

NASHUA PAL STORM HANDBOOK 2025

A guide for parents, coaches, athletes,
volunteers, and board members

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INTRODUCTION

Welcome to Nashua PAL Storm!

Our goal for the NASHUA PAL STORM ASSOCIATION is to provide a hard-working atmosphere, while remembering that we all must strive for honesty, be courteous of others, and respect not only others in the association, but ourselves; ultimately learning the true meaning of “TEAM”.

The Nashua PAL Storm (NPS) Football & Spirit Program, sponsored by the Nashua Police Athletic League (Nashua PAL), was started in 2004 to provide more opportunities for Nashua children to play flag and tackle football, and cheer. NPS is part of the Northeast Junior High Football League. NPS registration is open to all youth of Nashua ages 3-14 for our cheer program, and the youth of South Nashua ages 4 through 14 (8th grade) for football.

When you become part of Nashua PAL Storm you become part of “**One Team, One Family.**” We look forward to working together to create the best program and experience for our athletes, volunteers, and community.

RULES & REGULATIONS

National Federation of High School football rules govern our Football safety rules and guidelines. NEJHFL provides each organization with a set of guidelines that govern all teams. Each organization must adhere to these rules. These guidelines are set up strictly for your child’s safety.

We follow YCADA (Youth Cheer and Dance Alliance) and NHIAA Cheerleading safety rules and guidelines. We also follow any other rules imposed by the hosting organization of any of the competitions we are attending.

COMMITMENT

The commitment for football and cheerleading is just that – a **commitment**. Considering these are **team** sports, and every team member is vitally important to their team, it is expected that you will attend all practices and game. Unexpected situations will occur, such as illness, which is understandable. What is not acceptable is when a team member (or their parent) decides that it is NOT important to attend a practice or game. A child not attending practices places that child at a disadvantage for learning new skills and keeping up with the rest of the team. It also puts the rest of the team at a disadvantage.

The definition of a squad/team is a small group of people working together towards a common goal. The Nashua PAL Storm is looking for football players, cheerleaders and parents/guardians and volunteers who are committed to the program and want to be an important part of their experience.

COMMUNICATIONS

Parents/guardians are a crucial piece of the puzzle when it comes to the success of a team, just as each player is. The board, coaching staff and parents must all work together. Please do your part in making sure that your child’s coaching staff is up to date any problem that may be interfering with your child’s attitude, behavior, or attendance. We strive to have all program information communicated to you in a timely manner. All information will be posted on our website (www.nashuapalstorm.com), communicated through our “Chalk Talk” emails (sign up [here](#)), posted on

your team's Facebook page, and through your coaches/team parent. Please see your team parent to make sure that your contact information is up to date.

CONDUCT

All coaches and players are required to abide by a code of conduct, which they are required to read and sign, while attending any NPS event. This includes but is not limited to practices, games, competitions, and other events.

Please keep in mind that there is no smoking or alcohol permitted on the field or school property. This also includes practices and games.

ATTITUDE & BEHAVIOR

Everyone who is part of the Nashua PAL Storm community shares a common bond of football or cheerleading. We must all learn to put any differences aside for the greater good of the children – the reason why we are all here. It is imperative to set a good example for the children. Everyone will be expected to show respect to the coaching staff, teammates, board members and other parents, not only within NPS but towards other organizations as well.

Please remember to keep a positive attitude and trust the coaches have a plan and the kid's best interests in mind, even if you cannot see it. Some of the most fulfilling accomplishments in one's life are difficult and are not always considered fun at the time. There will be times that certain activities will require that we spend time being repetitive. This is how athletes learn to excel. We value any comments from the parents and ask that if any issues should arise, you approach your team parent first, before or after practices/games. The team parent may be able to address your comment or concern right away and if not, they will bring it to the attention of the coaching staff. If you feel as though your questions or concerns were not addressed to your satisfaction or any other clarification is still needed, please feel free to contact your director:

FOOTBALL DIRECTOR – Chris Toupin

SPIRIT DIRECTOR – Emily Hamilton

The Nashua PAL Storm board, and their coaching staff, reserves the right to end ANY heated discussions during practice or game time. These situations should NOT be exhibited while children are present.

If you should have any further questions, please feel free to contact a board member. We're here for you and your family!

BOARD OF DIRECTORS

The Nashua PAL Storm Board of Directors is a completely volunteer role. Board members are voted in or appointed as described in the NPS By-Laws. The list of positions and descriptions of each position can also be found in the NPS By-Laws. A list of current board members, their position, and contact info can be found on the NPS website (www.nashuapalstorm.com).

BOARD MEETINGS

Most board meetings are open to the public and anybody from the NPS community is encouraged and welcome to join these meetings. Please refer to the NPS website for date, time, and location. A "Chalk Talk" email is also sent out as a reminder that the meeting is approaching.

Any member of the NPS community can bring any concerns/issues to the board meetings. Their suggestions and input are valuable in helping make Nashua PAL Storm the best it can be for the benefit of our children. Please email a request with the concern/issue to secretary@nashuapalstorm.com no later than seven days prior to the meeting so it can be added to the agenda.

BOARD POSITIONS ROLES AND RESPONSIBILITIES

PRESIDENT

- ❖ Preside at all meetings
- ❖ Attend all JHL meetings if the Senior Head Coach and Football Director cannot attend
- ❖ Oversee all organization activities
- ❖ Act as the official representative for the Nashua PAL Storm at all league and official functions or to appoint a representative to do so if unavailable
- ❖ Serve on the Nashua PAL Board of Directors, attending all meetings
- ❖ Act as a liaison between Nashua PAL Storm and Nashua PAL
- ❖ Arbitrate all conflicts that may arise between members of the organization
- ❖ Approve all meetings, the time and location
- ❖ Call a special meeting and notify all board members at least 24 hours in advance, except in the case of an emergency at the discretion of the President
- ❖ Shall be responsible for imposing and enforcing any league disciplinary action voted on by the Board
- ❖ Facilitate the updating of the constitution by annotating additions, deletions, and changes duly ratified by the membership
- ❖ Request committee chair volunteers in January for upcoming events and appoint those chairs if and as needed
- ❖ Create and manage a fiscal year budget
- ❖ Vote on all issues in the case of a tie

VICE PRESIDENT

- ❖ Perform in the absence of the President, the duties of the President
- ❖ Participate as an ex-officio member of all appointed committees
- ❖ Ascertain that the organizational business remains within the duly ratified Articles of the Constitution
- ❖ Responsible for planning/coordinating the NPS Pep Rally
- ❖ Responsible for planning/coordinating the NPS End of Season Banquet

TREASURER

- ❖ Shall keep and maintain correct amounts of the properties and business transactions of the organization including accounts of its assets, liabilities, receipts, disbursements, gains, losses, capital, and income of any sort and kind, derived by the organization from any of its activities. Upon demand, the Treasurer, by appointment, shall permit inspection of all books or accounts within five business days from such request as a matter of public record

