



TROY HIGH SCHOOL WARRIOR WEEKLY



February 21, 2025

St. Patrick's Day, 2025 Art drawn by Troy resident artist, Mrs. Shannon Cogswell.

Dear Troy Family,

It has been another crazy busy week in which we have squeezed five days into four. Well, not really but it sure feels like it. Since Tuesday, we have had a full week of CIF playoffs, the Spring season of athletics beginning, with Boys' Volleyball, Baseball, Softball, Boys' Golf, Track & Field, and Swim already in full swing, swim, run, and jump. All of our academic classes, especially those with external competency examinations such as AP, IB, & Cambridge have testing dates getting closer and those examinations begin in April. CAASPP testing will be the second week after Spring Break, on March 31st, so that will be our testing warm-up for our 11th graders. Get used to being busy! As we move through our Spring semester, and towards the end of the school year, the perception is that time only speeds up. We know that time is “relatively” constant ☺ outside of mathematically proven concepts such as $E=MC^2$ throwing a wrench in our concept of time. For now, we should not have to worry about Einstein's work, however, if we could go back in time...

This week in athletics, our Girls' Water Polo team in CIF Semi-Finals vs. Yucaipa High School won a playoff game for the ages. The girls went up 3-1 before Yucaipa started to find their way in the game. At halftime it was 4-6 Yucaipa leading. It was a good time for our team to reset and come out strong in the second half. By the 4th Quarter it was 7-9 Yucaipa still in the lead but we were clawing our way back to tie the game and came back to 9-9. With 2:20 left in the game we were still tied, then with 1:46 left we scored going up 10-9! With less than 56 seconds, Yucaipa tied up the game 10-10 and time expired. We then went to two 3 minute overtime periods. We went up 11-10, then 12-10! By the end of the second overtime we were ahead 13-11 and that is where the scoring ended as Troy won the game and moves to the CIF Final for the second year in a row! Congratulations to our players and coaches on a fantastic game and season. Troy plays tomorrow at 9:30am at Mt. Sac vs. San Dimas High School!

The poster features a blue background with a water polo net and a yellow and black checkered border at the top and bottom. At the top center is the CIF Ford Southern Section Championships logo. The main title reads "2025 CIF-SS FORD GIRLS WATER POLO CHAMPIONSHIPS". Below the title are seven match cards arranged in two rows. Each card lists a division, time, and the competing teams with their logos. At the bottom left, it says "SCAN TO PURCHASE TICKETS" with an arrow pointing to a QR code. The QR code is labeled "ONE TICKET, ALL DAY!". To the left of the QR code is the "GSEFAN" logo. At the bottom center is the "KAP 7 SEVEN WATER POLO" logo.

Division	Time	Team 1	Team 2
DIVISION 4	9:30AM	*SAN DIMAS	TROY
DIVISION 5	10:50AM	*SANTA PAULA	EL DORADO
OPEN DIVISION	12:10PM	*NEWPORT HARBOR	OAKS CHRISTIAN
DIVISION 6	1:30PM	*ANAHEIM	NORDHOFF
DIVISION 1	3:00PM	*LAGUNA BEACH	SAN CLEMENTE
DIVISION 2	4:30PM	*DOWNEY	MURRIETA VALLEY
DIVISION 3	6:00PM	*FLINRIDGE SACRED HEART	ELSINORE

SCAN TO PURCHASE TICKETS

ONE TICKET, ALL DAY!

