

# PARENT GUIDE/FAQ



## WHO ARE THE NOBLE SQUIRES?

The Noble Squires are a non-profit organization formed in 1978 to provide both football and cheer programs for youth in the communities of Berwick, North Berwick and Lebanon. The name “Noble Squires” was created to indicate the progression of players before they become Noble Knights within the school system.

The Squires are not school affiliated, though we do work closely with the High School football program.

The Squires are founding members of the Southern Maine Youth Football League (SMYFL)

We are a 501(c)3 program and are completely self-funded. While we do use the S.A.D. 60 field at the Middle School for our games, we pay for use of the lights, maintain the concession stand, and perform various upkeep such as a purchasing and installing a new scoreboard, painting the goal posts, replacing the sod on the playing surface, and more. None of our Coaches or Board members are paid, we are volunteers!

We offer the following programs in which we typically have over 200 kids each year:

### **FLAG FOOTBALL**

Grades Pre-K to 2

### **TACKLE FOOTBALL**

Tike: Grades 1 & 2  
Mite: Grades 3 & 4  
Pee Wee: Grades 5 & 6  
Middle School: Grades 7 & 8

### **CHEER**

Flag: Grades Pre-K to 2  
Tike: Grades 1 & 2  
Mite: Grades 3 & 4  
Pee Wee: Grades 5 & 6  
Middle School: Grades 7 & 8

## HOW TO CONTACT US WITH QUESTIONS...

This guide is intended to answer as many frequently asked questions as possible to get families started with our Squire programs.

If you have any questions not answered here, please email us at:

[questions@noblesquires.org](mailto:questions@noblesquires.org)

One of us will respond as soon as possible.

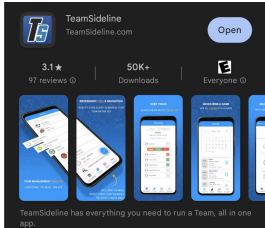
When asking questions via email, please be sure to provide us with the following so we can best answer your questions, as often our answer is specific to these three things:

- Sport you are asking about
  - Grade your player will be in the fall
  - If football, specify type:
- **FOOTBALL** or **CHEER**
  - **Pre-K, K, 1, 2, 3, 4, 5, 6, 7, 8**
  - **FLAG** or **TACKLE**

## TEAM SIDELINE SOFTWARE

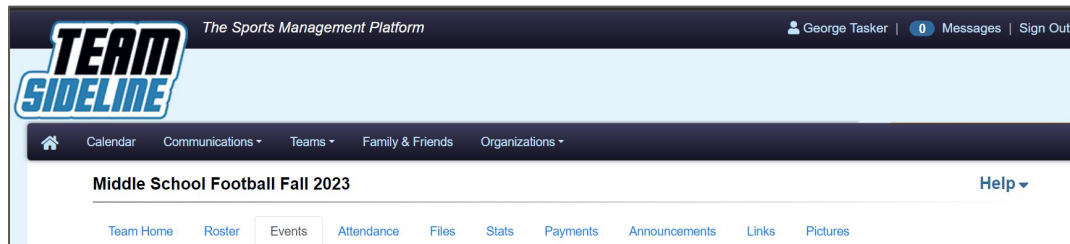
Team Sideline will be our primary way of staying in touch with families. It is fully integrated with our registration process and website. We strongly encourage family members to add the App to their phones for notifications

Mobile Team Sideline app can be installed on your phone (Apple and Android) to receive instant notifications about schedule changes, cancellations due to weather, info from your team's coach, etc.



OR access the site on your computer or tablet by using this link, and logging in with the Account and password you used when registering your child:

<https://teamsideline.com/Team/SignIn.aspx>



## MY SON/DAUGHTER HAS NEVER PLAYED, CAN THEY START NOW?

### **Absolutely!**

Each year, we start with the basics, whether it is a first grader cheering for the first time, or an 8th grader who wants to try football for the first time before going to high school... YES!

We want every player who wants to learn and put in the work to join us. We love these sports, and we want to pass that passion on to our teams.

Players who come in to cheer or play for their first time have no bad habits!

For Cheer, as long as there are enough uniforms, we will accept new cheerleaders up until the first game.

