

MIFFLIN



CHEERLEADING



2017

CHEER HANDBOOK

Dear Cheerleaders and Parents:

Welcome to the 2017 Broncos' Cheer Season! Whether you're a returning cheerleader or a first year participant, we would like to extend our greetings to you. We hope this season proves to be a fun and rewarding experience!

Participation in the Broncos Cheer program is a commitment to your children, your families, and your teammates. We strive to ensure that everyone involved has a rewarding experience. The Broncos' cheer program places emphasis on building friendships, integrity, leadership skills and respect while mastering the cheer, jumps, stunts and the sport of cheerleading. You have our commitment to teach the sport of cheer in a way that is positive and effective while preparing your child for junior high and high school level squads. We maintain high levels of expectations for all persons involved with the Broncos program in order to be successful as an organization, as squads, and as individual participants.

The Parent/Cheerleader Handbook was developed to provide parents with a clear understanding of the Broncos Cheerleading standards of conduct and level of expectations for both you and your cheerleader(s), as well as the Mifflin Broncos Code of Ethics and Code of Conduct. You will be required to sign the acceptance form (attached at the end of this handbook), which confirms your understanding and acknowledgement of the guidelines set forth herein.

Parents are as important to the success of the program as the cheerleaders. For a program to be successful, Team Moms, Coaches and Parents must work together, collaboratively. Throughout the season, you may have questions. Your team mom and coach will be your primary source of information for your squad. Please feel free to contact our administrators in the event that you have a question or concern that is not able to be addressed by your Team Mom or Coach. Communication and cooperation are the key to a successful experience.

Sincerely,

Kate Murray & Caitlin Pollock
2017 Mifflin Broncos Athletic Association Cheer Program Coordinators

2017 Coaches:
Corinne Amtsfield
Jenna Badgley
Jennifer Brumbach
Taylor Delehanty

Olivia Doll
Stacy Fritz
Megan Koshinski
Madison VanPelt

Cheerleader Guidelines and Expectations

This Cheer Guide has been set forth to ensure a fun, safe and equitable environment for your child at all times. The Bronco's program is committed to careful observation and monitoring of safety measures, including proper stretching and allowing stunting and tumbling only when a certified coach is present. The primary goal of the program is to elicit enthusiasm and interest in the sport of cheerleading while encouraging confidence and ability in the girls involved in the program. We encourage acceptance and strive for a welcoming spirit to all of the girls as well as to their families.

All Participants

- Will show a positive attitude at all times.
- Must accept the position given by the coaches with dignity, take your position seriously, know your teammates are counting on you, and do your best.
- Must abide by the rules and regulations of the Broncos as set forth herein.
- All Squad Members must respect safety as their highest priority.
- Never engage in dangerous behavior that may result in injury of yourself or others.
- May not conduct any stunting or tumbling activity without the strict supervision of your coaches.
- Must always follow the "No Fault" stunting policy. "Never blame your team mates. It takes a team to succeed and a team to falter."
- Must accept victory and defeat graciously.
- Must respect yourself and all coaches, other participants, officials, parents, and spectators during all practices, games and competition.
- Strive to achieve excellence, have the discipline to accomplish it, the attitude to accept the results with dignity and encourage others to do the same.
- Will never post negative or threatening commentary on any electronic means of communication, such as email, text, Facebook, Twitter, YouTube, etc.
- Never use obscene or inappropriate language and/or gestures.
- Will not use cell phone at practice, games or competitions, except with permission of the coach.

All Parents

- Must abide by the rules and regulations of the Broncos Organization.
- Must have your child to practices 5 minutes before start time so as to be ready to begin on time. When this is not possible, you agree to inform the coach or team mom in advance. Contact your Team Mom or Coach (in advance if possible) if your child will not be attending a practice or game.
- Require your child to treat other participants, coaches, officials, parents, and spectators with respect.
- Will respect your child's coaches, other participants, officials, parents, and spectators during all practices, games and competitions.

- Will be a positive role model for your child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all cheerleaders, players, coaches, officials and spectators at every game.
- Will never post negative or threatening commentary on any electronic means of communication, such as email, text, Facebook, Twitter, YouTube, etc.
- Will always keep in mind that children participate to have fun and the game is for youth, not adults.
- Never use obscene or inappropriate language and/or gestures.
- If a problem or concern is identified, will calmly seek solutions at a proper time and location, refraining from confrontations in front of the children.
- Will not approach officials, event organizers, or judges at BICYL or other sanctioned cheer competitions. Approaching these individuals may jeopardize the squad participation and/or the score. If you have any concerns, they should be shared with your coach.