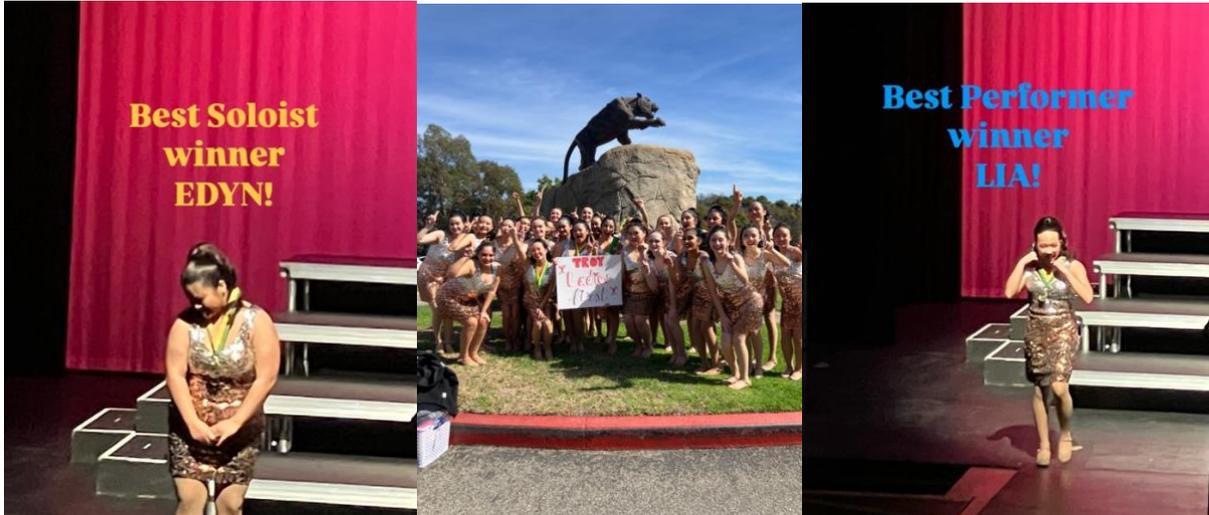
KAP 7 SEVEN WATER POLO



Last Friday night at Fullerton Stadium our Girls' Soccer team played at home on in the 2nd round against Etiwanda High School. We were just a day short of our soccer field at Troy from being playable due to all the rain the two prior days. In what was a very intense game, our team won this game 1-0 on a goal scored in the first half by Erin Perry. This win earned our team a place in the Quarter Finals vs. Los Alamitos High School on Tuesday. As it turned out this match would rival the intensity of our Girls' Water Polo team in their Semi Final. Both teams were very evenly matched and it was a hard fought game through the first and into the second half with the game remaining locked in a 0-0 tie. Late in the second half there was a penalty called against Troy that resulted in a penalty kick for Los Alamitos. Troy goalkeeper Ava De Leest made an amazing stop to deny the goal. The second half continued and the game ended in a 0-0 tie. In the overtime, after playing two 10 minute periods the game was still tied at 0-0. The game went to Penalty Kicks (PK) with each team having five chances. As the PK's began Troy was able to convert one of our first chances. Troy's goalie Ava De Leest stopped Los Alamitos' first PK shot. Then she stopped their second PK, their third PK, their fourth PK. Troy scored a second PK going up 2-0. Los Alamitos could no longer win mathematically win the game and that was it! When the game rests upon the shoulders of your shooters and goalkeepers it is a lot to put on them and in this case our team rose to the challenge and took this game! Awesome job Warriors! Tomorrow, Troy plays Westlake High School near Thousand

Oaks at 5PM in the CIF Division 1 Semi-Final! There are only four teams left and our team has had an amazing season! Let's go Warriors!

In Wrestling had a did well in CIF Finals last week with Abigail Villanueva qualifying for the Masters Meet this weekend! Great job, and we wish her nothing but the best!



From our Vocal Music Director, Mr. Mark Henson here are some phoots from the first Show Choir competition of the year! *“Last Saturday, Ladies First participated in the California Classic hosted by Brea Olinda HS and received First Place in all categories. In addition, Edyn Mai received the award for Best Soloist, and Lia Ponbida received the award for Best Performer. This is the tenth year in a row that Ladies First has won this event!”* Outstanding job, Warriors! Our Ladies First is truly a spectacular choir both in their vocal performance and in their show routines. Great job, and I am looking forward to future performances!

