

ATHLETICS WELLNESS

The Nashoba Regional School District believes that every student's education should include physical ~~education in some form, and that students activity through physical education class, intramural sports, interscholastic teams and daily recess.~~ Student will be most successful academically if their schedules include ~~regular daily~~ physical ~~exercise activity~~. Regular physical ~~exercise activity~~ is vital to all students' physical and mental health. In addition, participation in ~~an organized athletic program a physical activity~~ provides the following benefits:

- opportunity for success for students who struggle academically
- opportunity for growth of positive self-esteem
- constructive social contact for students
- a mechanism for stress-relief for students.

~~In addition, team sports teach skills of cooperation that students will need later in life. These skills are viewed by the leaders of both education reform and the business community as essential tools for success.~~

Therefore, the District shall provide ~~athletic programs physical activities~~ designed to include ~~essentially~~ all students, male and female, in team or individual sports, including an intramural sports program. Through support of an inclusive sports program the District shall:

- give every student access to the District's athletic facilities
- encourage a habit of safe physical ~~exercise activity~~ which promotes life-long physical fitness
- encourage students to set and work toward their own personal goals and to strive for excellence
- send the message to every student that it is not always winning that counts, but rather playing the game well. Being "the best" means: cooperating with others, being dependable, being committed, learning discipline, constantly striving to improve oneself, building a healthy body, and most of all, enjoying the game itself, on and off the field, throughout one's life.

Funding for athletics shall be structured to support the goals of this policy

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