

San Juan Hills High School
Song Team Information Packet



2025-2026

SONG APPLICATION

2025-2026



San Juan Hills High School

Athlete Information

Full Name:	Date of Birth:
Address:	
Email:	Cell:
Grade 2025/26:	Preferred Name:

Parent/Guardian Information

Parent/Guardian 1 Name:
Parent/Guardian 1 Phone Number:
Parent/Guardian 1 Email:
Parent/Guardian 2 Name:
Parent/Guardian 2 Phone Number:
Parent/Guardian 2 Email:

Health/Medical Information

Health Insurance Company:	
Policy Number:	Phone Number:
Family Doctor Name:	Phone Number:
Emergency Contact:	Phone Number:
Allergies (If applicable.):	

Attachments

<input type="checkbox"/> Proof of Insurance (photocopy of front and back of card)	<input type="checkbox"/> COPY of Athletic Clearance Form
<input type="checkbox"/> Rules and Policies Parent/Athlete Agreement	<input type="checkbox"/> Fall 2024 Semester's Transcript

Please read this packet carefully. Only the final page must be signed and submitted with your tryout materials.

San Juan Hills High School
Song Team Rules and Policies 2025-2026

Philosophy

Membership on the San Juan Hills Song Team is both an honor and a responsibility. As representatives of San Juan Hills High School and the Capistrano Unified School District, Songleaders are expected to uphold the highest standards of conduct at all times. On campus, in the community, and online. Participation in this program is a great privilege, not a right, and requires consistent respect, integrity, and sportsmanship.

Purpose

The purpose of the San Juan Hills Pep Squad is to:

1. Support SJHHS athletics and to cheer at football and basketball games.
2. Represent SJHHS at spirit/dance competitions both regionally and nationally.
3. Perform at pep rallies, games, and community/special events.
4. Foster school pride, unity, and enthusiasm throughout the student body.
5. Serve as role models and leaders through active involvement on campus and in the community.
6. Demonstrate wisdom, strength, and honor both in and out of the classroom.

I. Membership

Note: The San Juan Hills Pep Squad includes both Cheer and Song teams. This packet outlines the expectations specific to Song Team members, who are part of the larger Pep Squad program.

By accepting placement on the San Juan Hills High School Song Team, you are committing to all dates and events as set by the coaches and school, regardless of personal scheduling conflicts.

As part of the larger Pep Squad, participation on Song Team is a commitment to a TEAM. Each member is required to attend all practices, games, pep rallies, competitions, community service events, and performances. Without full participation, the team is incomplete. Members are expected to contribute with pride, respect, and a consistently positive attitude. This commitment spans from **May 2025 through June 2026**.

Each practice, game, and event is graded and contributes to your overall evaluation based on preparation, participation, and performance.

There are three team levels:

- **Varsity Song**
- **JV Song**
- **Frosh Song**

Note: A dancer's placement on a game day team may differ from their placement on a competition team.

Every Songleader will compete and represent San Juan Hills both regionally and nationally. Outside participation in All-Star or studio teams is allowed only if SJHHS takes priority when scheduling conflicts occur.

If a student voluntarily leaves or is removed from the Song Team for any reason, including disciplinary issues, they will be dropped from the class and may not participate in any further team activities, including the banquet or varsity lettering.

All members are eligible to earn PE credit. Varsity members who complete the season in good standing, including full participation in all required Varsity events and competitions, will be eligible to receive a Varsity letter.

II. Rules and Responsibilities

Each member is expected to follow the rules and responsibilities set by the coaching staff and school administration at all times. Disciplinary procedures are at the discretion of the Head Coach and/or Administration.

- **Co-Curricular Commitment:** Song Teams must take priority over other co-curricular activities. Members may participate in jobs, school clubs, and outside activities only if they DO NOT interfere with participation in Song practices, games, competitions, or events.
- **Behavior & Conduct:** Song is a team sport. Members must be respectful and supportive of coaches, captains, and all teammates at all times. Failure to do so may result in a one-on-one meeting with the coaches. Consequences will be given accordingly at the discretion of the coaching staff.
- **Uniform & Gear Usage:** Song gear—including uniforms, practice wear, poms, and costumes—may not be shared or loaned to others. Items from prior years may only be reused with coach approval. Uniforms are to be worn by current members only and only at approved Pep Squad events.
- **Jewelry:** No jewelry (rings, necklaces, earrings, etc.) may be worn during practices, games, rallies, or competitions. Exception- Costume/stud earrings for Song/Dance may be worn when assigned by a coach.
- **Hair, Tattoos, Nails:** Hair must be a natural color. No tattoos are allowed on areas of the body visible by our uniform or costumes. If a member has a tattoo it must be covered for performances. Nails must be appropriate for dance and tumbling (short and safe), and for non-pom routines, must be in neutral colors. If unsure, please ask a coach in advance.
- **Social Media Guidelines:** Songleaders must refrain from inappropriate content or behavior online, especially when associated with SJHHS or the Pep Squad. The following are not permitted:
 - Vulgar/inappropriate language
 - Degrading team members/coaches/peers
 - Cultural appropriation
 - Reference to drugs, alcohol, or illegal behavior
 - Inappropriate clothing or sexual content
 - Graffiti, gang-related content, or large cash displays

