**About**

Welcome to the home of the Atco Lions.

The goal of Atco Lions Football and Cheerleading, is to provide the opportunity for, and to promote football and cheerleading for youth children in Atco and surrounding areas. It is also our goal to teach the fundamental football skills, cheerleading skills, including sportsmanship, and teamwork. As an association we want to ensure that all participants have a positive and fun experience.

**Cheer**

Atco Lions Cheerleading is an organization that provides a unique opportunity to provide training in athletic development while building character in the young girls of our community. Our program is built on a foundation on knowledgeable, experiences coaches who focus on teaching cheerleading skills and safety in a positive learning environment. All girls ages 5-14 are welcome to join and will be organized into squads according to age. Our program does not require that potential athletes try-out; rather every athlete will be used to their fullest potential accentuating the areas in which they thrive, while learning new skills throughout the season.   
Our typical season runs from August through December. Early in the season, teams will practice two days per week, but as November approaches and competition season begins, practices will be held 3 times per week. Competitive Cheerleading provides the girls with an opportunity to display the achievements they have made as a squad throughout the season and compete with a wide array of squads. We believe that a positive learning environment promotes not only better athletes, but also builds self-esteem in our young girls!