

WARRIOR



CHEER

Get to Know the Coaches

Head Coach Howell

Occupation

ESE Teacher – 15 years (all @ Osceola)

Cheer Coach – 10 years

Prior to Teaching: Retail Buyer

Education

USF – Marketing & Psychology

SPC – Teacher Credentials

- Elementary K-6
- ESOL K-12
- ESE K-12
- Autism Endorsement
- School Psychologist

USF-St. Pete – Masters in Reading

Fun Facts

- Florida Native
- I love to color on my phone
- Avid Reader – Rom-Com, Suspense, Supernatural
- My pampered pooches – Faith, Annie, & Wolfie
- Favorites:
 - Movies – Mr. Mom, Dirty Dancing, Twilight series
 - TV Channels – Hallmark & Crime Shows
 - Bands – Eagles, Queen, Journey, Chicago, ABBA
 - Music – 70s, 80s, & early 90s



Get to Know the Coaches

Assistant Coach Mazzo

Occupation

Paralegal – 10 years

Cheer Coach – 2 years



Fun Facts

- Osceola cheerleader alumni
 - Won state championship 2002
- I love to run... and eat
- Avid sports fan (look for me at OFHS games)
- Devoted country concert goer
- Married for 18 years
- 1 daughter – Lilly
- Roscoe is my spoiled Wired Foxed Terrier
- Favorites:
 - Movies – Rom-Com, Drama, Action
 - TV Shows – Virgin River, Seal Team, BH 90210
 - Bands – 90s Boy Bands, 70s 80s Rock
 - Music – 90s music, Country, Pop

OSCEOLA

What to Work on Now

- [PCSB athletic forms](#)
 - [cheat sheet](#)
- [Athletic Insurance](#)
- [Certificates of Videos](#)
- Copy of Birth Certificate
- [Contact Information](#)



***** ALL paperwork is due by May 24th**

Responsibilities

Cheer Coach:

Our goal is to build a team of exceptional young ladies/athletes. We will be encouraging, honest, and patient as they learn teamwork, skills, responsibility, and respect. We will support the cheerleaders every way we can as they work toward achieving their potential.

Cheerleader:

You are part of a cheer family that supports you and your cheer sisters. You are role models to other students who look up to you. You are expected to:

- Have a positive attitude and mindset at all times.
- Be kind to others and conduct yourself in a respectful manner.
- Help each other and work as a team.
- Punctuality and full participation and attendance

As a team, you will build cheer skills, physical strength, dedication, mental acuity, and positive spirit as you grow. Attributes that will help with your academics.

What to Expect this Year

- Conditioning/Exercises (Practices outside and in the gym)
- Loud Voices
- Smiles
- Sharp Motions
- New Cheers, New Band Dances, New Stunts!
- Crowd Interaction
- Punctuality and Full Attendance at Practices and Games (please work your schedules around practices and games). Your attendance affects the whole squad! Especially your stunt group.
- Consequences for your actions or lack of actions (Demerit System – not associated with academic demerits) leading up to dismissal from the squad.
- FUN!! GAMES!! LAUGHTER!! TEAM BONDING!! MEMORIES!!

** Email the coaches for any requests/notifications such as Dr. appt, vacations, sick, school functions, etc. Be sure to email both coaches and cc your parent. Please limit texting with the coaches to emergencies or for basic questions.

Squads

Cheer Squads

- Varsity – 11th & 12th grades
- Jr. Varsity – 9th & 10th grades

Cheerleaders cheer for both the football and basketball seasons. Seniors, who make the football squad, may decline to participate in basketball season. Between Varsity and JV, a total of 36 cheerleaders is allowed for each sport (season).