- ❖ Shall promptly deposit all monies and other valuables in the organization's name of Nashua PAL Storm, to be credited to the depository or bank as shall be chosen by the board
- ❖ Shall render to the President whenever it is requested by the Board, an account of all transactions as Treasurer, and of the organization
- ❖ Ensures money transactions regardless of amount, will not be paid without a paid receipt
- ❖ Shall monitor all fundraising activities and be responsible for securing all funds for the organization working directly with the Fundraising Coordinator
- ❖ Shall count and total all monies collected at all fundraisers, registrations, concessions, or any other time monies are collected and have a witness sign. This is to protect the individual and the organization. The receipt should be kept as a permanent record
- ❖ If the Treasurer position is vacant, the duties will fall to the Vice President given they are equipped to fill the role, or the position will be voted on by the Board of Directors to a sitting board member

SECRETARY

- ❖ Shall keep a record of minutes of all meetings of the organization with the time and place of holdings, whether regular or special, the names of those present and the proceedings thereof and to include all motions and votes. These minutes will be released to the board no later than two weeks after said meeting for review.
- ❖ Shall have knowledge of the NPS By-Laws and shall have a copy of the current year's By-Laws at all meetings where organization and business are being held
- ❖ Shall book/secure space all meetings of the board
- ❖ Accomplish those administrative assignments assigned by the President/Board.
- ❖ Shall have a completed agenda for review no later than three days before a regular board meeting
- ❖ Shall facilitate and manage the editing/revision of all working NPS documents

FOOTBALL DIRECTOR

- ❖ Administer all rules and regulations of the Nashua PAL Storm and NEJHFL
- ❖ Act as liaison between each team's coaching staff (including team parents) and the NPS Board of Directors
- ❖ Shall be responsible for the entire football program's coaching staff.
- ❖ Shall recommend and validate Football Head Coaches through pre-interviews, screenings, and reference checks prior to the Board's Vote for Approval and/or Head Coach Interviews.
- ❖ Shall recommend and validate Football Assistant Coaches through pre-interviews, screenings, and reference checks prior to submitting to the NPS Board of Directors for approval.
- ❖ Ensure that no child will be permitted on the practice field without valid required registration forms.
- ❖ Ensure that each coach has completed and submitted the required paperwork
- ❖ Create and maintain rosters
- ❖ Shall make every effort to be at practices every night when a practice is being held to oversee the active teams and ensure that no issues exist. Any issues that arise should be reported to the President and/or Vice President within 24 hours.
- ❖ Responsible for submitting, tracking, and adhering to a fiscal year budget.

SPIRIT DIRECTOR

- ❖ Administer all rules and regulations of the Nashua PAL Storm and NHIAA/YCADA
- ❖ Act as liaison between each team's coaching staff (including team parents) and the NPS Board of Directors
- ❖ Shall be responsible for the entire cheerleading program's coaching staff.
- ❖ Shall communicate all cheerleading education and advancement opportunities to the coaching staff
- ❖ Shall attend all cheer events
- ❖ Shall recommend and validate Cheerleading Head Coaches through pre-interviews, screenings, and reference checks prior to the Board's Vote for Approval and/or Head Coach Interviews.
- ❖ Shall recommend and validate Cheerleading Assistant Coaches through pre-interviews, screenings, and reference checks prior to submitting to the NPS Board of Directors for approval.
- ❖ Ensure that no child will be permitted on the practice field without valid required registration forms.
- ❖ Ensure that each coach has completed and submitted the required paperwork
- ❖ Create and maintain rosters
- ❖ Shall make every effort to be at practices every night when a practice is being held to oversee the active teams and ensure that no issues exist. Any issues that arise should be reported to the President and/or Vice President within 24 hours.
- ❖ Shall oversee the distribution and collection of uniforms at the end of the season
- ❖ Shall be responsible for choosing, sizing, and facilitating the ordering and distribution mandatory cheer gear (shoes, bows, etc.)
- ❖ Responsible for submitting, tracking, and adhering to a fiscal year budget.

ASSISANT CHEER COORDINATOR

- ❖ Support the Cheer Coordinator as necessary throughout the entire season. They will assume responsibilities in the absence of the Spirit Director
- ❖ Works with the Spirit Director in hiring vendors for the purchase of all equipment
- ❖ Responsible for communicating any information/procedures to the Cheer coaches for or in the absence of the Cheer Coordinator throughout the season
- ❖ All matters brought to the attention of the Asst. Cheer Coordinator will be given to the Cheer Coordinator as soon as possible/within 24 hours

ASSISANT FOOTBALL COORDINATOR

- ❖ Support the Football Director as necessary throughout the entire season. They will assume responsibilities in the absence of the Football Director
- ❖ Works with the Football Director and the Football Equipment Coordinator in hiring vendors for the purchase of all equipment
- ❖ Responsible for communicating any information/procedures to the Football coaches for or in the absence of the Football Director throughout the season
- ❖ All matters brought to the attention of the Asst. Football Coordinator will be given to the Football Director as soon as possible/within 24 hours

FOOTBALL EQUIPMENT COORDINATOR

- ❖ Responsible for equipping each football player with appropriate fitting uniform at the beginning of each season
- ❖ Ensure the proper maintenance and storage of all football uniforms and equipment throughout the season
- ❖ Be responsible for the organization's shed facility presently located at Artillery Field used to store uniforms and equipment of the Nashua PAL Storm organization
- ❖ Maintain an inventory of all uniforms and equipment for the football teams of the Nashua PAL Storm including the ordering of all necessary items as deemed necessary for the safety and soundness of the players
- ❖ Ensure all football equipment is within state and national guidelines in accordance with the constitution's rules and regulations
- ❖ Responsible for all ordering and budgeting of football equipment/uniforms
- ❖ Responsible for the distribution and collection of all football equipment including uniforms for players and equipment for coaches

FOOTBALL REGISTRAR & SPIRIT REGISTRAR

- ❖ Responsible for ensuring the required paperwork is submitted and completed for each player and coach of each team
- ❖ Responsible for certifying and maintaining the required paperwork
- ❖ Responsible for tracking and submitting athletes eligible for AAA by the NHYFSC
- ❖ Responsible for filling out and collecting all required paperwork for registration as well as any other required paperwork for additional events

FUNDRAISING COORDINATOR

- ❖ Responsible for tracking and tallying all fundraising orders and ensuring the monies are correct prior to releasing the monies to the treasurer/board.
- ❖ Responsible to form and coordinate all fundraising activities on an annual basis
- ❖ Develop a fundraising plan and submit to the Board for approval
- ❖ Provide a monthly status report of fundraising progress to the Board
- ❖ Perform any promotional communications needed after review of the Board including Sign Up Geniuses
- ❖ All fundraising monies will be handed over to the Treasurer in a timely manner to ensure security and accuracy

PUBLIC & COMMUNITY RELATIONS COORDINATOR

- ❖ Responsible for seeking out opportunities for Nashua PAL Storm to engage the community with community events
- ❖ Responsible for seeking out new corporate fundraising opportunities
- ❖ Responsible for reaching out to previous sponsors and fostering the relationship so they continue to sponsor NPS
- ❖ Submit a corporate fundraising goal each year and make every attempt to reach and/or exceed it
- ❖ Bring new community ideas/opportunities to the board at monthly board meetings

VOLUNTEER COORDINATOR

- ❖ Communicate with team parents via email (list supplied by Football Director and Spirit Director) their teams' volunteer opportunities
- ❖ Act as the liaison between the NPS Board of Directors and Team Parents
- ❖ Create Sign Up Genius for Volunteers needed at events such as: Pep Rally, 5k, Trunk or Treat, Brewfest, and 8U Super Bowl etc.