- Explicit TikToks or Reels in San Juan Hills uniform

Failure to adhere to these social media rules will result in consequences, as outlined in the final section of this packet.

- **Discipline & Conduct Policies:** Songleaders must follow all CUSD and SJHHS rules. Discipline issues will be handled by the Head Coach and Administration in accordance with school and CUSD's Disciplinary policies and procedures.
- **Academic Eligibility:** Students must maintain a 2.0 GPA and may only have one 'unsatisfactory' on previous report card/progress reports in order to remain a member of Pep Squad. IF a student drops below a 2.0 at the end of the semester, the student will be put on academic probation for the next semester.
- **Substance Abuse Policy:** Any songleader that has unlawfully possessed, used, sold, or otherwise furnishes, or been under the influence of any controlled substance, an alcoholic beverage, or intoxicant on campus or at any school function will result in appropriate disciplinary action through the school and at discretion of the coach. Disciplinary examples include: school suspension and/or removal from the team.

III. Game & Performance Responsibilities

All Pep Squad members are expected to attend and be on time to all practices, games, competitions, and scheduled events. Every member is essential for a cohesive performance and the team cannot function without full participation.

Varsity Song:

- All home and away football games, and boys' and girls' basketball games as assigned by the coach.
- All CIF playoff games. They may occur over Thanksgiving and Presidents' Day weekends. Do not plan travel during these holidays.
- Pep rallies, fundraising, outreach, and community events.
- Summer Practices. July practices are mandatory for home routine/ Pep Rally prep. August practices are REQUIRED as we are learning our competition routines and setting formations for our new routines from camp.
- New members (aka Rookies) will attend additional practices to learn the SJHHS cheers, band dances and sideline routines.
- More than 2 missed summer practices may result in being benched during games and/or pep rally performances.
- Attendance during class time and any necessary coach-scheduled extra practices is required.
- Attendance at all in-state and out-of-state competitions.

JV Song:

- Home JV football games with select away games and home boy/girl basketball games as determined by the coach.
- Pep rallies, fundraising, outreach, and community events.
- Summer Practices. July practices are mandatory for home routine/ Pep Rally prep. August practices are REQUIRED as we are learning our competition routines and setting formations for our new routines from camp.
- New members (aka Rookies) will attend additional practices to learn the SJHHS cheers, band dances and sideline routines.
- More than 2 missed summer practices may result in being benched during games and/or pep rally performances.
- Attendance during class time and any necessary coach-scheduled extra practices is required.
- Attendance at all in-state and out-of-state competitions.
- Varsity Homecoming football game.

FROSH Song:

- Home Freshman football and girls flag football home games and home boy/girl basketball games as determined by the coach
- Pep rallies, fundraising, outreach, and community events.
- July practices are mandatory for home routine prep; August practices are REQUIRED and missed rehearsals may result in being benched during games or pep rally performances.
- Attendance during class time and any necessary coach-scheduled extra practices is required.
- Attendance at all in-state and out-of-state competitions.
- Varsity Homecoming football game.

IV. Competition Teams

All Songleaders will be assigned to one of three competition pom teams based on grade level, skill, work ethic, and coach discretion:

- ❖ **Freshman Advanced Pom:** Freshmen only. Competes regionally and nationally.
- ❖ **JV Intermediate Pom:** Freshmen–Juniors. Competes regionally and nationally.
- ❖ **Varsity Advanced Pom:** Sophomores–Seniors. Competes regionally and nationally.
 - All team members, including alternates and injured dancers, are expected to attend **all** competitions. Alternates may be assigned at any time based on attitude, attendance, skills, injury, or behavior.
 - The competition dates are non-negotiable. Competitions occur December through February and will impact Presidents' weekend. Competitions are held on Saturdays and Sundays. **Pep Squad members agree to the dates chosen by the coaching staff, regardless of personal conflicts.**

- Skills that are demonstrated at tryouts are expected to be maintained or improved. If your skills regress or fail to progress, you may be moved to an alternate position or a different level. Coaches will conduct a one-on-one meeting before making any changes.
- Final placements, including alternates and captain positions, are made by the coaching staff and are not open to appeal.