Football Squad – top 36 tryout scores

- Varsity: 24 cheerleaders
- JV: 12 cheerleaders

Basketball Squad – number to be determined

- Top 36 tryout scores minus football Seniors and those participating in OFHS winter sports
- Next top tryout scores are added to reach a 36-member squad

Important Dates

Tryouts

Practices

- June 2nd, 2:00 – 5:30pm
- June 3rd, 2:00 – 5:30pm

Judged Tryouts

- June 4th, Practice 8:00 – 9:00am
- 9:30am 'til done (typically around 12:00 – 12:30pm)

Thursday, June 5th

- Parent Meeting
 - 6:00pm
 - Microsoft Teams

Practices

Summer: [see handbook for dates](#)

- Mondays, 9:00am – 12:00pm
- Wednesdays, 1:00 – 4:00pm

Cheer Camp

- 2-day Stunt Camp: June 20-21, 9:00am-3:30pm
- Big/Little gift exchange: TBD
- Pep Rally Camp: August 9-10, 9:00am-3:30pm

School-Year

- All Squads – Full-time Attendance Required
 - Mondays, 2:30 – 5:00pm
 - Tuesdays, 2:30 – 5:00pm

Tryouts

Practices for cheer tryouts are mandatory. For the judged tryouts, prospective cheerleaders will be given a number for anonymity purposes and will try out in front of impartial judges. The judges' scores are final. After the judges submit their scores, the Head Coach will make the final determination of team members based on scores.

What is being judged?

- 3 cheers
- toe-touch jump & jump of choice
- dance
- sharpness, voice projection, & smiling with enthusiasm **(remember to show spirit between each cheer)**

Virtual Tryouts

- Wear attire outlined in handbook
- 1 seamless video consisting of judged items in order (see other column)
- Using PCS student account, upload video to OneDrive and share with Coach Howell: howellja@pcsb.org

*** 3 cheers and dance will be available to view on the Osceola Cheer YouTube channel 2 days prior to the 1st tryout practice on 5/29.

What to Wear

Practices

Tryouts/Summer

- t-shirt/tank
- shorts/bloomers
- white tennis shoes (no vans/converse)
- white socks
- hair in ponytail

Cheer Camp/Fall

- Osceola Cheer practice uniforms
- white tennis shoes
- white socks
- hair in ponytail

Judged Tryouts

- plain white t-shirt (no writing)
- plain dark shorts/bloomers (no writing)
- solid white tennis shoes
- solid white mini-ped socks
- white shoelaces
- hair in ponytail with solid white bow

ALL Cheer Activities:

1. **NO** jewelry, including body piercings
2. Nails **cannot** be longer than the fingertips; i.e., sport length
3. Nails must be a round/curved shape; i.e., **NO** sharp tips

Social Media

EVERYTHING you post on social media sites reflects who you are and is a reflection upon your team, coaches, parents, and school officials. Inappropriate posts include pictures, texts (language), and videos.

- No negative talk about your team or coaches
- No bullying or derogative talk
- No posting inappropriate subjects like:
 - swearing
 - drinking
 - smoking/vaping
 - nudity

1st offense will result in disciplinary action & parent/cheerleader meeting

2nd offense will result in dismissal from the team

Cheer Fees

<u>Item</u>	<u>Cost</u>
Uniform Rental	\$55
Shoes	\$100
Mock Neck Midriff	\$25
Practice Wear	\$75
Orange/Blue Pom-Poms	\$28
Game Bows	\$60
Cheer Camps	\$300
Game Day Shirt	\$50
Cancer Shirt	\$20
Cheer Bag	\$50

<u>Item</u>	<u>Cost</u>
Football Cheerleaders ONLY	
• Pink Pom-Poms	\$28
• Pink Bow	\$15
• Socks	\$10
SENIORS ONLY	
• Megaphone	\$60
• Senior Night Sash	\$20

- **\$200 cash deposit due on June 9th**
- Additional Optional Items – prices TBD
 - jacket, sweatshirt, L/S shirt

Fundraiser\$\$\$

We plan to do multiple fundraisers this school year. Participation is **REQUIRED** by all cheerleaders and parents are encouraged to assist as well. The money raised goes toward operating expenses (banner paper, paint, Pep Rally music, etc.) and purchasing “big” items for the cheer team.

Volunteers

Parent Volunteers are an integral component of the Osceola cheer program. From organizing snacks/dinners; helping with set-up/clean-up at cheer camp; assisting with the banquet; and being “gophers” for the Coaches when needed. **WE Greatly Appreciate Your Help!!!** Please make sure you are **registered** as a Volunteer with OFHS and/or reactivate your volunteer status each school year.

Contact Julia Long: longjul@pcsb.org

Head Coach Howell
howellja@pcsb.org

Asst. Coach Mazzo
mazzo@pcsb.org

**Thank You
for your
support!**