

Tufts Cheerleading Handbook Fall 2026

Mission Statement and Philosophy

Tufts Cheerleading is an all gender team that aims to promote school spirit, support intercollegiate athletics at Tufts University, and train for intercollegiate competition. We accept all members regardless of experience. All Tufts Cheerleaders represent the university at all times and must be aware of how their conduct reflects upon the team, Tufts Athletics, and Tufts University.

Membership and Organization Structure

All members must be an active undergraduate student at Tufts University (as per a 2023-2024 club sports membership policy change) and follow all rules and regulations set by [USA Cheer](#). Exceptions can be made for interested graduate students as long as the club does not cut undergraduate students. These rules are updated yearly and must be reviewed at the start of each school year. In addition, all members must follow the guidelines set by this handbook.

Game Day Team

All Tufts Cheerleading members must be a part of the game day team. All game day members will be required to learn sideline cheers to perform at the games. All game day members will have the opportunity to learn to dance, jump, stunt, and tumble, and will be able to perform solid skills at games.

The game day team cheers at home games throughout the year. All Tufts Cheerleading members should attend as many games as they can. The team currently cheers for football, men's basketball, and women's basketball. All games will be posted on the Band calendar.

Competition Team

All competition team members will be required to follow all rules and regulations set by the [National Cheerleaders Association](#). These rules are updated yearly and must be reviewed at the start of each school year. See the "Competition" section for more details.

Practice Schedule

The team's practice schedule changes each semester or each year depending on space availability. Please see communications from the coaches and captains (on Band) at the beginning of each semester regarding the updated schedule. Practices will focus on skills such as stunting, cheers, tumbling, jumps, routine(s), and dance. The calendar will also outline games and other spirit events.

All practices are in Jackson Gym. Below is the practice schedule for Fall 2026:

- Monday - 7:15pm-9:15pm - Tumbling/Stunting/Open Practice (with coaches)
- Tuesday - 7:00pm-8:00pm - Cheers/Dances/Conditioning (no coaches)
- Wednesday - 8:15pm-10:15pm - Performance Practice (with coaches)
- Thursday - 7:00pm-8:00pm - Cheers/Dances/Conditioning (no coaches)
- Sunday - 10:00am-12:00pm - Stunt Practice (with coaches)

Student Leadership

All Tufts Cheerleaders are considered leaders. With a growing team, Tufts Cheerleading strives to maintain a leadership structure that best fits the needs of the team each year. Because of this, positions and titles change when the leadership structure changes. The leadership structure is re-evaluated every calendar year so that there is sufficient overlap between outgoing and incoming position holders. See below for the current position holders for the Fall 2026 semester:

- Head Captain - Ruby Marlow
- Performance and Outreach Captain - Keila Gerstel
- Game Day Captain - Maddie Micale
- Secretary - Meaghan Sullivan
- Treasurers - Tiara Senchakravorty, Olivia Gjelsvik
- Social Coordinators - Leah Scoppa, Lily Buyea

Leadership Position Descriptions and Elections

The 2026 Cheer Leadership Position Descriptions can be found [here](#).

Coaches

Per USA Cheer guidelines, cheer teams should be placed under the direction of a qualified and knowledgeable coach. All practices that include stunting must be supervised by a coach. Prior to the performance of any skill, coaches should recognize the ability level of all athletes and limit activities accordingly. Coaches will not press athletes to perform skills until they are safely prepared. See below for the current coaches:

- **Head Coach - Jonah D'Alessandro**
- **Assistant Coaches - Maddie Cortesi, Hayley Scherer**

Should the situation arise, the coaches are also equipped to offer conflict resolution assistance and/or guidance if the person or people involved in a conflict do not have the tools to resolve it on their own, or would like a mediator present.

Discipline and Member Standing

Commitment Levels

All members must be part of the Game Day Squad. While the team has multiple options for commitment, all members must support the team's primary goals which include cheering at select Tufts Athletics events and competing at NCA College Nationals. If there are games scheduled on practice days, the team will attend the game instead of practice.

