



**Manheim Athletic Association**  
**PO Box 385, Manheim PA 17545 • [www.maakids.org](http://www.maakids.org)**

**2023 CHEERING**  
**What to Expect and What is Expected**  
**C 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](mailto: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. Athletes must have water bottles filled and brought to practice and games every practice and game.
- 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.

**III. COMPETITION SQUAD**

- A. 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.
- B. Competition athletes are expected to stay for All the other squad's performances, if you leave without an excuse in advance you will not participate in the next competition.

**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.
- C. All practices, games and other events are mandatory and will be considered unexcused unless we are given notice in advance, or we receive a doctor's note.

1 or more unexcused practices will result in sitting out of the following weekends halftime performance.

- D. Athletes arrive to games to practice when instructed by their coach.
- E. Athletes are expected to bring/wear all required equipment and uniform pieces to all games.
- F. Athletes are expected to be kind and polite to coaches and their fellow cheerleaders. Bullying will not be tolerated. 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



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becomes a recurring problem, your child may be removed from the squad and their uniform will be required to be returned.

**V. DISCIPLINARY ACTIONS**

All disciplinary actions will take place on a 3-strike basis.

Strike 1-conversation with the athlete

Strike 2-conversation with athlete and the parent

Strike 3-coaches have the right to remove athlete from the squad and uniform will be required to be turned in.

**VI. 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.