It can be difficult to keep up with our Troy Science Olympiad Team. Here is a wonderful story that is in the current OCDE newsroom about our Science Olympiad team's win at the MIT Invitational a couple of weeks ago! Just click on this [link](#)! I think all of look forward to their next competition as they march towards earning another possible opportunity to win a fourteenth National Championship. It is an amazing amount of work, effort, and intelligence from our students, combined with good coaches, and supportive parents that helps our students and teams be successful. Warriors, we support you. Now go out there and do what you do! ☺

Mental Health Resources:

FJUHSD Virtual Calming Room: <https://sites.google.com/fjuhsd.org/fjuhsd-virtual-calming-room/home>

FJUHSD Mental Health Resources: <https://www.fjuhsd.org/domain/1476>

OC Support and Crisis Resources: <https://www.namioc.org/help-support-overview>



Niche 2025 Best Schools

2024 U.S. News & World Report Best Schools

We love Troy High School! It is also rewarding to see when other entities that rank schools also agree, and reward the hard work of our Students, Teachers, Parents, Counselors, Staff, FJUHSD Board and Administrators! Thank you, Warrior Family!



Warriors, this is the QR code for all the FJUHSD social media. There are many, many, awesome events, activities, athletics, and recognitions happening in FJUHSD and Troy High School! Additionally, for even more information for the happenings in FJUHSD here is the link to the February, 2025 FJUHSD Superintendent's Newsletter. This is always a great source for global FJUHSD insights, news, and events! <https://conta.cc/4goSTeK>

One of the ways FJUHSD and Troy High School have been measuring student engagement in school, rallies, clubs, and school activities has been to use the 5-Star App. Here is a little more information on how it is used in FJUHSD. Hint: We don't use it as a tracking app. 5-Star has an FAQ that specifically relates to location tracking (or lack thereof).

<https://help.5starstudents.com/hc/en-us/articles/24186201832333-Does-the-5-Star-Students-app-track-a-student-s-location>

Troy's NJROTC continues to not only live up to the very high bar they set for themselves, but are continuing to raise the bar. Tomorrow, our cadets will compete in the Area 21 Superbowl in the Academics and Drill the same competition that led to our winning the Academics and Drill National Championship in Pensacola, Florida in 2024. We are going back again to defend this year! In addition our NJROTC StellarXplorer team is going to the National Championship having scored in 7th in the nation in the National Semifinals. This competition focuses on space based challenges such as satellite launch, payloads, and telemetry. This is only our second year in this competition, and our growth has been "stellar." ☺. They will be going to Denver, Colorado for the championship competition. Also, StellarXplorers is hosted by the Air and Space Forces Association the same organization that runs CyberPatriot robotics teams were at it, and had a great weekend with three VEX Robotics NJROTC teams qualified for the National Championship in Dallas, Texas! Also last weekend our cadets had the opportunity to



go out to sea on the USS Santa Barbara (LCS 32). Our cadets enjoyed the experience on this type of ship and also had the chance to see how this ship functions, not only at dock but also when it is out on the open ocean. Last but not least, next Wednesday, is the Annual Military Inspection in which our NJROTC Unit is assessed and graded by external active, reserve, and

retired U.S. military officers. This is NJROTC big annual inspection and the Pass and Review of our cadets will take place on the field at 11:00am. This is always an awesome event and showcases our cadets and our school!



*Troy High School
Instrumental Music Program
Presents*

Moments in the Sky Winter Concert

*Featuring
Symphony of Troy
Symphonic Band
Wind Symphony
String Orchestra
Concert Band*



*Friday, February 28th at 7 pm
Troy High School
North Gym
Admission \$5
FREE to Junior High and Younger Students
(Show Student ID for Free Admission)*



TROY HIGH
SCHOOL



Registration for 2025-26 Classes & 2025 Summer School

REGISTRATION FOR NEXT YEAR'S CLASSES AND 2025 SUMMER SCHOOL IS COMING SOON!

