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts, well in advance
3. Specific concerns with regard to a coach's philosophy and/or expectations.

As your child becomes involved in the programs at Nashoba Regional, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns To Discuss With Coaches**

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Coaches make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

### **Issues that are *Not* Appropriate To Discuss With Coaches**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

## **COMMUNICATION PROTOCOL/CONFLICT RESOLUTION**

There are situations that may require a conference between the coach, athlete, and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

Please use the following communication protocol to resolve conflicts regarding student athlete team participation:

**Step 1:** Student athlete goes directly to coach

**Step 2:** Student athlete & parent go directly to coach

*\*Please DO NOT confront a coach before, during or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.*

**Step 3:** Student athlete goes directly to Principal

**Step 4:** Student athlete & parent go directly to Principal

Never hesitate to follow the above procedures to make your concerns known.

### **Retribution**

Students and parents must be confident that the voicing of an opinion or a concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Principal and coaches are committed to insuring that after a student or parent raises an issue or concern, there shall be no "retribution" in any form within sports program at any of the NRSD middle schools. If at any time, a student or his / her parent suspects that some form of retribution is surfacing as a result of the voicing of a concern, opinion, or issue, using the proper forum and method, he or she should contact the Principal immediately.



## **MIDDLE LEVEL ATHLETIC COMMITTEE (MLAC) RULES AND REGULATIONS**

All NRSD middle school athletic teams will follow the rules set down in the current Middle Level handbook, which is available on the MSSAA website at: [www.mssaa.org](http://www.mssaa.org). Student-athletes are responsible for adhering to all MLAC rules and regulations.

The emphasis upon athletics at the middle level should be on participation for all and be school based. Development of fundamental skills is advocated. Policies to achieve this should be developed by the Middle School Principal and Staff. Intramural and/or Interscholastic schedules at the middle level should include all middle level grades within the building (e.g. 5-8, 6-8, 7-8).

The Middle Level Athletic Committee would like it to be known that we adhere to the spirit of the MIAA rules, even though these written rules may not address a particular point. Since athletics at both the high school and middle levels are under the final control of the MIAC and the general rules for both groups are essentially the same, then the intention is that items not covered by this middle level document should be considered to follow along with the thinking of the MIAA rules.

***Each regularly enrolled student in a middle level school must conform to the following in order to be eligible to compete and to represent his/her school in interscholastic competition.***

### **Age Limits**

A student must be under fifteen years of age. He/she may compete during the remainder of the school year provided that his/her fifteenth birthday occurs on or after September 1 of that year. Exception to this is if both schools mutually agree prior to competition.

### **Expulsion – Sportsmanship**

- When a student or coach is ruled out of a contest for unsportsmanlike conduct, s/he shall be kept out of the next regularly scheduled contest for the first offense, and out for one full year from the date of disqualification for the second infraction in the same season. Such coach may not be present at the game site.
- The game official who excludes a coach or player under the conditions of the general rule listed above, must immediately inform the coach of each team, official scorer (if any), and state the violation.

### **Academic Eligibility**

Satisfactory scholarship achievement is required for interscholastic competition. It is recommended that a student must pass a minimum of four major academic subjects; however, local rules established by the Principal will dictate academic eligibility. It is highly recommended that good school citizenship (per local rules) be a prerequisite for participation.

### **Competition Levels**

Interscholastic competition in a middle level school will be determined by the Middle School Principal and/or Athletic Director.

### **Participation in More than One Sport**

No student shall participate in more than one school sport during the same season unless approved by the Middle School Principal. If a student violates this rule, s/he will be ineligible for that season and all contests in which s/he participated must be forfeited.





### **Bona Fide Team Member - MIAA Rule 45 Loyalty to the Middle/High School Team**

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all school team sessions (e.g. practices, tryouts, and competitions). Bona fide members of a school team are precluded from missing a school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Any student who violates this standard is ineligible for the next two contests or two weeks (whichever is greater) immediately upon confirmation of the violation.

