

Enthusiasm

Collaboration

Mindset

School
Ambassadors

Hard Work

Teamwork

Positive Energy

Mustangs



Pride

School Spirit

Inspiration

Unity

Passion

Dedication

Commitment

Discipline

Leadership

THHS PEP SQUAD

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PARENT & ATHLETE ORIENTATION

April 25, 2024 - 7:00pm



AGENDA

01. Welcome & Meet Coach Melissa Moreno
02. Squads & Program Overview
03. Tryout Details
04. Booster Club Overview
05. Finances & Fundraising Opportunities
06. Thank You & Good Luck!



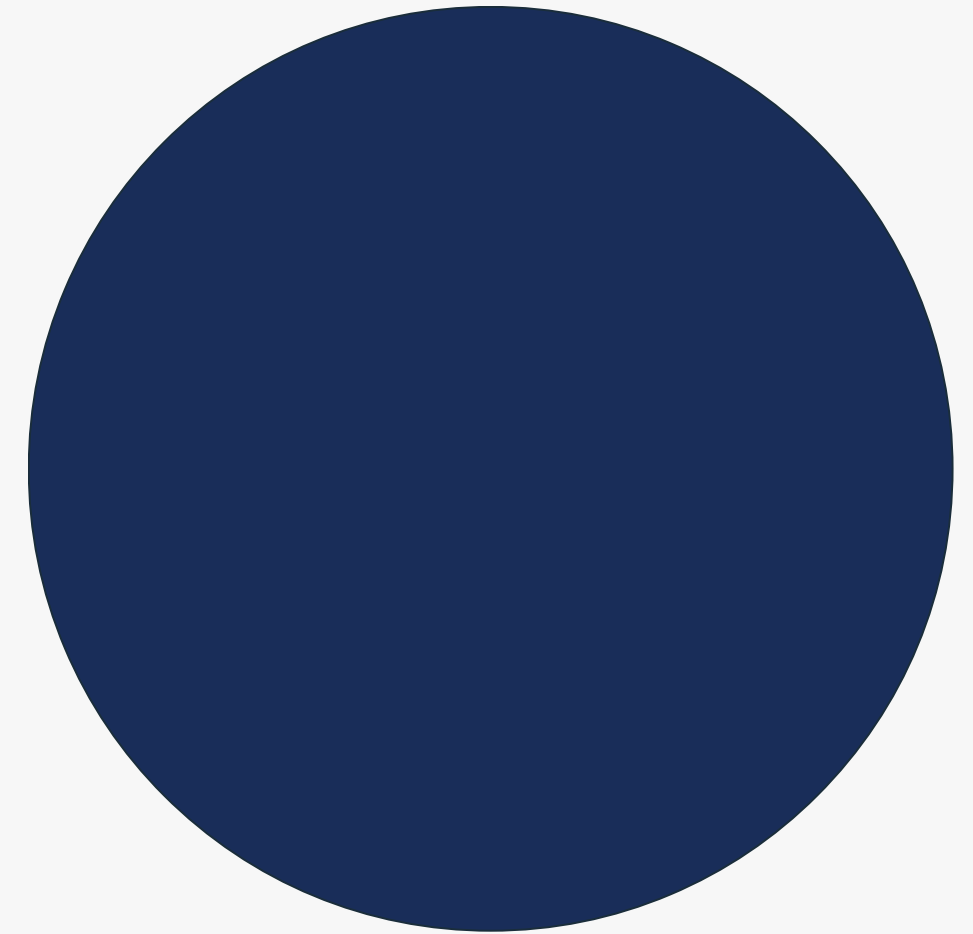
MEET OUR COACHES



Melissa Moreno
Varsity Cheer



Savannah Sipprell
Varsity Song



JV Cheer



COACH MELISSA'S CAREER HIGHLIGHTS

EDUCATION:

2014-2016

Orange Coast College, Associates Degree in Liberal Studies

2009-2012

Trabuco Hills High School



WORK EXPERIENCE:

2011-2023

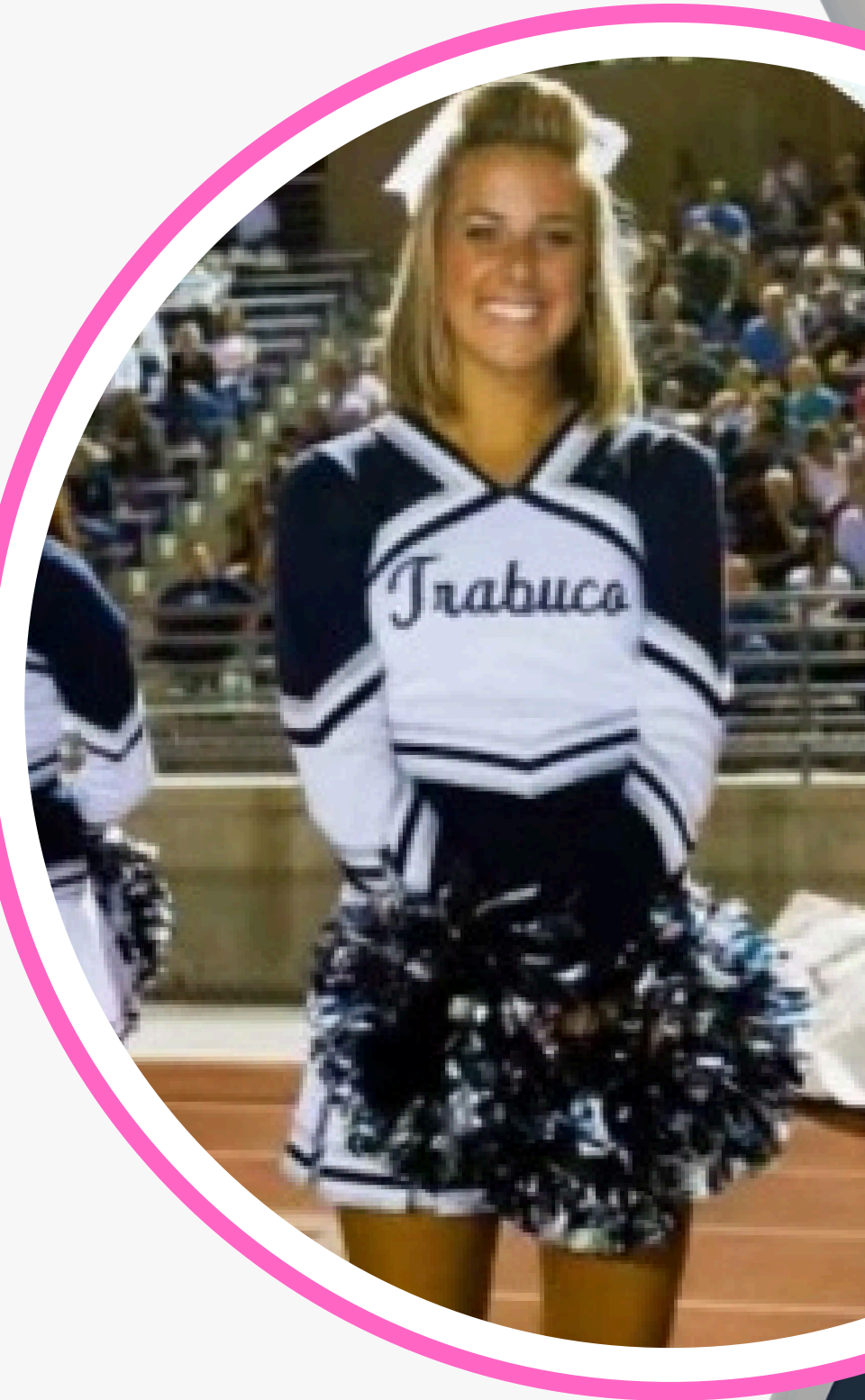
Allstar Cheerleading Head Coach and Tumbling Instructor,
CheerForce Allstars and California Pride Allstars

2013-2019

Head Cheerleading & Pom Coach, El Modena High School

2012-2019

Head Cheer Camp Instructor, AMP Camp & United Spirit Association



COACH MELISSA'S CAREER HIGHLIGHTS

ACCOMPLISHMENTS:

2014, 2020, 2021: NCA Champion

2018, 2019: USA Spirit Nationals Silver Medalist

2020: D2 Summit Champion

2014-2023: USA Allstar National Champion

2021: D2 Summit Silver & Bronze Medalist

2022: D1 Summit Bronze Medalist

2023: D1 Summit Champion & Bronze Medalist



COACH MELISSA'S MISSION



Elevate the **standard and style** of the Pep Squad while maintaining the deep rooted traditions and culture.