Advanced Varsity Jazz (Optional Competition Team)

We are excited to offer a separate, elite-level competition team for our most driven and advanced dancers. The **Advanced Varsity Jazz** team is designed for highly committed, college-bound dancers seeking additional training and experience.

- **Tryout:** Held separately from main team placements.
- **Eligibility:** Open to dancers in all grade levels.
- **Rehearsals:** Weekly after-school rehearsals on Wednesdays from 3:40-4:45 starting August 20th. Room F07.
- **Additional Costs:** Participation requires an added fee to cover choreography, costume, and competition entry expenses. Final price will be determined by how many on the team, costume (off the rack or custom) & choreographer rate. Cost will be divided up evenly by the members.

This team is ideal for dancers who are serious about their growth, passionate about the art, and committed to investing the time and energy required to compete at the highest level.

V. Injuries

It is the member's responsibility to inform the coaching staff of any injury immediately. A doctor's note must be provided either clearing the member to participate or excusing them from activity.

- General soreness does not qualify as an injury.
- Pre-existing injuries must be communicated before practice via email or Band.
- Members are expected to follow all medical instructions provided by their doctor.
- A written medical release is required before returning to any physical activity.
- Injured members must still attend all practices and events.
- If a member is removed from a routine due to injury, re-entry is not guaranteed. Placement will depend on the time missed, upcoming competition/performance timelines, and the needs of the team.
- If re-integrated, the member may be placed back into one, both, or neither routine—and not necessarily in their original spot.

VI. Attendance

Attendance and punctuality are mandatory for all Pep Squad activities, including practices, games, competitions, and events. Families are expected to plan around the Pep Squad schedule, including for vacations and college visits.

- If a member is too ill to attend (fever, vomiting, COVID symptoms, etc.), they must notify coaches **by email prior to practice**.
- If illness is non-contagious, the member should attend practice to watch, take notes, and learn corrections.
- Doctor/dentist appointments, driving lessons, work, tests, family events, and college trips are not accepted excuses.
- Missing the practice before a game (without an excused reason) will result in removal from that game's sideline performance.

Absence Limits:

- Each member is allowed **2 absences in summer and 2 per semester**.
- More than 2 absences in any time period may result in removal from performances, competitions, or games.
- Absences not related to illness or emergency must be communicated at least **1 week in advance**. Late notices will accrue a penalty and count toward the allotted absences.

Competitions may never be missed. The team cannot compete without all members. Missing a competition may result in removal from future competitions at the coach's discretion.

Failure to follow attendance policies will result in consequences as outlined on the final page of this packet.

VII. Grading Policy

Members can earn up to **25 points per day** in the gradebook. If no infractions occur, members will receive full credit. It is the responsibility of each member to maintain their grade by following all rules outlined in this packet. In addition to other consequences, the following infractions will result in point deductions:

Skill Evaluation (once per semester): 30 points per evaluation

- Members will be regularly evaluated on skills demonstrated at tryouts.
- Regressed skills may result in additional consequences at the discretion of the coaching staff.

Minor Infractions:

- Tardy or leaving early from practice, games, or events – 5 pts
- Out of uniform (wrong practice attire, jewelry, missing poms, incorrect hair, wrong shoes) – 10 pts
- Not being prepared and ready on time – 2 pts

- Missing submission deadlines (e.g., waivers) – 2 pts
- Late communication (less than one week in advance) for an absence – 2 pts

Major Infractions:

- Each unexcused absence – 25 pts
- Defiant or disrespectful behavior – 5 pts

Point Recovery: Members may make up points by attending other SJHHS sporting or performing arts events. A photo (selfie) at the event in front of a signifying item (scoreboard, playbill, etc.) must be submitted to a coach for verification.

VIII. Transportation

- When applicable, members are required to ride the team bus to and from away games.
- If a parent is attending the event, they may check out their student directly with the supervising coach.
- When a team bus is not provided, members must coordinate their own transportation to away events, games, and competitions.

IX. Communication

- Members must check the BAND app regularly for all team updates and information. Members are responsible for everything posted.
- If an issue arises, the member must first communicate directly with the coach. If unresolved, a meeting with the member, coach, and parent will be scheduled.
- For logistical questions (what to wear, call times, etc.), members should check BAND or text their team captain(s).

Parent Communication:

- Parents may contact coaches only via BAND app or email. Text messages or social media messages are not acceptable forms of communication.

SONG Email: sjhssong@gmail.com

X. Tentative Schedule

All dates, including weekly schedules, games, and competitions—will be posted on the **BAND app**. Dates are subject to change.

