



# Hudson-Litchfield Bears Parent Handbook

---



2  
0  
2  
6



# Table of Contents

---

- Welcome Message & Board of Directors (Pg.3)
- Program Costs (Pg. 4)
- Football Program (Pg. 5)
- Cheer Program (Pg. 6)
- Absences/Tardiness (Pg. 7)
- Travel (Pg. 7)
- Fundraising/Participation (Pg. 8)
- 24 Hour Rule & Parent Page (Pg. 9)
  - (Volunteer/Participation/Expectations/Refund Policy)
- Contact Information (Pg. 12)

# Welcome to HLB!

---

**Welcome to Hudson - Litchfield Bears Football  
and Cheer program! Here is what to expect with  
HLB in 2026:**

- Teams for all ages and ability levels.
- Training in a safe, fun and positive atmosphere.
- Top notch instruction from our dedicated coaches.
- A professional, knowledgeable and caring board of directors, coaches, and volunteers who hope to instill values of teamwork, dedication and cooperation to all of our athletes!

To all of our returning Hudson - Litchfield Bears families, thank you for your continued loyalty and support! You are what makes our organization feel like a home! If you are new to HLB this season, we feel fortunate that you have chosen to join us, and we welcome you to our family! We ask that you and your athlete(s) review this packet and please read EVERY page.

We are a learning league that strives for healthy competition. We push our athletes to succeed in a motivating, positive, and competitive environment.

## **Hudson Litchfield Bears**

### **Board of Directors:**

**President** - Chris Morris

**VP of Football** - Ryan Michie

**VP of Cheer** - Sara DeCologero

**Assistant to Cheer VP** - Sarah Barbato

**Secretary** - Becky Duchesne

**Treasurer** - Steve Boucher

**Registration / Participation 1** - Alyssa Panny

**Registration / Participation 2** - Page Wickens

**Equipment & Apparel Manager** - Caitlin Boucher

**Equipment & Apparel Manager 2**- Al Lima

**Fundraising** - Sharon Wesinger

**PR & Recruitment** - Chris Mellino

**Concession 1** - Julie Sylvester

**Concession 2** - Jen Dailey

**Field Manager 1**- Greg Putnam

**Field Manager 2**- Todd Caron





# Additional Expenses

---

## What to expect for costs

In addition to the league registration cost, there are other costs associated with football and cheerleading throughout the season. They include, but are not limited to, the following:

### Cheer:

- White no show socks
- White cheerleading sneakers
  - (NO VELCRO)
  - We recommend one pair for practice and one for competitions
- Competition uniform
- Mandatory practice shirt
- Spectator tickets for competitions
- Travel associated with competitions

(Please email our Cheer Vice President at, [hlbcheerleading24@gmail.com](mailto:hlbcheerleading24@gmail.com) , if looking for specific estimates associated with cheer related expenses.)

### Football:

- Mouthguard
- Cleats
- Spectator tickets for championship games

(Please email our Football Vice President at, [rmichie1981@gmail.com](mailto:rmichie1981@gmail.com) , if looking for specific estimates associated with football related expenses.)

# HLB Football Program

## 2026- NJHFL Tackle Football

**SCHEDULE:** Tackle season typically runs August through late October/early November. NJHFL Tackle teams start practicing 4 weeks prior to game 1. All tackle teams practice 10 hours per week (maximum) in the summer before school starts; Monday through Thursday from 6pm-8:30pm at athletic fields in Hudson and/or Litchfield. Once school starts, practices are cut down to 8 hours per week (maximum) with practices typically on Tuesdays, Wednesdays and Thursdays from 6pm-8pm. Scrimmage and walk through practices should be expected throughout the week and potentially on Saturdays.

**GAME DAYS:** An official game schedule will be released within the first few weeks of the season. Game days can be on Saturdays or Sundays, the home team decides. If HLB is the home team, we will most likely always choose Sunday as game day, if field space allows. NJHFL plays a Varsity/ Junior Varsity format for game days. Varsity teams always play first with the JV game following immediately after. Athletes will be notified of which games they are playing in each week. Athletes are expected to arrive at games 60 min before game time.