Should members desire to change commitment level, they can do so by notifying a coach or captain.

- **Game Day Squad Only** - 1-2 days/week - Saturday game, 1 hour of open practice (Monday, Tuesday, or Thursday) until end of basketball season
- **Performance Squad** - 2-3 days/week - Saturday game, Wednesday routine practice, 1 hour of open practice (Monday, Tuesday, Thursday)
- **Stunt Squad** - 2-3 days/week - Saturday game, Sunday stunt practice, 1 hour of conditioning practice (Monday, Tuesday, Thursday)

- **Performance Squad and Stunt Squad** - 3-4 days/week - Saturday game, Wednesday routine practice, Sunday stunt practice, 1 hour of conditioning practice (Monday, Tuesday, Thursday)
- **Jumbo Only** - [Fall 2026 Jumbo Info Sheet](#)

Member Standards

Participation is key in demonstrating commitment to the team. However, the organization understands that obstacles may present themselves to students over the course of the semester. When met with any instance that may impact a member's participation, attendance, or involvement in the club, the member is expected to communicate with a coach and/or captain in order to arrange a suitable compromise or for additional discussion regarding their needs/the situation.

The following standards are revisable, but they have been added based on feedback from the Spring 2023 semester wherein a desire was expressed for clearer standards and consequences for both student leadership and team members. Below are the outlined attendance expectations and range of consequences that will be reflected in club members' status on the DSE Club Sports Roster.

- Active - In Good Standing
 - Attending the required Saturday game and one hour of practice weekly
 - Completes required fundraising participation/expectations
- Active - Probation
 - **Not allowed to attend social events or stunt while at practice until off probation**
 - Actions that cause probation
 - Not following the attendance requirements
 - No plan to make up practice absences within 2 weeks of absence
 - No plan to meet game requirement when asked
 - 2 hours missed for Game Day Only Squad (2 weeks of missed practice)
 - 6 hours for Performance Squad or Stunt Squad (2 weeks of missed practice)
 - 10 hours for Performance Squad and Stunt Squad (2 weeks of missed practice)
 - Not following uniform policy
 - Multiple failures to return a uniform past the posted return date
 - Consistent tardiness (<15 minutes) to events
 - Note that being >= 15 minutes late to practices (with the exception of coming late from a class) may reduce the number of hours counted towards attendance
 - To get back in good standing:
 - Meet with coaches and/or leadership to discuss re-entry
 - Must demonstrate ability to meet minimum attendance requirement for chosen commitment level for 2 consecutive weeks + make plan to make up any hours that have not been made up yet
- Inactive - In Good Standing
 - Member is taking a semester off, going abroad, etc. with intent/possibility to return
 - Intent to go inactive should be communicated with coaches/leadership to remain in Band
- Inactive - In Bad Standing
 - Member was on probation when becoming inactive, will need to discuss a strict action plan if the member plans to return

Attendance Requirements for Current Semester (Fall 2026)

Attendance Requirement Summary

Commitment Level	Required Game Attendance	Required Practice Attendance	Practice Makeup Options	Absences for Probation
Game Day*	4	1 hour/week	Active participation at any practice, gym	2 hours
Performance Only**	4	Performance practice + 1 hour/week	Active participation at any practice, gym	6 hours
Stunt Only	4	Stunt practice + 1 hour/week	Active participation at any practice, gym	6 hours
Stunt AND Performance/Competition	4	Stunt + Performance + 1 hour/week	Active participation at open practices, gym	10 hours

* During the Spring semester, Game Day practice attendance is only required until the end of basketball season.

**During the Spring semester, Performance will be replaced by Competition, which may include additional requirements specified in other commitment forms/contracts.