EXPECTATIONS

Cheerleader Expectations

- Will arrive and depart all practices and games on time and ready to begin. Allow time for shoe changes etc. Parents will give advance notice if child is going home with someone other than parent.
- Will never leave the squad without permission.
- Will give 100% effort at every practice and game and accept constructive criticism with a positive attitude.
- Cheerleaders are to participate in all aspects of practice. Practices include but are not limited to, cheer/chant review, running, stretching, stunting, tumbling and jump conditioning.
- Will be responsible for my own property and respect the property of the Broncos organization, football fields, practice locations, and personal property of others.
- Will not eat and/or chew gum during practices, games or competitions unless otherwise instructed by the Team Mom or Coach.
- Will adhere and abide by the uniform policy.

Parent Expectations

- It is the parent or guardian's responsibility to ensure that your participant(s) attends all practices, games, and competitions on time. Parents or guardians shall ensure that participants are present for the entire game or practice. Remember that being on time indicates that your participant(s) is inside the venue, ready to participate. Parents must aim to have their cheerleader arrive 5 minutes early and be ready to start practice on time. Parents must return for pick up at least 5 minutes before practice completion for announcements or in case of early dismissal.

- If your participant experiences difficulty with a routine or cheer, contact your team coach. The team coach will get your child the help needed for them to be successful.
- Parents should not force any child to participate in sports.
- Parents will refrain from coaching their child or other cheerleaders during practice, games, or competitions unless they are one of the official coaches of the team.

DISCIPLINARY ACTION

It is the policy of the Broncos that disciplinary action will be invoked as a last resort and that every attempt will be made to avoid situations likely to lead to such action through positive encouragement to correct any type of negative behavior.

- For the first incident, head coach or an assistant coach will talk with the individual cheerleader about his or her misbehavior.
- If the misbehavior continues, the head coach will call or speak to the parent and explain the misbehavior of the cheerleader, and the consequences of continued misbehavior.
- If misbehavior continues and a second conversation is required to the parent, the MBAA Code of Conduct Protocol will be followed:

First Violation:	Suspension from one game (including practices prior to such game).
Second Violation:	Suspension from a minimum of four games (including practices prior to such games), maximum length to be determined by the Executive Board in its sole discretion.
Third Violation:	Suspended for at least the remainder of the season; potential expulsion from all MBAAA events, with reinstatement for future seasons permitted upon petition and approval of the Executive Board in its sole discretion.

The offending parent or legal guardian shall be given the right to appear in person before the Executive Board to explain why the above penalties or additional penalties should not be assessed and/or to request reinstatement following the end of the suspension. The Executive Board retains the ultimate discretion to impose any sanctions for violation of the Code of Ethics/Code of Conduct, and/or to impose additional or alternative behavioral requirements prior to reinstating participation privileges. Any suspension, for part or all of the remainder of any season DOES NOT constitute grounds for a refund of any registration fees or for the cancellation of any remaining payments due under the payment schedule, if any.

Parents and cheerleaders should be aware that serious misbehavior will be documented and may affect participation in future Broncos cheer seasons. In certain cases, misbehavior that the Executive Board considers extreme and/or which threatens the well being of others, including participants, coaches, or other volunteers may result in immediate suspension and/or permanent expulsion from the Broncos cheer program.

PRACTICES

Practices are held on Tuesdays and Thursdays. Competition practice varies. Practices are held outdoors at the high school unless otherwise specified.

The goal of practice is to have the cheerleaders learn:

Cheers (longer, does not repeat words)

Chants (repeats a phrase multiple times)

Stunts – Thigh stands, preps, extensions, pyramids, and partner stunts (appropriate for age and skill level)

The participants will also work on jumps, tumbling, and sideline spirit. For competition squad, the focus of instruction is on preparing the team for performances.

TUMBLING

Participants interested in working on individual tumbling skills are strongly encouraged to take tumbling classes. The Broncos coaches are not tumbling instructors and do not teach or spot tumbling. If your cheerleader does not take tumbling classes outside of cheer, we strongly DISCOURAGE your cheerleader from attempting tumbling at cheerleading practice.

ATTENDANCE

Every practice is important - a team requires every member's participation. To prepare for competition, mandatory practices for competing squads will be scheduled through the end of the season. As competition nears there may be a need to increase practice more. This includes extra practices that may be added in the weeks prior to competition.

Attendance is very important to the entire team's performance. Formations and stunts simply do not work when one or more team members are absent. In addition, habitual tardiness limits the amount of time that a squad has to master these skills.

