

MUSTANGS

The Trabuco Hills

Girls Volleyball Team



**2023
Seniors**

2022 MEDIA GUIDE



@SaddlebackVB



Congrats to all our Trabuco Hills seniors and especially to those who have been part of our Saddleback Family: Esa Salaz, Katelyn Haynes, Alejandra Boscan, Alyssa Friedman and Sydney Sims.



Let's Go Mustangs



We are very proud to have 3 coaches coaching for the Trabuco Hills Girls Volleyball program.

Saddleback Volleyball Club

29923 Fuerte Drive Lake Forest, CA 92630

949.304.3190 | SVVC.com

2022 Media Guide

THANK YOU VOLUNTEERS

PROGRAM DIRECTOR

Bradley Girard

[MOOT WHISPERER, PHOTO, VIDEO, MEDIA GUIDE, FUNDRAISING]

ASSISTANT PROGRAM DIRECTOR

Yvette Girard [B-RAD WHISPERER, ADMIN, SOCIAL MEDIA]

PROGRAM TEAM

Yvette Girard [SOCIAL MEDIA]

Elizabeth Fontana [SNACK BAR]

Samantha Healy [SNACK BAR, SENIOR NIGHT]

Cheryl Rosenberg [SENIOR NIGHT]

Karen & Joe de Jesus [BBQ]

Mandy & Darren Shelton [PANCAKE BREAKFAST]

Joanne Pazdera [PINK OUT]

Monett Engel [PINK OUT]

Robin Friedman [SPIRIT WEAR]

Gary Kilgore [BANQUET]

Mia Balagot [BANQUET]

Bill Haynes [ANNOUNCER]

Mark Muñoz [ANNOUNCER]

Jeff Girard [MEDIA GUIDE HONOR ADS]

VARSITY TEAM MOMS

Kelli Hoffman & Melissa Sims

JUNIOR VARSITY TEAM MOMS

Kelly Kern & Annie Zmija

FRESHMAN A TEAM MOMS

Mandy Shelton & Becky Leonard

Freshman B Team Mom

Shelley Kennedy

Thank you to all those who volunteered for various jobs throughout the 2022 season.

Special Thank You

Administration

Alicia Foulk, Daryl Beck, Janine Salanitro, Jennifer Moore, Carlos Leon, Jill Clark, Karen Watson, Rachel Berg, Joel Enterline, and Kristin Cunningham

Custodians

Albert Camunag, Edwardo Alvarez, Mannlio Mijangos, Michael Pignone, Jaime Saenz, and Francis Tabora

TABLE OF CONTENTS

Coaches	4
Varsity Team Roster	6
Senior Player Bios	10
Junior Player Bios	14
Sophomore Player Bios	16
Varsity Team Bonding & SLO Tournament ..	17
Annual Pink Out Game	18
Junior Varsity Team Roster	20
Freshman A Team Roster	24
Freshman B Team Roster	26
All Team Photo	34
Player Honor Ads	36
Great Moments	65



GIRLS VOLLEYBALL COACHES



Craig Moothart | HEAD COACH

Coach Moothart grew up in Irvine where he graduated from Irvine High School high in 1981. He was a 3 year starter earning 1st Team All CIF honors his senior year in volleyball. Shortly after high school he followed his desire of playing volleyball on the beach spending 10 years on the A.V.P. (Association of Volleyball Professionals) where he grew up and matured as a young man. Coach Moot eventually returned to school graduating from Long Beach State University in 1998 with a B.A. in History and soon landed his first teaching job here at Trabuco Hills teaching World History. He coached the Boys' Varsity Volleyball Team for 9 years before becoming the Girls' Volleyball Program Head Coach that next year. 2015 was a great year for Coach Moot and the girls Varsity Volleyball Team! Not only did he coach his team to the schools first CIF Division 1 Championship he also led them to the California State Semi Finals. Coach Moot was also fortunate enough to earn some awards. He was named the 2015 CIF Division 1A Coach of the Year and the Orange County Register's Girls Volleyball Coach of the Year.

Coach Moot is happily married to his wife Heather and together they have one son, Chase, who also graduated from Trabuco Hills and The Ohio State University, where Chase played volleyball for two years. Together as a family they love to camp in the Sierras or Lake Tahoe and they try and hit to Kauai every other year. Wherever they go, the only prerequisite is that there must be a sand court to play on. Coach Moot loves his job — whether teaching or coaching volleyball... the only thing greater would be to suit up and get out there with the kids and play.

Coach Moothart loves summer but is always excited about the new school year where he gets to lead the Girls' Volleyball Program into a new and exciting year! GO BLUE!



Dave Hollaway | ASSISTANT COACH

Coach Hollaway graduated in 1988 from Mission Viejo High School. He was a member of the State Championship Men's Volleyball Team at Orange Coast College as an outside hitter and setter in 1990-91. From 1993-94, he played outside hitter and setter for Long Beach State Men's Volleyball Team serving as team captain in 1994. He became the Men's Volleyball Assistant Coach at LBSU, and went on to coach at Goldenwest College, where the men's team won 2 straight State Championships. In 1996-1997, Coach Hollaway was the head coach of the Dana Hills Girls' Volleyball Team and led his team to 2 South Coast League titles. From 1997-2001, he served as the First Assistant to Santa Clara University, where his team made the NCAA's all 4 years.

Beginning in 2001, Coach Hollaway was the Top Assistant to the team at University of the Pacific for five years. The team was in the NCAA Tournament every year, ranking as high as 5th in the country. Coach Hollaway is now in his tenth season as the Head Coach of the THHS Boys' Volleyball Program and continues his role as Assistant Varsity Girls' Volleyball Coach. Coach Hollaway lives in Mission Viejo with his wife Suzie and 2 daughters, Britt and Alex.

JUNIOR VARSITY | Lisa Mariotti

Coach Mariotti graduated in 1981 from Laguna Beach High School. At the time, LBHS's volleyball program was a perennial CIF finalist, which helped her earn a volleyball scholarship to Stanford University. During her sophomore year, she and her teammates led the Stanford team to its first NCAA Division 1 Final Four appearance. An achievement that has continued virtually uninterrupted to the present. After graduating from Stanford and marrying in 1988, Coach Lisa moved back to Orange County and was recruited by her high school alma mater to become the head coach of the LBHS Girls' Volleyball Program. Prior to coming aboard, the LBHS volleyball program had not made it to the CIF playoffs for several years, but under her direction, the team made it to the Division 1 CIF semi-finals, for which she was awarded the Orange County Register's Girls' Volleyball Coach of the Year. The enjoyment and satisfaction she experienced from coaching high school athletes at LBHS inspired Coach Lisa to get her teaching credential, and her first teaching job at University High School where she also served as the girls' volleyball head coach from 1990-94. Coach Lisa's training and hard work led the UHS Girls' Volleyball program to its first-ever CIF playoff appearances.

Coach Lisa had coached top teams at Laguna Beach Volleyball Club for six years before taking a break to raise her two daughters, Arianna and Isabella. She returned to coaching club volleyball when her daughters wanted to begin playing volleyball at Saddleback Volleyball Club. Since returning to coach girls club and high school volleyball, Coach Lisa has coached all ages and levels of teams, including many THHS players. Together, she and Coach Ralph have led Saddleback teams to gold, silver, and bronze national championship finishes.

In her free time, Coach Lisa enjoys spending time camping and backpacking with family, and playing with her three dogs Kobe, Magic, and Shaq.