### **Tournaments/Playoffs**

No tournament or playoffs are permitted. Play days and jamborees involving all participants are encouraged.

### **Officials**

Officials for interscholastic athletic contests should be certified whenever possible and must be approved by the Athletic Director or Principal. The use of local home officials should be avoided except in case of emergency.

### **Practice Time**

There will be no more than two hours of daily practice in any sport, and teams may not practice on weekends unless approved by the Principal or Athletic Director.

### **Time of Contests**

All athletic contests shall start before 6:00 PM unless mutually agreed to by both schools, and no competition may occur on Sundays.

### **Penalties for Violation**

If a school does not abide by the Rules Governing Athletics of the Middle Level Athletic Committee or the Massachusetts Interscholastic Athletic Association, the MLAC will notify the principals of all schools of this fact and advise them not to compete in interscholastic competition with the offending school. The Superintendent and the School Committee will be informed of this recommendation.

### **Chemical Health - Rule 62 Student Eligibility: Chemical Health / Alcohol / Drugs / Tobacco**

From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. This policy includes products such as "NA or near beer". If a student in violation of this rule is unable to participate in interscholastic sports due to injury or academics, the penalty will not take effect until that student is able to participate again.

#### **Minimum PENALTIES:**

First violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. No exception is permitted for a student who becomes a participant in a treatment program. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 25% of the season.

Second and subsequent violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 60% of the season.



If after the second or subsequent violations the student of his/her own volition becomes a participant in an approved chemical dependency program or treatment program, the student may be certified for reinstatement in MIAA activities after a minimum of 40% of events. The director or a counselor of a chemical dependency treatment center must issue such certification. All decimal part of an event will be truncated i.e. All fractional part of an event will be dropped when calculating the 40% of the season. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

At the discretion of the coach, the student-athlete may continue to practice with the team during a suspension. Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

## **NRSD MIDDLE SCHOOL REGULATIONS**

All student-athletes are expected and encouraged to maintain the highest level of scholastic achievement possible. They are also expected to maintain the highest level of citizenship. To promote these goals the following are in effect:

### **Academic Achievement**

Scholastic "extra help" sessions and make-up work are expected to be completed as soon as possible. On a practice day students should stay after school to complete work whenever necessary. Coaches should be informed by students, in advance, when practice time will be missed due to academic obligations. Once the obligations are completed, students are expected to report to practice on that day, as soon as possible. If students did not give advance notification to the coach, students should ask their teacher for a note explaining the tardiness. Students arriving late to practices due to make-up work or extra help will not suffer any athletic team penalty. The school reserves the right to remove a student from a team for poor academic performance and may reinstate the student upon sufficient evidence of improvement.

### **School Discipline Obligations**

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice and / or game. Students cannot expect, and should not request, disciplinary action to be postponed or cancelled for any athletic reason. The school reserves the right to remove or suspend a student-athlete from a team for disciplinary problems. It is expected that our athletes be model citizens both in and out of school; they will be held to high standards and should set a positive example for all students.

### **Athletic Injuries**

All injuries must be reported to the school nurse or the coach immediately and an injury report placed on file. Subsequent to any serious injury and prior to further participation in a sport, students must provide a signed medical release from a physician if a game or day of practice has been missed due to injury. All school related head injuries or serious injuries that occur outside of the school day will be reported by the coach and/or student to the school nurse, the next day school is in session.

### **Transportation**

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 middle school main office AND the head coach must approve each occurrence.



### **Attendance / Tardiness – School**

Any student absent from school may not participate in or attend practice or competition that day, unless prior approval of the principal has been given. Students dismissed from school due to illness, may not return to school for participation in practices or athletic contests. A student late to school must sign in at the office before 11:00 AM to be eligible to participate in a contest or practice unless prior approval of the Principal has been obtained.

### **Attendance / Team**

It is extremely important that a coach be **notified in advance** if a student is **not** going to be present at a practice or a game. Student-athletes are expected to be present at all team related activities. Suspension or dismissal from the team may take place because of such absences. Students are excused from team activities for illness, injury, academic help sessions, family emergencies or religious reasons. Prior notification is strongly recommended and expected of the student-athlete.