Parents are encouraged to attend practices so that they may view the progress of their child and/or the squad. If you are dropping off your child and picking them up after practice, please be prompt and plan to arrive at least 5 minutes before practice is scheduled to end. If practice ends at 7:00, please arrive at 6:55. Please keep in mind that your coaches are volunteers of the organization. Consistent tardiness in picking up your child from practice will be referred to the executive board for disciplinary action and could result in the dismissal of your child from the squad.

Parental attendance at practices is a great opportunity for parents to bond with other parents on the squad and/or assist the coaches with a variety of tasks, including the making of signs, noise makers, etc. However, it is extremely important that parental attendance is not a distraction for the participants; additionally, it is important that sibling

attendance at practice is not a distraction for the cheerleaders; in the event that participants are unable to focus during practice, parents may be asked to sit farther away from the practice location or the coach may “close” the practice to observers.

SQUAD ASSIGNMENT

Cheer squad assignments and determination of team placements are made by the Cheer Program Coordinator(s) based on both age and ability. During mini-camp, and throughout the season, participants are evaluated according to a standard set of regulations set forth to ensure the safety of all participants.

GAME DAY GUIDELINES

- All Cheer Squads are to arrive at the time designated by their coach. This time is used to warm-up, practice and take attendance. Sometimes the games begin early and/or run late based on how the day permits. If you do not arrive at your designated time, before the start of the game, your cheerleader may not be able to participate in the halftime routine.
- If a cheerleader is deemed to be unfit to perform by the coach, whether due to injury, inadequate knowledge of cheers or dance, or any other issue, the cheerleader may be asked to sit out at the discretion of the coach.
- All participants must remain on the sidelines for the entire game. No sitting in the stands or grass area during your assigned game.
- Each child must bring their own water bottle to keep in front of the cheer area. For games and practices on the Turf Fields, only water is permitted. Sports drinks or any beverage other than water is not permitted by school policy. All participants must assist in the cleanup effort after their games. Please Dispose of your trash properly.
- During games, cheerleaders are to stay in formation and in cheer-ready position at all times. Games are not a time to socialize with teammates. Cheerleaders must always be focused on the game and the coach in order to be prepared to lead the fans to cheer for the players. Participants may not run around, stunt, cartwheel, etc. while in line. Parents please re-enforce this rule with your child.
- Cheerleaders must ask permission of the coach to leave the cheer area, if necessary. This includes going to a parent or going to the bathroom.
- Cheerleaders will not be allowed to leave the cheer area during water breaks.

Inclement Weather

If the weather is questionable, the rule of thumb is to arrive at your scheduled time, unless you hear otherwise from your coach. Due to excessive heat, rain or cold, practices or games may be canceled. You will be notified by email and via the SI PlayApp if a practice or game has been cancelled. If practice is canceled, a make-up practice session may be held, in addition to regular practice, on a non-scheduled practice day.

Uniform and Attire

Please be sure the full uniform is neat and clean, and hair is pulled back at all times. Any specific details about the uniform, such as whether the white sleeves should be worn will be communicated by your coach prior to the game.

- No jewelry including necklaces, earrings, belly rings, ankle bracelets, or rings are permitted during practices or games.

COACHING STAFF INFORMATION

Coaches are assigned to a squad based on their qualifications and experience specific to the level of the team. If any individual or parent has interest in volunteering to coach for the MBAA, you may indicate your interest by completing our official Coaching Application Form. In the event that multiple coaches have interest in coaching the same team, a formal interview process will be conducted by the Cheer Coordinator(s) to select a candidate based on their qualifications and experience.

Coaches are required to attend all meetings, training and certification programs necessary to ensure the safety of our participants prior to the season. Specific information will be communicated to coaches in advance of the season.

Coaches are required to sign the Code of Ethics/Code of Conduct and abide by all regulations set forth herein. Disciplinary actions outlined herein for participants and parents also apply to the coaching staff.

Coaches are required to have all applicable school district clearances on file, including but not limited to: Child Abuse History Clearance, Federal Criminal History Background Check, Fingerprinting, and Coaches Concussion Certification.

Descriptions of Cheer Positions

Cheer Coordinator: Serves as the program's administrator and liaison to the executive board of MBAA. Has extensive experience as a project manager as well as the requisite background and experience in cheerleading. Has a highly developed understanding of how to serve the cheerleaders, parents, their community, and the Broncos organization. Has the ability to effectively and efficiently oversee all squad levels, make recommendations to resolve any outstanding issues, oversee cheer schedules, and ensure that all coaches receive the guidance they need to effectively and efficiently do their jobs. Ideal Requisite Qualifications: 5-10 years of experience as a cheerleader and coach with experience specifically in the fundamentals of the sport of cheerleading and the safety of participants. A clear understanding of all guidelines and expectations of BICYL and MBAA. Demonstrated ability in program management, strategic guidance and leadership with the ability to plan, budget, and document a successful program. A pleasant, patient and friendly attitude, ability to communicate clearly, professionally, and confidently, and applicable clearances are required. No prior disciplinary record.

