

OSCEOLA FUNDAMENTAL HIGH SCHOOL CHEERLEADER HANDBOOK



2022-2023

Osceola Fundamental High School
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PURPOSE OF THIS HANDBOOK

The purpose of this handbook is to provide guidance to cheerleaders and parents at Osceola Fundamental High School. It is not possible in this format to provide all policies and procedures from the various governing bodies of athletics. The following information presented in this handbook represents the Common Standards for the Osceola Fundamental High School Cheerleading Program.

PHILOSOPHY

Cheerleading is an activity that builds self-confidence, responsibility, leadership, and communication skills. It involves more than sideline cheers, stunts, and tumbling. As cheerleaders our priority is on academics. We are committed to improving our school and community by participating in academic Honor Societies, clubs, school government, and community service projects.

TEAM COMMITMENT

By accepting a position on the OFHS Cheerleading Squad, cheerleaders are making a commitment for the entire 2022-2023 school year. Cheerleaders participate at every home and away Varsity and Junior Varsity football games, and all home Varsity and Junior Varsity Boys and Girls basketball games. In addition, cheerleaders are leaders and as such are responsible for generating school spirit throughout the school year by making banners/posters and supporting school causes, such as dressing up for spirit weeks and on dress-up days.

* Seniors may decline to participate in basketball season. All other cheerleaders may decline to participate **IF** they are participating in an **Osceola** winter sport (soccer, basketball, and wrestling). Non-Osceola sports, cheer, or dance teams are not exempt from participating in the basketball season. If a cheerleader does not participate in basketball season or an Osceola winter sport, it will be considered by the Coaches that the cheerleader has quit the squad.

* If a cheerleader quits or is dismissed from the squad, he/she may not be allowed back on the OFHS Cheerleading Squad at any time during their years at Osceola Fundamental High School. Special circumstances will be addressed by the Head Coach and Assistant Principal for Athletics.

SPORTSMANSHIP

All cheerleaders will always show good sportsmanship and respect towards self, team, and others.

- Cheerleaders will make sure all cheers are positive and not derogatory to the opposing team.
- Cheerleaders will respect the opponent's cheers by remaining silent during their time to cheer.
- Cheerleaders will give the opposing cheerleaders an equal amount of cheering time.
- Cheerleaders will make the opposing cheerleaders and spectators feel welcome by maintaining a friendly attitude before, during, and after the game.
- There will be no distracting activity during free throw attempts in basketball games.
- Megaphones will be used for voice amplification purposes only.

PROFESSIONALISM

As representatives of OFHS, all cheerleaders are held to a high standard. This includes demonstrating appropriate positive behavior throughout the school year by exhibiting leadership, school spirit, and good character at all times. While in Osceola Cheer dress code, cheerleaders are to refrain from:

- Use of profanity or any other inappropriate language
- Use of obscene gestures or any other inappropriate gestures
- Talking excessively with members of the audience
- Chewing gum or eating during cheer activities*
- PDA (holding hands is acceptable)

* cheer activities – tryouts, practices, cheer camp, games, events

COMMUNICATION

Communication with the Coaches should be conducted in person; through email (your parent should be cc'd on the email); text message with your parent included; or on the BAND app. ALL private concerns should be communicated in person or through email with your parent cc'd.

CELL PHONES

The use of cell phones is prohibited during all cheer activities. In the event of an emergency (illness) or change of plans (team function ended early or is running late), cheerleaders may use their cell phones to call their parents after receiving permission from the Coaches.

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. Even when your settings are set to “private,” you never know 1) which one of your online “friends” will report back to your coaches or repost your pictures, videos, quotes, group chats, and/or texts, and 2) which one of your friends will post pictures and/or videos of you. Improper use of social media which is in direct conflict with OFHS athletic philosophy has consequences. The first offense will result in disciplinary action and the second offense will be dismissal from the team. More serious infractions may result in immediate dismissal from the team. The degree of seriousness will be determined by the Head Coach and OFHS Assistant Principal for Athletics. Social media abuse can include negative talk about your team or coach, bullying, or other inappropriate uses of social media (e.g., drinking, smoking, nudity, swearing, etc.). The rules governing social media and the consequences are in effect for one year of the date of signature.