11th

Friday, February 7: In-Class Presentation from School Counselors

February 7-17: Window for juniors to enter course requests in their Aeries student portal

Wednesday, February 19: Juniors meet with a school counselor to confirm course requests

10th

Tuesday, February 11: In-Class Presentation from School Counselors

February 11-19: Window for sophomores to enter course requests in their Aeries student portal

Friday, February 21: Sophomores meet with a school counselor to confirm course requests

9th

Thursday, February 13: In-Class Presentation from School Counselors

February 13-23: Window for freshmen to enter course requests in their Aeries student portal

Tuesday, February 25: Freshmen meet with a school counselor to confirm course requests

REGISTRATION FAIR

Friday, February 14 @ Lunch in the Quad

Every department will have a station where students can ask questions about courses, course prerequisites, and to research course options.

ONLINE RESOURCES

Visit the registration section of our counseling website for course profiles as well as all registration details:

<https://www.fjuhsd.org/Page/600>

*Special education students in our mild/moderate special education program (those with a Case Carrier) will enter their course requests followed by a review and modifications by their Case Carrier. For special education students in the FACE East and West programs, course registration will be handled by their special education counselor.

**If a student is absent on the day of their in-class registration presentation, they will be able to view the presentation slides within their school counselor's Google Classroom.



Troy's 60th Anniversary celebration is finally here! Here is the schedule of events for the day.

11:30 - Celebration Begins

11:45 - Campus Tours Begin (every 15-20 minutes or as needed until 2:00)

12:00 - Broadcast begins

12:15 - Troy Program Performances

- Marching Band (National Anthem prelude, City Council Nick Dunlap and dignitaries)
- Symphony
- Vietnamese SA Dance
- Jazz
- Latinos Unidos Dance
- Orchestra
- Cheer

1:15 - Group Pictures (Staff Alumni, Retirees, Current/past staff all, all Alumni)

1:30 - Cake Cutting

1:40 - Broadcast concludes

2:00 - Close out Silent Auction

2:30 - Event Concludes



Last Friday Ms. Sara Velarde took some of our AVID freshmen to enjoy some breakout sessions and tour of Pomona Pitzer in Claremont. Some of what they learned was about different types of colleges, how to make the most of college, always be aware of what you post on social media, and how to be a leader in the community. It was a great day to learn about college and get a small taste of what it looks like to be in college!

"Rumors" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc. www.concordtheatricals.com

Troy Theaters Presents

RUMORS

By Neil Simon

A comedic farce in two Acts



Thursday & Friday
February 13th and 14th
February 20th and 21st

Shows start 7:00pm every night



Buy tickets
here!



After arriving at an anniversary party, four wealthy couples are tasked with covering up a disaster that could ruin their lives as they know it. Will they be able to hide it from the authorities and the press, or will the rumors get out and bring their lives of luxury crashing down? This is another amazing performance by our students! Tonight is the end. Don't miss it!



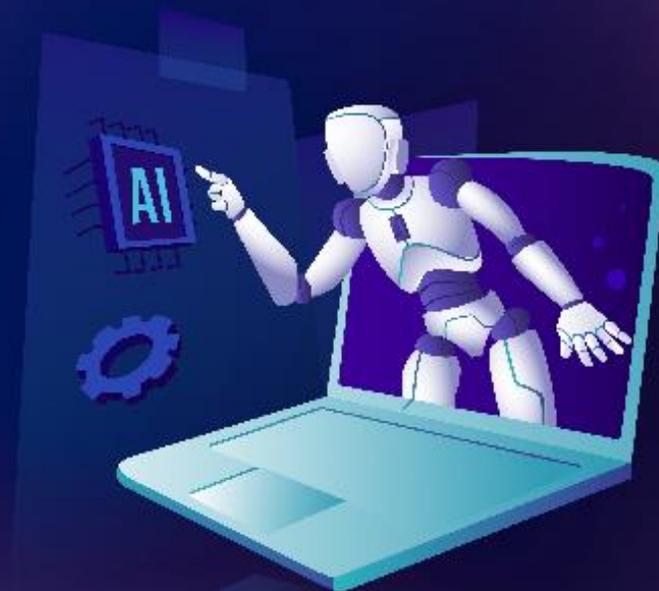
Last Friday, Troy held our lunchtime Registration Fair, giving all our students the opportunity to speak with teachers in every department about their courses, requirements, and workloads as they make decisions about which courses to request for the 2025-26 school year. I believe this is the third year we have done this event, and it has been very helpful in giving useful information to our students. Thank you to all our counselors and teachers for working this event!



