

# TRABUCO HILLS PEP SQUAD

2026-2027 PARENT &  
ATHLETE TRYOUT MEETING

March 31, 2026 - 7:00pm



**Beyond the Sidelines**

Beyond the Sidelines

# 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.
- Promote campus activities, assemblies, special events, Spirit Week, Homecoming, and serve as ambassadors of goodwill for the school and community.
- **Meet rigorous standards**, both academically and in personal conduct.



# MEET OUR COACHES



**Melissa  
Moreno**

Advisor,  
Varsity Sideline  
Cheer &  
Competition Cheer



**Savannah  
Sipprell**

Varsity  
Sideline/Competition  
Song



**Jaeda  
Jones**

JV Sideline Cheer &  
Competition Cheer



**Carissa  
Hwang**

JV  
Sideline/Competition  
Song

# 2025-26 PROGRAM HIGHLIGHTS

- **86** Pep Squad members
- **43** Scholar Athletes (*above 3.5 GPA*)
  - 19 of the 43 have above a 4.0 GPA
- **5 Squads:** JV Sideline Cheer, JV Sideline Song, Varsity Sideline Cheer, Varsity Competition Cheer, & Varsity Sideline/Comp Song
- **2,156 community service hours volunteered** (*almost 90 days!*)
- Booster Club raised **\$105,165** through fundraising activities
- **FUN team bonding** activities throughout the season including summer camp, holiday party, & year-end banquet
- Continued to build solid relationships with **Football, Flag Football, Basketball and Band** leadership



# 2026-27 PROGRAM

## ***Selective Tryouts***

- We are seeking dedicated, serious athletes who are fully committed to their team, the practice schedule, and upholding the culture and standards of our program.
- We will honor the natural score break, but our **target team sizes** are listed below.

- *JV Sideline Cheer. 20 - 26 athletes*
- *JV Comp Cheer. 12 - 23 athletes*
- *JV Sideline/Comp Song: 9 - 13 athletes*
- *Varsity Sideline Cheer. 24 - 30 athletes*
- *Varsity Comp Cheer. 23 + athletes*
- *Varsity Sideline/Comp Song: 14 - 22 athletes*

## ***High Standards***

- Athletes will be held to high standards in practices, performances, and conduct.



# 2026-27 PROGRAM

## *Attendance Expectations*

- All athletes are required to attend all practices and performances unless excused in advance.
- Consistent attendance is **critical** for team development and performance.

## *Structured Summer Practices*

- An organized summer practice schedule will be followed by all coaches.
- Each team will receive one dedicated work week, a full week of practices focused solely on their team with all coaches in attendance, in addition to our program-wide practices.



# JV SIDELINE CHEER

- Grades 9 – 11
- Cheer at all home Freshman & JV Football Games
- Cheer at all home Frosh & JV Basketball Games
- Cheer at select home Varsity Girls FF Games
- 4-5 pep assemblies
- School/community events
- No prerequisite to tryout, but previous cheerleading experience will be beneficial to your tryout score
- *Target team size: 20 – 26 athletes*





# JV COMPETITION CHEER



- **Separate tryouts and fees from sideline cheer**
- Grades 9 – 11
- Competes at 3 local competitions and USA nationals
- Tumbling skills we are looking for, but not required – round off back handspring, standing back handspring
- *Target team size: 12 – 23 athletes*



Mandatory Parent & Athlete Tryout Meeting  
5/26 @ 7:00 pm in the Library

Tryouts – 5/28 from 5:00 – 7:00 pm in GYM





# JV SIDELINE/COMP SONG

- Grades 9 – 11
- Cheer at all home Freshman & JV Football Games
- Cheer at all home Frosh & JV Basketball Games
- Cheer at select home Varsity Girls FF Games
- 4-5 pep assemblies
- School/community events
- **Competes at 3 local competitions and USA nationals**
- **Prerequisite** – double pirouette, toe touch, basic jumps & leaps
- *Target team size: 9 – 13 athletes*





# VARSITY SIDELINE CHEER

- Grades 10 – 12
- Cheer at all Varsity Football Games
- Cheer at all Varsity Basketball Games
- Cheer at select home Varsity Girls FF Games
- Additional sporting events, as requested
- 4-5 pep assemblies
- School/community events
- No prerequisite to tryout, but previous cheerleading experience will be beneficial to your tryout score
- *Target team size: 24 - 30 athletes*



