

# 2025

## Mini Cardinal Football Handbook





## **Mission Statement**

The City of Claremont Parks and Recreation Department is dedicated to providing quality recreation facilities, programs and services to enhance the quality of life for the residents of Claremont and our surrounding region.

The Mini-Cardinals Football program, under the supervision of the Claremont Parks & Recreation Department, will strive to provide a high-quality experience in which every athlete:

- Has fun
- Feels like an important part of the team regardless of skill & ability
- Learns life lessons that have value beyond the playing field
- Learns the skills, tactics and strategies of the game and improves as a player
- Is coached using the principles of positive coaching

The Mini-Cardinal Football Program relies heavily on volunteers. As an organization we are committed to creating a positive culture in which coaches, parents, fans, officials, volunteers, athletes and the parks and recreation department work together.

## **The Claremont Mini-Cardinals Football Program**

We'd like to take this time to welcome you to the team! This handbook is designed to give you as much information as possible about the upcoming season and hopefully answer any questions that you may have. As a parent, it is your responsibility to read through this manual to keep yourself informed with our policies, practices and procedures.

The Claremont Mini-Cardinal Football program participates in the Twin State Snowbelt Football League. Currently, there are 16 teams in the league with the teams separated into two divisions. Currently, Claremont plays in the West Division.

## Claremont Mini Cardinals Youth Football Board

<b>Commissioner:</b> Shaun Laplante	<a href="mailto:cccprograms@claremontnh.com">cccprograms@claremontnh.com</a>	802-738-8374
<b>Chair:</b> Ian Gates	<a href="mailto:ian.clark.gates@gmail.com">ian.clark.gates@gmail.com</a>	
<b>Co-Chair:</b> Jim Chamberlain	<a href="mailto:firechief@claremontnh.com">firechief@claremontnh.com</a>	
<b>Treasurer:</b> Tonia Gates	<a href="mailto:tonia.mary@gmail.com">tonia.mary@gmail.com</a>	
<b>Secretary:</b> Samantha Pignatiello	<a href="mailto:samanthaelord@gmail.com">samanthaelord@gmail.com</a>	
<b>Tackle Rep:</b> Katie Chaloux		
<b>FLAG Rep:</b> Yolanda Roberts	<a href="mailto:thequeenylolanda@gmail.com">thequeenylolanda@gmail.com</a>	603-203-0656

## Coaches & Volunteers

<b>Head Coach Tackle:</b> Justin Pond	<a href="mailto:pondy2424@hotmail.com">pondy2424@hotmail.com</a>	603-504-2598
<b>Assistant Head Coach:</b> Anthony Dipaola		
<b>Assistant Coach:</b> Ian Gates	<a href="mailto:ian.clark.gates@gmail.com">ian.clark.gates@gmail.com</a>	
<b>FLAG Head Coach:</b> Nate Roberts	<a href="mailto:thekingloki18@gmail.com">thekingloki18@gmail.com</a>	959-444-5761
<b>Assistant Coach:</b> Ray Hughes		
<b>Assistant Coach:</b> Vacant		
<b>Field Supervisor:</b> Vacant		

## Practice(s)

**Tackle & NFL FLAG Practices** will begin **Monday, August 12th, 2024**. All practices will be held at Monadnock Park. Tackle will practice on the side of baseball field #2 unless otherwise notified. NFL FLAG will practice in the outfield of baseball field #1.

All players should be dressed appropriately and ready to go at the start of practice. Although there will be water coolers at practice, please remember to bring your water bottles!

Tackle practice will be **Monday, Tuesday, Wednesday, Thursday and Friday from 5:30 PM - 7:00 PM** for the first two weeks of practice leading up to the Jamboree! After the Jamboree, tackle practice will be **Tuesday, Thursday, Friday (walkthrough) 5:30 PM - 7:00 PM**. NFL FLAG practices will be **Monday, Wednesday and Friday, 5:30 PM to 7:00 PM**. Please pick your child up promptly at the end of practice. All phone numbers of coaches have been provided. Please notify someone if you are running late. Later on, in-season practice times may shift to **4:30 PM or 5:00 PM** starts as we lose light pretty quick.

Sometimes weather or other factors require practice to be canceled or moved. Practice decisions will be made by **2:00 PM**. You can find updates about game/practice cancellations on our Facebook Group: <https://www.facebook.com/groups/claremontminicardsfootball>. You can also be notified by text message by the coach if you do not have access to the internet. If you have not been reached you can always try contacting the coach yourself or the Claremont Parks and Recreation office at (603) 542-7019.

If your child will be missing any practices or games, please notify the coach in writing with the dates that your child will miss.

**Physicals:** All participants are required to have a physical exam and/or proof of a physical exam coming up prior to the first practice. The team administrator will keep track of all individuals who have and have/not turned in physical forms. All physical forms will be kept secured in the parks and recreation office. The team administrator will keep a binder with emergency contacts and rosters. If you need the physical form it is located at the back of this handbook.

Need Football Cleats?

Contact Shaun Laplante at [cccprograms@claremontnh.com](mailto:cccprograms@claremontnh.com)

603-542-7019

## **Games**

Games are played home and away on Saturdays and Sundays depending on the opposing team. Vermont teams typically play home games on Sunday afternoons. Saturday games are typically played during the mornings, but can be changed by the home team (Example: Night Games). Game times and locations will be confirmed with the opposing team by the Superintendent of Programs early in the week prior to the weekend's games.

