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CHELMSFORD HIGH SCHOOL
ATHLETICS
Home of the Lions

FALL ATHLETIC INFORMATION 2026

ATHLETIC DIRECTOR:

- Dan Hart hartd@chelmsford.k12.ma.us
- Phone: (978)251-5111 X 5627

ATHLETIC SECRETARY:

- Rebecca Distasi distasir@chelmsford.k12.ma.us
- Phone: (978)251-5111 X 5625
- Please contact Ms. Distasi with any questions regarding scheduling, registrations, or general questions pertaining to Athletics.

ATHLETIC TRAINER:

- All Athletes must have an up-to-date Physical on file in order to compete. ***Physicals are good for 13 Months from the date of Physical. Players are not allowed to participate with an expired Physical. All physicals should be uploaded into your child's registration on Arbiter.***
- ***All Injured Players and Players In Concussion Protocol MUST be cleared through the Trainer on Duty Athletic Office before being allowed to return to sports. Please inform Mr. Hart, your coach, or the Covering Trainer immediately of any information regarding these situations so she can begin to work on a Return to Play Policy and Timelines for all.***
- A player is not cleared to play until they have been cleared by the Athletic Trainer.

ACADEMIC ELIGIBILITY:

- In order to participate in Chelmsford High School Athletics, students must pass a minimum of 4 core classes. Failure to do so will result in removal from Athletic Contests until the next grading period closes (if the standards are now met to return).

CHEMICAL HEALTH VIOLATIONS:

- Chelmsford High School Athletics must follow the Chemical Health Violation Policy as set forth by the MIAA (The governing body of Massachusetts Interscholastic Athletics).
- Students who violate the Chemical Health Policy will follow the penalties listed in the MIAA Handbook.
- The Chemical Health Policy and Penalties can be found in the MIAA Handbook (Rule 62) on Page 57. To access the MIAA Handbook click here: [MIAA HANDBOOK](#)

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CONFLICT RESOLUTION:

- If a player is having an issue on the team, they should talk to their coach immediately before or after practice.
- If a parent has a concern about their athlete's health or well-being, or about an issue on the team they are encouraged to contact the coach. Email the coach to set up a meeting.
- ***PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS.***
- ***PARENTS SHOULD NOT TRY AND TALK TO A COACH/PLAYER/OFFICIAL DURING OR IMMEDIATELY AFTER A GAME OR PRACTICE.***
- If there is an issue on-going issue that is not being addressed, or if there is an issue that you feel is above the coach, please contact Dan Hart (Athletic Director) via email at: hartd@chelmsford.k12
- If students are having any issues, problems, concerns they are encouraged to contact their Guidance Counselor, Dean, Coach, or Athletic Director.

END OF SEASON AWARDS/BOOSTERS

- **Fall Varsity Sports Awards Night: Thursday, November 19th at 6PM in the CHS Conrad Gymnasium.**
- All Varsity Athletes and Parents should attend. Athletes are encouraged to dress nicely.
- The CHS ALL SPORTS BOOSTERS CLUB provides awards at the end of the season for Varsity Teams. The Awards provided by the Booster Club are:
 - Team Most Valuable Player
 - Team Most Improved Player
 - Scholar Athlete (Given to player who excels in sport and in the classroom)
 - Players who are on a Varsity Team for the entire season, or who play in Varsity Games will receive a Varsity Letter at the completion of the Season.
- **TEAM BANQUETS: Individual Team Banquets are run by the teams/parents and not sanctioned by Chelmsford High School or the Chelmsford High School Athletic Department.**

FACILITY ACCESS

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- ***All practices/tryouts are considered closed to the public unless informed otherwise by a coach.***
 - ***Spectators will not be allowed into the facilities until 30 Minutes Prior to the start of the JV/Varsity Contest. The gyms need to be set up/cleaned. Staff will let people know when the facilities are open to spectators.***
 - Use of the facility without permission is not allowed.

FLETCHER FITNESS CENTER

- The Fletcher Fitness Center is located in the Gym Area and is open to all CHS Students on Monday-Thursday from 3:00PM to 4:00PM..
- **Students are not allowed in the fitness center without supervision.**
- Teams will use the Fitness Center as part of their practice plans.
- Students should wipe down equipment when finished.
- Students should clean the room after they are finished.
- There is no eating in the fitness center.
- All music played in the Fitness Center must be clean.
- Failure to follow rules will result in not being allowed to use the Fitness Center.
- Appropriate clothing must be worn at all times.
- Proper footwear is required.