MERCHANDISE COORDINATOR

- ❖ Create and maintain a budget for season
 - Provide updates on profit to date at board meetings
 - Provide total profit made at end of season
- ❖ Work with vendors picking out merchandise for the season
- ❖ Work with vendors and/or webmaster to create an online store
- ❖ Responsible for set up and break down of merchandise table at all home games
 - Ensure all merchandise is transported and displayed
 - Ensure you start the day with a bank and credit card swiper
 - Ensure that sales are recorded at the end of the day
 - Turn money over to Executive Board member for deposit at end of day
- ❖ Oversee volunteers working at the merchandise table
 - Develop a list of dos and don'ts for volunteers working the merchandise table
 - Ensure there is proper coverage throughout the day
 - Provide point of contact for those selling 50/50 at the start of every game
- ❖ Attend and provide merchandise table at Pep Rally and other NPS events

CONCESSIONS COORDINATOR

- ❖ Manage the Concession Stand
 - Create and submit a budget for the concessions stand at the start of the season
 - Shop for and pick up or arrange the shopping and pick up of items for the Concessions Stand and for the start of the season and to fill in once the season has started
 - Create a list of set up and break down for the Concessions Stand so that volunteers who are working in it will have a list of what to do.
 - Post the volunteer schedule inside the Concessions Stand
 - Ensure the Concession Stand has coverage for opening and closing
 - Ensure funds are turned over to a member of the Executive Board to deposit
 - Track profits
- ❖ Manage the Concessions for Home Games
 - Create and submit a budget for the concessions sold at Home Games
 - Shop for and pick up or arrange the shopping and pick up of items for home games
 - Be on site or assign a representative to be on site for the home games
 - Ensure funds are turned over to a member of the Executive Board to deposit
 - Track profits
- ❖ Manage Event Concessions

- Create and submit a budget for event concessions
- Shop for and pick up or arrange the shopping and pick of items for events
- Be on site or assign a representative to be on site to manage the concessions at events
- Ensure funds are turned over to a member of the Executive Board to deposit
- Track Profits

WEBMASTER

- ❖ The Webmaster will be responsible for the regular maintenance of the Nashua PAL Storm website (www.nashuapalStorm.com) ensuring that the site is always current with accurate and up to date information as it is provided.
- ❖ Send Chalk Talks on a weekly basis with information provided by the rest of the board
- ❖ Link Facebook with Twitter and Instagram Accounts
- ❖ Post to the FB page at least weekly to keep followers engaged
- ❖ Create and maintain social media platforms for Nashua Pal Storm
- ❖ Submit articles to the Kids Sports section of the Nashua Telegraph as supplied by coaches

REGISTRATION

WHAT WILL THIS COST ME?

This year, we continue to offer the lowest registration fees in the area, as well a multi-child family discount. We hope that by doing this, we can attract more children to fill our teams. The registration fees for both football and cheerleading are as follows:

Early Bird Discount

- \$50.00

Regular Prices

- \$99.00

There is a mandatory deposit to participate in the program, with the balance due before the start of the season. The amount of the deposit depends on when you are registering. If you are participating in the early bird discount, the balance must be paid within the early bird time frame, or you will be charged the full amount. If you are not paying in full at the time of registration, a payment plan can be arranged automatically on our website or in person. Details of costs and early bird time frame can be found on the NPS website (www.nashuapalStorm.com).

MANDATORY DEPOSITS

Each program has a mandatory deposit that can be made via post-dated check (December 31st of that current year) or a signed credit card authorization form. These deposits cannot be cash or money order. The deposits will only be cashed/charged if your equipment has not been returned or has been damaged. The deposit checks/forms will be returned to you once the equipment has been handed in.

Equipment Deposit: \$50 for flag - \$400 for tackle - \$50 for cheerleading (mini mite and tiny mite)

INSUFFICIENT FUNDS

If at any time, you have made a payment by check and it is returned to us for insufficient funds, the following actions will take place:

- 1) You will receive an invoice for the amount of the original check, plus any bank fees incurred, and an additional \$5 handling charge (from Post Office).
- 2) If the insufficient funds happen before the start of or during the season, your child will not be eligible to participate until the matter is resolved.
- 3) If a payment plan is necessary, arrangements must be made and kept for your child to continue to participate.
- 4) REFUNDS: There will be no refunds once the season begins.

REQUIRED PAPERWORK

- 1) Medical Clearance Form: The Medical Clearance Form must be brought to your child's physician, dated, and signed of the current year. **NO CHILD WILL BE ALLOWED TO PRACTICE WITHOUT THIS FORM.**
- 2) Birth Certificate or Passport: Please bring in your child's birth certificate that was issued by the state or town. Hospital copies are not acceptable unless there is a state seal on it.
 - a. Returning athletes **do not** need to provide a birth certificate.
 - b. Passports cannot be expired.
- 3) Report Card: One copy of your child's most recent report card must be submitted. It must be legible and copied in its entirety.
- 4) Code of Conduct: Parental/Guardian signature required

All paperwork must be received by July 31, 2025

If your child's paperwork is not complete, your child will not be able to participate.

WAIT LIST

It is not common for a registrant to be placed on a wait list, but it could happen. No more than 36 participants can be on any team's roster at any time. If your child is on the wait list and chooses not to participate before practices begin, the parent/guardian needs to inform the Football Director as soon as possible. If your child remains on the wait list once practices begin, parents/guardians will be contacted by the Football Director once/if an opening occurs. In order for your child to be placed on an active roster, all fees and deposits must be paid in full. Checks paid at time of registration will not be deposited until your child is placed on an active roster. If wait listed at the start of practices, parents may request for a waiver to play for another organization for that season.

SCHOLASTICS

Scholastics are a high priority in our program. Every participant must maintain a 2.0 grade point average or 70% average grade according to their report card at the end of the 2024-2025 school year. Failure to achieve this may result in the participant's ineligibility to continue in the program or the requirement for an academic waiver. NHYFSC awards monetary awards to athletes in grades 5 and up who maintain an A grade point average.

VOLUNTEERING

As a nonprofit youth program, NPS relies heavily on volunteer to help our program host games and events. There are many opportunities throughout the season to volunteer to help make the season a successful one for the children. All volunteer help is appreciated and necessary for our athletes to participate. We need your help to make sure our athletes have a safe and successful season! For each child enrolled in NPS, a parent must sign up for a minimum of 2 volunteer spots with their respective team parent. There are volunteer spots opened throughout the season to ensure everything runs smoothly. Team size plays a role into how many spots need to be filled. If you sign up for a specific spot and cannot fulfill the need, it is your responsibility to find a replacement and communicate that with the team parent/organizer. Coaching staff, team parents, and board members are exempt from volunteer spots as their position goes above the minimum volunteer requirement.

How do I sign up to fulfill my volunteer requirements? Team parents are the go-to person to sign up for your required volunteer spots. They will be using either an in-person sign up, an electronic sign-up website, or a combination of both depending on the situation. Please see your team parent for your volunteer time so they don't have to look for you. We are thankful to have volunteers committed to our organization.