CAN I USE AI FOR SCHOOL?

INFORMATIVE WORKSHOP

5 STAR EVENT



WEDNESDAY

26 FEB, 2025 · @ LUNCH · ROOM 302

Doors will close at 1:00 pm or when capacity is reached.



Exciting news from our Troy Cheer Coach, Ms. Jordan Echaves! *“This weekend, our varsity cheerleaders competed in their first USA Nationals Competition. For the first time in Troy's history, they advanced to finals and were awarded 2nd place!! It was a great weekend to be a WARRIOR!”* Awesome job to our team and coaches!



I received some fantastic information about a recent competition involving Troy's Speech and Debate Team from the team's publicity manager Taliha Baqai. She shared that Troy's team performed very well in their last tournament, at Claremont High School vs. their Wolfpack, which took place last weekend.

Some awesome shoutouts for Speech:

- Kaywan Madaen competed in Impromptu with 42 entries and INFO with 27 entries
- Betty Chen competed in Impromptu with 42 entries and POI with 24 entries
- Samantha Luo SEMIFINALIST in Impromptu
- Anastasia Efremova SEMIFINALIST in INFO
- Skylar Zhuo and Sera Yu 7TH PLACE in DUO
- Reva Sobti 6TH PLACE in Impromptu and 7TH PLACE in OO
- Helen Fang 7TH PLACE in HI and 5TH PLACE in INFO
- Kathleen Hong 4TH PLACE in INFO and 5TH PLACE in HI

Some shoutouts for Debate:

- Aaron Abad in Congress
- Jason Shi in Congress
- Drishya Malik and Avni Patil in Parliamentary 1ST PLACE
- Swasthi Dhagat and Nishaad Patil in Parli with 28 entries
- Omya srinivastava and Anthony Nguyen in Parli with 28 entries
- Cheryll Prabhakaran and Ellen Tan in Parl

TROY HIGH SCHOOL WEEKLY CALENDAR OF EVENTS



MONDAY 02/24/25	TUESDAY 02/25/25	WEDNESDAY 02/26/25	THURSDAY 02/27/25	FRIDAY 02/28/25	SATURDAY 03/01/25
<ul style="list-style-type: none"> • Boys Volleyball at Fullerton (3:30PM) • Baseball FS vs Bonita (3:15PM) • Baseball V at Sage Hill (6:30PM) 	<ul style="list-style-type: none"> • Softball vs Diamond Bar (3:15PM) 	<ul style="list-style-type: none"> • Boys Volleyball at Pacifica (3:30PM) • Baseball JV at Tustin (3:00PM) • Baseball V vs Oxford (3:00PM) 	<ul style="list-style-type: none"> • Softball vs Buena Park (3:30PM) • Boys Volleyball at Tustin (3:30PM) 	<ul style="list-style-type: none"> • Winter Concert-Orchestras and Jazz (7:00PM) • Baseball JV at South East (3:00PM) • Baseball V vs South East (3:00PM) 	<ul style="list-style-type: none"> • Baseball JV vs Polytechnic (10:00AM) • Boys Volleyball Tournament • Softball at Savanna Showcase • NJROTC Sea Perch & Drones Competition





Luna and I are relaxing watching some T.V. before we go outside. Again. 😊 I think we can all look forward to what is going to be an absolutely wonderful weekend ahead! It will begin with some of the best weather so far in 2025, with highs in the 70's and 80's as we move into the weekend through the middle of next week. We also have CIF playoff athletic contests for our Girls' Water Polo and Girls' Soccer teams. Our NJROTC are in the Area 21 Superbowl Championship this weekend for Academics and Drill, and last but not least we have the Troy High School 60th Anniversary Celebration!

Whatever you do this weekend, it is going to be beautiful outside, so that would be my recommendation for everyone. Have a great weekend, spend time with family and friends, and get in the much needed rest, relax, and recharge for next week. I will see everyone back here bright and early on Monday morning!

W.V. Mynster