MAY

- May 15 | Song Info Meeting | 5:00 PM | SJHHS Library
- May 27 | Song Clinic | Check-in 3:45 PM, Clinic 4:15–6:15 PM | SJHHS Gym
- May 28 | Optional Song Clinic | 4:00–6:15 PM | SJHHS Gym
- May 29 | Song Tryouts | Groups & Times announced during clinic | SJHHS Gym

- May 31 | “You Made It” Party | 11am 1st Installment and Uniform Payment Due

JULY

- Tuesday July 15 | 9:00–12:00 | Varsity, JV & Frosh | Tech Training | Home Routine | Pep Rally
- Tuesday July 15 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Wednesday July 16 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally
- Wednesday July 16 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Thursday July 17 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally
- Tuesday 22 | 9:00–12:00 | Varsity, JV & Frosh | Tech Training | Home Routine | Pep Rally
- Tuesday 22 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Wednesday July 23 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally
- Wednesday July 23 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Thursday July 24 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally
- Tuesday July 29 | 9:00–12:00 | Varsity, JV & Frosh | Tech Training | Home Routine | Pep Rally
- Tuesday July 29 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Wednesday July 30 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally
- Wednesday July 30 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Thursday July 31 | 9:00–12:00 | Varsity, JV & Frosh | Home Routine | Pep Rally

AUGUST

- Friday Monday August 1–4 | Song USA Camp | Palm Springs, CA (Traveling by Bus)
- Thursday August 7 | 9:00–12:00 | Varsity, JV & Frosh | New Routine Formations | Post Comp Team(s)
- Friday August 8 | 9:00–12:00 | Varsity, JV & Frosh
- Saturday August 9 | 9:00–4:00 | TBA Advanced Varsity Jazz Members Only (Jazz Routine)
- Tuesday August 12 | 9:00–12:00 | Varsity, JV & Frosh |
- Tuesday August 12 | 3:00–4:30 | **Rookies** | Cheers | Band dances | Sidelines
- Wednesday August 13 | 8:00 AM | Freshman Orientation Performance (non-Freshmen only)
- Thursday August 14 | 9:00–12:00 | (Cheer/Band / Sideline Test)
- Saturday August 16 | 9:00–4:00 | Entire Program (Pom competition routines)
- Tuesday August 19 | **First Day of School** (Wear Uniform & Welcome)
- Wednesday Aug 20 | Advanced Varsity Jazz Team: 3:40-4:45
- Friday August 22 or August 29 | **First Pep Rally | Senior Night | First Varsity Game** vs Chaparral (HOME)
- Wednesday Aug 27 | Advanced Varsity Jazz Team: 3:40-4:45
- TBA FROSH FLAG
- Thursday August 28 | Game 4 – 6pm | JV vs Roosevelt (HOME)
- Friday August 29 | Game 7 – 9:30pm | Varsity vs Roosevelt (AWAY)

SEPTEMBER

- Wednesday September 3 | Advanced Varsity Jazz Team: 3:40-4:45
- Thursday September 4 | Game 3:30 – 5:30p | Freshman vs Chino hills (HOME)
- Thursday September 4 | Back to School Night

- Friday September 5 | ·Game 7:00 – 9:30p| Varsity vs Chino Hills (HOME)
- Wednesday September 11 |Advanced Varsity Jazz Team: 3:40-4:45
- Thursday & Friday, September 12 & 13 | **BYE WEEK** (Games in TX - Pep Squad is not attending)
- TBA FROSH FLAG
- Thursday September 18 |·Game 4:00 – 6:00pm | JV vs Mira Costa (HOME)
- Friday September 19 |·Game 7:00 – 9:30pm | Varsity vs Mira Costa (HOME)
- Wednesday September 24 |Advanced Varsity Jazz Team: 3:40-4:45
- September 25 & 26 | **Bye Week** = No Games