What happens if an event I signed up for is cancelled? You will be credited for that time without the need to make it up.

I have multiple children in NPS. Can I fulfill all my requirements on one team? Unfortunately, no. You must fulfill all requirements per team. Each team may have different requirements depending on size.

Is there a minimum number of sign-up slots per team? There is a minimum of 2 slots per team during the regular season and 1 slot during the post season. However, that may vary depending on the size of the team.

What is Sign Up Genius? Sign Up Genius is an online platform designed to assist with signing up for volunteer spots. This is the easiest way for team parents to make sure that all needed volunteer spots are covered and keep track as to who sign up for what task. Simply follow the link, create an account with your email, and sign up for the date and time and spot(s) that works best for you. See your team parent with any questions.

FUNDRAISING

Fundraising is extremely important to the NPS organization, and it is imperative that everyone does their part. We rely on this money along with corporate sponsorships and funds gifted through donations to continue to grow our program, replace outdated equipment, pay referee and EMT fees, pay entry fees for competitions, and keep our registration costs low and maintain a balanced budget. All athletes, including coach and volunteer's athletes, are required to participate in fundraising.

We need **your** help to keep our registration costs low! The key to fundraising is not to BUY but to SELL!

NPS is planning on two in season fundraisers and one post season fundraiser (for those who qualify). You may buy out of in season fundraising for \$300.00 per athlete.

2025 In Season Fundraising Events & Timelines:

1. (August/September) POPCORN/ONLINE SALE: Mandatory. Each participant registered will be required to set up a social media profile for our Popcorn fundraiser and sell a minimum of fifteen items. This is an easy fundraiser with minimal effort and great rewards. Prizes will be awarded to the teams that have the greatest participation.
2. (September/ October) CALENDAR RAFFLES: Mandatory. Each participant registered will be required to sell Calendar Prize Raffles. Each calendar has 10 raffle tickets that can be sold at \$10 each and turned in for the participant's chance of winning a cash or prize drawing. Each athlete is required to sell 15 (fifteen) calendar raffles with a family minimum of 30 (thirty) raffles. We will have great prizes and incentives for those who sell over their minimum amounts. Participation in this raffle is a key component to our success as an organization.
3. FUNDRAISING EVENTS: Several different events will be held throughout the season and would appreciate participation in all as you are able.
- 4.

ATHLETE SAFETY

CONCUSSION SAFETY AND AWARENESS

NPS provides the **safest** environment for our football and cheerleading teams. All our coaches are CDC Head's Up certified and committed to making sure your athlete's safety is at the forefront of our minds. We also have safety equipment that meets or beats industry standards.

Please familiarize yourself with the following Concussion Awareness Fact Sheets found on the NPS website (www.nashuapalStorm.com). For more information on concussions, visit www.cdc.gov/Concussion. All forms are available to download from our website.

JEWELRY

Jewelry is not allowed at practices, games, or competitions. All athletes will be required to remove everything before they take the field. Please help us by reminding your child to leave jewelry and valuables at home.

MEDICATIONS

If your child is taking any medications that may need to be used while on at an NPS event, please notify the Head Coach before practices begin. All medications need to be clearly labeled with the player's name on it and placed into the team's first aid kit. Please hand the medication to either the Head Coach or team parent at the beginning of practice or game or competition and it will be returned to you at the end of the practice or game or competition. The parent of any child who may need to use medications while on the football field or cheer mat must remain on the sidelines. Even

though some coaches are first aid and CPR certified, they are not authorized to administer medications to the players – that is up to the parents/guardians.

INJURIES

If an athlete is under a physician's care for any type of injury that keeps them from participating, they must obtain a note from them stating so. They must also obtain a note from the physician when they are ready to continue participating indicating that they have completely healed from that injury.

If an athlete is removed from a practice, game, or competition due to an injury, the Head Coach will have a discussion with the parents/guardians and an accident report will be filed. A physician's note will be required for that child to continue to participate.

SPECIAL MEDICAL ASSISTANCE

If your child needs assistance during a practice or game, please do not leave your child at the field or school alone. While some of our coaches are first aid and or CPR certified, they are not authorized and, in most cases are not trained to administer medication.

FOOTBALL

Nashua PAL Storm Football program participates with the Northeast Junior High Football League.

FLAG FOOTBALL

Nashua PAL Storm is proud to have brought Flag Football to Nashua. Flag football is a fun and safe way to get the kids introduced to the great game of football. Players, ages 4 to 7, will be introduced to the football basics in a non-hitting environment. The players focus on learning and developing all the basic fundamental skills need to play the game including running, passing, catching, scripted plays, lining up, and teamwork. Teams consist of 6-8 players on the field with the coaches on the field shoulder-to-shoulder with the young players. The playing field is played on the width of a regular football field (53.3 yards by 30 yards). The game consists of two 25 minutes halves with 2 first down markers 20 yards apart. The offense has 4 plays to gain a first down. The defense tries to stop the offense by pulling the flags of the player who has the ball.

Uniforms & Equipment:

Uniforms and equipment will be distributed prior to the season. Equipment will not be handed out to any athlete who does not have a completed registration packet. Registration must also be paid in full or have proper arrangements.

Equipment supplied by NPS:

- 1) Game Day Shorts
- 2) Game Day Jersey
- 3) Practice Shorts
- 4) Practice Jersey

Athletes must provide:

- 1) Mouthpiece
- 2) Athletic Supporter
- 3) Non-Metal Cleats (Cleats may not exceed ½" in length)

LOST EQUIPMENT & ACCESSORIES

All parents will have to sign a form stating that all uniform pieces and accessories have been received. YOU will be responsible for replacing any items that are lost or damaged beyond repair.

Practice:

Practices are held Monday through Thursday at Artillery Field (behind Holman Stadium). All practices are run with oversight from the Football Director and should not be changed without their approval.

Game Day:

We play a series of jamborees so that athletes aren't driving long distances for minimal playing time. Most take place on Saturdays and last for 2-3 hours. The kids play multiple teams with breaks in

between. They have a blast!

TACKLE FOOTBALL

Teams:

Youth – 2nd, 3rd, 4th grade

Junior – 5th and 6th grade

Senior – 7th and 8th grade

PRACTICES:

Practices before the start of the season are held Monday through Thursday at Artillery Field (behind Holman Stadium). The actual practice days and times are set by the head coach and overseen by the Football Director. Any changes need prior approval.

Once school begins the practice schedule typically changes. Actual practice dates and times are set by the head coach with oversight by the Football Director.

Practices should always have a board member present.

UNIFORMS AND EQUIPMENT:

Uniforms and equipment will be handed out in July or August before the practices start. Equipment will not be handed out to any athlete that hasn't completed the registration process and haven't paid all fees in full (or have proper arrangements made).

Equipment provided by NPS:

- 1) Helmet
- 2) Shoulder Pads
- 3) Practice Jersey
- 4) Game Jersey
- 5) Game Socks

***If you are personally supplying your athlete with shoulder pads, you must sign a NPS Personal Equipment Waiver found on the NPS website (www.nashuapalStorm.com).