COACH MELISSA'S GOALS



- Adapt a **stronger, more athletic presence** while cheering on the sidelines.
- Stay up to date with **current trends** in the industry to keep the Pep Squad entertaining for crowds.
- **Push the limits** in not only difficulty but also technique to keep athletes safe but also challenged.
- Enhance the visual appearance of the Pep Squad by **updating the uniforms** while keeping the “Trabuco tradition” at the forefront.
- Continue to keep the **culture of encouraging, loving, hard working teams** that give back to the community through volunteering and community support.

WELCOME TO THE THHS PEP SQUAD!

- Vital force in **promoting school pride** as well as supporting all aspects of the athletic department and associated student body.
- The **determination and discipline** displayed by our pep squad serves as an inspiration to school and community at large.
- Promoting campus activities, assemblies, special events, Spirit Week, Homecoming, and in **serving as ambassadors** of good will for the school and community.
- **Meet rigorous standards**, both academically and in personal conduct.



2023-24 PROGRAM HIGHLIGHTS

- **75** Pep Squad Members
- **34** Scholar Athletes (above 3.5 GPA) !
- **3 Squads:** Varsity Song, Varsity Cheer, JV Cheer
- **12 performances** (not including half time shows)
- **1,913 Community service hours** volunteered
- Booster Club **raised \$48,000** through fundraising activities
- **FUN team bonding** activities throughout the season including summer social, holiday party, year-end banquet, etc.
- Built solid relationships with **Football and Band** leadership



SQUADS

Varsity Cheer & Varsity Song **NEW! 10th-12th Graders for Cheer** **9th - 12th Graders for Song**

- 10 football games + CIF playoffs
- 8-10 basketball games + CIF playoffs
- Additional sporting events, as requested
- 4-5 pep assemblies
- School/community events

JV Cheer

9th-10th Graders

- 10 football games **(all home games)**
- 8-10 basketball games **(all home games, 2 games per day)**
- Additional sporting events, as requested
- 4-5 pep assemblies
- School/community events



CIF COMPETITIVE CHEER TEAM

- More information will be announced **after May 1**
- **Separate** program from Pep Squad
- Tryouts are open to **entire school**