FRESHMAN A | Ralph Rivera

Coach Rivera is a Trabuco Hills High School Alumni, Class of 2002. He started his volleyball playing career the same year Coach Moot started coaching at Trabuco Hills in 1999. He played for Coach Moot on Varsity his Junior and Senior year and helped the team win the Orange County Championships in 2002, and to the CIF playoffs for the first time. From 2005-2008, Coach Ralph coached at THHS in various roles. He has been the JV coach, Freshman coach, and Varsity Assistant. He helped lead his Girls Frosh/Soph team to an undefeated league championship and Girls Varsity to their first CIF playoff berth in Coach Moot's tenure. He left in 2009 to pursue an opportunity to work with the Women's Volleyball Team at the University of Arizona where they made an appearance in the NCAA Playoffs in the 3 seasons he was part of the program. He also received his B.A. in Elementary Education in 2012. Coach Ralph has also coached at Saddleback Volleyball Club for the past 16 seasons. He has coached the top teams at Saddleback Volleyball as young as 12's up to the 18's. He has helped lead teams to 3 national championships and 2 runner-up finishes. Coach Moot has been a great mentor and friend to Coach Ralph and he looks forward to working with him again.

In his free time, he enjoys spending time with his 7-year-old son RJ, 2-year-old daughter Eliza and wife Jessica, playing basketball, going golfing and eating Korean bbq.



FRESHMAN B | Ryan Compher

Coach Compher attended Trabuco Hills High School and played volleyball there for three years. Overall his volleyball experience is now seven years of playing indoor, beach, and grass. He decided that for his senior year he'd try his hand at coaching. He loved it almost immediately and started coaching as often as he could. He took a position at Saddleback Volleyball Club and has now been coaching there for a year going on two. This will be his first club head coaching experience and he couldn't be more excited. Next semester Coach Compher will be head coaching the JV boys team at Trabuco. Coach Compher is also enrolled at Irvine Valley College and is completing his second year of general education before transferring to a 4 year college. He has his eyes on Cal State Fullerton or Cal State Long Beach. He hopes to major in English so he can become a teacher and coach! He is so proud of all the people he has coached and can't wait to continue to lead others to love the sport. He is in his third season of coaching and can't wait to continue what he loves to do.





1 | Sydney Sims
 OUTSIDE HITTER / DEFENSIVE SPECIALIST

2 | London Kilgore
 OUTSIDE HITTER / LIBERO

3 | Reese Balagot
 SETTER / OUTSIDE HITTER

5 | Katelyn Haynes
 MIDDLE BLOCKER

6 | Erynn Muñoz
 SETTER / OPPOSITE HITTER

7 | Alex Hollaway
 SETTER

8 | Alyssa Friedman
 LIBERO / DEFENSIVE SPECIALIST

9 | Lindsey Hoffman
 LIBERO

10 | Aqilla Ikrar
 MIDDLE BLOCKER

11 | Malia de Jesus
 LIBERO

12 | Peyton Baro
 MIDDLE BLOCKER

13 | Esabelle Salaz
 LIBERO / DEFENSIVE SPECIALIST

14 | Lauren Hoffman
 OUTSIDE HITTER

15 | Dana Healy
 OPPOSITE HITTER

17 | Sage Neubert
 LIBERO / OPPOSITE HITTER

18 | Alejandra Boscan
 MIDDLE BLOCKER

19 | Gabrielle Girard
 SETTER/OPPOSITE HITTER

HEAD COACH
Craig Moothart

ASSISTANT COACH
Dave Hollaway







VARSITY SENIORS

Erynn Muñoz |

HEIGHT: 5'7"

HANDED: Left



NICKNAME: E Moon

FAVORITE WORD/PHRASE: OH YEAHHH -Vector

FAVORITE BAGLE: Cinnamon Sugar—but is always stolen from me by my teammates.

THEME SONG: 1st Class Girl by Drew Seeley and Marcus Paulk

HIDDEN TALENT: Piano and guitar.

IN TEN YEARS: Either running my own coffee shop or being a super stylish elementary school teacher.

INSPIRED BY: My parents because they're the hardest workers I know.

CORNIEST DAD JOKE: What do you call a fish wearing a bow tie? soFIShticated!

FAVORITE SEASON MEMORY: Beating San Juan Hills on their Senior Night!

FUNNIEST TEAMMATE MOMENT: Sage and Lauren getting kick kills.

SOMETHING SURPRISED TO HEAR ABOUT YOU: I have a fear of big bugs and small holes.

BEST TEAMMATE FOR TV GAME SHOW: Katelyn — she has the biggest personality and is definitely a game show typa girl.

BETTER STYLE MOOT OR HOLLOWAY: Moot.



Setter/Opposite Hitter

Lauren Hoffman |

HEIGHT: 5'10"

HANDED: Right



NICKNAME: Lau, Lolo, Lo, Laurelie, Hoff, Hoffie

FAVORITE WORD/PHRASE: Def (the abbreviation of definitely)

FAVORITE BAGLE: Chocolate Chip

THEME SONG: Every song from my 17 hour country music playlist

HIDDEN TALENT: Not too hidden; doing hair.

IN TEN YEARS: Living my best life with my husband and kids and dog.

INSPIRED BY: All the girls on this team because they're all so hardworking, competitive and supportive.

CORNIEST DAD JOKE: How do you make a tissue dance? Put a little boogie in it!

FAVORITE SEASON MEMORY: Beating San Juan Hills on their Senior Night!

FUNNIEST TEAMMATE MOMENT: Peyton douse her knee pads in perfume before practice.

SOMETHING SURPRISED TO HEAR ABOUT YOU: I am a math nerd.

BEST TEAMMATE FOR TV GAME SHOW: Lindsey because she makes everyone laugh at practice especially Holloway.

BETTER STYLE MOOT OR HOLLOWAY: Holloway with his 3 quarter sleeve shirt, flip flops, camp shorts and visor.



Outside/Opposite Hitter

HEIGHT: 5'1" HANDED: Left

I Malia de Jesus



Libero

NICKNAME: DJ, DeeJ, DeeJie WeeJie, Wedgie, Wedge Salad

FAVORITE WORD/PHRASE: legiterally, all aboard the noot noot train, zamm

FAVORITE BAGLE: Cinnamon Sugar

THEME SONG: The Sweet Escape/Gwen Stefani

HIDDEN TALENT: Ambidextrous in some areas.

IN TEN YEARS: Become a physical therapist producing music on the side.

INSPIRED BY: My parents; they are always hardworking, supporting, & encouraging. Even in tough times; I can always lean on.

CORNIEST DAD JOKE: How much do I love crunchy tacos? From my head tomatoes!

FAVORITE SEASON MEMORY: SLO and practicing our HOCO dance after practices.

FUNNIEST TEAMMATE MOMENT: Lindsey thought the referee called a time out so she did a little celebration and was about to walk off the court. However, the referee was just blowing the whistle for Sage to serve.

SOMETHING SURPRISED TO HEAR ABOUT YOU: Only child & I can sing a pretty good tune.

BEST TEAMMATE FOR TV GAME SHOW: Katelyn — she has the biggest personality and is definitely a game show typa girl.

BETTER STYLE MOOT OR HOLLOWAY: Hollaway's beach attire; board shorts & rainbows



HEIGHT: 5'10" HANDED: Right

I Katelyn Haynes



Middle Blocker

NICKNAME: Kate, Kale, K, Haynes, Heinous

FAVORITE WORD/PHRASE: "That's not very crackalackin." -Erynn Muñoz

FAVORITE BAGLE: Cinnamon Sugar bagel with cream cheese

THEME SONG: Canyon Moon by Harry Styles

HIDDEN TALENT: My thumbs can bend back abnormally far.

IN TEN YEARS: Living my best life with my husband and kids and dog.

INSPIRED BY: My mom; she was the most loving and selfless women I ever knew.

CORNIEST DAD JOKE: I can't type it, ask me to demonstrate!

FAVORITE SEASON MEMORY: Crying laughing with Lauren, Erynn, DJ, Sydney, Reese, and Alyssa in SLO because of Alyssa's hilarious stories

FUNNIEST TEAMMATE MOMENT: Watching GG fall off a chair in slow motion when we were at a team dinner in Oxnard.

SOMETHING SURPRISED TO HEAR ABOUT YOU: I am a math nerd.

