



North Hampton School Athletics

Dear NHS Parents/Guardians,

We are happy to announce that we will be able to offer opportunities to participate in athletics during the third trimester of the 2020/20201 school year. Below, you will be able to see our Spring Sport offerings. We will be using an intramural/skills and drills model for the upcoming Spring season. This is different from past years because we will not be traveling or competing against other schools. All practices will take place two days a week at our school for 60 to 75 minutes and we will offer a competitive experience through different opportunities this Spring. The Spring season will start, weather permitting, on April 12th and run until May 28th. I am really looking forward to the upcoming season and I hope your son or daughter is interested in signing up!

During the first week of the third trimester, students that are interested in participating in sports will be given forms that will need to be filled out and returned. I will provide digital copies for you to fill out online. If you prefer hard copies, please have your son or daughter return them to the folders in the gym lobby. The forms include: Emergency Contact, Athlete Contract, Parent Contract, and Spring Sports Waiver. These forms will also be available on the school website under the Extracurricular/Athletics tab. All forms must be turned in before students are allowed to participate.

A physical examination is required of all athletes before the first practice session. Physical exams must take place after June 1, 2020. The physical will be honored for the entire school year. Please check with the school nurse to find out if your child's physical is on file and up to date.

If you have any questions, please feel free to reach out to me at pguidi@sau21.org.

Spring Sports:

Boys Baseball - 6th, 7th and 8th graders

Girls Softball - 6th, 7th and 8th graders

Track and Field/Cross Country - 6th, 7th and 8th graders

Cycling Club - 6th, 7th and 8th graders