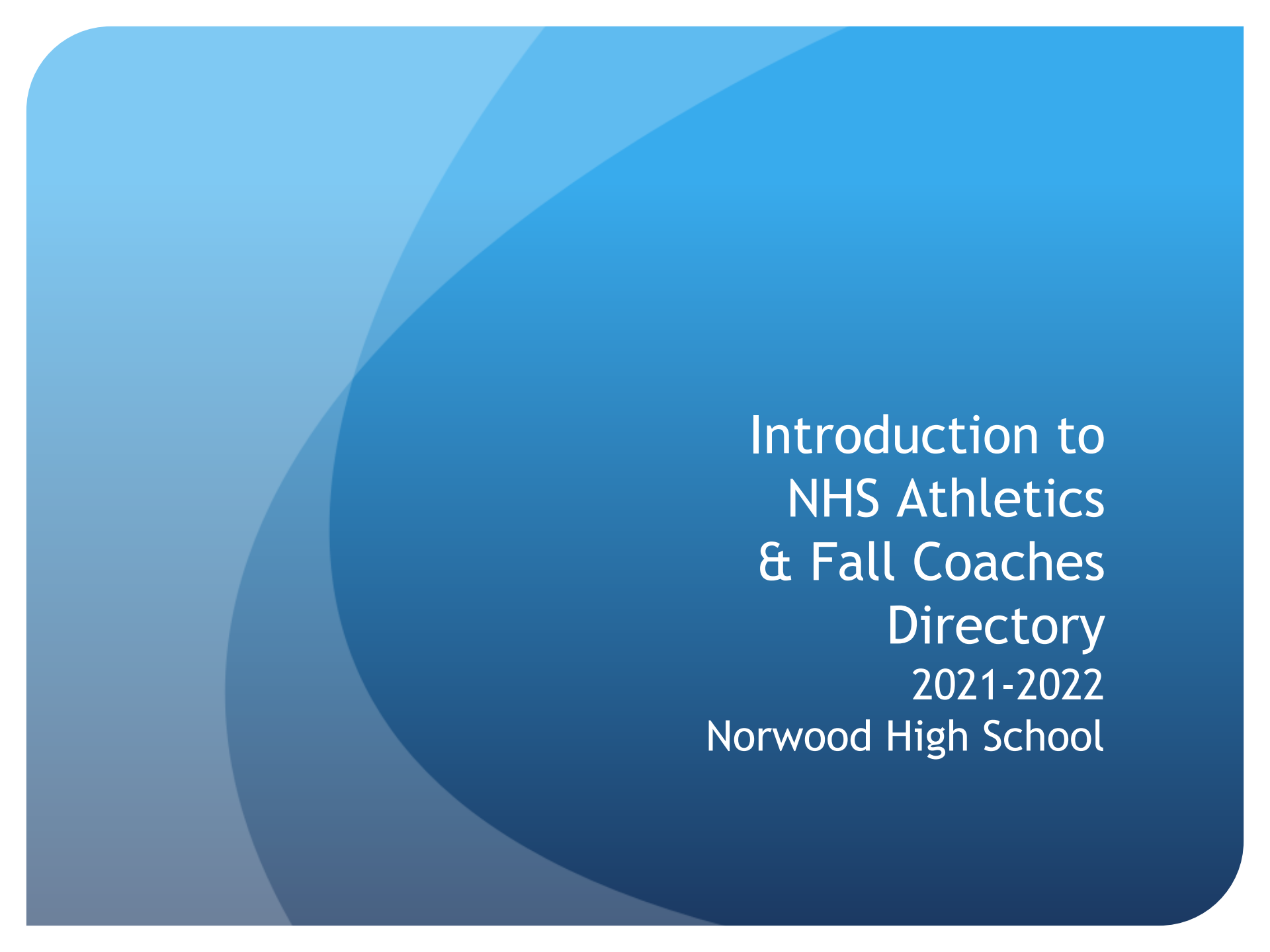


The background is a blue gradient with several overlapping circles of varying shades, creating a modern, abstract design.

Introduction to NHS Athletics & Fall Coaches Directory 2021-2022 Norwood High School

Athletic Administration and Staff

- **Director of Athletics:** Jonathan Longley
 - jlongley@norwood.k12.ma.us
- **Athletic Dept. Administrative Assistant:** Anne Calligan
 - acalligan@norwood.k12.ma.us
- **Athletic Trainer:** Bob Barksdale
 - rbarksdale@marathonpt.com
- **Equipment Manager and Site Supervisor:** Anne-Marie Busler
 - abusler@norwood.k12.ma.us

Websites/Social Media

- Website:
 - www.norwoodmustangs.com
- Schedules/scores/coaches directory/directions
 - www.norwoodmustangs.com
 - www.miaa.net
- Twitter:
 - @NHS_Mustangs
- Instagram:
 - @nhs_mustangs