OCTOBER

- Wednesday October 1 |Advanced Varsity Jazz Team: 3:40-4:45
- Thursday October 2 |·Game 3:30 – 5:30pm | Freshman vs Corona Del Mar (AWAY) **TBA** 17.8 miles
- Thursday October 2 |·Game 4:00 – 6:00pm | JV vs Corona Del Mar (HOME)
- Friday October 3 | Game 7:00-9:30pm | Varsity vs Corona Del Mar (AWAY)
- Wednesday October 8 |Advanced Varsity Jazz Team: 3:40-4:45
- Thursday, October 9 | Game 3:30 – 5:30pm | Freshman vs Yorba Linda (HOME)
- Friday October 10 | **HOMECOMING RALLIES**
- Friday October 10 | **HOMECOMING Game** 7:00-9:30pm | Varsity vs Yorba Linda (HOME) JV & Frosh
- SATURDAY October 11 |**HOMECOMING DANCE** |7-10pm
- Wednesday October 15 |Advanced Varsity Jazz Team: 3:40-4:45
- Thursday October 16 | Game 3:30 – 5:30pm | Freshman vs Newport Harbor (HOME)
- Thursday October 16 | Game 3:30 – 5:30pm | JV vs Newport Harbor (AWAY) **TBA** 24.2 miles
- Friday October 17 | Game 7:00-9:30pm | Varsity vs Newport Harbor (AWAY)
- Wednesday October 22 |Advanced Varsity Jazz Team: 3:40-4:45
- Thursday, October 23, 2025·3:30 – 5:30pm | Freshman vs Villa Park (HOME)
- Friday, October 24 | Game 7:00-9:30pm | **FUTURE STALLIONS (ALL)** | Varsity vs Villa Park (HOME)
- Wednesday October 29 |Advanced Varsity Jazz Team: 3:40-4:45 (TBA)
- Wednesday, October 29 |·3:30 – 4:30pm | Freshmen vs Tesoro (HOME)
- Wednesday, October 29 | 4:00 – 6:00pm | JV vs Tesoro (AWAY)
- Thursday, October 30 | 7:00 – 9:30pm | Varsity vs Tesoro (HOME)

NOVEMBER

- Wednesday November 5 |Advanced Varsity Jazz Team: 3:40-4:45
- TBA Varsity | Friday November 7 | CIF-SS Playoffs Round 1
- Wednesday November 12 |Advanced Varsity Jazz Team: 3:40-4:45
- TBA Varsity | Friday November 14 | CIF-SS Playoffs Quarter-Finals
- Wednesday November 1 |Advanced Varsity Jazz Team: 3:40-4:45
- TBA Varsity | Friday, November 21| CIF-SS Playoffs Semi-Finals (**Friendsgiving at practice**)
- THANKSGIVING
- TBA Varsity | TBA Friday, November 28 | CIF-SS Finals

DECEMBER

- Wednesday December 3 | Advanced Varsity Jazz Team: 3:40-4:45
- TBA Varsity | Friday, December 5 | CIF Southern California Championship
- **December 7, 2025 | USA Southern California Regional II - SONG | Location: UNI High School | Irvine, CA**
- Wednesday December 10 | Advanced Varsity Jazz Team: 3:40-4:45
- **FINALS WEEK | CHRISTMAS LUNCHEON**
- Wednesday December 17 | Advanced Varsity Jazz Team: 3:40-4:45
- **Dec 20-Jan 5 WINTER BREAK**

JANUARY 2026

- BASKETBALL SEASON
- Monday January 6 | School Resumes Comp practice all week in 1st period
- Saturday Jan 10 | Stallion Showcase
- **Sunday January 11 | JAMZ SONG Regional | Location: Anaheim Convention Center**
- Friday January 16 | Winter Pep Rally
- TBA | local Regional comp - SONG | Location:
- Saturday January 24 | Winter Formal
- TBA | January |local Regional comp - SONG | Location:

FEBRUARY

- TBA | January |local Regional comp - SONG | Location:
- **Feb 21, 2026 |JAMZ NATIONALS - SONG | Location: LAS VEGAS, NV (cheer is 20-21)**

MARCH

- Saturday March 21 | Swallows Day Parade
- Friday March 27 | Clash of the Classes Pep Rally
- Spring Training

APRIL

- Spring Training
- April 4–12 | Spring Break (Easter April 5th)
- SONG BANQUET

MAY

- Spring Training
- Tryouts

SCHOOL YEAR

- Practice will be M/W/F during FIRST period.
- Advanced Varsity Jazz Team: Every Wednesday after school 3:40-4:45

GAMES

- Boys Football posted above, but See BAND for Flag, Basketball, as well as updates & exact schedules.

COMPETITIONS

- Regionals and Nationals take place December through February
- Regionals: One-day, local, typically lasting over half the day
- We will attend 2-3 regionals + Nationals
- Nationals: 2 days, out of state (Las Vegas).