LOCKER ROOMS:

- Teams will be assigned locker rooms to change and leave their belongings.
- Locker Rooms will be unlocked and locked by the coaches.
- Players should not enter the locker rooms until the coach has given them permission and unlocked it for them.
- **Cell Phone Use is NOT ALLOWED in the locker rooms.**
- Students should lock their belongings if leaving them in a locker. Students should bring their own locks. These locks must be taken off at the end of the season or will be cut off.
- Students will not be allowed to use the locker room during the school day or on non-practice/game days.
- Failure to behave in an appropriate manner or any destruction or vandalism of the locker room can result in the teams/players losing access to the locker room.

MIAA HANDBOOK:

- The MIAA is the governing body for Massachusetts High School Athletics.
- To Read the MIAA Handbook: [Click Here](#)

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PARTICIPATION REQUIREMENTS/COMMITMENT:

- All players are expected to attend every practice, game and team meeting.
- Players who are sick, and who have school, family, or religious obligations must inform their coach immediately if they will be missing practice.
- Not attending practice can affect playing time.
- All coaches and teachers will be able to work around academic extra help. Please let coaches know ahead of time.
- Athletes should NOT take vacations or miss time during the Athletic Season. Doing so can result in reduced playing time or removal from the team. (exception: college visits, family emergencies).
- **Athletes can not miss a High School Sport Practice or Game to participate in a Club or AAU Practice or Game. Doing so is a violation of the MIAA Bona Fide Team Rule and will result in a suspension.**

PICTURE DAY:

- DATE TBD 2PM in Stadium (Gym will be used as a backup location if we have weather) Teams should all wear their home uniforms for the pictures. Everyone will be notified in advance.

REGISTRATION/PAYMENT:

- All Student-Athletes must register via ARBITER REGISTRATION at: [Arbiter Student Athlete Registration](#)
- **Registration will begin on Friday 6/19 and will close on Tuesday August 18th.**
- **All athletes MUST PAY AT THE TIME OF REGISTRATION. The link will be provided on the registration sheet. Players who are cut will be refunded via myschoolbucks (which is linked to Arbiter).**
- **Students who have not registered may NOT compete in Fall Athletics. In order to be considered registered you must also be paid.**
- **Football players must be registered and paid in order to receive football equipment.**
- **Directions on how to pay/register will be sent out and explained at the 6/22 Incoming Freshman Meeting.**
- Students who have outstanding payments will not be able to participate until their payment has been completed.
- There is NO REFUND for athletes that register and decide to leave the team once they are picked.

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- If there are any questions about payment please contact Rebecca Distasi at DistasiR@chelmsford.k12.ma.us

RULES OF PARTICIPATION/SCHOOL ATTENDANCE

- Students must attend school in order to participate in a game or practice.
- Students who are absent for illness or have an unexcused absence will not be allowed to participate or attend a game or practice.
 - Exception: College Visit, Family Emergency, Doctor's Appointment (Non-Illness), Bereavement. These types of absences must be conveyed to the school immediately or ahead of time.
- All students should arrive to school on time. Students who arrive after 10:30AM will not be permitted to participate in Athletic Practices or Games.
- **Students should not be dismissed from school on the days of competition. If a student is dismissed for a reason not listed in the exceptions to absence listed above, they will not be able to participate.**
- Students who are Suspended (In School or Out of School) CAN NOT PARTICIPATE IN ATHLETICS on the days of suspension. If a student is suspended from school on a Friday, they can not participate in games or practices over the weekend period.
- ***Student-Athletes who receive Detentions must serve their detentions immediately.*** Failure to serve detentions will result in not being able to participate.