BEST TEAMMATE FOR TV GAME SHOW: Peyton would be the best on a game show because she is so funny without even trying.

BETTER STYLE MOOT OR HOLLOWAY: Hollaway, nothing can beat flops & cargo shorts.



VARSITY SENIORS

Alyssa Friedman |

HEIGHT: 5'4"

HANDED: Right



NICKNAME: Lyss, Lyssa, Nana, Grandma, Gimp

FAVORITE WORD/PHRASE: "You girls earned bagels" – Moot

FAVORITE BAGLE: Everything bagel

THEME SONG: Danger Zone by Kenny Loggins

HIDDEN TALENT: I can do the splits.

IN TEN YEARS: Graduated from school with my Doctorate in Physical Therapy and hopefully starting a family.

INSPIRED BY: Malia de Jesus because she's the #1 DJ around.

CORNIEST DAD JOKE: Why do melons have weddings? Because they cantaloupe!

FAVORITE SEASON MEMORY: Sitting in one of the rooms in SLO with a bunch of the girls and sharing our weirdest dreams

FUNNIEST TEAMMATE MOMENT: When GG fell off the chair in slow motion at the Oxnard tournament.

SOMETHING SURPRISED TO HEAR ABOUT YOU: I was a gymnast for 6 years.

BEST TEAMMATE FOR TV GAME SHOW: Peyton. I think it's pretty self explanatory.

BETTER STYLE MOOT OR HOLLOWAY: Holloway; flops & board shorts remain unmatched.



Libero/Defensive Specialist

Esabelle Salaz |

HEIGHT: 5'4"

HANDED: Right



NICKNAME: Esa, Epa, Echa, Meepa, and Eat Your Salad

FAVORITE WORD/PHRASE: Creamy

FAVORITE BAGLE: Cinnamon Sugar

THEME SONG: Year of the Cat by Al Stewart

HIDDEN TALENT: My dog Pedro and I look the exact same.

IN TEN YEARS: Using the fancy bidet in my giant mansion.

INSPIRED BY: The sexy Alyssa Friedman and Katelyn Haynes because they are sitting next to me sos.

CORNIEST DAD JOKE: A snake walks into a bar. And the bartender says, "Woah! How'd you do that?"

FAVORITE SEASON MEMORY: When I went to P.f. Chang's with Alyssa, Alex, and my amazing dad.

FUNNIEST TEAMMATE MOMENT: "Do you have a napkin?" If you know you know...

SOMETHING SURPRISED TO HEAR ABOUT YOU: Even though I burp in public, I can still get a boyfriend.

BEST TEAMMATE FOR TV GAME SHOW: Ms. Beautiful wonderful sexy Katelyn Haynes.

BETTER STYLE MOOT OR HOLLOWAY: Holloway 100%.



Libero/Defensive Specialist

HEIGHT: 5'7" HANDED: Right

| Sydney Sims



Defensive Specialist/Hitter

NICKNAME: Syd, Squid, Squidney
FAVORITE WORD/PHRASE: "ur joking" - Me or "you sick fool" - Lindsey
FAVORITE BAGLE: Cinnamon Sugar
THEME SONG: Make My Dreams Come True by Hall & Oates
HIDDEN TALENT: I am good at baking.
IN TEN YEARS: An architect/interior designer with my own home library and maybe starting a family.
INSPIRED BY: Teammates; because of how hard they work & how supportive they are.
CORNIEST DAD JOKE: What's the best thing about Switzerland? I don't know but the flag is a big plus!
FAVORITE SEASON MEMORY: When everyone came into our room in SLO and we talked and laughed and shared stories.
FUNNIEST TEAMMATE MOMENT: When GG fell off the bench in slow motion at Oxnard.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I love the beach and surfing.
BEST TEAMMATE FOR TV GAME SHOW: GG or Malia or Erynn because they are smart.
BETTER STYLE MOOT OR HOLLAWAY: The Dave Hollaway



HEIGHT: 6'1" HANDED: Right

| Alejandra Boscan



Middle Blocker

NICKNAME: Ally
FAVORITE WORD/PHRASE: Petrichor, because I like the rain
FAVORITE BAGLE: Cinnamon Sugar
THEME SONG: All The Stars by Kendrick Lamar & SZA
HIDDEN TALENT: Drawing
IN TEN YEARS: Traveling around Europe.
INSPIRED BY: Parents; they both work in the office a lot but still make time for me and my siblings. They are really good at time management, which I'd like to get better at because I procrastinate a lot.
CORNIEST DAD JOKE: Did you hear about the chef? He pasta way!
FAVORITE SEASON MEMORY: The SLO outing was pretty fun because I liked going on Moot's tour, even in the rain.
FUNNIEST TEAMMATE MOMENT: Malia when she did the CPR cheer during a game.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I'm considering doing a double major with forensic science. I like true crime so it's something I might be interested in.
BEST TEAMMATE FOR TV GAME SHOW: Esa, cause she has an energetic personality.
BETTER STYLE MOOT OR HOLLAWAY: Moot.



VARSITY JUNIORS

How could Moot improve the snacks in his room?

Get rid of the moldy tangerines and add more snacks:) **Bring back the dried mango!!!! #driedmangolover.** Infinite supply of bagels and cream cheese (that aren't moldy). **Nothing it has great snacks now.** I want fresh squeezed juices to be added to the collection. **Cheese crackers with NO peanut butter.** He should definitely consider keeping a stash of Trader Joe's dark chocolate peanut butter cups for me in his room. **He could have refrigerated snacks.** When you open the cabinet door there's a 3 Star Michelin Restaurant. **I think some fresh baked goods on the daily would be a nice touch.** Also maybe add a waffle maker. Having Cheezits readily available. **Quaker rice crisps would be good or broccoli chips from Costco, those are bomb and I really recommend them!** Nothing, his snacks are perfect the way they are. **It's pretty good already.** Quaint kitchenette with an air fryer would be perfection! Also the addition of ham and cheese croissants would be splendid! **Goldfish, PB Crackers, Pizza Oven.** He should allow the Varsity team to make a shopping list.



Gabrielle Girard

Setter/Opposite Hitter

HEIGHT: 5'10" HANDED: Right

NICKNAME: GG, G, GuhGuh, Gabe FAVORITE WORD/PHRASE: Let's Dig In 🍷
 FAVORITE BAGLE: Sesame
 THEME SONG: Exceptional by China Anne McClain
 HIDDEN TALENT: I'm a musical genius on the recorder and Clarinet.
 IN TEN YEARS: Working in sports medicine; as a physical therapist or sports trainer.
 INSPIRED BY: My parents and my trainer, Savage, because they have always taught me to go after everything and to believe in myself.
 CORNIEST DAD JOKE: Where does a towel go to eat? A DRY thru!
 FAVORITE SEASON MEMORY: Beating San Juan Hills on their Senior Night and getting to practice after being injured for 3 months.
 FUNNIEST TEAMMATE MOMENT: When Lindsey almost broke the ceiling during daily's.
 SOMETHING SURPRISED TO HEAR ABOUT YOU: Did dance for 8 years and freshman cheer.
 BEST TEAMMATE FOR TV GAME SHOW: Reese, because she gets very fired up and competitive so I can count on her winning.
 BETTER STYLE MOOT OR HOLLAWAY: Hollaway, he always pulling up in stylish shades.