## 2026- NHYFSC Flag Football

**SCHEDULE:** Flag season typically runs August through late October/early November. All flag teams practice 6 hours per week (maximum) in the summer before school starts; Mondays, Tuesdays and Thursdays from 6pm - 8pm at Hudson Memorial School. Once school starts, practices are cut down to 4 hours per week (maximum) with practices typically on Tuesday and Thursday from 6pm-8pm.

**GAME DAYS:** An official game schedule should be released within the first few weeks of the season. Game days are held on Sundays, times and field locations will be announced each week by Wednesday night. Flag football typically has two Jamborees a year, those are held on Saturdays. On a Jamboree weekend, there are NO regular season games in addition. Athletes are expected to arrive 30 min before game time.



# HLB Cheerleading Program

## 2026- NHYFSC Cheerleading

All cheerleading teams, with the exception of Division 6 and Adaptive, can practice for up to 10 hours per week in the summer before school starts. The practice schedule can range from Monday through Thursday from 6pm - 8:30pm at Hudson Memorial School. These practices are held outside on the football fields where space is available. Once school starts, practices are moved indoor (for example Hudson Memorial School or Litchfield Middle School) for closed practices. Times and locations will vary based on coaching staff and schools' availability. Optional tumbling classes will be offered at East Celebrity Elite throughout the season.



## 2026- NHYFSC Cheer Competitions

In addition to practices, all of our athletes also compete in local competitions, typically starting the first weekend of October. This year, the local cheer competition schedule is as follows:

- October 3<sup>rd</sup> - Bedford High School
- October 11<sup>th</sup> - Windham High School
- October 17<sup>th</sup> - Salem High School
- October 24<sup>th</sup> - NHYFSC States @ SNHU
- November 1<sup>st</sup> - Londonderry High School
- November 14<sup>th</sup> - University of RI (D10, D12, D14)



D10, D12 and D14 will opt in to advance to Nationals, if they place in the top 3 at the State Championship competition (on October 24th), they will advance onto the New England Regional Competition (this year in Providence, RI) on November 14th, 2026. If a team places in the top 3 at Regionals, they will move onto Nationals in Florida.

Travel dates for Nationals:

December 1st: Travel Day, athletes must be in Florida no later than today.  
December 2nd-5th Competition

## Travel Requirement

(Please also see more travel information on page 7 of the handbook)

This year our potential advancing teams include Division 10, Division 12 and Division 14. These three divisions will be required to read and sign Regionals and Nationals Contracts (between HLB and the athlete's guardian). Please be aware of the potential travel expenses associated with these teams.



# Travel

**FOOTBALL FAMILIES:** Our Football teams have switched to the NJHFL league for the 2026 season, therefore, there will no longer be a travel commitment for Football families as there is no travel past the State Championship games.

**CHEER FAMILIES:** Please see the Cheer program page (page 6). Advancing team families will be responsible for their own travel expenses which include but are not limited to: flights, hotel, rental car, competition admission fees, Universal welcome party tickets

**TRAVEL FUND QUALIFICATIONS:**

HLB created a travel fund in 2024 to help offset the costs to nationals (and potential football travel) for years to come. This pot will be rolled over to the following season if not accessed this season. This fund will be divided evenly to all athletes that qualify for cheerleading nationals (FLA) each season we collect. There will be multiple fundraisers and donation opportunities to help this pot grow throughout the season. In order for an athlete to qualify they must meet all requirements below (failure to meet all requirements will disqualify an athlete for funds):

- 1. All regular season volunteer hours must be fulfilled prior to end of regular season (November 1st).
- 2. All calendar fundraising requirements must be met.
- 3. 2 Hours of volunteer time must include mat roll up/down.



## HLB Time Commitment and Absences/ Tardiness

**TIME COMMITMENT:**

Football and Cheerleading are TEAM sports. Each and every athlete has an important role. Our season begins late July, early August (the exact date is determined by our leagues - NJHFL for Tackle and NHYFSC for Cheer and Flag Football).

**ABSENCES/TARDINESS:**

We ask that all athletes attend every practice, choreography session, game, and special event. Attendance is essential to the success of the team and to each athlete's development. Choreography sessions are mandatory due to the limited time with the paid choreographer.