# VARSITY COMPETITION CHEER

- **Separate tryout and fees from sideline cheer**
- Grades 9 - 12
- Competes at 3 local competitions, CIF-SS Championships, USA nationals, and UCA nationals in Orlando, Florida
- **Prerequisite** - previous competition cheerleading/tumbling experience
- Tumbling skills we are looking for, but not required - Round off back handspring tuck, standing 2 back handsprings, toe touch back handspring
- *Target team size: 23 + athletes*

Mandatory Parent & Athlete Tryout Meeting  
5/26 @ 7:00 pm in the Library

Tryouts - 5/28 from 5:00 - 7:00 pm in GYM





# VARSITY SIDELINE/COMP SONG

- Grades 9 – 12
- Cheer at all Varsity Football Games
- Cheer at all Varsity Basketball Games
- Cheer at select home Varsity Girls FF Games
- Additional sporting events, as requested
- 4-5 pep assemblies
- School/community events
- **Competes at 3 local competitions and USA nationals**
- **Prerequisite** – pom technique, triple pirouette, toe touch, int/adv kicks, leaps, & turns
- *Target team size: 14 – 22 athletes*



# PROGRAM OVERVIEW



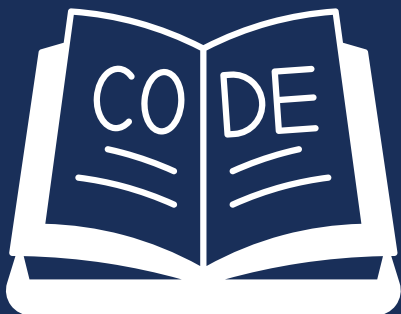
**Eligibility**



**Grading Scale**



**Transportation**



**Conduct**



**Financial  
Responsibility**



**Attendance**



**Time  
Commitment**



**Uniforms**



**Communications**



# DESIRED SQUAD SELECTION

- Applicable for...
  - **CHEER** – Rising sophomores and juniors
    - *Freshmen MUST be on JV and Seniors MUST be on Varsity*
  - **SONG** – Rising freshmen, sophomores, and juniors
    - *Seniors MUST be on Varsity*

Desired squad (your answer does not guarantee your placement) \*

- JV Cheer
- Varsity Cheer
- JV Song
- Varsity Song

If your score does not meet the required threshold or placement for a Varsity team, would you \* be open to accepting a position on a JV team?

- Yes, I am willing to accept a JV position.
- No, I am NOT willing to accept a JV position. I only want to be on a Varsity team.



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**DOES NOT GUARANTEE TEAM PLACEMENT!**  
**IF YOUR SCORE DOES NOT REFLECT YOUR SQUAD SELECTION, YOU WILL NOT BE CHOSEN FOR ANY TEAM**



# PROPOSED SCHEDULE



- All items are subject to change
- Additional items will be added, once confirmed

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**APRIL 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Tryout Clinic 6-8 PM	8 Tryout Clinic 6-8 PM	9 Tryout Clinic 6-8 PM	10 Tryout Clinic 6-8 PM	11	12 TRYOUTS! 8:30 AM - 12:30 PM
13 SPRING BREAK	14	15	16	17	18	19
20	21 Mandatory Uniform Fittings 3:30 PM - 7 PM	22 Mandatory Kickoff Meeting Returning Freshmen 4 PM New Freshmen 7 PM \$650 Due	23 All Squads Practice 6-8 PM (Wear Tryout uniform & navy base for fittings)	24	25	
	28 Community service - Bradley Rufer Honor Walk 9:30 AM	29 Camp Cheer Parent & Athlete Meeting 7 PM	30 BLAST Call-a-thon 6-8 PM			

**MAY 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 JV CHEER BOOT CAMP	5	6 JV Cheer ONLY 6-8 PM	7	8 JV Cheer ONLY 6-8 PM	9	10 JV Cheer ONLY 6-8 PM
11 VARSITY R & SONG BOOT CAMP	12	13 V Cheer & V Song ONLY 6-8 PM Parent Booster Meeting 7 PM	14	15 JV & V Cheer 6-8 PM	16	17 JV & V Song 6-8 PM
18	19 JV & V Cheer 6-8 PM	20 JV & V Song 6-8 PM	21 JV & V Cheer 6-8 PM	22 JV & V Song 6-8 PM	23 JV & V Cheer 6-8 PM	24 JV & V Song 6-8 PM
25 MEMORIAL DAY	26	27 JV Song ONLY 6-8 PM	28	29 JV Song ONLY 6-8 PM	30	