Reese Balagot

Setter/Opposite Hitter

HEIGHT: 5'9" HANDED: Right

NICKNAME: Reeseey, Reeseypoo, Reeseroni
 FAVORITE WORD/PHRASE: Not gonna lie
 FAVORITE BAGLE: Blueberry Bagel
 THEME SONG: Heartless by Kanye West
 HIDDEN TALENT: I got mad skills on the harmonica.
 IN TEN YEARS: Working for saint jude's; microbiologist finding a cure for cancer
 INSPIRED BY: My mom because of her hard working personality and her determination to support her kids through anything and everything.
 CORNIEST DAD JOKE: What do you call a bear in the rain? A drizzly bear!
 FAVORITE SEASON MEMORY: Oxnard Tournament
 FUNNIEST TEAMMATE MOMENT: Katelyn's commentary on the side lines.
 SOMETHING SURPRISED TO HEAR ABOUT YOU: For being a good swimmer, as I have Thalassophobia (fear of the ocean)
 BEST TEAMMATE FOR TV GAME SHOW: Katelyn because she's funny and super witty.
 BETTER STYLE MOOT OR HOLLAWAY: Neither; Uncle Ralph (coach) has the best style.



Aqilla Ikrar

Middle Blocker

HEIGHT: 5'10" HANDED: Right

NICKNAME: Q, Quwi (Kyoo-wee), Killa THEME SONG: Sofia the first is a real bop.
 FAVORITE WORD/PHRASE: Pounding the stone, next play next point.
 FAVORITE BAGLE: Chocolate chip for sure. Lauren got me hooked on them.
 HIDDEN TALENT: I can draw a rose under 30 seconds.
 IN TEN YEARS: Medical school learning; pharmacy, dermatology, or anesthesiology.
 INSPIRED BY: My parents, they are smart, strong, believe in their moral values, and taught me the importance in the little things, such as saying please and thank you.
 CORNIEST DAD JOKE: What do you call a cow in an earthquake? Milkshake!
 FAVORITE SEASON MEMORY: When we played Tesoro and we beat them, and in that game I completely roofed my teammate.
 FUNNIEST TEAMMATE MOMENT: When Katelyn dig a ball above her hands and then dived right away. I literally almost peed my pants.
 SOMETHING SURPRISED TO HEAR ABOUT YOU: I was born in Japan.
 BEST TEAMMATE FOR TV GAME SHOW: Alyssa because I feel like she thinks quickly.
 BETTER STYLE MOOT OR HOLLAWAY: Definitely Hollaway with those flip flops.



HEIGHT: 5'8" HANDED: Right

Setter/Opposite Hitter | London Kilgore



NICKNAME: Bones
FAVORITE WORD/PHRASE: Bruh
FAVORITE BAGLE: Sesame
THEME SONG: So sick by Flyleaf
HIDDEN TALENT: I morph into a wolf on a full moon.
IN TEN YEARS: Hopefully in a relationship with a good job.
INSPIRED BY: My grandpa inspires me because he knows a ton about sports and is always a good person to go to.
CORNIEST DAD JOKE: Why do ducks have tails? To cover their butt quacks!
FAVORITE SEASON MEMORY: Going to SLO.
FUNNIEST TEAMMATE MOMENT: When Lindsey kicked a ball into the ceiling because she lost in daily's.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I actually have a personality.
BEST TEAMMATE FOR TV GAME SHOW: Malia she would just be funny.
BETTER STYLE MOOT OR HOLLAWAY: Hollaway



HEIGHT: 5'5" HANDED: Right

Outside/Opposite Hitter | Lindsey Hoffman



NICKNAME: Linds, Hoffmeister, Lil Hoff FAVORITE WORD/PHRASE: Legiterally
FAVORITE BAGLE: Blueberry THEME SONG: Dangerous- Morgan Wallen
HIDDEN TALENT: The ability to capture epic pics of people when they are eating.
IN TEN YEARS: Married and living with my cute family in our cute house.
INSPIRED BY: The girls on the team inspire me, especially my older sister, Lauren.
CORNIEST DAD JOKE: What kind of cars do eggs drive? Volkswagens!
FAVORITE SEASON MEMORY: Feasting on Costco pumpkin muffins at SLO in our hotel room with the team at night.
FUNNIEST TEAMMATE MOMENT: When Sage got so mad during a drill that she kicked the ball and got it stuck near ceiling and Moot had to get it down.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I genuinely love to eat peanut butter by the spoonful straight from the jar.
BEST TEAMMATE FOR TV GAME SHOW: Peyton because she makes me laugh so hard and everything she does is funny.
BETTER STYLE MOOT OR HOLLAWAY: Hollaway. Those sunglasses and flip flops



HEIGHT: 5'4" HANDED: Right

Setter | Alex Hollaway



NICKNAME: Mini Dave, Hollaway, Biscuit FAVORITE BAGLE: Cinnamon Sugar
FAVORITE WORD/PHRASE: On the line/ anywhere in orange county but in the net.
THEME SONG: Thong Song (Glee Version) HIDDEN TALENT: I can use chopsticks.
IN TEN YEARS: Working at as a successful sports manager.
INSPIRED BY: Alyssa, her perseverance has shown me that is is never ok to give up. She is such an inspiration and should be looked up to for generations to come. She is my hero. She is everyone's hero!
CORNIEST DAD JOKE: Have you heard of the new movie called "Constipation"? It hasn't come out yet!
FAVORITE SEASON MEMORY: When me, Alyssa, and Esa roomed together in Oxnard. (what happens in Oxnard stays in Oxnard) OMG AND ANDY CANT FORGET ANDY!
FUNNIEST TEAMMATE MOMENT: Lindsey temper tantrums when she loses doubles.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I'm scared of bugs.
BEST TEAMMATE FOR TV GAME SHOW: Peyton no explanation needed.
BETTER STYLE MOOT OR HOLLAWAY: Hollaway (Alex)



HEIGHT: 5'8" HANDED: Right

Libero/Outside Hitter | Sage Neubert



NICKNAME: Sagey Poo, Herb
FAVORITE WORD/PHRASE: Bruh
FAVORITE BAGLE: Cinnamon Sugar
THEME SONG: Better Than Revenge by Taylor Swift
HIDDEN TALENT: Saying the abc's backwards.
IN TEN YEARS: I'll be married, have a job, and dogs.
INSPIRED BY: My parents, they work hard and do what's best for me.
CORNIEST DAD JOKE: What do you call cheese that's not yours? Nacho cheese!
FAVORITE SEASON MEMORY: Beating San Juan Hills and SLO.
FUNNIEST TEAMMATE MOMENT: When lindsey cheered when the other team made a sub.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I can eat a whole bucket of reese's mom's dip.
BEST TEAMMATE FOR TV GAME SHOW: Lauren, i think she would win.
BETTER STYLE MOOT OR HOLLAWAY: <crickets>



VARSITY SOPHOMORES



Dana Healy | Outside Hitter

HEIGHT: 5'5" HANDED: Left

NICKNAME: Danish, Dana Wana, Little One, Babooshka, Mighty Mouse
FAVORITE WORD/PHRASE: Fair dinkum
FAVORITE BAGLE: Cinnamon Sugar
THEME SONG: DNA by LANY
HIDDEN TALENT: I can play tennis.
IN TEN YEARS: Living in Europe as a millionaire.
INSPIRED BY: My mom because she's a hard worker.
CORNIEST DAD JOKE: Why do Eskimo's wash in tide? Because it's too cold out tide!
FAVORITE SEASON MEMORY: SLO
FUNNIEST TEAMMATE MOMENT: When Lindsey got so mad after daily's that she kicked the ball so hard it made the ceiling fall.
SOMETHING SURPRISED TO HEAR ABOUT YOU: I'm Native American.
BEST TEAMMATE FOR TV GAME SHOW: Alejandra, because she's really smart.
BETTER STYLE MOOT OR HOLLAWAY: Hollaway, because of his flipflops.