All players are required to arrive at least one hour prior to the game start time. This is for warm-up and practice with your squad. The team administrator and/or coaches will do their best to contact you of any game time changes or cancellations. Players are encouraged to be present at both games to support their teammates.

# Uniforms/Equipment

## Distribution

Uniforms and equipment will be distributed prior to the first week of practice. Parents and players will be required to sign for all uniforms and equipment loaned out.

**Uniforms/equipment will not be distributed without a parent/guardian signature.** The secretary will keep inventory and all equipment sign-out sheets in a binder. Any equipment exchanges or additions made by coaches need to be updated with the secretary.

## Uniform/Equipment Rules

Football players are loaned equipment and uniforms. These items are to be used only during practices and games.

- Game uniforms are only to be worn during game and picture day. They may also be worn to school with the blessing of the coaching staff on either home or away game dates.
- Football players will be **loaned** the following equipment for the season: helmet, shoulder pads and 2X black practice/game pants with pads built in.
- Football players will be **given** the following: game jersey, one pair of game socks and one strapped mouth guard. *Additional strapped mouth guards will need to be purchased by a parent.* The mouth guard should be molded to fit correctly. If your child has had orthodontic work, please check with your provider as to the proper mouth guard to wear. Mouth guards cannot be clear or white.
- Practice jerseys will be a jersey from a prior year. New players will receive a practice jersey from the program.
- Parents must supply football players with the following: athletic supporter “girdle”, athletic cup, & rubber soled cleats.
- Football players **MUST** be dressed appropriately for practices and games. Those who fail to wear all the proper equipment will not be allowed to practice or play in games.
- **After each game, parents and players will be responsible for their game jerseys. You will hand them in at the end of the season.**

## Returns

Returns will be done at the end of participation or the end of the season, whichever comes first. Parents and players are responsible for returning all loaned uniforms/equipment in good standing, clean and dry, neatly folded/placed in bags with your child’s name. Returns will be coordinated with the coaching staff.

Any uniforms, equipment not returned, or returned damaged or dirty, will be billed to the parents directly.

## **Injuries**

Safety is a top priority. Any football injury is taken seriously and will be treated as such. We encourage football players to notify coaches immediately of any known injuries. If this occurs during practice, the coaches may advise further evaluation if necessary. EMT's are present at every game. If the injury occurs at the game, the EMT's and coaches will triage the injury and take the necessary next steps if needed. Accident reports must be filled out and given to the Parks and Recreation Department the next business day for injuries prompting Emergency Room Visits or other serious scenarios!

In the event that your child gets seriously injured and requires medical attention beyond the scope of what can be done at the field, you must supply the admin team and/or Rec. Dept. with a doctor's release note clearing them to play.



## **Coaches' Code of Ethics Pledge**

**I hereby pledge to live up to my role as a Claremont Recreation Youth Coach by following the Claremont Youth Sports Philosophy and Code of Ethics.**

~ I will place the emotional and physical well-being of my players ahead of a personal desire to win.

~ I will treat each player as an individual, remembering the large range of emotional and physical developments for the same age group.

~ I will do my best to provide a safe playing situation for my players.

~ I will do my best to organize safe, fun and challenging practices for my players, coaches, parents and officials.

~ I will be knowledgeable in the rules of the sport and teach these rules to my players.

~ I will use those coaching techniques appropriate for the age group I'm coaching.

~ I will remember that I am a youth sports coach and that the game is for the players and not adults.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## **Parent Code of Ethics Pledge**

**I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parent's Code of Ethics Pledge.**

- ~ I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport event.
- ~ I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- ~ I will insist that my child play in a safe and healthy environment.
- ~ I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- ~ I will demand a drug, alcohol and tobacco free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- ~ I will remember that the game is for children and not for adults.
- ~ I will do my very best to make youth sports fun for my child.
- ~ I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- ~ I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- ~ If I should have any complaints or concerns, I will speak directly with a head coach at a time that is convenient for them.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## **Player Code of Ethics Pledge**

**I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this Player's Code of Ethics Pledge.**

- ~ I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.
- ~ I will attend every practice and game that is reasonably possible and notify my coach if I cannot.
- ~ I will do my very best to listen and learn from my coaches.
- ~ I will treat my coaches with respect regardless of race, sex creed or abilities, and I will expect to be treated accordingly.
- ~ I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!
- ~ I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.
- ~ I will encourage my parents to be involved with my team in some capacity because It's important to me.
- ~ I will do my very best in school.
- ~ I will remember that sports are an opportunity to learn and have FUN.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# **MINI CARDINAL FOOTBALL PREPARTICIPATION PHYSICAL EVALUATION**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ Pulse: \_\_\_\_\_

Vision:   R     L   Corrected:   Y     N   Pupils: \_\_\_\_\_

	Normal	Abnormal Findings	Initials
Cardiopulmonary			
Pulse			
Heart			
Lungs			
Tanner Stage	1 2 3 4 5		
Skin			
Abdominal			
Genitalia			
Musculoskeletal			
Neck			
Shoulder			
Elbow			
Wrist			
Hand			
Back			
Knee			
Ankle			
Foot			
Other			

Clearance:

A. Cleared \_\_\_\_\_

B. Cleared after completing evaluation/rehabilitation for \_\_\_\_\_

C. Not cleared for Contact \_\_\_\_\_ Non-contact \_\_\_\_\_ Strenuous \_\_\_\_\_

Moderate strenuous \_\_\_\_\_ Non-strenuous \_\_\_\_\_

Recommendation: \_\_\_\_\_

Name of Physician: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of Physician: \_\_\_\_\_

Athletes who play football are required to complete a physical form each year they play.