Head Coach: Oversees the specific team they are assigned to. Works under the direction of and reports directly to the Cheer Coordinator. The primary role of the head coach is to share their knowledge and skills with members of their team while also working as a member of the coaching staff by providing direction, feedback, instruction, and guidance to their team in the form of teaching cheers, chants, jumps, stunts, dances, sportsmanship-like conduct and appropriate conduct for both games and competitions. Maintains the final decision(s) concerning formation and placement of squad members for all routines, stunts, and tumbling based on the demonstrated abilities of each team member and in consideration of the overall goals of the team. Ideal Requisite Qualifications: 4-5 years of cheerleading and coaching experience, a pleasant, patient and friendly attitude, ability to communicate clearly, professionally, and confidently, and applicable clearances are required. No prior disciplinary record.

Assistant Coach: Works under the direction of and reports directly to the Head Coach of the team they are assigned to. The primary role of the assistant coach is to assist the head coach by teaching cheers, chants, jumps, stunts, dances, sportsmanship-like conduct and appropriate conduct for both games and competitions. Assistant coaches may make suggestions and recommendations to the head coach concerning moves for cheers, routines, stunts, formations, placement and tumbling, however final decision(s) rest with the head coach. Ideal Requisite Qualifications: 2-3 years of cheerleading experience, a pleasant, patient and friendly attitude, and applicable clearances are required. No prior disciplinary record.

Parent Volunteer: Works under the direction of and reports directly to the Head Coach of the team they are assigned to. The primary role of the parent volunteer is to assist the head coach by helping to ensure order and attention during practices and before games, handling interruptions (such as walking girls to the restroom during a game or practice if applicable), collecting, organizing, and accounting for any money exchanged for merchandise, competition fees, organizing snacks, organizing the production of banners, shakers, or any other task assigned by the head coach. The parent volunteer

does not teach cheers, stunts, or tumbling, or communicate direction with regard to the aforementioned skills. Qualifications: A willingness to assist the organization with a pleasant, patient and friendly attitude, and any applicable clearances are required. No prior disciplinary record.

FEEDBACK

We always encourage your feedback to help improve our program, but please be respectful of all volunteers. Remember that every person is a non-paid volunteer helping for the sake of the kids in the program. Before criticizing, ask if you can help. If you see something that isn't going well, let us know, but please offer your help to improve it. The best way to resolve a concern is to address it early, calmly, privately and directly with the volunteer involved. (Exception: Please do not approach any Junior Coaches directly with concerns. Instead, discuss your concerns with the team's head coach or a board member.) Since our volunteer coaches and board members all have other obligations, including full-time jobs, families and other commitments, please allow adequate time for the situation to be researched and addressed. While it is important that concerns be addressed before they become major issues, it may be best to wait until you are able to discuss your concern calmly. It is also important that the discussion does not take place in front of the children. Speak up if you are unhappy, or are unfamiliar with things going on around you, but please be courteous of the volunteers you see who are devoting a great deal of their time to your child's program. If you encounter a situation or issue that requires the Executive Board to be involved, please bring it our attention immediately by contacting a board member.

The Broncos cheer program is possible because of the dedication and commitment of you, our parents! We would like to take this opportunity to thank all parents who have or will volunteer their time and talents this upcoming season.

Next Page Contains Official MBAA Code of Conduct

PARENT/GUARDIAN and CHEERLEADER

CODE OF ETHICS/CODE OF CONDUCT

The Mifflin Broncos Athletic Association (MBAAA) expects all participants, parents and legal guardians to conduct themselves in an orderly, sportsmanlike and professional manner when attending a game or practice of an MBAAA team.

The Mifflin Broncos Athletic Association (MBAA) expects all players to conduct themselves in an orderly, sportsmanlike and professional manner when playing or practicing as a member of a football or cheerleading team. Playing for the MBAA is a privilege; therefore, when playing for an MBAA team I recognize, acknowledge and agree to abide by the following fundamental ethical principles:

PARTICIPANTS

1. I will conduct myself at all times so as to maintain the highest principles, integrity, and dignity for both myself and the MBAA.
2. I will adhere to the spirit, as well as the letter, of the playing rules established by the MBAA.
3. I will accept the authority of all game officials and at no time will I demonstrably question the decisions and actions of game referees.
4. I acknowledge that my strong desire to compete and succeed is in no way compromised by respect for the rule book and respect for all opponents. Acceptance of this concept is the very heart of sportsmanship and fair play. I will behave in a sportsmanlike manner.
5. I acknowledge that it is a privilege for the MBAA to use the school facilities. I will abide by school rules while at MBAA functions and will respect the school's property.