### **Hazing**

Any conduct or method of initiation into any student organization or team, which willfully or recklessly endangers the physical or mental health of any student or person, is not allowed. Such conduct is a crime under Massachusetts Law and will not be tolerated. (For further information, refer to Mass. State Law-Chapter 536, Sect. 16-19). There is to be **no** initiation of any kind to be a member of any team at Hale Middle School. Students and coaches found in violation will be dismissed from participation in the athletic program. It is the responsibility of all coaches to inform team members of the hazing law and guidelines.

### **Physical Education / Wellness**

All athletes are required to participate in regularly scheduled Physical Education / Wellness classes. Students being medically excused from Physical Education will not be allowed to participate in team practices or games on that day. All class attendance rules apply to Physical Education classes. A note to the Athletic Director / Coach from the class instructor is requested whenever a student athlete is absent or late for class.

### **Sportsmanship**

The Nashoba Regional School District expects **all** parties at a contest to display the highest possible level of sportsmanship before, during and after the competition. Players, coaches and spectators are to treat opponents, game officials, and visiting spectators with the respect and "class", we speak about in our philosophy.

The MLAC reserves the right to "warn, censure, place on probation, or suspend up to one calendar year any player, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship". Nashoba Regional Middle Schools in turn, reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home or away.

### **Language or gestures**

Profane, derogatory and abusive language or gestures during any team related or a school activity is strictly prohibited.

### **Equipment**

Payment of lost equipment is required at the time of the loss, and prior to the next season of athletic involvement or graduation, whichever comes first. No student will be allowed to tryout for another sport until all outstanding equipment has been returned or payment to replace lost equipment has been made to the athletic department. Athletes are not permitted to wear school issued uniforms at any time other than for practices or game competitions. If a student-athlete leaves the team during the season due to injury, academics, discipline or quitting, it is his / her responsibility to return all school equipment immediately.



### **Athletic Facilities/Building Access**

No student will be allowed access to any of the athletic facilities without supervision by a school staff member. Student athletes are expected to respect the locker room facilities and the school building. We expect the student athletes to take pride in their facilities by using trash barrels and keeping their athletic facilities in good condition. Glass containers of any kind are not allowed in the locker rooms or gymnasiums at any time.

***At no time should shoes with cleated soles or spikes be worn inside the building. Serious injury can occur from slipping on the concrete or tiled surface, as well as causing damage to the flooring.***

### **Locker Room/Security**

Students have an obligation and responsibility to care for all athletic equipment issued to them, as well as personal belongings. The athlete is responsible for the proper care of this equipment from the date of issue, to the date of return. Equipment and uniforms should be stored in a locked locker at all times (locks are provided for each athlete) when not in use. Experience has shown that most losses are due to carelessness in securing or locking lockers. Nashoba Regional School District cannot be responsible for the personal belongings of student athletes. If a student loses school equipment or fails to return the assigned equipment in satisfactory condition, they are responsible to meet the current replacement cost of the equipment. Please lock all belongings brought into the locker rooms.





## Appendix A: Important Websites

### District Middle Schools:

**Florence Sawyer School** - <http://sawyer.nrsd.net/>

**Hale Middle School** - <http://hale.nrsd.net/>

**Luther Burbank Middle School** - <http://burbank.nrsd.net/>

**Nashoba Regional High School** - <http://burbank.nrsd.net/>

**Nashoba Regional School District Athletic Scheduling Site** - [www.mwlma.org](http://www.mwlma.org)

- Click on "Nashoba Regional" on right sidebar
- For up to the minute schedules for ALL Nashoba Regional School District athletic teams
- Contest postponements/cancellation alerts can be sent to your email/text by clicking "notify me"

**Middle Level Athletics Committee** -

[http://www.mssaa.org/contentm/easy\\_pages/view.php?page\\_id=18&sid=35&menu\\_id=117](http://www.mssaa.org/contentm/easy_pages/view.php?page_id=18&sid=35&menu_id=117)