Game Attendance

Game Attendance

Attending a game is defined as cheering for the entire duration of a football or basketball game after attending the entire pre-game practice. Attendance may also include a quarter or half of the game assigned to sell concessions/merchandise, support Jumbo as a handler, or be Jumbo. In order to attend a game, RSVPs must be completed on Band before they are closed (typically 3 days prior to the event) so that leadership is able to add athletes to the DSE roster.

Athletes are required to attend Saturday games or a combination of games on different days of the week that add up to the same number as all Saturday games, unless a different number is specified. Saturday games are not mandatory, but unless a different number of games is chosen for the requirement, attending all Saturday games will meet the minimum game attendance requirement. Otherwise, games on other days of the week will be required to meet attendance when absent from Saturday games.

The exact number of games will be communicated before the start of each semester, after which athletes are expected to look ahead at the game schedule in band and decide which games they can attend to meet the minimum requirement. Leadership may set a date near the start of the semester for initial RSVPs to be due to help check that members can meet the requirement and handle discussions with individuals to plan for more attendances and avoid probation earlier.

Game Make-ups

Non-game make-up events may be approved by coaches/captains under special circumstances. Need for an alternative make-up should be communicated by the athlete in need ahead of the absence, except for in the case of an unexpected emergency where the absence may be communicated day-of or afterwards. Alternative make up events may include: concessions shifts, community events, extra fundraising shifts beyond standard expectation, or other events approved at the discretion of coaches/captains.

Practice Attendance

Practice Attendance

Practice attendance is tracked by the half hour, rounded to the nearest half hour. For example, 14 minutes late arrival/early departure to a 2 hour practice is still considered 2 hours of attendance, while 15 minutes late arrival/early departure to a 2 hour practice is only considered 1.5 hours of attendance. Excessive tardiness below the 15 minute mark may not reduce your hours of attendance, but may be considered towards staying in "good standing" at the discretion of coaches/captains

Athletes in a particular commitment level are expected to attend all practices for their chosen commitment level (i.e., competition team members are expected to attend all competition practices, stunt members are expected to attend all stunt practices). Athletes can attend practices outside of their commitment level for makeups, to actively participate if they cannot attend open practice times, or out of general interest/support for other areas of the team.

Practice Absences/Make-ups

If an athlete cannot attend a particular week's practice due to personal reasons, they must communicate their absence via Band RSVPs + comments in advance, except for in the case of an unexpected emergency where the absence may be communicated day-of or afterwards.

In the case of an absence, athletes are required to make up their attendance through active participation at a non-required practice for their commitment level or optionally by going to the gym with photographic evidence sent to a coach or captain.

Active participation for a makeup practice means doing conditioning, practicing cheer/dance content, tumbling, stunting (if in the stunt commitment level or if allowed by coaches at open practices), or spotting. Athletes should communicate with the person leading practice to avoid disruption in the case of performance/competition practices.

Sick/injured athletes are expected to attend practices if able and not contagious. If unable, they should adhere to standard make up requirements or discuss an alternative plan with coaches/leadership if unable to do make ups within 2 weeks.

Dismissal from the Team

The captains and coaches will consider dismissing a team member if they are unable to follow the policies stated in this handbook, if they are repeatedly disrespectful to other team members and/or coaches, and/or if they actively pose a risk to the mental health, physical health, safety, and/or wellbeing of other team members. Any discussion of dismissal may be conducted with the Club Sports Director and/or the appropriate disciplinary parties.

Communications

All Tufts Cheerleaders are required to download the Band app. All official communications and announcements from the captains and coaches will be made through the Band app. Use this link to join: <https://band.us/n/a7adb0Fct3h2d>

Health and Safety

Safety Officers

Club Sports requires at least 2 safety officers in each club. The responsibility of the safety officers will be to provide first aid, lead emergency protocol until professionals arrive, complete Injury Reports, & maintain a first aid kit.

- Safety officers must possess a CPR, AED, & First Aid certification.
- Individuals that want to be a safety officer but do not hold a certification will be certified free of cost. Classes will be offered on campus.
- Safety officers must be active members that attend most club practices and competitions.
- In addition, at least 1 safety officer must not be a graduating member.
- Our club will be required to have 2 safety officers by the first practice.