**JUNE 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 All Squads 6-8 PM	5 All Squads 6-8 PM	6	7
8 VACATION WEEK	9	10	11	12	13	14
15 VACATION WEEK	16 S Spirit Package Payment Due	17	18	19	20	21
22	23 All Squads 7-8:30 AM	24 All Squads 7-8:30 AM	25 All Squads 7-8:30 AM	26 All Squads 7-8:30 AM	27	28
29 VACATION WEEK	30					

**JULY 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 VACATION WEEK	7 All Squads 7-8:30 AM	8 All Squads 7-8:30 AM	9 All Squads 7-8:30 AM	10 All Squads 7-8:30 AM	11 All Squads 7-8:30 AM	12 All Squads 7-8:30 AM
13 CAMP	14 All Squads 7-8:30 AM	15 All Squads 7-8:30 AM	16 All Squads 7-8:30 AM	17 All Squads 7-8:30 AM	18 All Squads 7-8:30 AM	19 All Squads 7-8:30 AM
20	21 CAMP	22 CAMP	23 CAMP	24 CAMP	25 CAMP	26 CAMP
27	28 JV & V Song ONLY 7-8:30 AM	29 JV & V Song ONLY 7-8:30 AM	30 JV & V Song ONLY 7-8:30 AM			

**AUGUST 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 WORK WEEK	4 All Squads 7-8:30 AM JV & V Cheer ONLY 6-8 PM	5 All Squads 7-8:30 AM	6 All Squads 7-8:30 AM JV & V Cheer ONLY 6-8 PM	7 All Squads 7-8:30 AM	8 All Squads 7-8:30 AM Football, Band, Pep Squad, BBO Time TBD	9 Clothing Drive Fundraiser (8-11 AM)
10	11 All Squads Cheer Test 7-8:30 AM	12	13 Happy 100th SCHOOLS	14	15 Pep Squad Experience Contribution #2 Due	16
17	18	19 Parent Booster Meeting 7 PM	20	21	22	23
24	25 Varsity Only Game Meals \$120 Payment Due	26	27	28 HOME Freshman vs HB 4:00 PM	29 HOME Varsity vs Western 7:00 PM	30 HOME Varsity vs Western 7:00 PM

**SEPTEMBER 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2	3	4 HOME Freshman vs St. Plus 4:00 PM	5 HOME Varsity vs St. Plus 7:00 PM	6 HOME Freshman vs Brea 4:00 PM
7	8	9 Parent Booster Meeting 7 PM	10	11 HOME JV vs El Toro 4:00 PM	12 HOME Varsity @ Brea 7:00 PM	13 HOME JV vs El Toro 4:00 PM
14	15	16	17	18 HOME JV vs Brea 4:00 PM	19 HOME Varsity @ Brea 7:00 PM	20 HOME JV vs Brea 4:00 PM
21	22	23 Fall Recess Day	24	25 HOME Freshman vs CDM 4:00 PM	26 HOME Varsity vs CDM 7:00 PM	27 HOME Freshman vs CDM 4:00 PM
28	29	30				

**OCTOBER 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 HOME Freshman vs El Modena 4:00 PM	3 HOME Varsity vs El Modena 7:00 PM	4
5	6	7	8	9 HOME JV vs Tustin 4:00 PM	10 HOME Varsity @ Tustin 7:00 PM	11
12	13	14 Parent Booster Meeting 7 PM	15	16 HOME JV vs Capo 4:00 PM	17 HOME Varsity @ Capo 7:00 PM	18
19	20	21	22	23 HOME JV vs Cypress 4:00 PM	24 HOME Varsity @ Cypress 7:00 PM	25
				28 HOME Varsity vs Western 7:00 PM	29 HOME Freshman vs TBD 4:00 PM	30 HOME Varsity vs TBD 7:00 PM

# CLINIC & TRYOUT DETAILS

## *Clinic Cost*

- \$30 due no later than April 15

## *Clinics*

- April 15 and 17 from 6:45 – 9:00 pm in THHS Gym

## *Tryouts*

- April 19 starting at 9:30 am

## *Results*

- Posted via email and social media by tryout number by 7:00 pm on April 19

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# REQUIRED ATTIRE

## *CLINICS & TRYOUTS*

- **Plain black** fitted tank top or fitted t-shirt
- **Plain black** shorts or leggings
- Hair in low, **slicked** back pony
- Cheer should have cheer or athletic shoes
- Song should arrive in athletic shoes and bring jazz shoes or half-sole turners
- Tryout bow will be provided for final tryout