* Social Media includes, but is not limited to, Facebook; Twitter; Instagram; Snapchat; Tik Tok; WeChat; GroupMe; WhatsApp; Whisper; YouTube; etc.

PARTICIPATION REQUIREMENTS

Requirements Prior to Tryouts: Before a cheerleader is cleared to tryout: 1) All required athletic paperwork must be submitted in its entirety and approved by the Athletic Coordinator. This paperwork can be found on the school's website: <http://pcsb.org/osceola-hs> Click on the Athletics tab. 2) All cheer paperwork must be submitted to the Head Coach.

Athletic Paperwork

- Athletic Participation form
- Documentation of physical
- Athletic Insurance
- Certificate for Videos
 - Concussion in Sports
 - Heat Illness Prevention
 - Sudden Cardiac Arrest
- Birth Certificate (9th graders & 1st time athletic participants only)

Cheer Paperwork

- Cheer Handbook Signature Page
- Contact Information

All cheerleaders must maintain an unweighted 2.0 GPA. If the GPA falls below 2.0, a cheerleader will be suspended from the team immediately. Reinstatement to the team will occur at which time the GPA rises to 2.0 or above. Eligibility is checked at the end of each semester.

Cheerleaders competing when absent from school:

- When school is in session, cheerleaders are expected to attend all classes.
- Cheerleaders must attend at least half of the school day (4 periods) to be eligible to participate that evening.
- All extenuating circumstances must be approved by the Assistant Principal for Athletics and communicated to the Head Coach by this Administrator.

TRYOUTS

Practices for cheerleading tryouts are mandatory and will be conducted by the Coaches and experienced cheerleaders that are not current OFHS cheerleaders. For the judged tryouts, prospective cheerleaders will be given a number for anonymity purposes. Each candidate 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 and criteria set by PCS and FHSAA rules for team division. A parent has the right to request a conference concerning his/her child's scores. The parent will contact the OFHS Assistant Principal for Athletics to schedule a conference. The parent, potential cheerleader, head cheerleading coach, assistant principal, and if needed the school principal will attend the conference. The parent may review his/her child's score and the range of scores without disclosing names.

ATTENDANCE

OFHS cheer shall come before any and all other non-academic activities, including All-Star Cheer, dance, jobs, volunteering, school clubs, outside sports, doctor's appointments, etc. **All cheer activities are mandatory**, and cheerleaders are expected to be on time, in Osceola Cheer dress code, and ready to cheer*. Cheer activities include tryouts, practices, cheer camp, games, and events. Excusals require prior approval and must be in written form from the cheerleader's parent to the Head Coach. A text from the parent to the Coach should only be used for last minute absences, tardies, or leaving early; however, a written excusal must still be given to the Coach after the practice, game, or event. Excusable absences, tardies, or leaving early are illness, funerals, family weddings, religious holidays, school fieldtrips, and college tours. Non-excusable absences include parties, 3-day holiday weekends, theme parks, concerts, job interviews, other sports' practices, etc. It is up to the Head Coach's discretion what is excusable.

Tryouts: OFHS gymnasium

- Practice – 9:00am – 12:00pm: Tuesday (5/31), Wednesday (6/1), Thursday (6/2)
- Judged Tryouts – will start at 9:00am on Friday (6/3). Cheerleaders need to arrive by 8:30am.
- For girls who make the team:
 - 1:00pm: uniform fitting
 - 3:00pm: parent meeting

Practices:

Summer

- Practices will take place on Wednesdays from 12:00 – 3:00pm, on the following dates: 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20. All cheerleaders are expected to attend unless 1) on family summer vacation or 2) working.

School

- Practices will take place on Mondays from 2:15 – 4:30pm, starting the 1st Monday after school starts. There will be no practices on days there is no school; i.e., Pro-Ed days or holidays.
- Homecoming: The week of Homecoming, girls should expect the Monday practice to go longer due to preparation for the Pep Rally. Date & time for this practice TBD.
- Post football season & Pep Rally, practice time will change to 2:15 – 3:30pm.

