



**Tioga Middle School
Cheer Policies and Procedures
2025–2026**

Mission Statement

Involvement in the Tioga Pep and Cheer program shall provide members with educational experiences and learning outcomes that contribute toward the development of the attributes of academic success, self-discipline, and good citizenship. The educational process should be enhanced, not compromised, through participation in Tioga Pep and Cheer. Our spirit teams serve as a support group for the interscholastic athletic program and are essential in administering athletics/activities contests. Squads will strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement, and help student participants and spectators achieve the most worthwhile educational objectives of the interscholastic program. As one of the school's most visible and recognizable representatives, Tioga Pep and Cheer members shall be dedicated to demonstrating the highest standards of conduct through positive personal behavior and squad cohesiveness.

Cheerleaders are expected to be mentally and physically fit and athletically skilled in cheerleading. They are first and foremost representatives of their school. Because of these responsibilities, cheerleading squad members will be expected to maintain a higher standard of behavior both on and off campus than their peers. In or out of uniform, cheerleaders represent the **Tioga Pep and Cheer** program and the school.

The Tioga Pep and Cheer coaching staff is looking forward to a successful 2025/2026 season. GO Tomahawks!

Parent Signature: _____

Student Signature: _____

Citizenship and Academic Eligibility

Students representing their schools in extracurricular and co-curricular activities shall maintain satisfactory citizenship records and conform to Fresno Unified's credit and grade requirements. To be eligible to participate in extracurricular and co-curricular activities, students in grades 7-12 must demonstrate satisfactory educational progress in the previous grading period, including but not limited to:

1. Receive and maintain a minimum **2.0 grade point average** at the end of each grading period. Students who receive lower than a 2.0 GPA will be placed on academic probation. Students who receive below a 2.0 GPA for two consecutive grading periods will be removed from the team, according to CIF guidelines. (Accommodations will be discussed with the director, staff, and student if needed).
2. The Superintendent or designee may revoke a student's eligibility for participation in extracurricular and co-curricular activities when the student's poor citizenship is serious enough to warrant loss of this privilege.

Tobacco, Alcohol, and Other Drugs

Student possession, use, distribution, or sale of tobacco products, alcohol, or unlawful drugs—including drug paraphernalia or any substance purported to be an unlawful drug—on or near any Fresno Unified property (including parking lots) or while participating in Fresno Unified-sponsored activities is prohibited and will result in disciplinary action. If such an incident occurs during, while going to, or coming from school or a school-sponsored activity, disciplinary action will likely include removal from the co-curricular or extracurricular program and additional discipline, up to and including suspension. Parents will be notified of all substance-related violations and resulting discipline. If appropriate, students may also be referred to law enforcement.

The term 'tobacco products' includes inhalant delivery systems such as electronic cigarettes, vapes, e-hookahs, and any vapor-emitting devices that mimic the use of tobacco.

Social Media Policy

Fresno Unified and its co-curricular and extracurricular programs recognize and support students' rights to freedom of speech, expression, and association, including the use of social networks. However, each student must remember that they represent Fresno Unified, their school, and their team, and that participation in these programs is a privilege. Students are expected to portray themselves, their team, and the district in a positive manner at all times.

Online social networks are not places where you can say and do anything without consequences. The information you post is considered public. Protect yourself by maintaining an image you can be proud of now and in the future.

Social Media Guidelines:

1. Students are high-profile representatives and must always behave appropriately online.
2. Privacy settings may not protect your content; deleted posts can still remain accessible.
3. Think before posting. Content can remain public forever.
4. Ensure posts reflect respect and integrity. College and job recruiters may view your profile.
5. Do not post content that is racist, sexist, vulgar, profane, or promotes illegal activities.
6. Do not repost or support offensive content.
7. Do not post media of others without permission.
8. Staff may monitor social media.
9. Cyberbullying is taken seriously and includes spreading rumors, threats, impersonation, or posting embarrassing content.

Fresno Unified reserves the right to discipline students for off-campus conduct that poses a threat or disrupts school activities.

Consequences for Noncompliance with the Code of Conduct

Fresno Unified's priorities are the safety of students and staff and the maintenance of an orderly school environment. When misconduct occurs, programs will determine appropriate consequences based on each case. Disciplinary actions will be fair, consistent, and support student growth.

Disciplinary Levels:

Level 1 – Minor Offense:

- Handled with verbal/written warnings or probation

- Examples: minor social media violations, tardies, dress code issues, profanity, misuse of phone, incomplete uniform, minor misconduct

Level 2 – Moderate Offense:

- May include loss of leadership or limited participation
- Examples: bullying, repeated tardies, poor sportsmanship, social media violation, defamatory statements, repeated Level 1 behaviors

Level 3 – Major Offense:

- May result in 14-day suspension or removal from team
- Examples: school suspension, hazing, performance-enhancing drugs, felony charges, harassment, threats, gang activity, theft, vandalism

Note: Level 3 violations will result in automatic removal from the program.

Parent Signature: _____

Student Signature: _____

Practices and Game Responsibilities

- Cheerleaders are required to attend all practices, games, and events.
- Game cheer practices will be held weekly after school. Cheerleaders may ride the bus or be picked up by a parent/guardian. Practices run from June through December, resuming before basketball season.
- Football Games: Teams cheer weekly at Saturday games (August–November). Each team aims to perform at halftime during home games, weather permitting.
- Basketball Games: Cheerleaders support home games only (December–February).
- Additional Events: Cheerleaders may be asked to participate in rallies, Back to School Night, Orientation, fundraisers, Open House, and more. Game teams do not participate in competitions unless notified by coaches.
- Pep and Cheer is a year-round commitment. Team members may not participate in other sports that conflict with scheduled duties.

Squad Descriptions

Pom Squad:

- Focus: Dance (jazz, ballet, and cheer).
- Encouraged: Enroll in a dance technique class.
- Practice: At least weekly, with additional practices assigned as needed.
- Participation in practice begins in June.

Cheer Squad:

- Focus: Cheerleading (motions, jumps, stunts, cheer-dance).
- Tumbling is preferred but not required.
- Encouraged: Enroll in tumbling, dance, or cheer classes.
- Practice: At least weekly, with additional workouts starting in June.

Pep and Cheer Finances

- A price estimate will be provided for campus and choreography costs. Prices may vary.
- Uniforms are required (\$300–\$400 est.) and must be paid in full before distribution.
- Uniforms must be kept clean and in good condition. Damaged, lost, or stolen items must be replaced at the student's expense.
- If fitted for a uniform, you are responsible for full payment—even if removed or if you quit.
- Fundraising opportunities are available. However, each individual is responsible for

covering expenses.

- Competition teams have additional financial/time requirements that will be discussed prior to tryouts.

Communications

- Weekly reminders will be shared via morning announcements. Cheerleaders must inform their parents/guardians.
- Weekly Remind updates will be sent. Parents must download the Remind app to receive updates.
- If multiple guardians are involved, each must have access to the app.

Parent Communication:

- Discuss your child's concerns with the coach at an appropriate time.
- Appropriate topics: member's progress, behavior, and safety.
- Inappropriate topics: team decisions or concerns about other students.
- Follow communication steps:
 - Schedule a meeting with the campus cheer coach
 - Do not confront coaches during or after events
 - Enter practice areas only with principal or designee permission

Parent Signature: _____

Student Signature: _____