Injuries / Illnesses

Your mental and physical health is our priority. Performing any skills when ill or injured is a risk for both the athlete themselves and their teammates. The captains and coaches strive to emphasize safety at all Tufts Cheerleading practices and events.

- Any illness or injury, acute or chronic, shall be reported to the coaches.
 - If any of the coaches feels that an illness or injury is a risk to the athlete and/or their teammates, the athlete may be asked to sit out temporarily and/or seek care from a qualified healthcare provider.
- If an injury or illness physically incapacitates a team member, they shall not be permitted to practice until they are cleared by a qualified healthcare provider.
- Any note from a qualified healthcare provider must be specific and detailed as to what the team member can and cannot do (e.g. stunt, tumble, jump, cheer, etc.)
- Team members will need to be cleared by a qualified healthcare professional before returning to full activity. Clearance notes need to be sent to tuftscheercoaches@gmail.com
- If a team member is injured, they are still required to attend practices, games, and events as able.

If an injury occurs at any Tufts Cheerleading practice, the protocol below will be followed:

- If the injury occurs while stunting in small groups:
 - The injured athlete will be given space unless requested otherwise.
 - All athletes will take a short break to regroup.
 - A coach will approach the athlete and, if necessary, help them move off the mat.
 - If the injured athlete is unable to move off the mat, EMS will be called.
 - If the mats need to be cleaned, this will be done during the break.
 - After the break, the other coaches and/or captains will continue leading practice.
- If the injury occurs while during a whole team routine:
 - All athletes except the injured athlete should continue the routine if possible.
 - The injured athlete will move off the mat if possible.

- The coaches will stop the routine if the injured athlete is unable to move off the mat.
- If the injured athlete is unable to move off the mat, EMS will be called.
- Once the routine has been completed or stopped, all athletes will take a short break.
- If the mats need to be cleaned, this will be done during the break.
- After the break, the other coaches and/or captains will continue leading practice.

If an injury occurs at any Tufts Cheerleading game or event, the protocol below will be followed:

- All athletes except the injured athlete should continue cheering, stunting, etc.
- The injured athlete will move out of the performance area if possible.
- A coach and/or safety officer will approach the athlete and, if necessary, help them move out of the performance area.
- If the injured athlete is unable to move, EMS will be called.
 - The team will kneel in this case.

If an athlete is injured at any Tufts Cheerleading practice, game, or event:

- A coach and/or safety officer will provide ice, bandaids, and/or wrap as necessary.
- EMS will be called for head and neck injuries.
- For other injuries, a coach will help the injured athlete determine whether to call EMS.
- If the injured athlete would like to leave the practice, game, or event, 1-2 team members may escort them home.

Lifestyle and Nutrition

The Tufts Cheerleading Team is committed to promoting and fostering healthy lifestyles and eating habits for all team members. Conduct which opposes this philosophy and/or conduct which poses unacceptable risk and disregard for the health, safety and wellbeing of other team members is in violation of this policy and will result in appropriate action.

- We will never have height/weight requirements for any team member.
- We emphasize the importance of eating before practice, games, and events.
- Negative comments about other team members' bodies will not be tolerated and will be called out as it happens. This includes comments that a team member may not intend to be negative.

Conditioning

While some conditioning will be integrated into practices, all athletes are strongly encouraged to condition outside of practices. Conditioning and stretching are the building blocks to stunting and tumbling and will make learning skills easier and reduce athletes' risk of injury. Please feel free to reach out to any of the captains or coaches if you have any questions about conditioning or need suggestions.

Drug Use

Stunting, tumbling, and jumping are not to be done under the influence as doing so endangers both the athlete under the influence and their teammates.