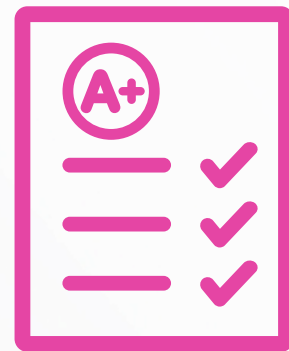
PROGRAM OVERVIEW



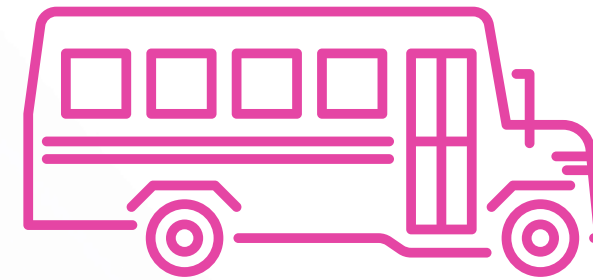
Communications



Eligibility



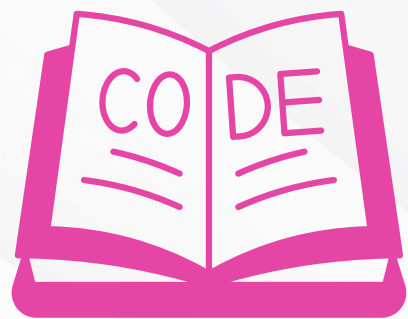
Grading Scale



Transportation



Attendance



Conduct



Uniforms



**Financial
Responsibility**



**Time
Commitment**

CHEER SCORESHEET



SIDELINE CHEER SCORESHEET

9 10
11 12

ATHLETE # _____

CATEGORY	COMMENTS	POINTS	SCORE
<p>DANCE</p> <p>0-10 pts: Little knowledge of choreography & inability to keep up with routine pace. 11-20 pts: Good understanding of choreography but unable to execute with precision. 21-30 pts: Excellent execution and understanding of choreography.</p>		30	
<p>CHEER</p> <p>0-10 pts: Little knowledge of cheer, motions performed with little to no precision, little to no voice inflection. 11-20 pts: Good knowledge of cheer, motions performed with some precision, good voice inflection. 21-30 pts: Excellent knowledge of cheer, motions performed with precision and sharpness, powerful voice inflection.</p>		30	
<p>APPEARANCE & SHOWMANSHIP</p> <p>Hair slicked back, neat clothes & athletic shoes: 0-5 pts Genuine enthusiasm, eye contact, & confidence: 0-10 pts Ability to engage the crowd: 0-5 pts</p>		20	
<p>JUMPS</p> <p>Leg/arm placement, hyperextension, pointed toes, & landing: 0-10 pts</p>		10	
<p>SPECIALTY</p> <p>Standing BHS: 2 pts RO BHS: 2 pts Standing tuck: 2 pts RO tuck/BHS tuck: 2 pts RO BHS layout/full: 2 pts</p>		10	

JUDGE : _____

GRAND TOTAL : _____/100

SONG SCORE SHEET



SONG AUDITION SCORE SHEET

Candidate: _____ Judge: _____

Category	Points	Score	Comments/Criteria
Cheer - Motions, sharpness, voice, showmanship, knowledge, spirit/pep	10		
Dance - Knowledge, motion sharpness, style, execution of technical elements, showmanship	35		
Across the floor - Flexibility, turn technique (multiple pirouettes), toe touch, calypso, a variety of leaps/turns	35		
Speciality Skills - Headspring, leg hold turns, turning disc, ariels, alasecond sequence	10		
Overall Impression - Showmanship, appearance, spirit/pep	10		

Judges Total: _____ /100

CLINIC & TRYOUT DETAILS

Register: www.trabucohillspepsquad.com by April 30

Clinic Cost: \$30 Due on April 30

(if paying by cash/checks, pay tonight or bring on April 30)

Clinics: April 30 - May 2 from 5:30pm-7:00pm

Tryouts: Friday, May 3 from 4:00pm-8:00pm (no fee)

Tryout Attire: Plain white crew neck t-shirt, navy blue shorts, white bow, cheer/song shoes or white athletic shoes

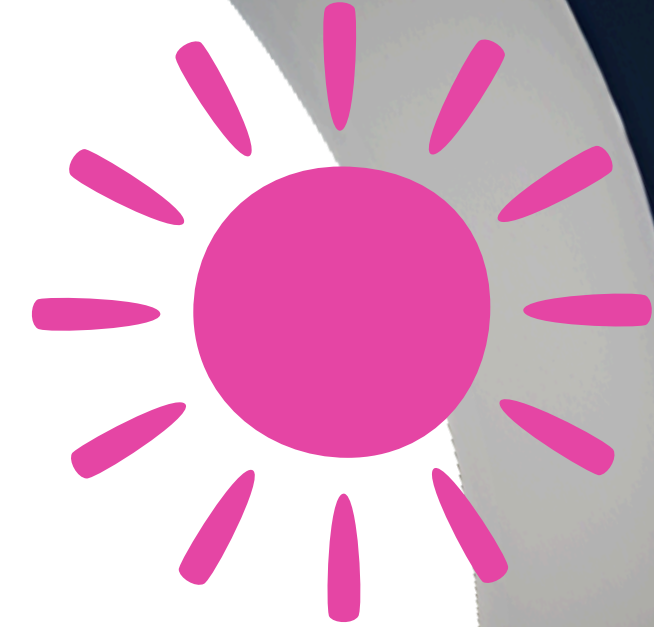


MAY & JUNE SCHEDULE



- New squad dinner celebration (S): May 4
- **Athletic Clearances Due by May 7**
- **Important! Parent Meeting (T): May 7 at 7pm**
- May Practices (T,W,TH): May 7-9, May 14-16, May 21-23 from 6-8pm
- Uniform Fittings (M): May 20 at 4:30 pm (specific team times TBA)
(uniforms, sweats, practice wear, backpack, shoes)
- **Vacation: May 24 - June 14**
- June Practices (T,W,TH): June 18-20 & June 25-27 from 7-8:30am

JULY & AUGUST SCHEDULE



- **Vacation: June 28-July 7**
- July Practices (M-TH): July 8-11 & July 15-18 from 7-8:30am
- USA Showtime Camp (M-TH): July 22-25 at Hyatt Regency Indian Wells in Palm Desert
- **Vacation: July 26 - August 4**