PARENT/GUARDIANS

1. Parents and legal guardians are role models. As such, I shall conduct myself so as to maintain the highest principles of integrity and dignity.
2. Parents and legal guardians should never place the value of a win above the objective of developing the skills of their children and instilling the highest ideals and character traits in their children. The safety, welfare and best interests of the children shall always be uppermost in my mind and I will not sacrifice these values for personal prestige or personal gain.
3. Parents and legal guardians should never teach their children tactics or skills designed to circumvent the intent of the rulebook and the standards of fair play.

The rules exist to protect the athletes and to provide a common standard by which final results will be determined.

4. Children are involved in organized sports for their enjoyment. I will conduct myself in a manner that emphasizes their skill, development, discipline and sportsmanship.
5. I understand that my general responsibility to my child and to the sports of football and cheerleading includes all children and players, whether on my child's team or on an opponent's team.
6. I will show respect and positive support for all coaches and officials, prior to, during and after a game or practice. I will provide support and I will not openly instruct during the game or openly interpret the rules.
7. I will abide by the rulings of the officials, coaches and league administrators prior to, during and after a game or practice.
8. If any concerns or grievances with respect to any matter concerning my child arise, I will contact the Executive Board, if the issue cannot be rectified in a peaceful manner with the coach, parent or other party.

Disorderly conduct on the field, parking lot or otherwise, including but not limited to the following, will not be tolerated by the MBAA:

1. Physical or verbal confrontation with members of any MBAAA team, referee, coach, player from opposing teams, and/or parents from opposing teams.
2. Possessing or threatening use of a weapon.
3. While on any field in connection with an MBAAA practice, game or other sanctioned event (a) possessing or using any illegal drugs, alcohol or tobacco products, or (b) being under the influence of illegal drugs or sufficient amount of alcohol such that an individual is engaged in conduct deemed to constitute "offensive behavior" as determined by the Executive Board, in their sole discretion.
4. Displaying violent or threatening behavior, including being involved in a physical altercation regardless of provocation or threatening physical bodily harm to a coach, parent, legal guardian, spectator, child or player.
5. Exhibiting loud or obnoxious behavior that exceeds generally accepted standards of sportsmanship.
6. Sending threatening or harassing communications (whether written or oral) to coaches, team representatives, board members, referees, parents, legal guardians, or anyone else affiliated with the MBAAA program regarding, among other things, a particular team or player, playing time or any other matter which the board shall later determine. Determination of threatening or harassing will be at the sole discretion of the Executive Board.

In addition, all parents and legal guardians shall be responsible for the behavior of all of their children at all times.

Disciplinary Procedures

The MBAAA has ZERO TOLERANCE for violations of the above Code of Ethics/Code of Conduct. The failure to observe this Code of Ethics/Code of Conduct will result in an investigation by the Executive Board of the MBAAA. If the investigation concludes that the Code of Ethics/Code of Conduct has been violated, the Executive Board will recommend the following minimum disciplinary sanctions be taken:

- First Violation: Suspension from one game (including practices prior to such game).
- Second Violation: Suspension from a minimum of four games (including practices prior to such games), maximum length to be determined by the Executive Board in its sole discretion.
- Third Violation: Suspended for at least the remainder of the season; potential expulsion from all MBAAA events, with reinstatement for future seasons permitted upon petition and approval of the Executive Board in its sole discretion.

The offending parent or legal guardian shall be given the right to appear in person before the Executive Board to explain why the above penalties or additional penalties should not be assessed and/or to request reinstatement following the end of the suspension. The Executive Board retains the ultimate discretion to impose any sanctions for violation of the Code of Ethics/Code of Conduct, and/or to impose additional or alternative behavioral requirements prior to reinstating participation privileges. Any suspension, for part or all of the remainder of any season DOES NOT constitute grounds for a refund of any registration fees or for the cancellation of any remaining payments due under the payment schedule, if any.

I have read and understand the Mifflin Broncos Cheer Handbook as well as the above Code of Ethics/Code of Conduct. I agree and accept the guidelines set forth therein. I understand that potential consequences that may occur if I violate the Code of Ethics/Code of Conduct. (All parents/legal guardians are required to sign below.)

Child's Name (printed)

Parent/Guardian's Name (printed)

Parent/Guardian's Name (signed)