We understand that life happens, so each athlete is allowed up to two (2) unexcused absences during the season. Please notify your coaches as soon as possible of any planned vacations as those are considered excused . Please keep in mind that consistent participation is very important, and in cases of excessive absences — even if excused — HLB reserves the right to reassess an athlete's continued participation in the program.

To help clarify, here's the difference between excused and unexcused absences:

- Excused absences include instances such as illness with a doctor's note, or a school-related event that impacts a student's grade (a note from the school is required).
- Unexcused absences might include things like birthday parties, family celebrations, school banquets, or a sick day without a doctor's note. We understand that not every illness results in a doctor's visit — that's why we allow for two unexcused absences.

We truly appreciate your cooperation and understanding as we work together to support every athlete's commitment to the team.



# FUNDRAISING

The Hudson Litchfield Bears has 1 mandatory fundraiser for the season. We require all athletes to participate in calendar sales to support our self funded, volunteer- run program. This year prizes include cash and gift cards to local businesses!

Please review the fundraising information below. For questions, please contact our Fundrasing Coordinator, Sharon Wesinger, at HudsonLitchfieldBears@gmail.com

## **\$10 Per Calendar**

**20 calendars sold for 1st athlete**

**10 additional calendars sold for 2nd athlete**

**10 additional calendars sold for 3rd athlete**

**Maxes out at 40 calendars per family**

**Digital Copies of the calendar will be provided.**

**Printed copies available upon request**

In lieu of calendars, you may also reach out to businesses and ask for a sponsorship. We have different levels of sponsorships/benefits that will cover your calendar selling responsibilities.

**Touchdown** Level would cover the calendar sales of 4 athletes.

**Field Goal** Level would cover the calendar sales of 3 athletes.

**First and Goal** Level would cover the calendar sales of 2 athletes.

**Kick Off** Level would cover the calendar sales of 1 athlete.

**\*A detailed email with all calendar fundraising information will be sent in July.**

## 2026 Travel Fund

HLB is excited to offer our National qualifying teams financial assistance with the cost of their trip to Florida. Please note, this fund will not cover the cost of your entire trip, it is mainly to help give back to our athletes. Our Cheer Directors and Fundraising Coordinator will be working hard behind the scenes to build up this fund to be evenly distributed between all qualifying athletes and coaches.

### **Who does the Travel Fund apply to?**

- Every athlete that qualifies for Nationals on our D10,D12 and D14 teams.
- Cheer Directors and Coaches. Only 1 redemption per family (if a coach is the parent of a qualifying athlete they will only get to pull once)
- Must meet all fundraising and volunteer requirements.
- At least 2 Volunteer hours must be mat rolling.



# HLB Parent Page

## Volunteering/ Participation

The Hudson Litchfield Bears is a non-profit organization, and we truly depend on the support of our families to help create a positive and successful experience for everyone involved. Whether it's helping to host games, setting up equipment, or working in our concessions, every bit of assistance goes a long way in easing the responsibilities of our dedicated coaches and board members.

There are many meaningful ways to get involved, and we require each family to contribute 10 volunteer hours for their first athlete, and an additional 5 hours for each additional athlete. We understand your time is valuable, and we're so grateful for your commitment to HLB.

Please know that our coaches and board members are also volunteers, committed to making this program fun, rewarding, and inclusive for all. Your involvement truly helps make that possible.

Thank you for being an important part of the Bears family!

## Fundraising

Fundraising is extremely important to this organization, and it is imperative that everyone is participating. Although we accept sponsorships and donations, this organization incurs operating costs to which we rely heavily on fundraising to be able to continue to grow our programs. There will be one mandatory fundraiser that each family is required to participate in.

## Volunteer and Fundraising Deposit Policy

To help ensure the success of our program and to encourage active participation, HLB will be implementing a volunteer deposit policy for the upcoming season. Each family will be required to provide a \$250 check per athlete, made payable to HLB. This check will be securely held by the HLB treasurer and will not be cashed as long as the volunteer requirements and calendar fundraiser commitments are met by the end of the season.

If the required volunteer hours and calendar sales are completed, your check will either be returned or securely destroyed. However, if these obligations are not fulfilled, the check will be deposited at the close of the season.