XI. Tryouts

Tryout Clinic:

- May 27 & 28 | SJHHS Gym
- Check-in: 3:45–4:15 PM
- Clinic: 4:30–6:30 PM

Tryouts:

- May 29 | 4:00–7:00 PM | SJHHS Gym
- Tryout time slots & numbers will be assigned by grade level on day 2 of clinic (based on the 2025–26 school year). Please arrive 30 minutes prior to your grade's assigned slot:
 - Seniors: 4:00 PM || Juniors: 4:30 PM || Sophomores: 5:00 PM || Freshmen: 5:30 PM

What to Wear:

- All black, fitted dancewear (no midriff)
- Hair in a slick low bun
- Performance makeup, including false lashes and red lipstick

Important Notes:

- Dancers will audition in groups of 4–6 by grade
- Material from the clinic will be reviewed and performed during tryouts
- There may be callbacks; do not leave until coaches dismiss you
- Bring snacks, water, and arrive early enough to stretch on your own
- Judging will be conducted by outside professionals with extensive experience. Final results are based on combined scores and are not negotiable

New Team Announcements:

- Will be posted on Instagram: [@sjhhscheerandsong](#) by May 30 at 3:30 PM

Tryout Checklist

All paperwork must be submitted by 3:00 PM on Friday, May 23, 2025 in a manila envelope labeled:

“Attn: Pep Squad - Kelly Devine / Song Tryouts” — SJHHS Front Office

Include the following:

- Song Application (clearly completed)
- Rules & Policies Parent/Athlete Agreement
- COPY of Athletic Clearance Form (signed, dated, and physician-stamped)
 - Keep the original; upload the copy to athleticclearance.com
 - If already uploaded and still valid, no need to resubmit
 - Dancers without a valid form uploaded to athleticclearance.com cannot participate
- Proof of Insurance (photocopy front and back of insurance card)
- Fall 2024 Semester Transcripts (showing a 2.0 GPA or higher)

Rules and Policies Parent/Athlete Agreement

1. *We understand the decision of team placements are FINAL and non-negotiable after tryouts.*
2. *We understand tryout results will be posted on our social media by May 30th at 3:30pm*
3. *We understand that teams are chosen on a basis of skill level & performance impression demonstrated at the tryout which includes attitude/work ethic, academic standing, and overall team needs.*
4. *We understand that all communication needs to be done respectfully. At no time is it ok for a parent or team member to berate or yell at the coaching staff or other team members. Parents are not allowed in practice spaces unless invited.*
5. *We understand that the song team must become the 1st priority in terms of co-curricular activities on and off campus.*
6. *We understand that if our son/daughter has been in the program in the past, they will still need to try out every season and that their position on the team is not guaranteed. Improvement, skill-level, attitude/work ethic, performance quality, academic standing and team dynamics all play a part in whether she/he is chosen to be a member and/or a competing member.*
7. *We understand that if our dancer makes the program, he/she is representing San Juan Hills High School and San Juan Hills Song at all times. On San Juan Hills' campus, outside of school, and on social media. Failure to represent SJHHS Song or teammates in a positive light will result in consequences as stated.*
8. *We understand that if any of our rules are broken, consequences will be given accordingly.*
9. *We understand that an athletic clearance form must be uploaded to <https://www.athleticclearance.com/> in order to participate in any tryout, practice, game, competition, pep rally, or any other performances.*

I have read and agreed to abide by the Song Team Rules and Policies, accepting the consequences and possible dismissal from the squad for breaking any of the rules. I also sign this understanding that I, as a parent/guardian, cannot change or alter these rules and I am allowing my dancer to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Advanced Varsity Jazz (Optional Competition Team)

I acknowledge that I am electing to participate in the optional Advanced Varsity Jazz routine, which is a separate, elite-level competition team intended for highly committed and advanced dancers. I understand the following expectations and requirements:

Rehearsal Commitment: *I agree to attend all weekly after-school rehearsals held on Wednesdays from 3:40–4:45 PM in Room F07, beginning August 20th.*

Financial Responsibility: *I understand that there will be an additional cost for participation, which will cover choreography, costume, and competition entry fees. The final amount will depend on the number of dancers, costume selection (off-the-rack or custom), and choreographer rates. I agree that this cost will be divided evenly among all team members.*

Commitment to Excellence: *I am aware that this team is designed for dancers who are dedicated, serious about their growth, and willing to invest the necessary time, energy, and resources to compete at a high level.*

By signing below, I confirm that I have read, understood, and agree to the terms outlined above. I am committed to upholding the standards and responsibilities of the Advanced Varsity Jazz team.

Dancer Signature: _____ Date: _____

Parent Signature: _____ Date: _____

SJHHS Song Team Contribution Breakdown 2025/26

The Song program is COMPLETELY funded through donations. The district does NOT pay for any part of the program. Each member’s participation donation (completing a full sideline season) is **\$2,800** (2 installments of \$1,035 + \$730 camp), OR **\$2600** (\$1,870 + \$730 camp) when paying in full. Camp is a separate donation of \$730. This price does not include uniforms.