# ATHLETIC CLEARANCE

- **NEW** to the program – not needed until after tryouts
- **CURRENTLY IN** the program – not needed until after tryouts, unless it expires before April 19



# CLINIC SCHEDULE

## CHEER

- **Day 1**

- Learn Tryout Cheer & Band Chant Dance
- Open tumbling mat



- **Day 2**

- Review Tryout Cheer & Band Chant Dance
- Break into tryout groups
- Mock Tryout

## SONG

- **Day 1**

- Learn Tryout Cheer & Dance
- Technique



- **Day 2**

- Review Tryout Cheer & Dance
- Break into tryout groups
- Mock Tryout



*All tryout material will be posted on our website for at home practice*



# CHEER SCORESHEET

## 2026-27 Trabuco Hills Pep Squad Tryout Scoresheet - CHEER

Tryout # \_\_\_\_\_

Grade: 9 10 11 12

Category	Comments	Score
<b>CHEER - 20 points</b> <ul style="list-style-type: none"> <li>• Loud, clear, and confident voice</li> <li>• Strong, precise motion placement</li> <li>• Engages audience with eye contact and facial expressions</li> <li>• Confidence without hesitation</li> </ul>		
<b>BAND CHANT DANCE - 35 points</b> <ul style="list-style-type: none"> <li>• Sharp, clean motions</li> <li>• Completion of every motion</li> <li>• High energy throughout the entire dance</li> <li>• Ability to entertain and engage a crowd</li> <li>• Strong posture and performance maturity</li> <li>• Proper high kick technique                             <ul style="list-style-type: none"> <li>○ Straight supporting leg, pointed toe, controlled lift and lower</li> </ul> </li> </ul>		
<b>TUMBLING - 10 points</b> <ul style="list-style-type: none"> <li>• 2 points per skill, up to 10 points                             <ul style="list-style-type: none"> <li>○ Standing BHS</li> <li>○ RO BHS or RO 2 BHS</li> <li>○ Standing 2 BHS or TT BHS or standing tuck</li> <li>○ RO Tuck or RO BHS Tuck</li> <li>○ RO BHS Layout or RO BHS Full</li> </ul> </li> </ul>		
<b>OVERALL IMPRESSION - 15 points</b> <ul style="list-style-type: none"> <li>• Looks polished and well-prepared</li> <li>• Demonstrates confidence and enthusiasm while performing</li> <li>• Hair neat and performance-ready; attire follows tryout guidelines and presents a professional image</li> </ul>		
<b>SEASON 25/26 CHARACTER, CONDUCT, &amp; CONTRIBUTION - 20 points, 4 per bullet point</b> If you are new to the program, you will receive full credit in this category. However, credit may be adjusted if any behavioral concerns arise during clinics.	1. ___/4 2. ___/4 3. ___/4 4. ___/4 5. ___/4	

Total: \_\_\_\_\_

- Athletes will tryout in groups of 3 by grade level and alphabetical order by last name.
- At the completion of each grade level, the judges may do call-backs if they want to see certain groups again.
- Once call-backs are finished, we will call the entire class in for one final lineup and then they will be dismissed.