State and League Affiliation

- **State Affiliation:**

- Massachusetts Interscholastic Athletics Association (MIAA)
- www.miaa.net

- **League Affiliation:**

- Tri-Valley League (TVL)
 - **Large Division:** Ashland, Holliston, Hopkinton, Medfield, Norwood, Westwood
 - **Small Division:** Bellingham, Dedham, Dover-Sherborn, Medway, Millis, Norton

Athletic Eligibility

- *An academically qualified student who does not have any outstanding fees or equipment due from any prior season will only become eligible to tryout/participate in the NHS Athletic Programs if the following five requirements are met:*
- Online registration available through the student information system, Aspen
 - Register using the Parent Portal (username and password required)
 - Video tutorial and instructions can be found at www.norwoodmustangs.com
- Permission Form (online registration, E-sign)
- User Fee (\$200/sport, \$800=family cap per school year)
- Updated Physical Form (need hard copy that is updated every 13 months, submit to Athletic Dept.)
- Pre-Participation Head Injury Form (online registration, E-sign)

Attendance Policies

- **Absence and Tardy:** “Any student absent from school for any reason may not participate in a practice or a contest on the day of the absence, unless approved in advance by the Principal or Athletic Director. Tardy students must be in school no later than 11:00 AM in order to be eligible for a practice or game the day of the late arrival. Coaches will make every attempt to check the daily school attendance of their student-athletes.”

MIAA Handbook Policies

- Complete MIAA Handbook can be found at www.miaa.net
- Academic Eligibility
 - 8th grade grades do not count against NHS starting athletic eligibility
 - After each grading quarter, students must be passing at least **four major courses** (20 credits)
- One Sport per Season/Tryouts/Team Selection
 - One sport at a time
 - Cuts needed for some sports

MIAA Handbook Policies

- Season Practice and Competition Schedules
 - Fall sports start before school starts
 - Football starts on 8/20/21
 - All other sports are eligible to start on 8/23/21
 - Preseason practice schedules will be posted on the website
 - Sports seasons run through all three school vacations (any conflicts must be communicated by the parent and athlete prior to participation)
 - Winter sports start the Monday after Thanksgiving
 - Spring sports start the third Monday in March

MIAA Handbook Policies

- **Bona Fide Team Member Rule**

- “A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA.”

- **Chemical Health Policy**

- “During the school year, from the start of fall practices in August, through the last day of school or MIAA Tournament Play, whichever ends latest, a NHS student shall not, regardless of quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol, marijuana, or any controlled substance.”
- Use of tobacco, smokeless tobacco, electronic devices (including e-cigarettes and hookah pens) and steroids are also prohibited

Athletic Trainers and Training Room

- **Role of Athletic Trainers**
 - To prevent, treat, and rehabilitate athletic injuries
 - Evaluation leads to next step recommendations in healing process (ER, x-ray, MD, PT, etc.)
- **Outside Physician Care**
 - If a student-athlete is referred to outside care of physician, student may not, under any circumstances, return to participation until written note from physician clearing the student-athlete for participation is submitted to the Trainer, Athletic Director and/or NHS Nurse
- **Head Injury and Concussional Information**
 - Impact Concussion Testing (9th and 11th grade student-athletes)
 - Priority given to contact sports but is available for all athletes upon request
 - Norwood High School's Guidelines and Return to Participation Protocols
 - State Mandated Online Education Course: "Heads Up Concussion in Youth Sports"
 - www.cdc.gov/concussion/sports

Summer Performance Enhancement Program

- Program will start on Thursday, 7/8/21 and run until Thursday, 8/12/21
- Free for all current and incoming NHS students
- Registration is available through the Aspen Parent Portal
- All students must provide an updated physical prior to participation

NHS Boosters Club

- The NHS Boosters Club, a volunteer group of parents and community members, promotes, supports, and provides recognition to the student-athletes participating in all sports at Norwood High School. The Boosters Club supports the Athletics Program in a variety of ways:
 - Scholarships for graduating seniors
 - Varsity team awards
 - Championship banners
 - Athletic enrichment programs for athletes, coaches, and parents
 - Sports equipment and program infrastructure needs
- For more information or if you are interested in joining, please contact Paul Forrest (paul.forrest@festo.com)

Introduction of Fall Coaches

- **Cheerleading:** Jill Buckman,
jill.buckman@norwood.k12.ma.us
- **Bs Cross Country:** Matt Curran,
mcurran@norwood.k12.ma.us
- **Gs Cross Country:** Aimee Worcester,
aworcester@norwood.k12.ma.us
- **Field Hockey:** Allison Doliner,
adoliner@norwood.k12.ma.us
- **Football:** Manny Lopes,
manny.lopes@Norwood.k12.ma.us

Introduction of Fall Coaches

- Bs Golf: Chuck Allen, chuck.allen@norwood.k12.ma.us
- Bs Soccer: Tom Healy, tom.healy@Norwood.k12.ma.us
- Gs Soccer: Kim Brincklow, kbrincklow@Norwood.k12.ma.us
- Gs Volleyball: Paul Nimblett, pnimblett@norwood.k12.ma.us