Games: Cheerleaders need to be at AWAY football games, on the track, 45 minutes prior to the start of the game. For HOME football games, cheerleaders need to meet in the school's cafeteria for dinner 90 minutes prior to the start of the game. All basketball games, cheerleaders are to meet in the OFHS cafeteria 30 minutes prior to the start of the game.

Cheer Camp:

- Yearbook pictures will be taken on Wednesday, July 27th, time TBD. For each squad: 1) on the track for football and 2) in the gym for basketball. For a fee, a professional photographer will be available to take individual/group pictures.
- Cheer Camp will be held July 28th – 30th at Rock Solid Allstars Gym, 9:00am – 3:00pm.

Events: Cheer events are an extra opportunity to promote school spirit. These events include PTSA Student Showcase, 9th grade Curriculum Fair, and Seminole Pow Wow Parade.

* Ready to Cheer – water bottle is filled with water and you have used the restroom.

DRESS CODE

All cheerleaders are to adhere to the Osceola Cheer dress code for all cheer activities. No jewelry, including body piercings, can be worn at cheer activities. Nails cannot be longer than the fingertips. Only clear or light color polish is acceptable (the Coaches determine what is considered light color).

Tryouts:

- **Practices** – Girls are to wear acceptable attire, including non-Osceola cheer t-shirts, sports bra, shorts, bloomers*, solid mini-ped white socks, solid white tennis shoes, and white shoelaces. Hair must be pulled in a ponytail or pulled off the face if too short for a ponytail.
- **Judged Tryouts** – Girls are to wear a plain white t-shirt (no writing), plain dark shorts (no writing), light color sports bra, solid dark color bloomers*, solid mini-ped white socks, solid white tennis shoes, and white shoelaces. Hair must be pulled in a ponytail with a plain white bow* or pulled off the face if too short for a ponytail.

* Bows and bloomers must not be All-Star

Practices/Cheer Camp: Cheerleaders are to wear the official Osceola Cheer practice uniform. This uniform includes 3 tank tops, black shorts, solid mini-ped white socks, solid white tennis shoes, and white shoelaces. Hair must be pulled in a ponytail or pulled off the face if too short for a ponytail. For each practice, Captains will determine which tank top will be worn. Cheerleaders will be notified prior to practice of the uniform.

Games:

- **Game Day (school)** – Cheerleaders are to wear the Game Day shirt. Hair must be pulled in a ponytail or ½ up with the Game Day hair accessory.
- **Game Night** – Cheerleaders are to wear the Osceola cheerleading uniform. This uniform includes top, skirt, royal blue bloomers, solid mini-ped white socks, white tennis shoes, white shoelaces, and orange/blue pom-poms. Hair must be pulled in a ponytail with the Osceola Cheer Game Night bow or pulled off the face if too short for a ponytail.
- **Breast Cancer Month** – For the month of October, cheerleaders are to wear their usual Game Night uniform, with three exceptions: 1) breast cancer bow (pink); 2) breast cancer socks; and 3) pink pom-poms.

* Homecoming: Cheerleaders are expected to participate in the dress up days. Therefore, they do not need to wear the Game Day shirt or hair accessory to school this week.

Event:

- **Student Showcase** – Game Night uniform
- **Curriculum Fair** – Cheerleaders are to wear the Game Day shirt and pants with no holes or decorations. Hair must be pulled in a ponytail with the Game Day hair accessory or pulled off the face if too short for a ponytail.
- **Seminole Pow Wow Parade** – Game Night uniform

UNIFORM

All cheerleaders are furnished a uniform (top and skirt) by the school. This uniform is the property of OFHS. The rental fee for this uniform is \$50 non-refundable. Cheerleaders are responsible for returning uniforms in clean, good condition at the end of the season for each sport. Cheerleaders will be billed for any uniform that is damaged, lost, or stolen.

SAFETY

Cheerleading is an athletic activity that involves risk. All team members will hold safety as a priority during all tryouts, practices, games, cheer camp, and events. Risk can be managed, and cheerleading performed safely if the right procedures are followed. Cheerleading safety requires a team approach, and that team includes the cheerleaders, Coaches, parents, and administration.