We appreciate your understanding and cooperation as these efforts help us maintain a strong, community-driven program. Volunteer hours and fundraiser participation are a vital part of making this season a success and will be tracked throughout.

Thank you for your continued support!



# HLB Parent Page Cont.



## Parent Expectations

HLB strives to create an environment in which participants may practice and compete in a well-organized and safety-oriented manner, and to keep the welfare of the participants free of adverse moral or social impact. The program aims to firmly implant the ideals of good sportsmanship, scholarship and personal integrity. The responsibility of our volunteers is to keep in mind that the molding of future athletes is of greatest importance. Winning of a game or competition is secondary.

You will be expected to treat your teammates, coaching staff, board members and any parent/guardian with respect. Trust within your organization and most importantly your coaching staff. Believe in the plans set by your coaching staff even if you cannot see how the plan will unfold. It is imperative to maintain a positive attitude!

If you have an issue and feel that your situation has been left unresolved, please follow the proper chain of command set in place (coaching staff--> director --> president/board of directors). If you do not feel comfortable following that chain of command, please reach out to the elected football/cheerleading director or president of the league.

## 24 Hour Rule - NO EXCEPTIONS

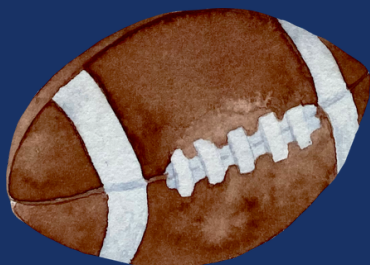
**HLB 24 HOUR RULE:** Parents sometimes disagree with a coach's decision or coaching style, especially when it involves their child. Parents have to understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE," which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and "cool off" if necessary.

## Refund Policy

While registration is open you will receive a full refund minus our processing fee.

After registration is closed you will have until August 1st, 2026 for cheer, and August 22, 2026 for football, to receive your refund minus your uniform cost.

We can not refund families for uniform costs once we have already ordered them as all our athletes uniforms are ordered specifically for each athlete.



# Code of Conduct

HLB reserves the right to investigate, determine, and enforce disciplinary actions for any behavior deemed inappropriate, unsafe, unsportsmanlike, or detrimental to the integrity of the program.

**This authority applies to all individuals, including:**

**Athletes**

**Parents/guardians**

**Coaches and assistant coaches**

**Volunteers**

**Spectators affiliated with HLB participants**

**All participants are expected to:**

- Treat athletes, coaches, officials, parents, and spectators with respect
- Demonstrate good sportsmanship at all times
- Follow program rules, league rules, and instructions from HLB staff
- Refrain from abusive language, harassment, bullying, or intimidation
- Avoid physical altercations or threats of violence
- Respect facilities, equipment, and property

HLB retains full discretion to determine appropriate consequences based on the severity, frequency, and circumstances of the behavior.

**Possible disciplinary actions may include:**

- Verbal or written warnings
- Temporary removal from a practice or game
- Suspension from games or practices
- Probationary status within the program
- Required meetings with HLB Board of Directors
- Removal from team or program
- Bans from attending games or events
- Permanent dismissal from the HLB program

**HLB maintains a strict substance-free environment at all program-related activities.**

There will be no use or possession of tobacco products, alcohol, vaping devices, or e-cigarettes by any athletes, parents/guardians, coaches, volunteers, or spectators at:

- Practices
- Games
- Team events
- Meetings

On or near fields, facilities, or team-designated areas.

Violation of this policy will result in immediate disciplinary action, as determined by HLB.

HLB is not required to follow a progressive discipline model and may impose immediate consequences if deemed necessary.



# Thank you for your review!





*We are looking forward to a great  
2026 season with you and your  
family!*



Please be sure to sign the Handbook Acknowledgement Form and turn it in to your team mom along with a \$250 check (per athlete) by August 4th.

Checks should be made payable to Hudson Litchfield Bears.

## Contact Information :

-  Hudsonlitchfieldbears@gmail.com
-  President Chris Morris - (781)640-4550  
VP of Cheer Sara DeCologero- (978)852-1782  
VP of Football Ryan Michie - (603)508-1244