Peyton Baro | Middle Blocker

HEIGHT: 5'9" HANDED: Right

NICKNAME: Pey, Peypey, P **FAVORITE WORD/PHRASE:** LETS GOOOO
FAVORITE BAGLE: Cinnamon Sugar **THEME SONG:** Dynamite by Taio Cruz
HIDDEN TALENT: I can spread my toes SO far apart.
IN TEN YEARS: I see myself in school studying in the medical program to become an Orthopedic Surgeon with the family of my dreams.
INSPIRED BY: Mom; I look up to her and she is always there for me constantly.
CORNIEST DAD JOKE: Why did the golfer bring two pairs of pants? In case he got a hole in one!
FAVORITE SEASON MEMORY: San Lois Obispo (SLO trip) - especially when Esa, Sage, Me, Dana, and Lindsey sat in the hotel room talking till 3am just laughing non stop
FUNNIEST TEAMMATE MOMENT: Whenever me and Lindsey are on the sideline together.
SOMETHING SURPRISED TO HEAR ABOUT YOU: This is my first year ever playing middle.
BEST TEAMMATE FOR TV GAME SHOW: The Hoffman Sisters because Lindsey never accepts defeat and Lauren because she's just so smart obviously.
BETTER STYLE MOOT OR HOLLAWAY: Hollaway duh (THE FLIP FLOPS).



Melissa Sims

South Orange County Real Estate Specialist



lifestyle. happy. home.

dre01924638
01886242

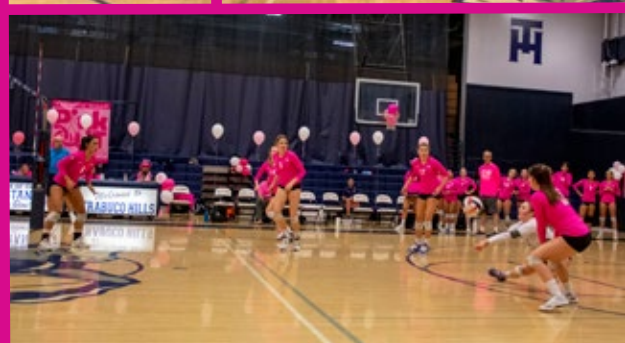


714.616.6442
Melissa@melissasimsoc.com



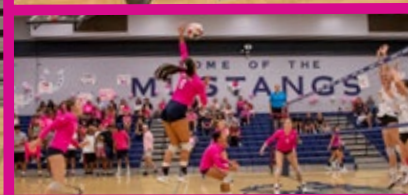
**VARSITY TEAM BONDING
SLO TOWN TOURNAMENT**







Trabuco Hills Girls Volleyball PINK OUT Match Supporting Breast Cancer Angels





1 | Aanya Gothal
OUTSIDE HITTER

2 | Isabella Lopez-Gonzalez
OUTSIDE HITTER / LIBERO

4 | Hannah Gilani
OUTSIDE HITTER

5 | Autumn Hale
SETTER

6 | Diya Brahmbhatt
MIDDLE BLOCKER

7 | Hailey Lau
SETTER / LIBERO

8 | Haley Kern
SETTER / LIBERO

9 | Nicole Judge
MIDDLE BLOCKER

11 | Mary Zmija
OUTSIDE HITTER

12 | Emma Munoz
MIDDLE BLOCKER / OUTSIDE HITTER

13 | Madison Sciuto
MIDDLE BLOCKER

14 | Priya Kumar
MIDDLE BLOCKER

15 | Sofia Perez
OPPOSITE HITTER

17 | Anaya Hamilton
OPPOSITE HITTER

18 | Rylyn Shields
OUTSIDE HITTER

| Sarah Garvin
TEAM MANAGER

COACH
Lisa Mariotti

ASSISTANT COACH
Ryan Compher



Aanya



Isabella



Hannah



Autumn



Diya



Hailey



Haley



Nicole



Mary



Emma



Madison



Priya



Sofia



Anaya



Rylyn



Sarah







FRESHMAN A

2022 TRABUCO HILLS GIRLS VOLLEYBALL



2 | Chloe Shelton
SETTER / OPPOSITE HITTER

3 | Christina Loretto
OUTSIDE HITTER

4 | Ella Carter
LIBERO / OUTSIDE HITTER

5 | Jena Pike
OUTSIDE HITTER

6 | Abigail Licht
MIDDLE BLOCKER

7 | Charlee Leonard
MIDDLE BLOCKER

8 | Adrianna Hou
SETTER / OPPOSITE HITTER

9 | Jenna Miner
LIBERO

12 | Hailey Tuttle
MIDDLE BLOCKER / OUTSIDE HITTER

13 | Elyse Muñoz
SETTER / OPPOSITE HITTER

COACH
Ralph Rivera



Chloe



Christina



Ella



Jena



Abigail



Charlee



Adrianna



Jenna



Hailey



Elyse





1 | Sarah Yoo
 LIBERO

4 | Taryn Hewitt
 OUTSIDE HITTER

5 | Elizabeth Radisay
 OUTSIDE HITTER

6 | Milanna Engel
 SETTER

7 | Chelsie Kramer
 OPPOSITE HITTER

8 | Mary Kennedy
 MIDDLE BLOCKER

9 | Lily Belnap
 MIDDLE BLOCKER / OUTSIDE HITTER

10 | Mara Gelle
 OPPOSITE HITTER

12 | Simran Patel
 SETTER

14 | Madison Salgado
 MIDDLE BLOCKER

15 | Sienna Williams
 OUTSIDE HITTER

17 | Brooklyn Ritchey
 LIBERO

COACH
Ryan Compher



Sarah



Taryn



Elizabeth



Milanna



Chelsie



Mary



Lily



Mara



Simran



Madison



Sienna



Brooklyn







- Local or Interstate
- Commercial
- Flat Rate Moving
- Storage Services
- Packing and Supplies
- Door to Door Delivery

Reliable moving and storage solutions for over 35 years.

Terry Moving and Storage continues to supply its customers with a full suite of affordable moving services locally and throughout the eleven Western States. We're licensed, bonded and insured professional movers.



Contact us and get a quote now!