Equipment athletes must provide for themselves

- 1) Mouth Guard
- 2) Athletic Supporter
- 3) Practice Pants
- 4) Game Pants
- 5) Non-Metal Cleats (no more than ½" long)

Face shields may be worn. They must be clear and kept clean of dirt and debris. Any gloves used by any player must be certified by the NFL (as indicated on the tag).

LOST EQUIPMENT & ACCESSORIES

All parents will have to sign a form stating that all uniform pieces and accessories have been received. YOU will be responsible for replacing any items that are lost or damaged beyond repair.

Equipment Returns: The Football Director and Football Equipment Coordinator will choose and time and place once the season is over for equipment returns. Once you hand in all your equipment, all deposit checks will be returned. If any equipment is lost or damaged beyond repair, you are financially responsible to replace said equipment.

Game Day: Game schedules will be handed out once NPS receives them from JHL. This is typically given out at the June meeting (although changes can be made). Presidents are responsible for communication about game day info from the state to the Football Director. The Football Director then communicates with their Head Coaches who in turn informs their respective teams. Please keep in mind that the game schedules are tentative, dates and times may change last minute. Not all the teams play at the same field on the same day. If you have multiple children playing, you may be in different locations. Games are typically played on Sundays but there are exceptions where some games may be played on a Saturday.

Athletes are expected to arrive 1 hour before game time. This gives ample time to stretch, warm up, and review the game plan for that game. Parents are expected to provide transportation to and from all games. They will be provided with correct directions, location, and times to report for each game by the Head Coach or team parent.

PRACTICE RULES

ABSENTEEISM & TARDINESS: All players must report to the coaching staff by the designated time ready to go (time set by the head coach). This means getting to the field at least 15 minutes early to get ready and take care of any matters before practice starts.

Unless prior arrangements have been made with the head coach, any player arriving late is considered late (3 lates = 1 unexcused absence). Only a parent/guardian is allowed to excuse an athlete from practice. Showing up to games late adds to your late totals and unexcused absences. Three unexcused absences could result in dismissal from the team.

The first couple of weeks of practice before the season are very important. There should be ample hours of conditioning before putting on pads and additional hours of hitting with pads before a player is ready for games. If they do not have the required time logged, they will not be eligible for games until that required time is met.

Smoking: Smoking of any kind is not allowed at any practice or game fields. Repeat offenders run the risk of not being allowed at NPS events.

Weather Permitting: Practice and games are held rain or shine (lightning is the only exception). If inclement weather is forecasted, we ask that all parents remain at the field in case the practices are called early. All athletes are expected to be at all practices and games regardless of the weather.

Proper Hydration & Daily Conditioning: Proper hydration and daily conditioning are crucial to the safety and wellbeing of all the athletes and starts well before they step on the football field. Please make sure your athlete is drinking enough water throughout the day not just at practice. All athletes should always have a large water bottle with them. Please label their water bottle clearly with their name.

Emergency Plan: If an emergency should arise during a practice or game, the Head Coach will assess the situation. All remaining players and coaches are to be removed from the area. If emergency medical help is needed, an ambulance will be called. A "better safe than sorry" approach will always be used. If an ambulance is indeed needed:

- A coach/board member will always remain with the player.
- The parent/guardian will be notified immediately
- The President will be notified
- The Head Coach will fill out all appropriate paperwork.
- The player can return once they are cleared from a doctor and furnish a note stating such

MENTAL REP

All Nashua PAL Storm Tackle Football teams use the MentalRep Simulated Practice and Playbook program. The MentalRep program allows players to practice anywhere and is used by FBS and NFL Teams to virtually practice their plays. It also provides coaches with instant knowledge of where their team is struggling to make improvements, corrections or to change their teaching approach. Participation in the MentalRep program is not mandatory but highly encouraged for all teams. Nashua PAL Storm is currently the only NHYFSC affiliated program partnering with MentalRep, allowing us to find new ways to teach the game of football to our players and prepare for game day. The MentalRep app is available for free through Google Play and the Apple App Store. To create an account, please contact the Nashua PAL Storm Football Registrar and they will create an account associated with your team. The program can also be used with both Windows and Mac-based computers. For more information, please visit the MentalRep website at <https://www.mentalrep.com/>.

Instructional videos are also available on Youtube.com on the MentalRep channel.



How MentalRep Works

Fast and Simple Input

- Play input is faster than drawing it by hand.
- Save time, draw the play once and MentalRep will automatically redraw the play verse any other opposing play.



Secure Storage

- Bank level security and encryption protocols.
- HTTPS/SSL communication and AES-256 Encryption.
- Location based playbook lock down.



Coach in Their Pocket

- MentalRep simulates the movements of the figures in the playbook.
- Players practice by taking complete control of their figure while everything moves around them.
- After each Rep they get coaching feedback.



Analytics

- Player feedback information is sent to your coaching staff so they know exactly what their players are struggling with.
- Simulate your game plans verse your opponent's plays to test its effectiveness.



☎ 617-410-6423

✉ Info@CompCog.com



www.MentalRep.com



[@MentalRep](https://twitter.com/MentalRep)

Rep It

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CHEERLEADING

PLACEMENT & EVALUATIONS

Our cheerleading program registers cheerleaders from the ages of 3 (by July 31) through 14 (as of July 31). Cheerleaders will be assigned to squads based on several factors. Our goal at Nashua PAL Storm is to place all cheerleaders on teams that will challenge them to achieve new skills yet to remain competitive. The Spirit Director and Spirit Registrar will put together a preliminary roster. Due to cheerleaders aging out of the program every year and new cheerleaders joining the program every year, rosters are typically fluid for the first week or two of practices. Any roster change will be initiated by the Spirit Director. Parents will be notified and encouraged to give feedback if they choose. Factors that will be taken into consideration include (but are not limited to) age, experience, ability, size of the squad, needs of the squad. There is NO guarantee that your child will be placed on the same team as their siblings. On the same note, there is NO guarantee that your cheerleader will be placed on the same team as his/her friends, or the same team they were on last year.

ROLE ON SQUAD

Every member of a squad is equally important to a routine. Head Coaches will place each cheerleader in the position that is needed by the squad. If your child was a flyer in the past, that does not necessarily mean they will be a flyer forever. Being part of a TEAM means doing what the team needs you to do. Our coaches are exceptional at placing cheerleaders where they are needed. A cheerleader's designated role on the squad, whether it is in a stunt, or placement for jumps or dances, is NOT up for discussion. The best thing you can do for your child is support them and encourage them to keep doing their best.

