

Enthusiasm

Collaboration

Mindset

School
Ambassadors

Teamwork

Hard Work

Positive Energy

Pride

School Spirit

Inspiration

Unity

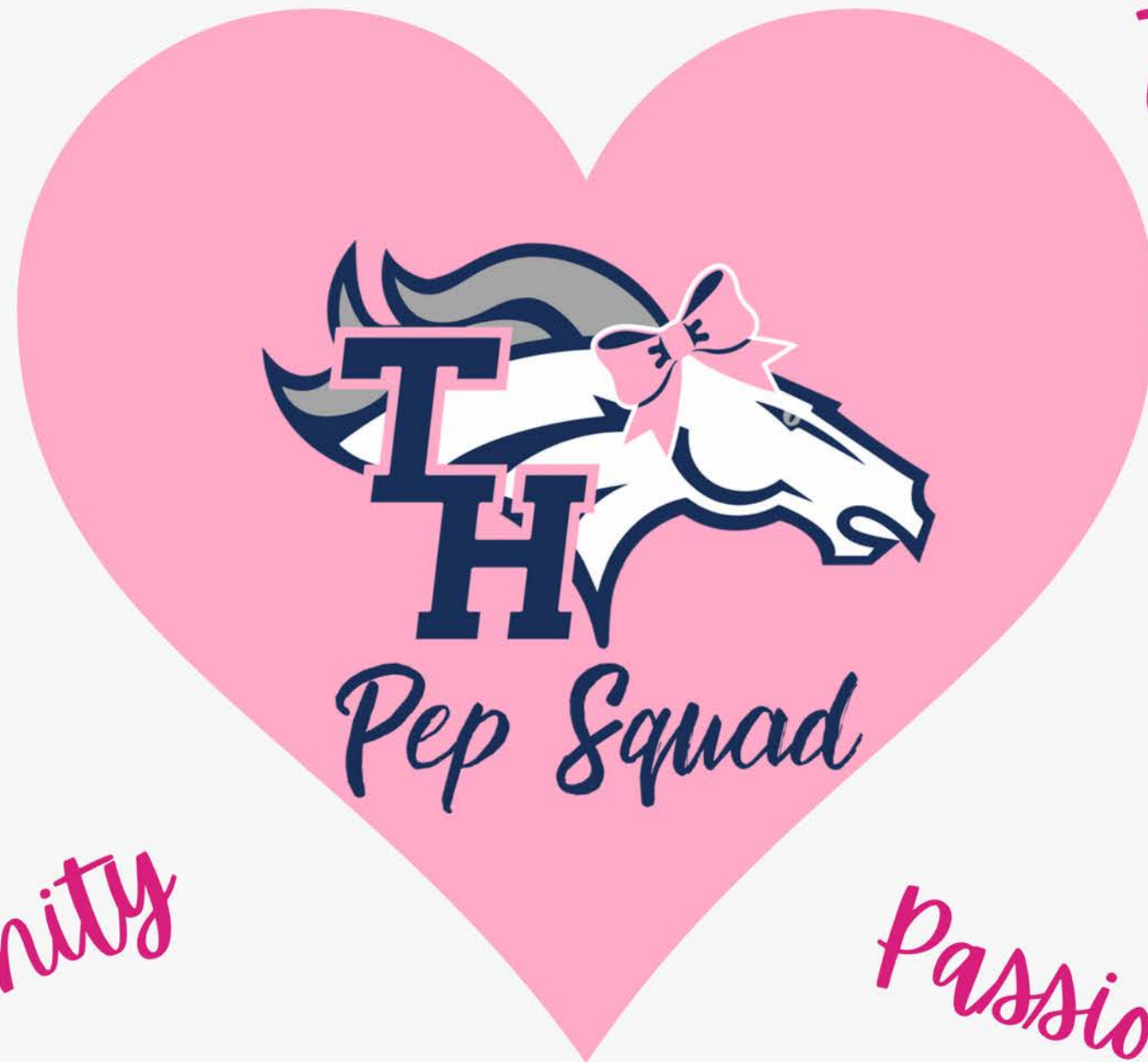
Passion

Dedication

Commitment

Discipline

Leadership



THHS



PEP SQUAD

.....

2025/2026 PARENT & ATHLETE ORIENTATION

March 31, 2025 - 7:00pm



MEET OUR COACHES



Melissa Moreno
Advisor,
Varsity Cheer &
Competition Cheer



Savannah Sipprell
Varsity Song &
Competition Song



Jaeda Hyden
JV Cheer





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 the school and community at large.
- 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.



2024-2025 PROGRAM HIGHLIGHTS

- **A Year of Transition:** With new Coaching staff on board, we spent a great amount of time focusing on building a solid foundation for the new program.
- **83** Pep Squad Members
- **37 Scholar Athletes** (above 3.5 GPA) 
- **14** have above **4.0 GPA**
- **3 Squads:** Varsity Song, Varsity Cheer, JV Cheer
- **12 performances** (not including half time shows)
- **1,898 Community service hours** volunteered
- Booster Club **raised \$48,000** through fundraising activities 
- **FUN team bonding** activities throughout the season including summer camp, holiday party, year-end banquet, etc.
- Built solid relationships with **Football, Flag Football, and Band** leadership



IMPORTANCE & IMPACT OF COMMUNITY SERVICE



1,898 Hours
Volunteered

2025-2026 PROGRAM

Preparing for a Competitive Future

- While this year was a year of transition, next year's program will be much more competitive, with higher expectations.