# SONG SCORESHEET

## 2026-27 Trabuco Hills Pep Squad Tryout Scoresheet - SONG

Tryout # \_\_\_\_\_

Grade: 9 10 11 12

Category	Comments	Score
<b>CHEER - 20 points</b> <ul style="list-style-type: none"> <li>Loud, clear, and confident voice</li> <li>Strong, precise motion placement</li> <li>Engages audience with eye contact and facial expressions</li> <li>Confidence without hesitation</li> </ul>		
<b>POM DANCE - 25 points</b> <ul style="list-style-type: none"> <li>Accurate timing &amp; clear understanding of choreography/musicality</li> <li>Sharp &amp; controlled pom motions</li> <li>Clean technique execution (powerful jumps, turns, &amp; kicks)</li> <li>Confident presence with engaging energy &amp; facial expression</li> </ul>		
<b>POM SIDELINE - 15 points</b> <ul style="list-style-type: none"> <li>Sharp &amp; controlled dance movement that projects well to a crowd</li> <li>Clean technique &amp; pom motion placement</li> <li>Confident presence with engaging energy &amp; facial expression</li> </ul>		
<b>SPECIALITY SKILL(S) - 5 points</b> <ul style="list-style-type: none"> <li>Demonstration of any combination of skills to highlight dancers technique (option to do 1-3 eight counts)</li> </ul>		
<b>OVERALL IMPRESSION - 15 points</b> <ul style="list-style-type: none"> <li>Looks polished and well-prepared</li> <li>Demonstrates confidence and enthusiasm while performing</li> <li>Hair neat and performance-ready; attire follows tryout guidelines and presents a professional image</li> </ul>		
<b>SEASON 25/26 CHARACTER, CONDUCT, &amp; CONTRIBUTION - 20 points, 4 per bullet point</b> <b>If you are new to the program, you will receive full credit in this category. However, credit may be adjusted if any behavioral concerns arise during clinics.</b> <ol style="list-style-type: none"> <li>Demonstrated respectful behavior toward coaches, teammates, and staff</li> <li>Positive attitude throughout the entire season</li> <li>Consistent attendance and punctuality</li> <li>Strong work ethic at practices, games, and events</li> <li>Positive contribution to overall team environment</li> </ol>	1. ___/4 2. ___/4 3. ___/4 4. ___/4 5. ___/4	

Total: \_\_\_\_\_

- Athletes will tryout in groups of 3 by grade level and alphabetical order by last name.
- At the completion of each grade level, the judges may do call-backs if they want to see certain groups again.
- Once call-backs are finished, we will call the entire class in for one final lineup and then they will be dismissed.



# FUNDING - 501(C)(3) BOOSTER CLUB MODEL

- Pep Squad is **NOT** funded by SVUSD, therefore the entire program, including coaches salaries, is paid for by parents.
- As proud as we are of the Pep Squad Program, it does come with **significant financial responsibility** and your participation is needed to support the continuation of the program.
- All contributions to the **Pep Squad Experience** through the Booster Club are **tax-deductible**.
- The Advisor, the Booster Club President and the two Treasurers will be **reviewing detailed financial statements and reports bi-weekly** to ensure we are on track.



# FAIR SHARE

- We expect that each family contributes their fair share of the total program costs through **tax-deductible contributions**, participating in **fundraising activities**, and serving a *minimum* of **5 volunteer hours**.



# ESTIMATED TOTAL COST

- The **exact total cost will be determined after tryouts** – based on the number of athletes that make the team. The following estimates are based on 85 athletes.
- This out-of-pocket cost is estimated **PRIOR** to any fundraised dollars.
- **Costs include:** uniforms, practice wear, camp, one-way camp charter bus, the Pep Squad Experience, Spirit Pack, and banquet. It does not include optional team-bonding activities, etc.
- Comp Cheer costs will be discussed at the parent/athlete tryout meeting on 5/26.

**(INCLUDES ALL COMP FEES FOR SONG)**

NEW JV CHEER	RETURNING JV CHEER	NEW VARSITY CHEER <i>Matriculating from JV Cheer</i>	RETURNING VARSITY CHEER	NEW JV SONG	RETURNING JV SONG	NEW VARSITY SONG <i>Matriculating from JV Song</i>	RETURNING VARSITY SONG
\$3,243	\$2,619	\$2,915	\$2,519	\$4,113	\$3,519	\$3,639	\$3,639

\*Subject to change. Participation in the Pep Squad Booster Club Org. is voluntary.

# ESTIMATED COSTS

- We will be offering **several fundraising activities** throughout the summer to help offset some of these costs. These fundraising activities will be explained in detail after tryouts.
- Fundraising is **crucial** and mandatory. As of today, we have already raised **\$9,319** towards the 2026–27 season!
- All contributions and fundraising efforts will be **completed by August 19, 2026**, prior to the start of the school year.



# FIRST CONTRIBUTION

- **\$700** will be due at the first parent & athlete meeting on Monday, April 20
- Payment can be made via Zelle (preferred), cash, check, or credit card




*\*Non-refundable*



# THANK YOU & GOOD LUCK!

 [www.trabucohillspepsquad.com](http://www.trabucohillspepsquad.com)

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**REGSITER for  
Clinics & Tryouts  
TODAY!**



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