- August Practices (M-F): August 5-9 from 7-8:30am AND 5:30-7:30pm
- Squad Photos for Football Program: **Date TBD**
- Football/Band/Cheer BBQ: **Date TBD**
- Football 101 with Coach Nolan: **Date TBD**
- Cheer Test (M): August 12 from 7-8:30am
- Stools/Box Rehab (S): August 17 from 9am-12pm
- Beach Photographs: **Date TBD**

BOOSTER CLUB OVERVIEW

- Pep Squad Program is **100% funded** through the Booster Club efforts, including Coaches stipends
- 501(c)(3) organization
All donations are **tax-deductible (YEAH!)**
- **Monthly** Booster Club meetings



BOARD OF DIRECTORS



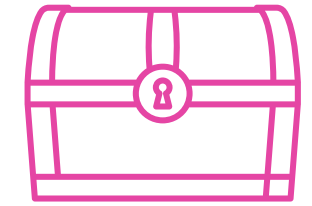
President



**Vice President, Fundraising
Co-Fundraising**



Secretary



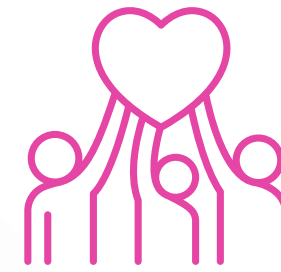
**Treasurer
Co-Treasurer**



**Hospitality
Co-Hospitality**



**Historian (Varsity)
Co-Historian (JV)**



**Community Service
Co-Community
Service**

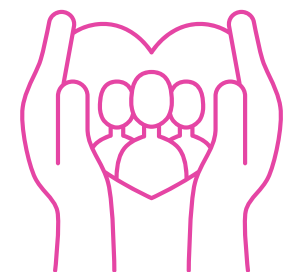


**Communications
Co-Communications**



GET INVOLVED!