FUNDRAISING

Cheerleaders are expected to participate in fundraisers. The money cheerleaders raise will go to the cheerleading fund to help with operating expenses. Operating expenses include, but are not limited to, banner paper, posters, paint, tape, and flyers. In addition, money is raised to buy tumbling mats, football tear-away banner, basketball seat cushions, and future uniforms.

VOLUNTEERS

Parents planning on volunteering their time need to be registered as a Volunteer with OFHS. Volunteer time includes, but may not be limited to, helping with fundraisers; providing meals for cheerleaders; fitting cheerleaders for uniforms; assisting with the end-of-the-year banquet; and assisting the Coaches where needed.

REASONS FOR DISMISSAL

- Discipline problems during the current school year
- Substance abuse (drugs, alcohol, tobacco)
- Violation of requirements or expectations
- Abuse of social media
- Excessive Infractions

Quitting or dismissal from the squad may result in forfeiture of any letter/awards for that season as well as qualification to participate in OFHS cheerleading in subsequent years.

CONSEQUENCES FOR INFRACTIONS

Cheerleaders will face consequences for any infractions that are committed. Consequences for infractions do not apply to absences, tardies, and leaving early that received Prior Approval.

¼ Game Suspension:

- Improper Osceola Cheer dress code (Game Day)
 - Includes not wearing the Game Day hair accessory all day, except for during PE.
- Cheer activities – tardy or leaving early (up to 15 minutes)
- Public Displays of Affection (does not include holding hands)*
- Chewing gum or eating during cheer activities*

½ Game Suspension:

- Improper Osceola Cheer dress code (practices and cheer camp)
 - Includes wearing jewelry or dark/bright nail polish; nails longer than the fingertips; and not bringing pom-poms.
- Cheer activities – tardy or leaving early (more than 15 minutes)
- Use of cell phone during cheer activities (without permission)*
- Talking excessively with members of the audience during cheer activities*
- Littering at any activity; e.g., failure to clean up after practices or games*

1 Game Suspension:

- Improper Osceola Cheer dress code (Game Night and events)
 - Includes wearing jewelry or dark/bright nail polish; nails longer than the fingertips; wearing the wrong bow, bloomers, socks, etc; bringing the wrong or zero pom-poms.
- Absent from cheer activities
- Use of profanity or obscene gestures
- Disrespect to fellow squad members, peers, Coaches, parents, or administration
- Talking poorly about the team, Coaches, school, teachers, or school activities
- Conduct unbecoming of a cheerleader
 - Includes, but is not limited to, bullying, harassment, or intentional embarrassment of others
- Abuse of social media

During game suspensions, cheerleaders are required to attend the game in Game Night dress code and sit with the Coach(s). The use of cell phones is not allowed. Also, this is not a time to catch up on homework.

* Cheerleaders will receive a verbal warning before the implementation of game suspensions, except in cases of social media abuse and absences from cheer activities.

**OFHS CHEERLEADING
SIGNATURE SHEET**

I, _____ HAVE RECEIVED THE OSCEOLA
FUNDAMENTAL HIGH SCHOOL 2022-2023 CHEERLEADING HANDBOOK. I HAVE
READ THIS HANDBOOK AND I UNDERSTAND MY RESPONSIBILITY AS IT
PERTAINS TO BEING A CHEERLEADER AT OSCEOLA FUNDAMENTAL HIGH
SCHOOL. I AGREE TO ABIDE BY THE EXPECTATIONS AS OUTLINED THEREIN.

Student's Printed Name

Date

Student's Signature

Parent's Printed Name

Date

Parent's Signature


Assistant Cheer Coach's Signature

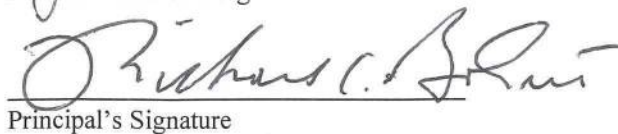
4/28/22
Date


Head Cheer Coach's Signature

4/28/22
Date


Athletic Director's Signature

4/28/2022
Date


Principal's Signature

4/28/2022
Date