TEAMS

Teams are created by the Spirit Director and, depending on registration, can be finalized as late as the second week of practice. Team creations have several criteria:

- Size: Small (5-18 athletes) and Large (19-36 athletes)
- Skill: Level 1, 2, 3 & 4
- Age:
 - Mini Mite (3-4)
 - Very short routine
 - Shorter practices
 - Level 1
 - No tumbling restriction
 - FUNdamentals
 - Tiny Mite (5-6)
 - Shorter routine
 - Shorter practices
 - Level 1
 - No tumbling restriction
 - FUNdamentals
 - Div8 (6,7,8)
 - 2:30 routine
 - Levels 1, 2

- o Div10 (8,9,10)
 - 2:30 routine
 - Levels 1,2
- o Div12 (10,11,12)
 - 2:30 routine
 - Levels 1, 2, 3
- o Div14 (12,13,14)
 - 2:30 routine
 - Levels 1, 2, 3, 4
 -

PRACTICE EXPECTATIONS

- All athletes must report to their coaching staff by the designated time ready to go. This typically means getting to the field or gym at least 10 minutes in advance.
- Unless prior arrangements have been made with the head coach, any player arriving late for practice will be considered late (3 late arrivals = 1 unexcused absence). If a situation occurs (such as an illness), a parent must contact the head coach within an hour before practice to advise them of the absence. ONLY a parent/guardian is allowed to call a child out of practice.
- Arriving late for a game also counts as a late arrival and count towards the 3 late arrival limits. Athletes who arrive late to warmups for the game may not participate in their halftime routine.
- Please allow additional travel time to areas unknown to you.
- We realize that vacations are a huge part of the summer, but if your athlete misses these practices, they are missing conditioning hours, they are causing other members of their teams to be unable to fully participate in practice and they may not be eligible to stunt or participate in choreography.
This is dependent upon how many practice hours/days have been missed. All athletes are required to complete 10 hours of conditioning/practice prior to basic stunting and tumbling and a total of 20 hours prior to advanced stunting and tumbling.
- More than one (1) unexcused absence during the season could result in dismissal from the team. It is VERY IMPORTANT that your child be there for proper warm-ups, conditioning, techniques, and safety procedures to help prevent any kind of unnecessary injuries.

ABSENCES:

EXCUSED

Fever/illness
 School Camp
 Mandatory school activities
 School sports

UNEXCUSED

Extracurricular activities
 School dances
 Birthday Parties
 *Family Gatherings

*Coaches reserve the right to excuse family gatherings at their discretion.

Please arrange all doctor and dentist appointments for times other than practice days and times!

PRACTICES - LOCATION & TIMES

Our designated practice field is Artillery Field, which is located behind Holman Stadium. Please

do not drive into the pathway (next to the storage cubes) unless authorized. Parking is allowed on the side of the street adjacent to the field only. The police will ticket your vehicle if you are parked on the opposite side of the street. There is ample parking on Sargent Avenue as well.

SMOKING is not permitted at any practice or game locations.

PETS are not allowed at any practice or game locations.

Until the first game of the season, practices can be held up to 5 nights or 10 hours per week. Typically, NPS practices are from 6:00pm to 8:30pm Monday-Thursday (giving you weekends off!). Please see your individual Head Coach for specific days and times.

After the first game, practices are limited to 3 days/6 hours per week.

Late August – early September, cheerleading squads will move to indoor practices. Indoor practices are held at the Nashua PAL/St. Pat's Gym located at 29 Spring Street, Fairgrounds Middle School, YMCA (formerly NSA), or at Nashua High School North. Please be advised that there is absolutely no parking in the St. Pat's parking lot, nor is there any parking in front of Charron Medical Supplies on Saturdays. There is plenty of parking at the courthouse across the street. More information will follow with specific information from your child's team parent and/or coach. When practicing at Nashua North there is absolutely no parking in the student or bus drop off.

- Please be patient with the coaching staff as they may detain the team past the designated time. We are aware that like us, you have lives after practice.
- After practice, a brief meeting is typically held. At this time, the players will receive any pertinent information. Parents are always welcome and encouraged at this time to listen in on the meeting.
- No player will be released to anyone except the participant's parent/guardian without written permission.
- When cheerleaders begin practicing indoors to practice, parents, siblings, friends, etc. are NOT permitted in the gym area. We thank you in advance for following these rules – they are set forth for your child's safety.

PRACTICE ATTIRE

Comfortable attire, such as gym shorts &

T-shirts No jeans of any type

No baggy clothing

No sweatshirts with hoods or strings

No pajama bottoms

Athletic sneakers must be worn

No SANDALS

No SPAGHETTI STRAPS

WEATHER PERMITTING

Practices and games are held RAIN OR SHINE! The only exception is lightning. If inclement

weather is forecasted, we ask that ALL PARENTS remain at the practice field in the event that practice is called early.

ALL PARTICIPANTS (FOOTBALL & CHEERLEADING) ARE EXPECTED TO PARTICIPATE AT GAMES REGARDLESS OF THE WEATHER.

PROPER HYDRATION & DAILY CONDITIONING

Proper hydration and daily conditioning are crucial to the safety and wellbeing of all participants at all times. Please be sure that your child is properly hydrated before, during and after practices and games.

- All participants should bring a large water bottle to every practice and game with their name clearly labeled.
- Proper hydration starts a minimum of 24 hours prior to activity.
- All participants should maintain healthy eating habits.
- A diet high in carbohydrates, protein, plenty of fruits and vegetables is the best.
- Stay away from sugary and junk foods.
- Get plenty of rest.

POLICIES & PROCEDURES

GAME DAY

- Athletes are expected to arrive prepared ONE HOUR before the scheduled game time. Athletes need time to stretch, warm up, and make any necessary changes before the game.
 - Any cheerleader arriving late for a game may not be allowed to cheer in the half time routine unless the head coach is notified prior to the tardy arrival.
 - Sideline cheering will be allowed.
 - If a cheerleader is not there at the designated time, the coaching staff must then redo the halftime routine. We must go with the cheerleaders who are there. This is set up for **everyone's safety!**
- Cheerleaders must remain on the sidelines with the team during halftime. Cheerleaders will not be allowed to go to the concession stand.
- Game schedules will be handed out as soon as the association receives them. This can be as late as the Wednesday before game day. Please do not contact the opposing team. Presidents are responsible for communication about game day, which they then share with the Football & Spirit Directors who share with their coaches.
- Please keep in mind that the game schedules are tentative dates and times and that they are always subject to last minute changes. If you have children participating in different levels, you may be at different locations.
- Games are typically played on Sundays. There may be exceptions to this.

EMERGENCY PLAN

If an emergency arises, the Head/Assistant coach is to assess the situation. All remaining players and coaches are to be removed from the area.

If emergency medical help is needed, an ambulance is to be requested immediately.

A “better safe than sorry” approach will be used.

- A coach/board member is to always remain with the player.
- The parent is then contacted to advise them of the situation.
- Once the situation is under control, the president is then notified of the situation so that a follow-up can be done with player’s parents.
- Coaches are to complete the appropriate paperwork in a timely fashion.

An ambulance or emergency help will be obtained if the coach/board member has any question of the seriousness of the player’s condition.

If the parent refuses, the parent must remove the child from the field themselves.

TRAVEL PLAN

All practices and games: Parents are expected to provide transportation to all home and away games. They will be provided with the appropriate directions and given the arrival time expected. Playoffs & Spirit Competition: Unless otherwise stated prior to the play-off games or Spirit Competition, parents are expected to provide transportation to these events.

If a bus is provided, then the parents will be given directions to the events, and the option of following the bus, if desired.

All bus trips will be adequately chaperoned by the coaches.

UNIFORMS

Uniforms can never be used as costumes!

Uniforms are purchased by families and yours to keep. If available, we can offer a previously owned uniform for purchase. Please see the spirit director with any questions.

UNIFORM RETURNS

Football and Cheerleading Equipment directors will choose a specific time and location for uniform returns. If you cannot attend, please contact the equipment director to make arrangements for uniform return.