For Football, as long as we have gear, we will take kids onto the team even after games have started. They will have missed a lot, but after going through the acclimation process and conditioning, we will blend them in with other players on the team as they become ready.

## WHAT DO I NEED TO PROVIDE FOR PAPERWORK?

In addition to registering online, we require the following paperwork:

**Doctor's Physical** - A physical is required of all participants for both cheer and football. Physician's clearance to participate must be turned in no later than the first practice. The physical must not be more than 13 months since the date of the physical. ConvenientMD in Dover is offering inexpensive Sports Physicals on short notice. Call to set up an appointment.

**Birth Certificate** - *[Football only, players in Grades 3-8]* A copy of the player's birth certificate, which the Squires must keep on file to prove eligibility to our league (SMYFL). This copy stays secured with our Board. Please blackout the Social Security Number if it is shown on the birth certificate.

## **FLAG FOOTBALL - What do I need to provide for gear?**

- **Cleats** - [Preferred] Rounded plastic/rubber, no metal. Sneakers if no cleats
- **Personal Water Bottle** - For use at practices and games, at least a half gallon recommended. No shared water bottles
- **T-shirt/Shorts or Sweatshirt/Sweatpants** once cooler weather arrives
- **Mouthpiece** [Optional if desired]

## **FLAG FOOTBALL - What do the Squires provide?**

- **Game jersey**
- **Flag belt and flags**

## TACKLE FOOTBALL - What do I need to provide for gear?

- **Cleats** - Rounded plastic/rubber, no metal
- **Personal Water Bottle** - For use at practices and games, at least a half gallon recommended. No shared water bottles
- **Practice Jersey** - A shirt to go over shoulder pads\*
- **Ortho Mouthpiece** - Squires provide a standard mouthpiece. If you player has braces, please consult your child's orthodontist for the correct mouthpiece.

*If you buy a custom mouthpiece, whether for braces or not, it must not be white or clear, and must be able to attach to the facemask. **Please do not buy mouthpieces that detach from the strap!** Many kids have lost these detachable mouthpieces while going to a game, and had to sit out of the game.*

- [Optional] **Athletic Supporter/Cup** - Parental decision, it is not required.

Note that any other extra pads, gloves, etc. that you choose to buy for your player must have a "NOCSAE" tag/stamp on them to be allowed to be worn in a game. Face shields are not encouraged, but if desired, they must be 100% clear, no tinting, and no laser etching. NFHS rules.

Use of face black is discouraged, but if worn, is only allow to have one horizontal line under each eye, ½" thickness maximum. NFHS rules.

\* Noble mesh practice jerseys are available at Deb & Dukes in downtown Berwick, with player name printed on the back. These are optional, but most players do wear these.



## **TACKLE FOOTBALL - What do the Squires provide?**

- **Game jersey(s)**
- **Helmet**
- **Shoulder pads**
- **Integrated 7 pad pants**
- **Belt**
- **Game socks**
- **Mouthpiece**

## CHEER - What gear do I need to provide for gear?

- **Cheer Shoes** - all white, any brand or style
- **Briefs** - black, boy-cut briefs for under the skirt for grades 3-8. Our Pre-K to 2 team wears a skort with built-in briefs
- **Crop** - white, long sleeve crop turtleneck for cold weather to wear under the uniform top
- **Personal water bottle** - Due to COVID, no shared water
- **Practice clothes** - Appropriate athletic wear for practices. No jeans
- **Leggings** - black leggings are suggested for games when it gets cool

## CHEER - What gear do the Squires provide?

- Uniform top and skirt/skort
- Pom poms
- Game-day bow

## **WHEN/WHERE ARE PRACTICES?**

Practice schedules for each team are posted on Team Sideline. **Football practices** are held at the Berwick Rec Field at 25 Sweetser Street in Berwick. **Cheer practices** are held at one of 5 locations (Berwick Rec Field, House of Hope, Berwick Town Hall, Mary Hurd Academy, and Noble Middle School). Check the practice schedule on Team Sideline for where your practice is.

## **BAD WEATHER - When/How are cancellations announced?**

This being New England, the weather is always unpredictable. Coaches will try to make a decision no later than 4:30pm on practice days if weather will force us to cancel, and make the announcement on Team Sideline as soon as a decision is made.