TerryMovingOC.com | 949.587.9490

25958 Commercentre Drive, Lake Forest, CA 92630

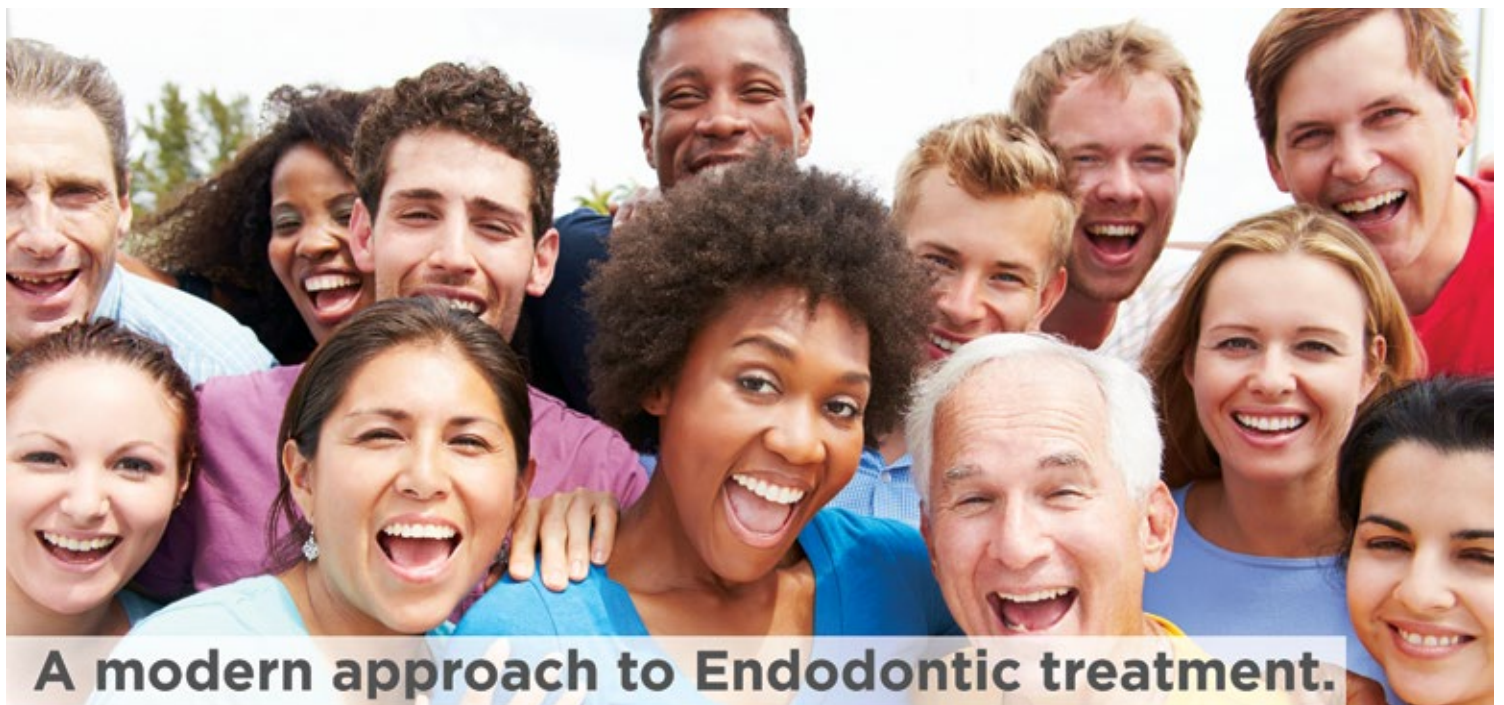
Monday – Saturday 8:00 am to 7:00 pm



CARD MY YARD
 SKIP THE CARD, STAKE THE YARD

CONTACT:
 Robyn Miner
 (949) 413-3938

See more examples at: www.CardMyYard.com/rancho-santa-margarita

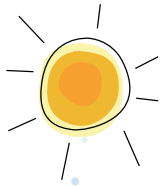


A modern approach to Endodontic treatment.

27725 Santa Margarita Pkwy, Suite 108
 Mission Viejo CA 92691

949-490-7772 | BoutiqueEndo.com |  

 **BOUTIQUE**
 ENDODONTICS



Sea View Pediatrics

Providing quality pediatric healthcare since 1973



San Clemente • Aliso Viejo • Laguna Hills • Irvine

949.951.5437

www.seaview.choc.org



Good Luck
Lady Mustangs
Volleyball!



PROUDLY OFFERING COMPREHENSIVE
SPORTS MEDICINE SERVICES WITH
DR. KORNSWIET

EST. 2013

LIVE. LOVE.
RIDE.

CYCLING

RedMonkey
sports



BEST PRICES, BEST SELECTION
REDMONKEYSPORTS.COM

15%
OFF

USE COUPON
CODE: MUSTANGS

DELIVERY


FLIPPIN' PIZZA™
NY PIES & SLICES

TAKE OUT

HAND Tossed
NEW YORK PIES & SLICES



**Proud to support the
Trabuco Hills Mustangs**
Drop in for a bite before or after a game.
We are catty corner to the high school.

Trabuco Hills Center
27695 Santa Margarita Pkwy
Mission Viejo, CA 92691

FlippinPizza.com
949.455.1200



RANCHO
DENTAL GROUP AND ORTHODONTICS



**We're committed to helping you
look, feel, and SMILE your best.**



Two locations to serve you

1. 30592 Santa Margarita Pkwy Ste D
Rancho Santa Margarita, CA 92688
2. 22032 El Paseo Rd, Ste 110
Rancho Santa Margarita, CA 92688



Schedule with us TODAY!

949.766.5740 | RanchoDentalGroup.com

Wingslist

your aircraft, engine, and accessory
trading publication

Subscribe Today!

Don't let the next issue pass you by!



WINGSLIST.COM

Contact Us:

publishing@wingslist.com

PRIME

VOLLEYBALL CLUB

**Wishing Our Prime Athlete Aqilla Ikrar
and Coach Moot of Trabuco Hills HS
a Successful Season!**

follow us



WWW.PRIMEVOLLEYBALLCLUB.COM



H 2022



TRABUCO HILLS
GIRLS VOLLEYBALL

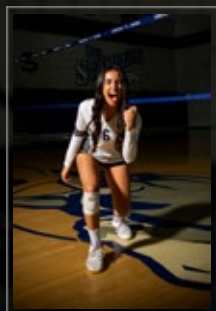


Erynn Muñoz

What a joy it has been to watch you play the past 4 years! Your smile lights up the room and carries onto the court every time. You bring joy everywhere you go and we are so very proud of the woman you are becoming. Continue to place God above all things and give Him the glory in all you do. We will forever be your #1 fans!

With Love Always,

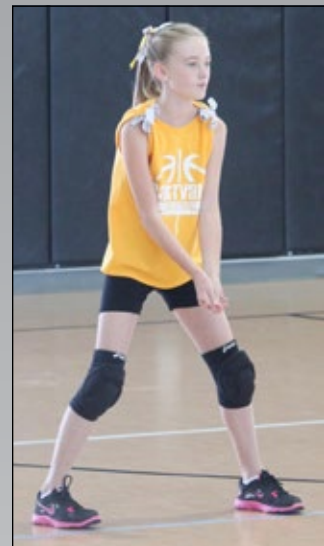
Dad, Mom, Trey, Elyse, Lex, Ben, & Gloria



Lauren Hoffman

Lauren, it has been such a joy to watch you play volleyball all these years! You have made us so proud with your strong work ethic, your leadership skills and your sportsmanship. You are a bright light on that volleyball court and we have cherished watching you play the game you love! We know God has awesome things ahead for you and we can't wait to see what your future holds. We love you so much!

— Love, Mom, Dad, Lindsey & Luke



“...thanks be to God who gives us the victory through our Lord Jesus Christ!” – 1 Corinthians 15:57



Malia de Jesus

Malia, We are so proud of the work you have done. The person you are. And the difference you have made. We are excited to see what your future holds. Continue to strive for greatness.

— Love Mom and Dad





Katelyn Haynes

Katelyn,

I am in awe and amazement at your talent and ability. You have more gifts than I can count, and I'm so very proud of how you use them. You make this world a better place and I can't wait to see what's up next for you!! I'll always be your biggest fan.

– Love Dad



ALYSSA FRIEDMAN



LYSS (AKA NANA), THIS WASN'T THE SEASON WE EXPECTED, BUT WE ARE SO INCREDIBLY PROUD OF ALL YOU ACCOMPLISHED! WE CAN'T WAIT FOR THE NEW ADVENTURES THAT LIE AHEAD! LOVE YOU TO THE MOON! DAD, MOM, MATT, AND NICK



Esabelle Salaz



Keep rocking your fun
vibrant school spirit!





Sydney,

There are so many things about you to love that we would need a novel to write them all. You are such an amazing young woman: extremely intelligent, funny, incredible wit, and a huge heart. We are all lucky to have you in our lives. Your commitment to excellence, your courage, your determination - all of these things will take you so far in life and we can't wait to see what your future brings. Thank you for making our lives so much more fun and showing us that only YOU get to determine your worth. Words cannot begin describe our love and pride for you but all we can say is: "We love you the most..the end!"

Mom, Dad, & Sky





We love you Ale! ❤️

Dad, Mom, Clo, Tutu & Goldi

ALEJANDRA BOSCAN #18



V
A
R
S
I
T
Y



Gabrielle Girard

Your injury didn't stop you from showing up, GG!



I can do all things
through Christ who
strengthens me.
-Philippians 4:13

Love You!
Mom & Dad



Reese Balagot

Reese, playing your third year of varsity volleyball, you have grown in all aspects of your game. We love watching you play each time you step foot on the court! You lead by example and give it a 100% every time! Never lose that drive and know that we are your number 1 Fans!

LOVE
Mom, Dad, Dean,
Zoe, Winston,
and Hank

Don't embarrass the family.