LOST UNIFORMS & ACCESSORIES

All parents will have to sign a form stating that all uniform pieces and accessories have been received. You will be responsible for replacing any items that are lost or damaged beyond repair.

HAIR

Hair MUST be pulled back with a hair tie. Butterfly clips, beads or any type of hair accessory that protrudes from the cheerleader’s head is prohibited. Hair wraps and hair mascara are also prohibited.

NAILS

Nail polish of any kind is prohibited. Artificial/acrylic nails are also prohibited. Nails must be kept the same length as the tip of your finger – no longer.

ACCESSORIES

No body glitter. No tattoos. No body paints. No body piercings.

Please understand that we are not attempting to legislate your child's style or jewelry preference; we are simply attempting to protect your child from any unnecessary injury.

WARM-UPS

All cheerleaders must own a Nashua PAL Storm warm-up jacket and game jersey. If you already own a warm-up jacket and game jersey, please be sure that both the pants and jacket fit appropriately before the season starts. New participants must purchase a warm-up jacket and game shirt. Payment is due at the time of fittings. These are yours to keep at the end of the season!

The cheerleading uniform consists of the following items that all cheerleaders must have with them at every game

- * Uniform (game jersey & shorts)
- * Game bow
- * Warmup jacket
- * White cheerleading sneakers
- * White no show socks
- * Cheerleading bag
- * Clear rain poncho

Cheerleaders must have quality cheerleading sneakers **solely** for **indoor practices** and **competitions**. Please have your child wear **separate** white athletic sneakers for outdoor practices and game days.

EATING & DRINKING WHILE IN UNIFORM

Please be careful not to stain the uniform and wear a t-shirt or zip up hoodie/jacket over the uniform while eating

UNIFORM LAUNDERING

Please wash in cold water – if possible, alone.

HANG DRY!

Please do not dry clean!

Please do NOT IRON!

TUMBLING

All cheerleaders are encouraged to participate in tumbling class through a certified gym. Head coaches will assess each cheerleader's abilities to place tumbling into a routine.

INDOOR PRACTICES

Indoor practices are closed in the practice space. You may observe in the vestibule closest to the restrooms or the hallway if you are considerate of the athletes practicing. Please do not try to get your athlete's attention or coach them or call to them from the hallway. That can be distracting to the other athletes and be a safety issue.

ONLY WATER is allowed in the gymnasium. NO FOOD OR OTHER LIQUIDS ARE PERMITTED.

COSTS ASSOCIATED WITH CHEER

There are several costs associated with cheerleading throughout the season that you should be aware of going into this commitment. They include, but not limited to:

- Briefs/Warm Up Jacket/Practice Bow/Black Leggings/Game Shirts/Indoor and Outdoor White Cheer Sneakers
- Spectator tickets
- Competitions Travel costs

ALL FEES ARE ASSESSED PER PARTICIPANT, NOT PER FAMILY!

COMPETITIONS

INVITATIONAL COMPETITIONS

There are several local competitions that all or some of the squads may participate in over the course of the season.



NASHUA PAL STORM CODE OF CONDUCT

Code of Conduct for Athletes

Players and cheerleaders are expected to comply with this Code of Conduct, as well the expectations outlined in the NPS handbook. Failure to comply with any of these rules could result in disciplinary action, up to and including, suspension from a game or expulsion from the Nashua PAL Storm Program.

Expectations:

- Players and cheerleaders are expected to attend practice ready to learn, have fun, and perform to the best of their ability.
- Players and cheerleaders are expected to follow the rules outlined below for conduct.
- Players and cheerleaders are to understand that violations of the Code of Conduct can result in a verbal or written warning, and risk being suspended from league participation on repeated offenses.

Rules

- Players and cheerleaders will show respect and courtesy to all other players, cheerleaders, coaches, officials and spectators at every game, practice, or sporting events, and in all social media interactions.
- Players and cheerleaders will refrain from swearing, the use of derogatory language, or be involved in any activity that may be deemed to bullying or cyberbullying towards others.
- Players and cheerleaders are prohibited from the use of drugs, alcohol, tobacco, and vaping, on and off the field.
- Players and cheerleaders will attend, and arrive on time to all practices, games, competitions, meetings, and any other team function unless specifically excused by their coach.

Consequences

Failure to comply with any of these rules and expectation will result as follows:

- **First Offense:** Written warning
- **Second Offense:** Parent Meeting
- **Third Offense:** Suspension from practice for one week and/or a single game or competition.
- **Fourth Offense:** Banned from participating in practices and sporting events from Nashua PAL Storm for the remainder of the season.



Code of Conduct for Parents/Guardians/Families

Parents of all NPS participants are expected to comply with the following Code of Conduct, as well as the expectations in the NPS handbook. This section of the Code of Conduct covers parents, guardians and ALL non-player family and friends who attend practices or sporting events. By signing, you agree to be responsible for the conduct of the parties listed above.

Expectations

- Parents are expected to set a positive example for the players and cheerleaders by encouraging good sportsmanship, praising their athlete's efforts, and allowing their athlete to participate as a youth athlete and have fun.
- Parents are prohibited from encouraging any behaviors or practices that would endanger the health and well-being of the athletes.
- Parents are expected to reinforce that their children treat other players, coaches, officials, and spectators with respect, regardless of ability, race, religion, creed, gender, age, or any other status.

Rules

- Parents and guests are prohibited from engaging in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, swearing, or using profane language or gestures.
- Parents are prohibited from ridiculing or yelling at their children or other participants or coaches for making a mistake. Parents are expected to respect the officials and their authority during games and are prohibited from questioning, discussing, or confronting officials and/or coaches at the game field. Disagreements with a coach or official should be directed to the Football Director or Spirit Director and such a request should be made in email where a mutual time to meet and/or discuss the issue can be set up which will occur no sooner than 24 hours after the event.
- Parents are prohibited from the use of drugs, alcohol, tobacco, and vaping, at practices and games and any other NPS event. Parents are prohibited from arriving to any NPS event under the influence of drugs or alcohol. Smoking is only permitted in designated areas when available. There is no smoking at any of the Nashua District Schools and no smoking at Artillery Field.
- Parents are prohibited from escorting their athlete to, or attending as an observer at, any practice or game while under the influence of alcohol or drugs.
- Parents cannot enter the practice field without permission or at any time during a game. Violating this put their athlete at risk to be disqualified from further participation.
- It is within the rights of a coach to ask for you to be removed from a practice or game facility for the duration of an event if they feel your presence presents a distraction or a parent is in violation of the Code of Conduct. Failure to comply will result in the parent being credited with a violation of the Code of Conduct and will be asked to leave the area by an NPS Board Member. If they do not comply, NPS reserves the right to contact the local police department to deal with the situation.

Consequences

Failure to comply with any of these rules and expectation will result as follows:

First Offense: Written warning.

Second Offense: The offending parent will be banned from attendance at practice and game facilities for one-week period.

Third Offense: The offending parent is suspended from attending any NPS sanctioned event and their child will be removed from the organization for the remainder of the season. The parent and child may register the following season only with approval of the Football or Spirit Director.