**Directions to Away Contests –**

<http://www.schtools.com/membersnew/membership/index.cfm?org=miaa>

### NRSD Twitter Accounts

- Nashoba Regional High School AD - @nashobaAD
- Florence Sawyer – @Pk8SawyerSchool
- Hale – @HalePrincipal
- Luther Burbank - @LBMSPrincipal





## Appendix B: Concussion Education

### **STATE LAW REGARDING SPORTS-RELATED HEAD INJURY & CONCUSSIONS**

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law. Student-athletes and their parents, coaches, athletic directors, school nurses, and physicians must learn about the consequences of head injuries and concussions through training programs and written materials. ***The law requires that athletes and their parents inform their coaches about prior head injuries at the beginning of the season.*** If a student-athlete becomes unconscious, or suspected of having a concussion, during a game or practice, the law now mandates taking the student out of play or practice, and requires written certification from a licensed medical professional for "return to play."

Parents and students, who plan to participate in any athletic program at Nashoba Regional High School, or in a Nashoba Regional School District middle school, should take a free on-line course. Two free on-line courses are available and contain all the information required by the law.

The first is available through the National Federation of High School Coaches (NFHS). NFHS Concussion in Sports - What You Need To Know: <http://www.nfhslearn.com>. You will need to click the "order here" button and complete a brief information form to register. At the end of the course, you will receive a certificate of completion. The entire course, including registration, can be completed in less than 30 minutes.

The second on-line course is available through the Centers of Disease Control and Prevention at [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

In addition, written materials with information for student athlete and parents can be found on the Nashoba Athletics website ([http://nrhs.nrsd.net/athletics/participation\\_requirements/](http://nrhs.nrsd.net/athletics/participation_requirements/)).





## **Appendix C: Substance-Abuse Prevention Education**

### **STATE LAW REGARDING SUBSTANCE-ABUSE EDUCATION**

The Commonwealth of Massachusetts Executive Office of Health and Human Services now requires that all schools subject to the Massachusetts Interscholastic Athletic Association (MIAA) rules adhere to the following law. Based on new Mass State Law, the DPH has regulated that all parents and student-athletes be educated regarding substance use disorder and the effects of opioid use annually.

The links below provide information on substance-abuse education:

#### **Information on Substance Use Disorder -**

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/substance-use-disorder.html>

**MA Substance Abuse and Information -** <http://helpline-online.com/>

Additional information about substance abuse can be found on the NRHS Athletics web site [http://nrhs.nrsd.net/athletics/participation\\_requirements/](http://nrhs.nrsd.net/athletics/participation_requirements/)





## **Appendix D: Physical Exam Requirements**

### **NEW Physical Exam Requirement for Athletics**

The Massachusetts Interscholastic Athletic Association (MIAA) has changed the physical examination requirement for student-athletes to adhere to the Department of Public Health's policy. In order to be in compliance with the state regulation physical exams will be required every **13 months to the day of the exam.**

For example if a student-athlete has a physical exam dated September 14, 2011, that exam will expire on October 14, 2012. Meaning as of October 15, 2012 the student-athlete becomes ineligible to practice or compete until they present proof of a current physical exam to the school nurse or athletic department. This is a change from the current requirement, which enabled a student-athlete to remain eligible for the entire season if their physical was current on the first day of practice.

Please make certain that your child has a current physical exam that will last the duration of the season, or schedule a doctor's appointment as soon as possible to have an updated physical exam. There will be no exceptions to this rule, nor will there be extensions granted based upon a doctor's note. I realize this may cause some difficulties with the scheduling of doctor's appointments and insurance coverage so I am providing advance notification, so that everyone can comply with the Department of Public Health and MIAA regulations and not affect your child's eligibility for participation.

Respectfully,

A handwritten signature in blue ink that reads "Tania J. Rich". The signature is written in a cursive style.

Tania Rich  
Director of Athletics