High Standards

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

Selective Tryouts

- We are only looking for serious athletes who are committed to the program.

Smaller Cheer Squads

- Both cheer squads will be smaller in size to enhance competitiveness and team dynamics.
- No more than 24 for JV Cheer and 32 for Varsity Cheer.

Adding JV Song Squad

- Excited to continue building the Song program with high level talent!



2025-2026 PROGRAM



Structured & Detailed Practice Schedule

- An organized and regimented practice schedule will be followed by all coaches.
- The schedule will cover both summer and school year practices.

Stunting Clinics with Coach Melissa

- Coach Melissa will lead specialized stunting clinics during summer boot camp practices.
- Clinics will be held for both JV and Varsity Cheer teams to develop stunting skills.

Varsity Song Competing

- Varsity Song will be participating in competitions, raising the level of performance across the board. **This is required**, so if you're not interested in competing, then please do not tryout, or you may select to be on JV Song only.

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.

COMMITMENT FROM THE COACHES

- **Focus on Character Development:** Our coaches are dedicated to helping athletes build strong character, emphasizing integrity, respect, and teamwork both on and off the mat.
- **Creating Role Models:** Coaches work to instill leadership qualities and a sense of responsibility, ensuring that our athletes serve as role models for their peers and future generations.
- **Supportive and Inclusive Environment:** We foster an environment that values inclusivity, personal growth, and mutual support, helping athletes develop confidence and compassion in all areas of their lives.



DECIDE
COMMIT
FOCUS
SUCCEED

PROGRAM OVERVIEW



Communications



Eligibility



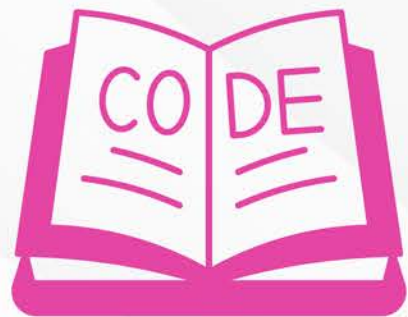
Grading Scale



Transportation



Attendance



Conduct



Uniforms



**Financial
Responsibility**



**Time
Commitment**

JV SQUADS

JV Cheer
9th-11th Graders

JV Song
9th-11th Graders

- 10 JV/Freshman football games **(all home games)**
- Homecoming Varsity football game
- 3 Girls Varsity flag football games + CIF playoffs
- 8-10 basketball games **(all home games, 2 games per day)**
- Additional sporting events, as requested
- 4-5 pep assemblies
- School/community events



VARSITY SQUADS

Varsity Cheer

10th - 12th Graders

Varsity Song

9th - 12th Graders

*This team also competes at 3 local competitions and Nationals in Anaheim. Additional competition fees will be collected.

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



DESIRED SQUAD SELECTION IS REQUIRED

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.

**VERY
IMPORTANT!**

**SCAN
QR CODE**

CIF COMPETITIVE CHEER TEAM

- Mandatory Parent/Athlete Information meeting:
April 28 at 7:00 pm in the MPR
- Separate program from Pep Squad with additional fees and practices required
- Tryouts are open to entire school and will be held on **May 9 from 6:45 - 9:00 pm in the Main Gym**
- Practices will start mid-May and season ends mid-February



PROPOSED 2025 SCHEDULE

*All items are subject to change

*Additional items will be added, once confirmed

SCAN
QR CODE

APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY 2025				
Sunday	Monday	Tuesday	Wednesday	Thursday
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
31				

JUNE 2025					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27
29	30				

JULY 2025				
Sunday	Monday	Tuesday	Wednesday	Thursday
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

AUGUST 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2025					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
22	23	24	25	26	27
29	30				

OCTOBER 2025					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

CLINIC & TRYOUT DETAILS

Clinic Cost: \$30 due no later than April 7
(if paying by cash/checks, pay tonight or bring on April 7)

Clinics: April 7 - 10 from 6:00pm - 8:00pm

Tryouts: Saturday, April 12 from 8:30am - 12:30pm

Results: Distributed via email, website, and social media by tryout numbers by 7:00pm on April 12



SCAN
QR CODE

REQUIRED ATTIRE

CLINIC:

- **Plain black** fitted tank top or fitted t-shirt
- **Black** shorts
- 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

TRYOUTS:

- **Plain white** fitted tank top or fitted t-shirt
- **Navy blue or black** shorts
- Hair in low slicked back pony with tryout bow (provided)
- Cheer should have cheer or athletic shoes
- Song should arrive in athletic shoes and bring jazz shoes or half-sole turners