— LOVE Mom and Dad

TH
VOLLEYBALL



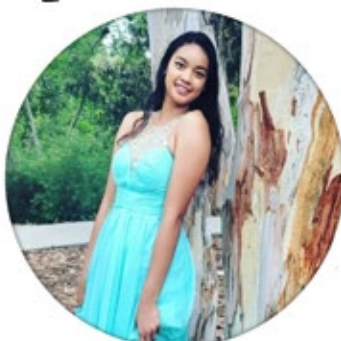
London Kilgore



We are always
proud of you
Aqilla!
Trust yourself,
believe in yourself,
and keep shining
bright! We love
you!

Mom, Dad, Athallah,
and Alaric

Aqilla Ikrar



Varsity #10



Lindsey Hoffman

Lindsey, we love watching you bring your energy and spunkiness to the court. You work hard and give it your all in everything you do and we are very proud of you! We love you very much!

— Love, Mom, Dad, Lauren & Luke



#9



Varsity

"...whatever you do, do it all for the glory of God."
1 Corinthians 10:31

ALEX HOLLAWAY

It's fun to watch you on the court playing competitively and having fun while doing it. We are very proud of you!

— Love Mom and Dad



KEEP KILLING IT, SAGE! NEUBERT



Dana Healy #15



- Varsity -



Way to go, Dana! We are so proud of you... and your accomplishments as a student athlete! Keep up the good work! We LOVE YOU so much!

Your #1 Fans,
Mom, Pop, Brook,
Mack and Leah

Peyton Baro



“Winning isn’t everything—but wanting to win is.” —Vince Lombardi



Sarah Garwin

Taking on the role of **Team Manager** is no easy task. The JV team was lucky to have your support throughout the season. We are proud of you for showing up and giving 100%.

– Love Mom, Dad and Adam



Aanya Gothal

Junior Varsity

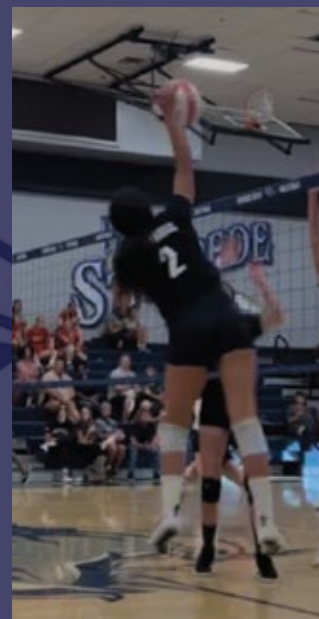


Aanya, you are toughest but kindhearted. You make waves to never lose; You either WIN or LEARN!
~ Mom, Dad, and Anika

JV

ISABELLA LOPEZ

Championships are Won at Practice!!



We love you Izzy , you are our best player - Mom, Dad & Gabby

Autumn Hale



Stay true to who you are; a strong, intelligent, beautiful young woman who defies the odds and amazes us more each day! Never stop smiling ☺ Love You!



Hailey Lau



We enjoy watching you play. We are proud of your work ethics and determination on and off the court.
—Dad, Mom, and Connor



Haley Kern



Junior Varsity



Go Haley Go!

We love watching
you play.



Congratulations Nicole! We are so proud of you for all of the hard work you have put into volleyball this year. You impress us every day with your dedication and desire to keep improving.

Way to Go!

Love Mom, Dad, Ryan, Gaga, and Papa.



Nicole Judge

Junior Varsity



MARY ZMIJA

Dear Mary

We are happy you chose to pursue a sport that you enjoy playing. You have been valuable to your teammates in so many ways. We are proud of you for always putting your best effort forward and for always understanding that even though you may not always play in the game, that you are part of something special. Continue to challenge yourself in all things and remember your worth is in God who loves you! You make us smile!!

**We love you
Mom, Dad, and Lucy**



We are so proud of you!

Madison Sciuto



Junior Varsity



Priya Kumar

We are so proud of your achievements. Keep it up!
— Kumar Family



SOPIA PÉREZ



We are so proud you Sofi! You are the bravest, strongest, and determined girl ever! Keep up your enthusiasm and passion for the volleyball, we are going to be next to you to support and cheer you up!

Love you from here to the infinito :)
Mami, Papi & Susy





ANAYA -

**We're so proud of you!
#19 Yeeaa! Love, Mom,
Dad, Aaliyah and Major.**



*"Don't let them change you
or even rearrange you."*

—Bob Marley

**ANAYA
HAMILTON**

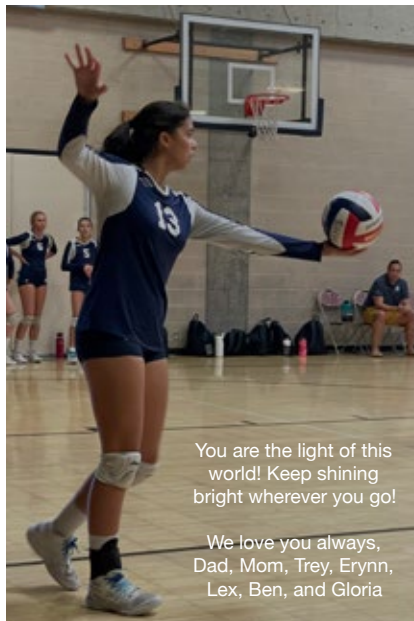


RYLYN SHIELDS



Congrats Rylyn on a great season and a job well done! Keep at it, we are all proud of you.

**Love,
Your Family**



You are the light of this world! Keep shining bright wherever you go!

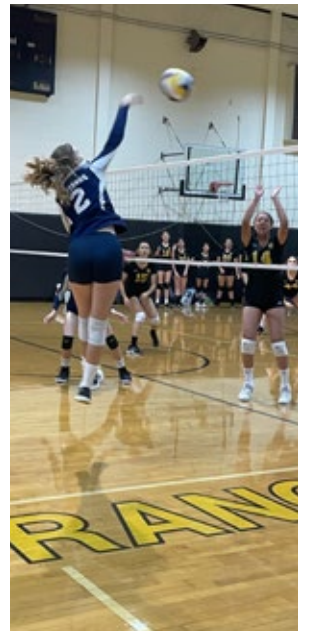
We love you always,
Dad, Mom, Trey, Erynn,
Lex, Ben, and Gloria



Elyse Muñoz



Chloe Shelton



Chloe, always believe in yourself and you will overcome anything you go up against! You crushed it this year and made lifetime Friends in the process.

We love you,
Mom, Dad, and Lily.



Ella, We are so proud of you and the person you have become! You are compassionate, kind, brave, and creative! Keep chasing your dreams! We love you! Mom and Dad



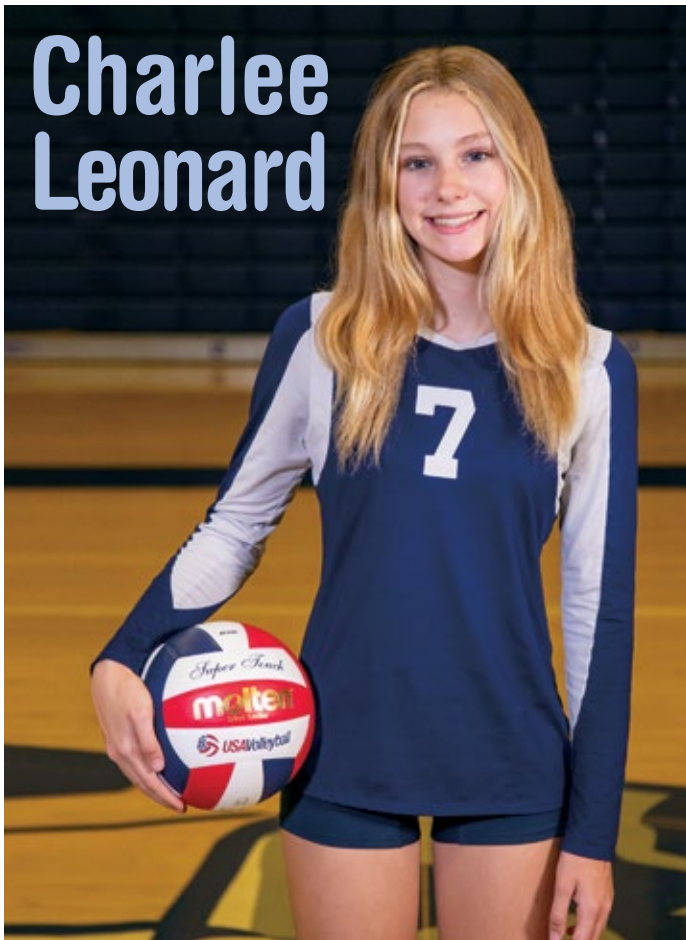
ELLA CARTER



Abigail
Licht



Charlee Leonard



Charlee—you are such an inspiration to your whole family and we are so proud of you for your hard work, dedication and joy in everything you do!