Asking your coach if practice is canceled any earlier than that time will result in “We will let you know”

## **WHEN ARE GAMES?**

The most up to date game schedules for all teams in SMYFL, including the Squires can be viewed at:

<https://smyfl7.wixsite.com/smyfl/schedules>

## **WHERE ARE GAMES?**

HOME games are all behind Noble Middle School on Kaplan Field, 46 Cranberry Meadow Road in Berwick. For directions to AWAY, use the link below, and click the team that you are traveling to for directions

<https://smyfl7.wixsite.com/smyfl/team>

## **WHEN IS TACKLE FOOTBALL GEAR HANDED OUT**

We hand out helmets (typically) on the first night of practice for each level.

We practice the first week with only helmets, then coaches will set the night that the rest of the gear will be handed out.

In the event that we have more players than helmets, helmets will be provided to players in order of registration. Players will be able to participate in the non-contact portions of practice while waiting for a helmet to be provided.

## **ATTENDANCE POLICY**

Our programs are all TEAM focused. We need every player there, every night. Each cheer formation requires all our cheerleaders working in tandem, our football plays on both offense and defense require every player to be there each night to learn to work together and not miss each new thing that we add.

To be consistent, and to provide playing time for players who have attended practice all week, the Squires have established an attendance policy to discourage players from taking a night off:

- Miss 1 practice, sit the first quarter of that week's game
- Miss 2 practices, sit the first half of the that week's game
- Miss 3 practices, sit the entire game, but you are required to attend to support your team (if you are healthy)

While we do encourage players to always prioritize their time in this order:

1. Family
2. School
3. Football/Cheer

We do need them at every practice. Absences are very disruptive to team practice. If a player is going to miss a practice, let the team's Head Coach know ASAP so they can plan around that for the practice/game.

Excused absences include:

- Death in the family
- A required or special school event (including Open House, if player attends the Open House)
- Tutoring for school

Reminder that the Squires are not school affiliated, and the school cannot tell us if a student is falling behind or struggling. You as a parent can! Let us know, and we can "encourage" and support your efforts from our side as well.

## HOW CAN I VOLUNTEER?

So glad you asked!

Whereas the Squire programs are run by all volunteers, there is never a shortage of work to be done.

All families are required as part of registration to volunteer at least twice during the season to help out. While we do offer a \$100 per child buyout, we would much rather have your help. On game day, lots of hands make it so much easier!

- Concession stand
- Gate
- 50/50
- Chain Crew
- Announcer
- Clock Keeper
- Setup
- Emptying trash cans during the day
- Cleanup

Contact your team's Team Mom to volunteer, or our Concession Vice Pres. Dawn Fortin ([dfortin@noblesquires.org](mailto:dfortin@noblesquires.org)).

Each home game has an A and B game. Whichever game your child is playing in, we schedule you during the other game, so you won't miss a moment of your child participating!

## **SOCIAL MEDIA SITES**

The following sites contain information pertaining to the Noble Squires, the Southern Maine Youth Football League, and some special pages for our cheerleaders:

**Team Sideline:** <https://teamsideline.com/Team/SignIn.aspx>

**Text and Email notifications:** <https://www.noblesquires.org/newsletter-signup>

**Squires Website:** <https://NobleSquires.org>

**Squires Facebook:** <https://www.facebook.com/noblesquires>

**SMYFL Website:** <https://SMYFL.com>

Directions to away games, info on other teams in the league, full schedules, playoffs for Middle School, etc.

**SMYFL Facebook:** <https://www.facebook.com/TheSMYFL>

**Squires Cheer Facebook:** <https://www.facebook.com/groups/425556424618164>

**Squires Cheer Instagram:** [noble\\_squires\\_cheerleading](https://www.instagram.com/noble_squires_cheerleading)



## LET 'EM PLAY PLEDGE:

- › I realize there are only four roles in sport – player, coach, official or fan. I will select one and respect the others.
- › I understand my child is the participant, not me, and my expectations are based on my child's needs, not mine.
- › I avoid coaching from the stands, and I also avoid criticizing officials, coaches and opposing players.
- › If I coach my child's team, I seek to model appropriate behavior and sportsmanship.
- › I let the coaches coach and the officials officiate.
- › I avoid criticizing officials, coaches or players – both during the game and after.
- › I treat coaches, officials, players and other parents with respect.