- All athletes must avoid consuming drugs and/or alcohol prior to any practice, game, or event.
 - If a team member is found to be under the influence at any Tufts Cheerleading practice, game or event, they will be asked to leave and may be dismissed from the team.
- Team members shall not consume alcoholic beverages, smoke, or vape while in uniform.

Attire and Appearance

Uniforms

The Tufts Cheerleading team will provide team members with a uniform top, uniform bottom, and poms. These must be returned to the captains and/or coaches at the end of each semester. Each uniform piece will be numbered.

- The Tufts Cheerleading uniform should only be worn by a Tufts Cheerleading member.
- **The Tufts Cheerleading uniform may only be worn for sanctioned practices, games, events.**
- **Any social media posts of a team member in uniform must be appropriate.**
- **Wearing the uniform at an unsanctioned event is grounds for dismissal from the team**
- Team members are required to treat their uniforms with respect and care. See the linked ["Tufts Cheerleading Uniform Instructions"](#) document for details.
- If a uniform is lost or damaged, the team member assigned will be responsible for replacement costs. Fines may be paid in cash or with a check made out to "Trustees of Tufts College."
- If a team member's equipment is not returned at the end of the year, they will be responsible for replacement costs. Fines may be paid in cash or with a check made out to "Trustees of Tufts College."
- If a team member is interested in purchasing their own uniform or poms, please let the coaches know. If a team member purchases their own uniform, they will not need to turn it in. However, they must follow the same rules regarding wearing and washing the uniform.
- Bows are considered a part of the skirt uniform and must be only worn in appropriate settings.
 - Bows will be distributed and then owned by individual members. The first bow will be provided at no cost to the member; if a bow is lost, that member will be expected to reimburse the club for the price of the new bow.
- Practice wear t-shirts may be distributed to all members as the club is able.
 - Similar to bows, the first shirt will be provided at no cost to the member; if a shirt is lost, that member will be expected to reimburse the club for the price of the new shirt
- As of Fall 2024, members are allowed to buy an optional Brown Jumbo Liner from the Tufts Cheer Varsity Store. If a member chooses to purchase this, it is considered a part of the uniform and therefore follows the same rules outlined above.
 - The Brown Jumbo Liner is the only apparel allowed to be worn underneath the uniform shirt or shell. No other outerwear or liners are approved

Members are responsible for purchasing the following items. If this poses a financial burden, please consult with the coaches/head captain about supplemental funding/aid. Again, these pieces are considered a part of the uniform and therefore must follow the guidelines outlined above.

- The Columbia Blue Varsity Boy Cut Short, which must be worn under all skirt uniforms.
- Warm up set (updates on specifics TBD)
- Any white soft-soled cheer shoes
 - Per USA Cheer guidelines, these must be worn while cheering or competing.

Any apparel specific to the Tufts Cheer Team may only be worn in appropriate settings.

- This includes any shirts given by the team as practice wear, any apparel bought from the team store that is specific to the Cheer Team, etc.
- In general, if you have any doubts about whether or not it is appropriate to wear team related apparel to an event, it is better to err on the side of caution and wear something else.

Nails, Piercings, Tattoos

Please refer to the USA Cheer guidelines for exact wording regarding jewelry and nails.

- Jewelry and body piercings are not allowed while stunting.
 - If a body piercing cannot be removed, it must be covered with secure athletic tape.
- We do not restrict team members from getting new piercings or tattoos throughout the season, however team members may not be allowed to stunt while new piercings or tattoos are healing.
- Nails should not be grown significantly long over the edge of the fingertips.
 - If a team member has long nails, they may be restricted from stunting and/or tumbling.

Practices

Please review the Practice Schedule and Commitment Levels above. All members are expected to attend at least the Saturday sports game and one hour of practice per week. In the spring, competing members must attend the delegated number of competition practices, as applicable, in order to compete and remain in good standing. Participating in the competitive sub-section of the team will have greater attendance requirements for both commitment and safety.