ADRIANNA HOU



JENNA MINER

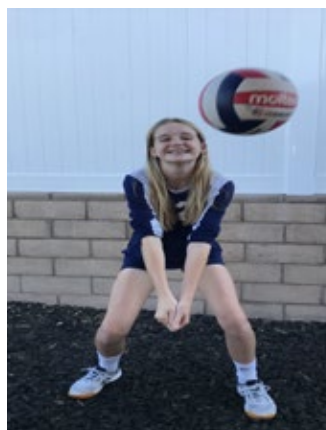


Jenna,
We love you so much and
are so proud of you for
working so hard at volleyball
and school. You are a natural
leader, a good friend, and a
wonderful sister and
daughter!!
Love, Mom and Dad

Hailey Tuttle



Freshman A



Way to go
Hailey! We
are so proud
of you!
Love,
Mom, Dad,
Nathan, &
Ashley

Congratulations Nina!
Your hard work, commitment and competitive spirit are amazing to watch. We are so proud of all your accomplishments in everything you do.
Love Mom, Dad & Carly



TH
VOLLEYBALL

NINA LORETTO

Sarah Yoo

Sarah, we are so proud of you and all you have accomplished. Seeing you out on the court playing volleyball with your team has been fun to watch.

Love, your family.





Taryn Hewitt

It has been such a fun season watching you grow in a new sport. We are so proud of you and your dedication!

Elizabeth Radisay

Congratulations on a great season. We love watching you play!
Love,
The whole family

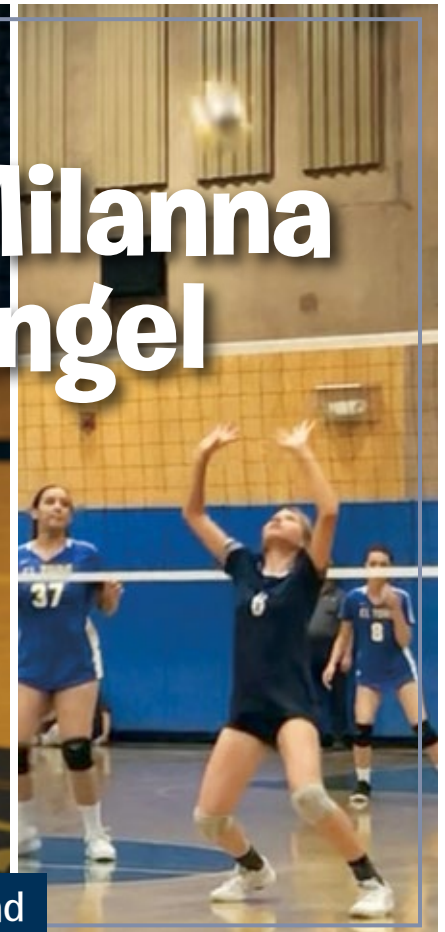


Kill It!

#5



Milanna Engel



We are so proud of you! —Mom and Dad



Chelsie Kramer



Dear Chelsie, We love watching you play volleyball and we are so proud of you!
Continue to love what you do and do your best! —Love Mom and Dad

LILY BELNAP



Lily, We are so proud of all that you have accomplished in volleyball this year!!

Keep working hard, we love you very much!

Love Dad, Mom, Gracyn, Scotty,
Elizabeth, and Matthew

Mary Kennedy

#8 – Middle Blocker
Freshman



Keep working
hard and chase
those dreams!

We love you!
Mom, Dad,
Kendall + William



Mara Gelle



Mara-You are an inspirational player that puts her heart and soul into every play. You are a team player and truly love the game! We have seen you grow so much already- We are so proud of you!

-Mom, Dad and Nona

"We love watching you play. You always play your heart out and we're so proud of you. You've grown so much and we can't wait to see what's next!"

Love,
Your Family ♡

#14
Madison Salgado
Freshman B

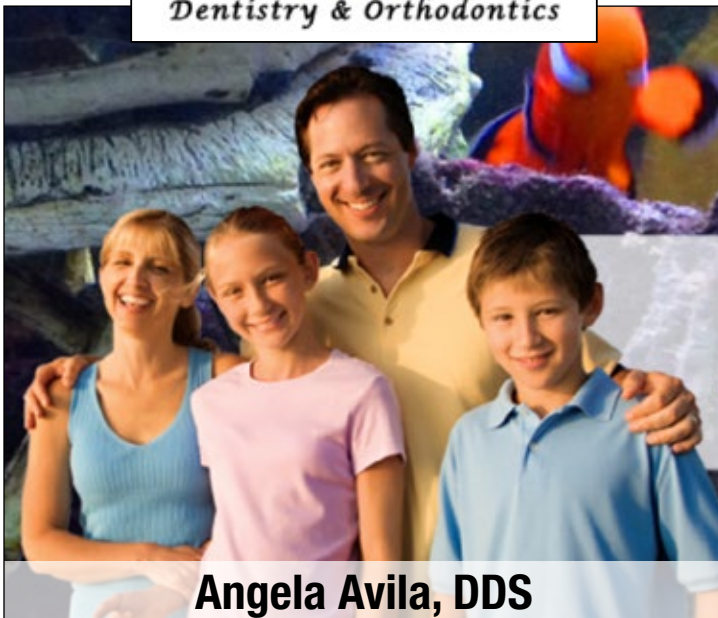
Sienna Williams



We love to watch you play and are proud of your hardwork & determination this season.
Love Dad & Mom

Indian Hills Dental

Dentistry & Orthodontics



Angela Avila, DDS

Indian Hills Dental
8300 Limonite Ave., Ste. C
Jurupa, CA 92509

Request an appointment
CONTACT US: 951-361-0443
IndianHillsDental.com

ChiroCare THERAPY

Dr. Steven Gentry

Wellness Awaits You

Your journey to wellness begins here. Call today.

REQUEST APPOINTMENT

949-888-0404
ChiroCareTherapy.com

30486 Avenida De Las Banderas #D,
Rancho Santa Margarita, CA, 92688, USA



Annual Season Starter BBQ & Sand Tournament



Annual Pancake Breakfast



Varsity CIF Round 2 Win Against Creen Lutheran



END-TO-END WIRELESS SOLUTIONS

Contact Leaf Communications for all of your in-building wireless needs including, AHJ code mandates and improved signal throughout.



leafcomm.com





Experience the efficiency of integrated technology.

Specializing in API & EDI integrations
to popular accounting and shipping
softwares and marketplace websites.

Explore the advantages today.

REQUEST A FREE CONSULTATION

Crackerjack-IT.com

949.486.4114

23441 S Pointe Dr, Suite 260
Laguna Hills, CA 92653



Crackerjack-IT





Experienced Local Senior Care

Visiting Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable...in their own home.

- Bathing Assistance
- Dressing Assistance
- Grooming
- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Live-In Care

949.203.5000

[VisitingAngels.com/Irvine](https://www.VisitingAngels.com/Irvine)

Each Visiting Angels agency is independently owned and operated. License #304700352

©2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.