ALL MEMBERS	PAYMENT RECIPIENT	COST	Due Date	NOTES
Spiritwear Camp & Practice Uniforms	SJHHS Boosters	\$200	05/31	Must size at “You Made it Party”
Bows (3)	SJHHS Boosters	\$60	05/31	New bows are purchased each year.
Rhinestones/Supplies	SJHHS Boosters	\$20	05/31	Stones, Glue, Supplies, etc for stoning shoes and misc items.
Coach Stipends	SJHHS Boosters	\$1250	05/31	
Game Expenses	SJHHS Boosters	\$65	05/31	Homecoming Halos/ Themed Apparel/Accessories Decor
Banquet Venue and Decor/Holiday Luncheon	SJHHS Boosters	\$100	05/31	
Guest Choreography	SJHHS Boosters	\$50	05/31	
Media	SJHHS Boosters	\$65	05/31	
Music Licensing and Editing	SJHHS Boosters	\$30	05/31	
Yard Signs & MISC	SJHHS Boosters	\$30	05/31	Yard signs and other equipment needs
OPTIONAL ITEMS	PAYMENT RECIPIENT	COST	DUE	NOTES
USA Camp and Transportation	SJHHS Boosters	\$730 *Subject to change based on the final number of attendees. Non refundable.	05/31	4 day Elite Camp, hotel, meals, coaching, & transportation to and from Palm Springs.

Total	25/26 Song Participation Donation Plan				All donations can be made via check written out to SJH Boosters: Memo: Athletes Name + "installment number/full payment" or online using the QR code below. 
	Paying in Full	\$1870	\$730	5/31	
	1st Installment	\$1035	\$730	5/31	
	2nd Installment	\$1035		8/01	

GAMEDAY UNIFORM <small>*New members or if replacements as needed.</small>	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
Shell	Rebel Athletic	\$154	06/02	Must size at "You Made it Party"
Sleeves Liner	Rebel Athletic	Varsity- \$106 Jv- \$77 Frosh - \$84	06/02	Must size at "You Made it Party"
Skirt	Rebel Athletic	\$111	06/02	Must size at "You Made it Party"
Shorts 1 Black Pair 1 Navy Pair	Purchase on your own	Varies depending on brand	7/15	Black Option 1 Black Option 2 Navy Option 1 Navy Option 2
Poms *sold individually	VARSITY	\$35-\$87	05/31	VARSITY 4" Fire Pom (2) JV 4" Gold Metallic (2) FROSH 4" NAVY Metallic (2) + ALL add Hands Free Device
Shoes	NIKE	\$42-\$70	06/02	NIKE Revolution 7 Size up ½ size than your other Nikes. They run small.
Lipstick	MAC- Russian Red	\$32	6/02	GAMEDAY AND COMPS
Earrings	AMAZON	\$10	6/02	GAMEDAY AND COMPS
NEW Varsity Members	Purchase w/Team Mom	TBA	TBA	Varsity Box Name Stickers and Stallion Head
SENIORS Only	Purchase w/ Team Mom		TBA	Banners, Halos, Sashes etc

After attending the uniform fitting, you will receive info via email with a link to purchase uniforms/poms. Tax and shipping may be added to balance.

OPTIONAL ITEMS	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
Backpack	Purchase on your own JanSport	\$29 + Embroidery (\$35)	6/15	JanSport Backpack Purchase on your own and then venmo team mom for the embroidery cost.
Letterman Jacket Varsity ONLY	Purchase on your own	Varies w/ options	N/A	OPTIONAL
POM Holder	Purchase on your own	\$6-8	N/A	OPTIONAL

SJHHS Song Team Competition Contribution Breakdown 2025/26

The full competition season is **\$800** for the **Pom competition routine**, which each dancer will be placed into if selected for the SJHHS Song Team. An additional fee will be determined if a Songleader auditions for and is selected to join the **Select Advanced Varsity Jazz routine**. Without donations, we have no way to cover competition entry fees, choreography, music licensing, or competition coaching. This contribution is essential to ensure our teams can participate in a full competition season at an Elite level. Coaching staff believes that, like many top programs, we need custom competition uniforms to match the caliber of our routines and competitors. These uniforms are beautiful and elevate our overall presentation and cost approximately **\$400**. However, with our new **eTeamSponsor Fundraiser**, we are confident dancers will be able to raise funds to cover competition-related expenses, including the new uniform.