SCHEDULES:

- **Arbiter Live (Official Schedules for MIAA Records)** [Arbiter Live Chelmsford Lions](#)
Please wait until the 1st week of the season to for Arbiter Live be accurate

SENIOR NIGHTS and SENIOR BANNERS:

- Senior Nights are **NOT** funded by or planned by the Athletic Department.
- The Athletic Department will help facilitate the announcements for Senior Night.
- Parents and immediate family will not be charged a ticket fee on Senior Night.
- ***Senior Nights will take place before or after the games and can not affect the start or end time of a game.***
- Senior Banners are NOT purchased by the Athletic Department. Teams must purchase banners on their own or with team fundraising money. Please coordinate with Booster Club.
- There is no guarantee that all seniors will play on Senior Night.

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SOCIAL MEDIA:

- Twitter: Follow for scores, updates, cancellations, etc.
@_LionsAthletics : Athletic Director Twitter
- Instagram: lionsathletics_

SPECTATORS:

- ***ALL CHILDREN THAT ARE NOT HIGH SCHOOL STUDENTS MUST BE ACCOMPANIED BY AN ADULT. NO DROP OFFS!***
- Noise-Makers are not allowed per MIAA Rules and will be confiscated and the user will be removed (Airhorns, whistles, etc.)
- Distracting Devices are not allowed per MIAA Rules (Laser Pointers, Flags, Etc.)
- **Negative Fan Behavior will result in removal from the Event.** Students who are removed from events will face a school consequence and will not be able to attend future school events. Adult Spectators who are removed from events will lose the right to attend contests for the 2026-2027 school year.
- **The following behaviors will result in removal from Athletic Contests for Spectators:**
 - Swearing
 - Targeting other players inappropriately
 - Disrespectful behavior towards Players, Coaches, Officials, Staff Workers or other spectators.
 - Entering the playing area. (All spectators must remain in designated fan sections and never enter the playing area.)
 - Taunting and/or Fighting (Can result in permanent removal from all sporting events, a school consequence and police involvement)
 - Throwing objects in the stands or from the stands onto the playing area will result in removal from the contest (Can result in permanent removal from all sporting events).
 - Student-Athletes who are removed from Athletic Contests that they are attending as spectators will be suspended from participating in their next Athletic Contest.
 - Students or Adults under the influence or possessing alcohol, drugs (including vape devices of any kind) will be removed from the event and subject to school/police consequences. Tailgating is not allowed in CHS Parking Lot.
 - Racism of any form will not be tolerated by Chelmsford High School Athletics. Any forms of racism will result in removal, school punishment and police involvement. Chelmsford High School Athletics has zero tolerance for any forms of racism or racist behavior.
 - No Outside Food or Drink. No Backpacks allowed. No Bags. All bags subject to search upon entry.
- For all sports except Football, there will be no spectators allowed on the Press Box side bleachers. Please do not cross white fences.

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- For all sports, except football, fans will not be allowed to watch from the fence from the 20 yard line to the 20 yard line. All spectators should remain the bleachers or over near the snack-shack fence.
 - No Spectators are allowed behind goals during non-football contests.

STREAMING:

- Select Games are streamed by Chelmsford TV and can be seen at: live.chelmsfordtv.org
- Games in the CHS Gym that are live streamed via our HUDL cam and will be found at youtube.com/chelmsfordtv
- Games in the Stadium that are live streamed via the HUDL Cam and will be found at youtube.com/chelmsfordtv

TRYOUTS/CUTS:

- Some teams have a limited number of spots that players must tryout/compete for. In these sports, not all players who tryout for the team will make the team. Those programs are referred to as “Cut Sports.”
 - Cut Sports
 - CHEER
 - FIELD HOCKEY
 - GOLF
 - SOCCER
 - SWIM AND DIVE
 - VOLLEYBALL
- It is encouraged that players that get cut from a sport to join another non-cut program.
 - Non-Cut Programs
 - CROSS COUNTRY (BOYS AND GIRLS)
 - FOOTBALL

TICKETS/ADMISSION:

- **Tickets will begin being sold on the first home game of the season.**
- All ticketing will be conducted digitally this season via www.GoFan.co