Conduct

- All athletes are expected to arrive on time.
 - If an athlete is running late, they will let the captains and coaches know.
- All athletes are expected to have eaten prior to practice.
- All athletes must participate in rolling out the mats and putting them away unless injured.
- All athletes will participate in the daily warm up.
 - Athletes who arrive late must complete the daily warm up on their own.
- All athletes must be alert when on the mat.
 - Phones may be used off the mat if absolutely needed
 - Exceptions are made for filming stunts
- Coaches reserve the right to stop an athlete from practicing if they believe that continued exertion will cause harm to the athlete.
- Please listen to your body and your brain. If you need a break, take one!
- Guests are prohibited unless approved by coaches and captains.
 - If a guest is distracting, they may be asked to leave.
 - Alumni may be permitted at select open practices.
- The University, Athletics Department, and Club Sports standards for anti-hazing and anti-discrimination policies apply to all team members, as students and representatives of the institution. Please see below for more detailed policies.
 - [Hazing Prevention Community Standards](#)
 - [Student Code of Conduct](#)

Stunt Progressions

Tufts Cheerleading follows a set of progressions for all stunts and tumbling. For safety purposes, no stunt group may progress to a more difficult stunt without coach approval. All athletes must learn and perform proper spotting techniques.

Photos and Media

Photos and videos may be taken at practices for the purposes of learning, review, and/or publication on social media platforms. Please inform the captains and coaches if you do not want to be photographed.

Game Day

All games will be posted on the Band calendar. All athletes must RSVP for each game in order to be added to the official event roster on DSE by a captain. This is for team safety and liability. Please review Member Standards to see what qualifies as an excuse from games.

Sideline Cheers and Dances

- Videos of all the sideline cheers and dances will be sent to athletes at the beginning of the season.
- If new sidelines are added, videos will be made and sent out.
- Athletes are expected to learn and practice sideline cheers on their own.
- The team will review sidelines at select practices.

Stunts

- All stunts performed at games must be practiced, solid, and approved by coaches.
- Athletes must be part of the Stunt Squad, unless approved by the coaches, to be included in whole-team stunt sequences/pyramids
- If an athlete is not present at pre-game, they may not be allowed to stunt during the game.
- Game Day Only members may stunt if they attend extra practices and are approved by the coaches.

Sport Knowledge

All Tufts Cheerleaders must have basic knowledge of both [football](#) and [basketball](#). This will be reviewed at game day practices and the beginning of each season.

Attire and Appearance

Tufts Cheerleading emphasizes uniformity at all games. Below are the attire and appearance guidelines for both football and basketball games:

- Expected attire will be communicated prior to each game.
 - Option 1: Tufts Cheerleading uniform - shell/skirt or shirt/pant
 - Columbia Blue Varsity Boy Cut Short must be worn under the skirt
 - Option 2: Black Tufts Cheerleading t-shirt with black or columbia blue shorts
- White soft-soled athletic shoes with white ankle socks must be worn at each game.
- Makeup must be natural.
 - Neutral eyeshadows with or without glitter
 - Eyeliner/mascara to athlete's comfort level
 - Natural, nude, pink lip - nothing darker than a red lip
- The expected hairstyle and bow arrangement for long hair will be discussed and communicated prior to each game.
- Guidelines for nails and jewelry are stated above.

Other Things to Bring

- Water
- Snacks
- Medications, tissues, etc.
- Deodorant
- Extra hair ties
- Lipstick for reapplying
- Extra socks

Pre-Game

All athletes, stunting or not, must be present and ready to warm up 1.5 hours prior to the game's start.

Below is the pre-game schedule:

- All team members present will assist in the setting up of concessions (Basketball games).
- 20-30 minutes will be spent on warm up
 - 1 lap as a team, daily warm up
- 1 hour will be spent stunting and tumbling, or reviewing sideline cheers
 - Breaks will be taken as needed
- 15-minute break
- For football: 10-15 minutes before start time, line up to make a tunnel for the players
- For basketball: 15 minutes before start time, set lines - run onto court with 10 seconds on clock

During Games

All Tufts Cheerleaders must be paying attention to the game and listening for the captains to call cheers and stunts.

