

Spring Preseason Meeting



March 16, 2026





PURPOSE



- One message
 - Goals of Education-Based Athletics
 - Expectations
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Who needs Impact test?



- Contact sports only
 - Tennis, Track (unless pole vaulting), Unified Track excluded in spring
 - Freshmen
 - Juniors
 - Transfer students
 - Anyone new to HS sports
 - Anyone whose last baseline test was more than two years ago (must have been taken after June 20, 2024)
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Important Dates



➤ Start Dates

- Most sports March 23
- Unified Track March 30

➤ Registration Closes

- Midnight on the first day of practice/tryouts for all sports

➤ Team Photos: South- Monday, April 6; North – by team TBD

➤ Awards Night: Monday, June 1 South at 6:00 pm/North at 7:00 pm



Education-Based Athletics



- The “other half of education” or “the last class of the day”
 - Extension of the classroom.
 - Complements the education experience.
 - Life lessons that are often not taught or learned elsewhere.

 - Enhances the academic mission of the school and district.
 - “The mission of the Nashua School District is to provide personalized educational opportunities and cultivate the skills and perspectives necessary for meaningful contributions to the community.”
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Nashua Athletics Culture



Excel in *academics*,
sportsmanship and athletics
while building pride within the school
and the *community*.



Sportsmanship



**“Ethical, appropriate, polite,
and fair behavior.”**

AT ALL TIMES



STUDENT Expectations



- **Be a good teammate.**
 - Get the job done in the **classroom** first.
 - Go to class and be on time.
 - Maintain highest level of character—even if no one is watching.
 - Conduct self in a positive, courteous, respectful manner.
 - Play multiple sports.
 - Display good sportsmanship.
 - Listen to and learn from your coaches.
 - Act as a role model for peers and younger students.
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T

NO CELL PHONES **– Bell to Bell**

7:20 am - 2:03 pm



**NO
CELL PHONES,
EARBUDS,
HEADPHONES,
SMARTWATCHES
ALLOWED**



Disqualifications



An ejection or disqualification from an event is a subjective decision by the officials and cannot be protested or appealed.

Suspensions will be in place regardless of the reason for the ejection/disqualification.

- 2 game suspension
- 4 game suspension if due to a fight
- 2nd offense in season leads to disqualification for balance of season

All ejections require a meeting with the Athletic Director and viewing of the NFHS Sportsmanship video.



PARENT Expectations



- Model appropriate behavior and demand the same from others.
 - Let the players play, the coaches coach, and the officials officiate.
 - Post-game comments to your child should be “I love watching you play”.
 - Cheer like crazy for ALL of the players/team members.
 - Support and complement the coaching staff.
 - Respect and promote the program.
 - Encourage multi-sport participation
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T **COACH Expectations**



- Student-Athlete Parent & Coach Handbooks
 - Model appropriate behavior.
 - Treat all players and parents fairly.
 - Clear and consistent communication with parents and players.
 - Communication with players regarding roles and responsibilities within the team and program.
 - Health and Safety of all student-athletes.
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Athletic Dept. Expectations



- Coach of the Coaches
 - Focus on positive experiences for our students
 - Provide guidance and direction
 - Role model
 - Visible
 - Available
 - Support
 - Make decisions that are fair and consistent
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Communication



- Parent with Player
 - Player with Coach
 - Parent and Player with Coach (24-hour rule)

 - Communication apps – Band, Remind, SportsYou
 - FinalForms
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Transportation



- All players, managers, and coaches are required to be on the bus to away events.

 - Player riding home with parent from away game
 - ✓ Own child only
 - ✓ Notify the Athletic office by 2:00pm the previous school day for permission not to return home on a bus.
 - ✓ Weekend events require notification by 2:00pm on Friday

 - **Students MAY NOT drive themselves.**
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Athletics Website & Twitter



www.NashuaNorthAthletics.com

www.NashuaSouthAthletics.com

- Game & Event Schedules
 - Student-athlete parent handbook
 - Registration/eligibility information
 - Fan Accounts
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- Twitter
 - @nashuaathletics





Student Approval Process



- Enrolled
 - Registered
 - Physical (on or after July 1, 2024)
 - Academics
 - Baseline Impact Test (on or after June 20, 2024)
 - Other
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Academic Eligibility



- Based on grades from Q2/Sem 1
 - Guide to Athletic Academic Eligibility
 - Conditionally Eligible = Weekly Reports
 - ❑ No report means no participation
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Academic Eligibility



ELIGIBLE	CONDITIONALLY ELIGIBLE	NOT ELIGIBLE
✓ Minimum of 3 classes AND ✓ No more than ONE non-passing grade (F, NC, Fail, Inc)	✓ Minimum of 3 classes AND ✓ Do not fall into either of the other two categories ✓ Weekly progress reports on Thursday ✓ Monitored by Athletic Office, coaches, teachers, etc	✓ Fewer than 3 classes AND/OR ✓ Pass fewer than 50% of classes



School attendance - **NEW**



- All tardies/dismissals for valid medical appointments must be **PRE-APPROVED** through the Athletic Office
 - The Academy Office will clear the student for school.
 - The Athletic Office will clear the student for athletics.
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T School Attendance



ELIGIBLE TO PARTICIPATE	NOT ELIGIBLE TO PARTICIPATE*
Full schedule ➤ In school minimum of 6 hours (or 4 hours on Early Release) Modified Schedule ➤ In school minimum of 5 hours (3 hours on Early Release)	✓ Not in school ✓ Not in school long enough without prior approval ✓ Nurse dismissal ✓ Weekend event/practice – was not in school Friday ✓ Vacation/holiday event/practice – was not in school last day before vacation/holiday ✓ Suspended (in-school or out)

* Extenuating circumstances must be cleared by the athletic office.



District & state policies



- Behavioral & Academic Expectations
 - Bullying, Hazing, and Taunting
 - Non-school competition
 - Sportsmanship
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Non-school Competition



THIS IS NOT A COACH'S DECISION

NHIAA By-Law Article II Section 7

“members of a school team, as of the first date to practice in that sport, are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.”

Penalty

1st offense: out for 4 events or 3 weeks whichever is greater

2nd offense: out for remainder of school year



District & State Policies



ALL Nashua School District Policies

(www.Nashua.edu)

NHIAA Member School – ALL By-Laws

(www.NHIAA.org)