**JOIN A FUN & ACTIVE
BOARD OF DIRECTORS!**

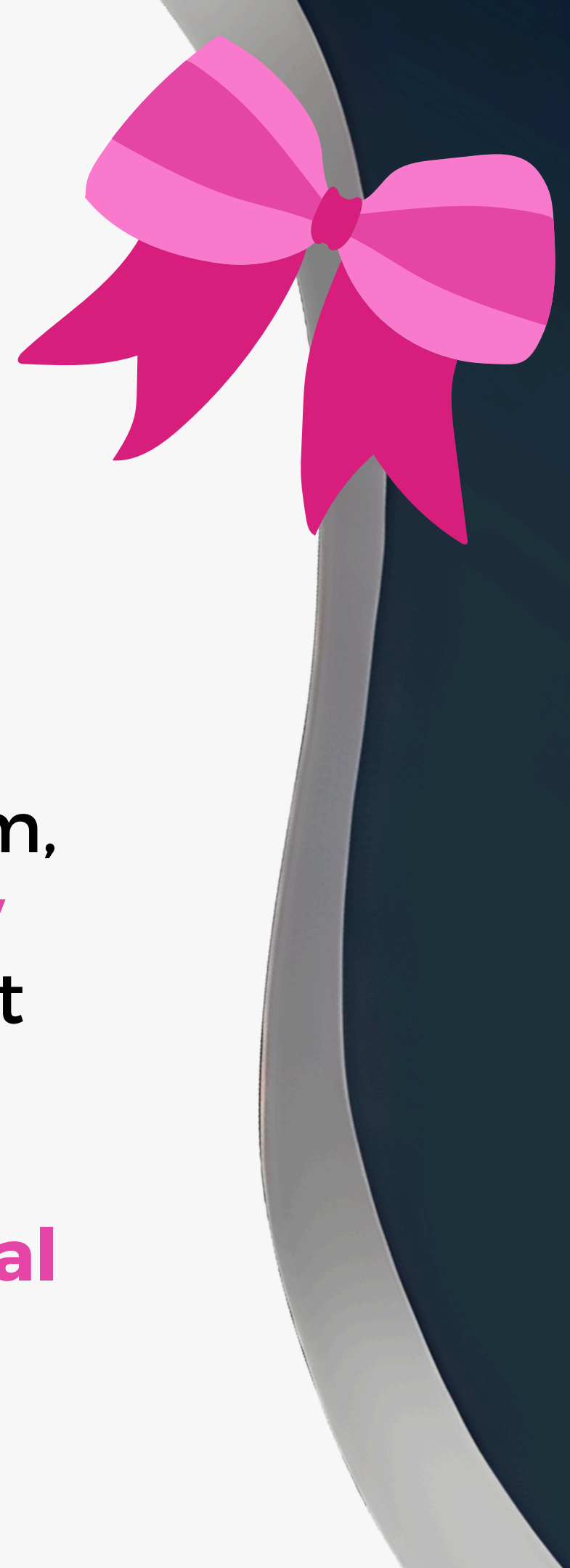


**Team Parents
for Each Squad**

FINANCIALS & FUNDRAISING

- Pep Squad Program is funded **100%** through Booster Club efforts.
- SVUSD does **not** fund the Pep Squad Program, including Coaches stipends.
- As proud as we are of funding the Pep Squad Program, it does come with **significant financial responsibility** and the tax-deductible donation is needed to support the continuation of the program.
- To help meet your financial donations, we offer **several fundraising opportunities** throughout the year.

*Participation in the Pep Squad Booster Club Org. is voluntary.



FUNDRAISING OPPORTUNITIES



2024-25 ESTIMATED COSTS



	JV CHEER	VARSITY CHEER	VARSITY SONG
Sideline Pep Squad (Booster Club Dues - Billed over 7 months)	\$828	\$828	\$828
Camp Fees (Transportation not included)	\$675	\$675	\$675
Uniforms, Warm-ups, Shoes, Backpack	\$1,113	\$1,132	\$1,107
Megaphones (Does not include paint/decor)	\$0	\$40	\$0
Spirit Wear & Activities (Pom Poms, Bows, 2 Jerseys, Sweatshirt, Hoco, Wofo, Away Game Dinners, Uhaul)	\$430	\$560	\$560
TOTAL:	\$3,046	\$3,235	\$3,170
Other Expenses (billed separately / out of pocket)			
Welcome Team Party (Students Only: May 4, 2024)	\$30	\$30	\$30
Summer Kick Off (Parents Only)	\$25	\$25	\$25
Athletic Clearance Fee/Physical	\$45	\$45	\$45
Senior Only Fees	\$0	\$225	\$225
Big Sis/Little Sis, White Elephant & Camp Gifts	\$90	\$90	\$90
Banquet (\$90 Per Person)	\$180	\$180	\$180
TOTAL:	\$370	\$595	\$595
ESTIMATED GRAND TOTAL:	\$3,416	\$3,830	\$3,765

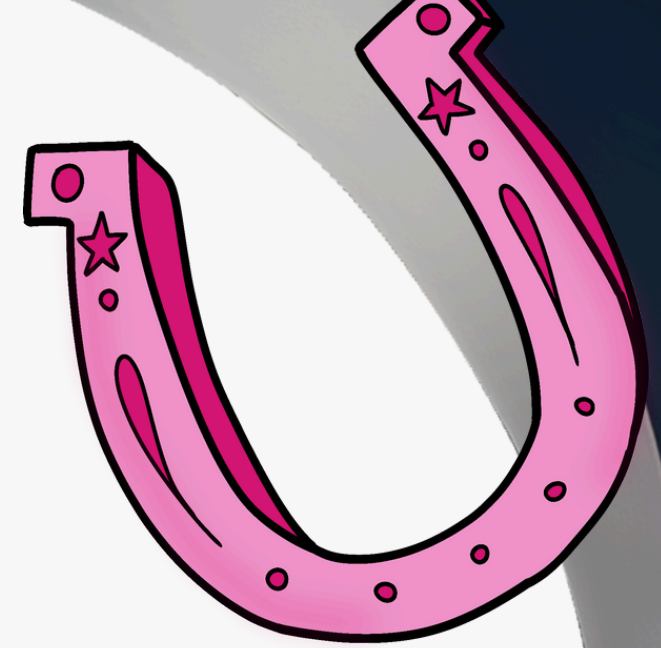
FIRST PAYMENT - DUE MAY 7

\$450 deposit check is due at the first Parent Meeting on May 7, 2024 at 7:00pm

\$200 Camp Deposit (required to attend)

\$250 Booster Club Contribution (coaches stipends)

*Non-refundable



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Pep Squad

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Discipline

Leadership

THANK YOU & GOOD LUCK!!!



www.trabucohillspepsquad.com



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