



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

2023 CHEERING

What to Expect and What is Expected D 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 for the first two weeks. After the first two weeks, practice for D SQUAD ONLY will be from 6:00 pm – 7:30 pm
- B. Once school starts, everyone will practice on Wednesday nights from 6:00 pm - 7:30 pm.
- C. Athletes must arrive at practice prepared. This means 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. Additionally, athletes must have a full water bottle for practice. If the athlete arrives at practice without being prepared, they will not get to practice until corrected (i.e., hair up, change clothes, etc.). If an athlete is required to sit out for the practice because they are unprepared, this will count as an unexcused absence.
- D. Practicing at home on their own time is also expected. This includes, but is not limited to, practicing cheers and conditioning.
- 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 - 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. Acceptable forms of notification include a message to the Head Coach via Team Snap or a note ALL absences need to have a note (via Team Snap or physical note) from the parent/legal guardian to be considered excused. Notification is preferred prior to practice/game, but a note can be provided afterward.



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1. If a cheerleader has an unexcused practice, they will sit (not miss) in uniform for the next game
- B. Athletes are to arrive on time for practice and properly prepared. See III.C for requirements of “preparedness”.
- C. Athletes arrive to games to practice when instructed by their coach.
- D. Athletes are expected to bring/wear ALL 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. 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.

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.
 - a If an athlete has an unexcused absence from a game, the athlete and parents will be issued a warning.
 - b If an athlete has a second unexcused absence from a game, the athlete will be asked to turn in their uniform.
- D. If an injury/illness occurs at practice and/or First Aid needs to be administered, we will require an incident report (prepared by a coach) to be signed by the parent before the start of the next practice.