

Nashoba Regional High School Athletics Information for 2025-2026

We are excited to have you become a part of the Nashoba Regional High School Interscholastic Athletics Program. Nashoba Athletics is rich in pride and tradition. NRHS offers 50+ teams across 26 sports!

Participating at the high school level requires a greater commitment compared to a club or recreational team. Members of a team are expected to attend all practices and competitions. Weekend practice sessions may vary by sport and should be anticipated. In addition, teams do practice and compete over vacations and many holidays (i.e. Columbus Day, Veterans Day, etc.).

Prior to the start of each season, the high school will host a meeting for students and their parent(s)/guardian(s). These pre-season meetings serve as an opportunity for coaches to provide information about their program, team philosophy, expectations, and more.

The athletics office will send out information via email prior to each season, but we wanted to share information ahead of time for all potential incoming ninth graders.

If you have any questions, please feel free to reach out to Tania Rich, Director of Athletics, at trich@nrhsd.net

[NRHS Athletics Site](#)

[NRHS Coaches Directory](#)

[NRHS Team Schedules - ArbiterLive](#)