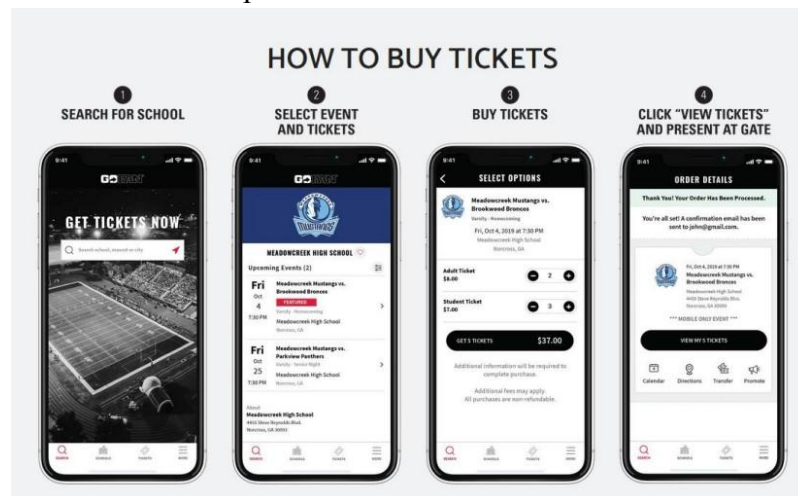
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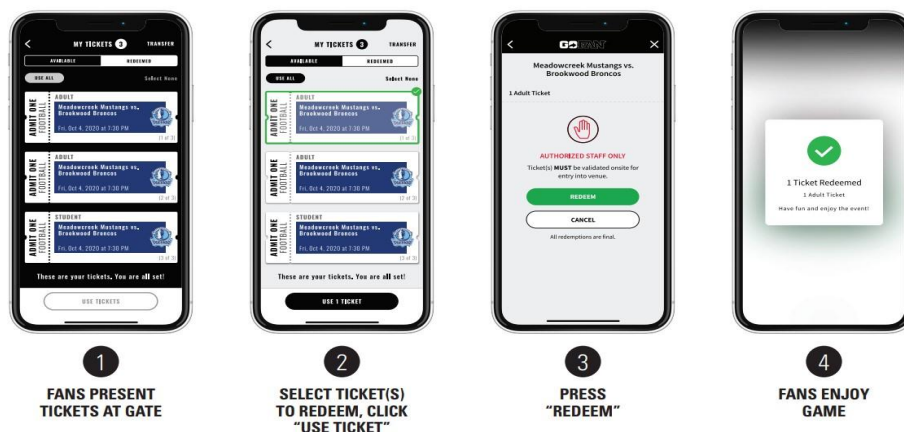
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- Chelmsford Events will be found at this landing page:
<https://gofan.co/app/school/MA14543>
- Everyone must purchase tickets at this site or via the GoFan App and then present the tickets at the entrance with a game worker.
 - All tickets will be purchased with a credit/debit card.



- **TICKET REDEMPTION:** Tickets must be verified by the game worker (and verification will be swiped either in front of the gate worker.

SIMPLE TICKET REDEMPTION



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- Screenshots of a purchased ticket will **NOT** be accepted.

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- Only MIAA Passes will be accepted for MIAA Tournament Games.
 - Tickets at Chelmsford High School will be sold for the following events:
 - VARSITY EVENTS in STADIUM. (JV Events in Stadium will need tix if before Varsity Events)
 - Girls Varsity Volleyball in CHS Conrad Gymnasium.
 - Information will be sent to all with ticketing info at visiting schools. ***Unless informed ahead of time, please assume that all schools will charge admission at the gate. We will make everyone aware of schools that are doing Digital Ticketing Only.***
 - Conference Championships, Track Meets, and Conference and MIAA Meets and Invitationals will charge an admission fee. We will make everyone aware of these prices ahead of time.

TRANSPORTATION:

- Transportation to away contests in the Fall is provided for all athletic teams.
 - For the last 5 years, we have dealt with a transportation shortage which has caused some schedules to change.
 - If a bus is canceled, we will first try to provide transportation via our CHS Mini-Buses (if they are available).
 - If we can not get teams/players to events via a regular bus or a minibus we will then ask parents if they can either drive players. (This is only done as a last resort. We will do everything possible to provide transportation for our athletes.)

UNIFORMS

- Student Athletes are responsible for the proper care of their uniforms,
- Most uniforms are custom-made and can not be duplicated easily. Lost uniforms will result in the Student-Athlete being billed by Chelmsford High School.
- All Items given by the school should be returned to the Coach at the end of the season.
- Players who have not returned their items will not be allowed to participate in extracurricular activities and/or sports until their items have been returned.