ALL MEMBERS	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
Competition Registrations	SJHHS Boosters	\$417	8/1	3 Regionals & 1 Nationals
Choreography & Coaching Cleaning	SJHHS Boosters	\$300	8/1	*Subject to change based on the final number of attendees. and choreographer rate.
Music & Licencing	SJHHS Boosters	\$60	8/1	*Subject to change based on the final number of attendees. and choreographer rate. Pom music starts at \$600+ per mix.
Competition Bow	SJHHS Boosters	\$22	8/1	POM Routine.
OPTIONAL ITEMS	PAYMENT RECIPIENT	COST	DUE DATE	NOTES
NEW Custom Competition Uniform	Fundraise or Donate SJHHS Boosters	\$400	TBA	Will only be able to get if program funds are met via donations &/ or fundraising.

Total	25/26 Song POM Comp Donation Plan			All donations can be made via check written out to SJH Boosters: Memo: Athletes Name + "installment number/full payment" or online using the QR code below.
	Paying in Full with UNI	\$1200	7/1	
	1st Installment	\$600	7/1	
	2nd Installment	\$300	8/1	
	UNI Installment	\$400	9/1	



CAPISTRANO UNIFIED SCHOOL DISTRICT

Physical Clearance Form

Name _____ Grade in 2024-25 _____ Male _____ Female _____ Date of Birth ____ / ____ / ____

Address _____ City & Zip Code _____ Phone _____

Father/Guardian _____ Work phone _____ Cell phone _____

Mother/Guardian _____ Work phone _____ Cell phone _____

Emergency Contact _____ Phone _____ Insurance _____

***I hereby give my consent for the above named student (son/daughter/ward) to compete in sports and to go with a representative of the school on any trips. In case of injury, you are authorized to have him/her treated.

SIGNATURE OF PARENT/GUARDIAN _____

Date _____

HEALTH HISTORY: *TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM*

<u>Any past or present:</u>	Yes	No		Yes	No
Problems with vision	_____	_____	Surgeries	_____	_____
Eyeglasses	_____	_____	Dental problems	_____	_____
Contacts	_____	_____	Braces	_____	_____
Problems with hearing	_____	_____	False teeth	_____	_____
Hearing aid.	_____	_____	Painful joints	_____	_____
Blacking out or fainting	_____	_____	Broken bones	_____	_____
Unconsciousness	_____	_____	Body part, date _____	_____	_____
Convulsions,	_____	_____	Knee or ankle problems	_____	_____
seizures	_____	_____	Require support/brace	_____	_____
Heart problems	_____	_____	Need for medication	_____	_____
			Name _____	_____	_____
Rheumatic fever	_____	_____	Menstruation problems	_____	_____
Bleeding disorders	_____	_____	Hernias	_____	_____
Blood sugar problems	_____	_____	Asthma	_____	_____
Hypoglycemia	_____	_____	OTHER HEALTH ASPECTS THE DOCTOR		
Diabetes	_____	_____	AND SCHOOL SHOULD BE AWARE OF:		
Allergies— type _____			_____		
Bee or insect stings	_____	_____	_____		
Hospitalizations	_____	_____	_____		
Any history of chest pain with exercise?			_____	_____	_____
Any history of "racing" heart or skipped beats?			_____	_____	_____
Do you experience passing out, near passing out or unexpected tiredness during exercise?			_____	_____	_____
Any family history of sudden cardiac death in a family member under the age of 50?			_____	_____	_____
Any family history of Marfan's syndrome Or prolonged QT syndrome?			_____	_____	_____
Any history of temporary numbness or paralysis of both arms and/or legs following head/spine trauma?			_____	_____	_____
Any history of recent severe viral illness, infectious mononucleosis, or hepatitis?			_____	_____	_____
Any history of the following: absence of one kidney?			_____	_____	_____
males: absence of one testicle?			_____	_____	_____
Any history of blindness in one eye?			_____	_____	_____
Any current active skin infection?			_____	_____	_____

PHYSICAL EXAM: (Physician/Physician's asst/Nurse Practitioner) _____ HEIGHT _____ WEIGHT _____

PULSE: RESTING _____ AFTER ACTIVITY _____ B.P. _____

EYES _____	THROAT _____	ABDOMEN _____	ORTHOPEDIC _____
EARS _____	LYMPH GLANDS _____	HERNIA _____	SKIN _____
TEETH _____	THYROID _____	POSTURE _____	OTHER _____
BRACES _____	HEART _____	MUSCLE TONE _____	
NOSE _____	LUNGS _____	REFLEXES _____	

Special doctor recommendations or restrictions _____

I have examined the above student and do recommend that he/she is physically fit for full participation in sports.
(Must be signed by a PHYSICIAN, PHYSICIAN'S ASSISTANT or NURSE PRACTITIONER)

Name of physician _____ M.D/DO/PA/NP Date _____

Physician's Office Stamp

Signature _____ Phone _____

Student athletes will not be cleared to participate in sports until this physical AND the online account for the 2024-2025 school year has been completed on www.athleticclearance.com