



Manheim Athletic Association
PO Box 385, Manheim PA 17545 • www.maakids.org

2023 CHEERING
What to Expect and What is Expected
B TEAM

I. COACHES

- A. All of our coaches and members of MAA are volunteers. They put in a lot of their personal time for the betterment of your child. We ask that you respect them and their time. If you have concerns about your child, please seek them out either before or after practice.
- B. We are always looking for more coaches to help. If you want to, please contact Stacy Mutschler, Cheering Director, at MAAcheering@outlook.com.
- C. All our coaches **MUST** go through a background check, as well as complete online training for Concussion Awareness. They are also expected to know and follow our player safety protocols.

II. PRACTICES

- A. Starting Monday July 31, 2023, practices begin, Monday-Thursday, 6:00 pm - 8:00 pm. All three squads will practice at the same time.
- B. Once school starts, everyone will practice on Wednesday nights from 6:00 pm - 7:30 pm.
- C. Athletes must wear non-restrictive, comfortable clothes (no jeans), sneakers (that they can practice in), hair up and out of their face and off their shoulders, absolutely no jewelry.
- D. Practicing at home on their own time is also expected.
- E. Phones are permitted at practice for emergencies only. Phones are not to be out while at practice. If phones become a distraction or disrupt practice, they will be taken and returned at the end of practice.
- F. No jewelry. All of it must be off **BEFORE** coming to practice, game, or competition. We will not be responsible for anyone's jewelry being lost at practice, games, or competitions.

III. COMPETITION SQUAD - Athletes **MUST** attend **ALL** competition practices which will be two nights a week from 6:00 pm - 7:30 pm on days chosen by the coaches.

IV. EXPECTATIONS of CHEERLEADERS

- A. Athletes are expected to attend **ALL** practices and games. If an athlete going to be late or **MUST** miss a practice or game, the Head Coach **MUST** be notified ahead of time by the athlete or their parent. Telling a fellow cheerleader or their parent to pass the message along is not acceptable.
- B. Athletes are to arrive on time for practice and properly dressed.
 - a. Make sure that they have **ALL** of their uniform in their bags. Sweatpants, sweatshirts, bloomers, skirts, vest, pom poms, and bows. Even if they may not use some of the parts, keep them in their bags in case they need them later in the day or the weather changes. Later in season to keep ear warmers and gloves in their bag for colder weather.
- C. Athletes arrive to games to practice when instructed by their coach.
- D. Athletes are expected to bring/wear all required equipment and uniform pieces to all games.
- E. Athletes are expected to be kind and polite to coaches and their fellow cheerleaders. Bullying will not be tolerated.



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If your child must be told more than once at a practice about bullying, they will sit out the rest of the practice. If it becomes a recurring problem, your child may be removed from the squad and their uniform will be required to be returned.

F. Treat their teammate like a teammate. Even if you don't get along with them, be civil with them for an hour and a half. Treat them with respect.

G. Show up to practice on time and ready to work.

H. Attendance policy- for practice, games, and comps. For example, 3 missed games, 1 missed game and 2 missed practices, 1 game 1 comp 1 practice, etc. all equal in value. If you miss 3 things for unexcused reasons.

A 3 strike policy (like our bullying policy)

Strike 1: email sent to parents as a warning. Saying like hey your child has an unexcused absence. Let's try to avoid this going forward. (Nothing too harsh or crazy just a warning that it happened once)

Strike 2: meeting with parents, athlete, us, and Stacy. Not to punish them, but rather "hey how can we prevent this from happening, can we help with carpooling, or work out a way to help you";

Strike 3:

Consequences

-athlete conditions at next practice while team is practicing

-position may change (ex: pulled from stunts, or lineup change)

V. EXPECTATIONS of PARENTS

A. All parents are expected to participate in cheerleader fundraisers. The opt-out option is only available for the first fundraiser. Participation in the second is expected.

B. All parents are expected to volunteer for at least one event. Examples of volunteer events are concession stand and parade float decorating.

C. Parents are expected to make sure their cheerleader makes it to all practices and games.