Code of Conduct for Coaches

Coaches of all Nashua PAL Storm participants are expected to comply with the following Code of Conduct, as well as the expectations outlined in the NHYFSC handbook and NPS handbook. Remember: **do what’s right, not what is easy.** The coaches are the public face of the organization and are being watched and listened to every minute you are with the athletes. Remember coaches are mentors, are teaching more than a sport. They are teaching responsibility, discipline, leadership, respect, a positive work ethic, teamwork, and community citizenship.

Expectations:

- Coaches will strive to be fair, firm, and consistent.
- Coaches will promote a positive attitude and lead by example.

Rules

- Coaches will follow the rules of the sport, abide by the NPS bylaws and handbook, and the NHYFSC bylaws and handbook, and teach the basic fundamentals of the sport at a level and pace that insures the best possible environment for learning.
- Coaches will not argue with parents or officials and will demonstrate good sportsmanship.
- Coaches will allow each athlete the opportunity to compete and excel, regardless of physical or cognitive abilities. It is the coach’s responsibility to work with the athlete’s parents/guardians to enact a plan of action to account for any physical or cognitive disabilities a player may possess to ensure they are given a fair chance to compete.
- Coaches agree to never physically engage a child (such examples may include but are not limited to grabbing a face mask, pushing, poking, slapping, or pulling) regardless of their intentions, in any manner, which leaves a reasonable doubt (perception of the general public) as to their motivation. Violation of this provision will result in immediate removal from coaching within the NPS organization.
- Coaches agree to never use profane or derogatory language when addressing a participant. Coaches agree to provide constructive criticism in private or in the presence of team/squad members only if others might benefit.
- Coaches are prohibited from the use of drugs, alcohol, tobacco or vaping at practices and games always and at competitions when attending in a coaching capacity.

Consequences:

Failure to comply with any of these rules and expectations will result as follows:

First Offense: Written warning.

Second Offense: Suspension of one game up to suspension for the season and a conduct review with the Football Director and Assistant Football Coordinator.

Third Offense: Banned from coaching within the NPS organization.

I have read and understand the Nashua PAL Storm Code of Conduct either in my role as a parent, an athlete, or a coach, and understand the requirement to adhere to these guidelines as well as accept potential consequences as written in this document.

_____ (Parent Signature and Date)
 _____ (Athlete Signature)
 _____ (Coach Signature)

Northeast Junior High Football League Code of Conduct

The Board of Directors of the Northeast Junior High Football League (NJHFL) has established the following Code of Conduct and expect all league members to follow it and implement it. This also includes anyone who attends any NJHFL event(s).

Those who fail to follow the Code of Conduct will be subject to league action(s). Repeat violations may cause a multiple game suspension or the season forfeiture of the privilege of participating/attending any, and all NJHFL events.

Our codes of conduct hold an important message about the proper role of parents, spectators, coaches, managers, cheerleaders and players in our league.

PARENT/SPECTATOR CODE OF CONDUCT

As a Parent/Spectator, I will provide positive support, care, and encouragement for each child participating in NJHFL by adhering to the following code of conduct:

- I will encourage good sportsmanship by demonstrating positive support at all times
- I will remember that children participate to have fun, and that the game is for youth, not adults.
- I will not engage in any kind of unsportsmanlike conduct such as booing or taunting
- I will teach my child that doing one's best is more important than winning.
- I will respect the officials and their authority during games.
- I will not confront coaches or managers at any time during games.
- I will refrain from coaching my child or others during games.
- Cursing at another team or any player, coach, referee on the field or sidelines has a zero tolerance policy.
- I understand alcoholic beverages or drugs of any kind are prohibited from all NFHFL events.

Those who fail to abide by this Code of Conduct will be subject to disciplinary action levied by the NJHFL Board of Directors (during the off-season) or the League Commissioner (during the season) and/or their representative that could include, but is not limited to the following at their discretion:

- Verbal Warning
- Written Warning
- Game(s) suspension
- Season suspension
- Banned from all league activities

COACH AND VOLUNTEER CODE OF CONDUCT

The NJHFL Board of Directors expects all coaches, board members of each organization, as well as anyone participating in a NJHFL event, to abide by the following:

- Remember that I am a youth sports coach/volunteer and that the game is for children, not adults.
- Place the emotional and physical well-being of my players ahead of my own desire to win.
- Understand that the objective of the NJHFL is to promote the ideals of good sportsmanship, respect for authority and team building.
- Strive to help those who participate become happy, well-adjusted children who will evolve into good citizens.
- Treat each participant as an individual, realizing the large range of development for the same age group.
- Realize that statistics and win/loss percentages are minor in comparison to whether a player has a positive, enriching experience.
- Lead by example in demonstrating fair play and good sportsmanship.
- Notify all spectators that they are responsible for abiding by the Code of Conduct.
- Do my best to provide a safe playing environment, free of drugs, alcohol and tobacco.
- Review and practice the basic first aid principles needed to treat injured players.
- Learn the by-laws and official rules and regulations of the NJHFL.
 - o Teach these rules to the players, and enforce them with the parents.
- Understand that the NJHFL is committed to running a league based on what is best for all participants.
- Understand that any of the following actions, while in the presence of players, will result in disciplinary action by the league up to and including removal as Coach (or Assistant Coach)/volunteer of your team:
 1. Display of poor sportsmanship or disrespectful behavior
 2. Loss of temper and/or self-control
 3. Intentionally or otherwise, allowing a score of a game to get out of control.
 4. Demonstrating an obvious lack of integrity by intentional manipulation of the rules
 5. Use of bad language, including derogatory remarks
 6. Allowing players to trash talk opponents, officials, spectators, others
 7. Use of alcohol, drugs, or tobacco while around the team

Those who fail to abide by the Code of Conduct will be subject to disciplinary action levied by the NJHFL Board of Directors (during the off-season) or the League Commissioner (during the season) and/or their representative that could include, but is not limited to the following at their discretion:

- Verbal Warning
- Written Warning
- Game(s) suspension
- Season suspension
- Banned from all league activities

PLAYERS/CHEERLEADERS CODE OF CONDUCT

Players/Cheerleaders responsibilities are simple: be respectful of others, be responsible, play fair, and always do your best, and always exhibit good sportsmanship.

As a NJHFL participant:

- Encourage good sportsmanship from fellow players, cheerleaders, coaches, officials, and parents/spectators
- Be a team player and support my teammates.
- Do my best to listen and learn from my coaches.
- Encourage my parents to be involved with my team in some capacity.
- Congratulate the other team after each game as a demonstration of sportsmanship.
- Refrain from using violence, unfriendly language, or insults to others.
- Be generous when I win and gracious when I lose.
- Obey the rules of the game and always work for the good of the team.
- Accept the decisions of the officials with grace and never challenge or question calls.
- Refrain from challenging or questioning on-field calls by officials and/or managers and coaches.
- Conduct myself with honor and dignity.
- Applaud the efforts of my teammates and opponents.

Those who fail to abide by the Code of Conduct will be subject to disciplinary action levied by the NJHFL Board of Directors (during the off-season) or the League Commissioner (during the season) and/or their representative that could include, but is not limited to the following at their discretion:

- Verbal Warning
- Written Warning
- Game(s) suspension
- Season suspension
- Banned from all league activities