

Dear Nashoba Tech Community,

This fall the Nashoba Valley Technical High School Athletic Department will be offering two sports for all students (Cross Country and Golf) starting September 21st. Other typical fall sports such as Volleyball, Cheerleading, Football, and Boys and Girls Soccer will be played in a fourth season starting February 22nd if conditions allow. Students can now play in all four seasons (Fall 1, Winter, Fall 2, and Spring).

A practice schedule is posted online. Each day when there is not a match and we have a scheduled practice, there will be two practices. The first practice will be for the student-athletes who are in the building that week. They will practice from 2:30-3:30 pm. They will change clothes in the school bathrooms and bring all of their belongings to the practice field. Locker Rooms will not be available. They will need to provide their own water, golf clubs if applicable, and mask. They need to be picked up at 3:30pm by the performing arts center parking lot.

The second practice for cross country will begin at 3:45pm and end at 4:45pm. Student Athletes for the second practice for cross country should park in the parking lot before the track, outside of the Electrical Shop. Students will come dressed for practice and with their own water, and mask. Students will stay in their cars until the coach comes over to start practice. Golfers for the second practice will meet the coach at the Chelmsford Country Club for a 3:30pm tee time. Golfers should come dressed for practice and with their own water, their own golf clubs and mask.

Before every practice students will self-monitor for COVID-19 symptoms and stay home if any symptoms are present. Students will be given directions as to safety measures and sanitation procedures during meetings prior to the start of the first practice. Student Athletes are expected to follow safety and sanitation procedures, or they will be dismissed from the team. Nashoba Tech is a no user fee and no cut school. We welcome and encourage all students to participate as we believe athletics is an extension of the classroom and provides valuable lessons and skills for everyday life such as teamwork, fair play, and hard work. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations.

Our goal is to give all of our student athletes and their families a safe and enjoyable season. Below you will find information on registration and physicals.

If you have any questions or concerns please contact the Athletic Director James Creed at [jcreed@nashobatech.net](mailto:jcreed@nashobatech.net) or (978) 692-4711 ext 11213

## **Registration:**

You must complete all required sections for student athletes to be officially registered. Only officially registered athletes will be allowed to participate in practices/games. <https://forms.gle/uBGjF4R99BUsYrMu9>

## **PHYSICALS**

Students who plan to participate in NVTHS athletics (ALL LEVELS) must have an IN-PERSON physical examination within thirteen months of the start of each season. Per state law and the MIAA, physical examinations that expire result in immediate ineligibility until a new physical examination has taken place. Physical examinations must be performed by a duly registered physician, physician's assistant or nurse practitioner. Athletes WILL NOT be allowed to participate without having a physical exam that is current and in good standing. All documentation should be submitted to the School Nurse.

## **Sway Technology**

This year Nashoba Valley Technical High School will be using Sway Medical Technology in accordance with our concussion policy. The Sway System combines objective balance and cognitive measures to support healthcare professionals in performing accurate and informed evaluations. Sway provides the most accurate and validated mobile software for measuring postural stability all from the mobile device you or your athlete already have. Sway is available on both the Apple and Android operating systems. Registration information for this program will be sent out via email to all athletes after they register for a sport. Completion of the program is a requirement.

## **Fall Athletics Parent & Student Information Night/Meet the Coaches** **September 15, 2020 "Virtual" from 6:00pm - 7:00pm**

### **Join with Google Meet**

meet.google.com/mtb-uoff-xjf · Up to 250 participants

Meeting ID

[meet.google.com/mtb-uoff-xjf](https://meet.google.com/mtb-uoff-xjf)

Phone Numbers

(US)+1 435-272-4925 / PIN: 249 841 754#