CLINIC SCHEDULE

CHEER

- **Day 1**
 - Cheer 101
 - Learn Band Chant and Cheer
- **Day 2**
 - Review Band Chant and Cheer
 - Learn Dance
- **Day 3**
 - Review all material
 - Split into tryout groups of 3
 - Practice with your tryout group
- **Day 4**
 - Review all material in tryout groups
 - Open tumble mat
 - Mock tryout

SONG

- **Day 1**
 - Learn Across the Floor
 - Learn 1st half of Dance Routine
- **Day 2**
 - Review Across the Floor
 - Learn Cheer
 - Learn 2nd half of Dance Routine
- **Day 3**
 - Review all material
 - Split into tryout groups of 3
 - Practice with your tryout group
- **Day 4**
 - Review all material in tryout groups
 - Mock tryout



CHEER SCORESHEET

THHS PEP SQUAD CHEER SCORESHEET

Tryout #

Grade: 9 10 11 12

Category	Comments	Score
Band Chant (25 pts) <ul style="list-style-type: none"> • Sharp, precise motion placement • Energetic body language • Sideline-ready presence • High kick with pointed toe 		
Cheer (25 pts) <ul style="list-style-type: none"> • Sharp, precise motion placement • Ability to "lead the crowd" • Voice inflection • Eye contact 		
Dance (20 pts) <ul style="list-style-type: none"> • Sharp, precise motion placement • Knowledge of choreography • Ability to stay on correct counts • Showmanship 		
Tumbling (2 pts per skill, up to 10 points) <ul style="list-style-type: none"> • Standing BHS • Standing Tuck • RO BHS • RO Tuck • RO BHS Tuck/layout/full 	Technique:	
Overall Impression (20 pts) <ul style="list-style-type: none"> • Genuine enthusiasm, sideline-ready appearance, confidence, energetic, no jewelry 		

Additional Comments:

TOTAL:

/100

- 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

THHS PEP SQUAD SONG SCORESHEET

Tryout #

Grade: 9 10 11 12

Category	Comments	Score
Cheer (15 pts) <ul style="list-style-type: none"> Sharp, precise motion placement Ability to "lead the crowd" Voice inflection Eye contact 		
Dance (35 pts) <ul style="list-style-type: none"> Sharp pom motion placement Knowledge of Choreography Execution and control of technical skills Ability to understand counts & musicality Showmanship & stage presence 		
Across The Floor (20 pts) <ul style="list-style-type: none"> Strong control in and out of technical skills Pirouette(s); Turns in second; Leaps/Jumps; Flexibility (R/L splits); Leg hold/Tilt; Toe Touch Stylized movement with strong showmanship 		
Speciality Skill(s) (10 pts) <ul style="list-style-type: none"> Aerial(s); Headspring; Turn combination; Leap/Jump combination; etc. 		
Overall Impression (20 pts) <ul style="list-style-type: none"> Genuine enthusiasm, sideline-ready appearance, confidence, energetic, no jewelry 		

TOTAL: /100

Additional Comments:

- 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 80 athletes.
- **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.

Cheer

NEW JV CHEER	RETURNING JV CHEER	NEW VARSITY CHEER	RETURNING VARSITY CHEER
\$3,600	\$2,800	\$3,400	\$3,100

Matriculating from JV Cheer

Song

NEW JV SONG	NEW VARSITY SONG	RETURNING VARSITY SONG
\$3,300	\$4,200	\$3,700

Includes Varsity Song Comp Fees

**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 a reminder, last year the Pep Squad fundraised \$48,000.
- All contributions and fundraising efforts will be **completed by August 15, 2025**, prior to the start of the school year.


FIRST CONTRIBUTION

- **\$650** will be due at the first mandatory Parent & Athlete Meeting on **Tuesday, April 22, 2025 at 7:00pm**
- Payment can be made via cash, check or credit card

*Non-refundable



TRAVELING PEP SQUAD

- 
- **Exciting Trip Opportunities:** November 2025 and August 2026
 - We are thrilled to offer the opportunity to participate in two trips. However, these trips will only be made available if we are able to **fully meet the financial requirements of the 2025-2026 Pep Squad Experience first.**
 - When completing the QR Code/interest form, please indicate your interest in attending **only if you are able to fully fund your athlete's Pep Squad Experience through contributions and fundraising efforts prior to committing to these trips.**

SAVE THE DATE

NEW YORK

Nov. 22-28, 2025

New York City, New York

Tentative





CLASS OF 2027

CLASS OF 2028

CLASS OF 2029

SAVE THE DATE!

- Cheer at TH game
- Attend Notre Dame Dublin Game
- Educational site seeing tours
- Parent chaperones wanted!

THHS IRELAND FOOTBALL TRIP

UNIVERSITY OF DUBLIN



AUGUST 25-31, 2026



THANK YOU & GOOD LUCK!!!

Register for Clinics
& Tryouts Today!



www.trabucohillspepsquad.com



Melissa Moreno, Advisor/Coach
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Carly Lancaster, President
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