For basketball:

- On the sidelines, athletes should never have their backs to the court.
- Once the game starts, athletes will stay off the court unless stunting or tumbling.
- Stunts and tumbling can only be performed during timeouts and between quarters.
- Captains will inform the team of the next cheer prior to calling it as able.
- Defense cheers will be performed until the next possession change.
- If a player is injured, the team will kneel.

Photos and Media

Photos and videos may be taken at games for the purposes of learning, review, and/or publication on social media platforms. Please inform the captains and coaches if you do not want to be photographed.

Competition

The competition team has a goal of competing at NCA College Nationals in Daytona, Florida. As competition is a main goal of the team, we hope that all team members can commit to the competition team, however any team member may opt out if they choose. Each competition team member will be asked to sign an Attendance, Conduct, and Financial Agreement. Last year's version can be found [here](#).

Skills Assessment

The coaches will hold a required tryout practice prior to the commitment of the competition team and prior to choreographing the Nationals routine. This will be held Fall 2026. Any new members committing to the competition team will be assessed during Competition Practices.

The format of the skill assessment is outlined below:

- Tryout cheer
- Tryout dance
- Fight Song dance
- 1 Jump
- 1 Tumbling Pass

As of now, no athlete will be cut due to skill level alone, however an athlete may be cut due to poor attendance, poor teamwork/sportsmanship, and/or lack of effort to learn new skills.

Skills Required

Competition team members must be able to learn and perform a Spirit Rally routine. No stunting, tumbling, or jumping is required for a Spirit Rally routine. A sample score sheet for Spirit Rally can be found [here](#).

Time Commitment

Below are the attendance expectations for competition team members:

- Routine practices (Wednesdays)
- Saturday basketball games
 - The routine will be performed at Saturday basketball games during halftime
- Spring break practices
 - Saturday, 3/27 9a-5p
 - Sunday, 3/28 from 9a-5p
- Showcase(s)
 - Tufts Showcase - TBD
 - Assumption Showcase - TBD
 - Bryant Showcase - TBD
- NCA College Nationals - 4/8-4/10
 - Excuse note will be provided by Athletics

Lifestyle Choices

During competition season/spring semester, we strongly encourage all athletes to maintain healthy lifestyle choices to avoid injury including eating regularly, staying hydrated, avoiding drinking/drug use.

- From spring break practices through competition members will be asked to refrain from drinking or drug use. Failure to follow the coaches' instructions may result in being taken off the mat or not being able to compete entirely.

Costs

The estimated cost is \$1500 per person. Tufts Cheerleading strives to fundraise enough money to cover all costs for all athletes. This can only be achieved through collaboration and motivation of the whole

team. If the whole amount is not raised, funds are distributed based on need and effort made to fundraise. Information about personal contributions will be collected and accessed by coaches only. If the costs for competition cannot be paid for all athletes through fundraising and/or personal contribution, the team will not compete.

Fundraising

All Tufts Cheerleaders are expected to participate in fundraising efforts. Please reach out to the captains and coaches with any fundraising ideas.

Below are some examples of what the fundraising funds are used for with approximate prices:

- Uniforms and apparel
 - Blue Uniform: \$200
 - Brown Uniform: \$180
 - Black and Gray Tufts Cheerleading Shirts: \$20 each
 - Bows: \$1-2 each
- Equipment
 - Poms
 - Signs
 - Flags
 - Megaphones
 - Practice & spirit wear
 - Concessions Items
- Competition fees
- Social events/team bonding

Important Links

[Daily Warm Up](#)

2026/27 Continuous Feedback Forms: [Leadership Eyes Only](#), [Coaches Eyes Only](#)

[Fall 2026 Info Sheet](#)

[Fall 2026 Sideline Cheers and Dances](#)

[Fight Song](#)