



HERITAGE HIGH SCHOOL



STUDENT-ATHLETE/PARENT ORIENTATION



- Welcome & Opening Remarks
 - » Mr. Smith, Athletic Director
- High School Athletics – A Principal’s Perspective
 - » Mr. Lewis, Principal
- LUHSD Athletic Registration, Guidelines, NCS/CIF Regulations & Social Media Policy
 - » Mr. Smith, Athletic Director
- NCAA Requirements & CoreCourse.com
 - » Mr. Gomar, College & Career Coordinator
- Introduction of Coaches
 - » Mr. Smith, Athletic Director

GO PATRIOTS!

High School Athletics A Principal's Perspective

Mr. Lewis, Principal



GO PATRIOTS!

LUHSD Athletic Registration, Guidelines, NCS/CIF Regulations & Social Media Policy

Mr. Smith - Athletic Director





Honesty

Equality

Respect

Integrity

Trust

Achievement

Generosity

Excellence

THE PATRIOT WAY



GO PATRIOTS!

Heritage Athletics 3 Step Registration Instructions



Click on Athletics for Athletics Directory

ca01001129.schoolwires.net/Page/2462

Search...

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HERITAGE PATRIOTS

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Committed to focusing its resources on the achievement of academic and personal success for all students

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Activities

Athletics

Parent Info

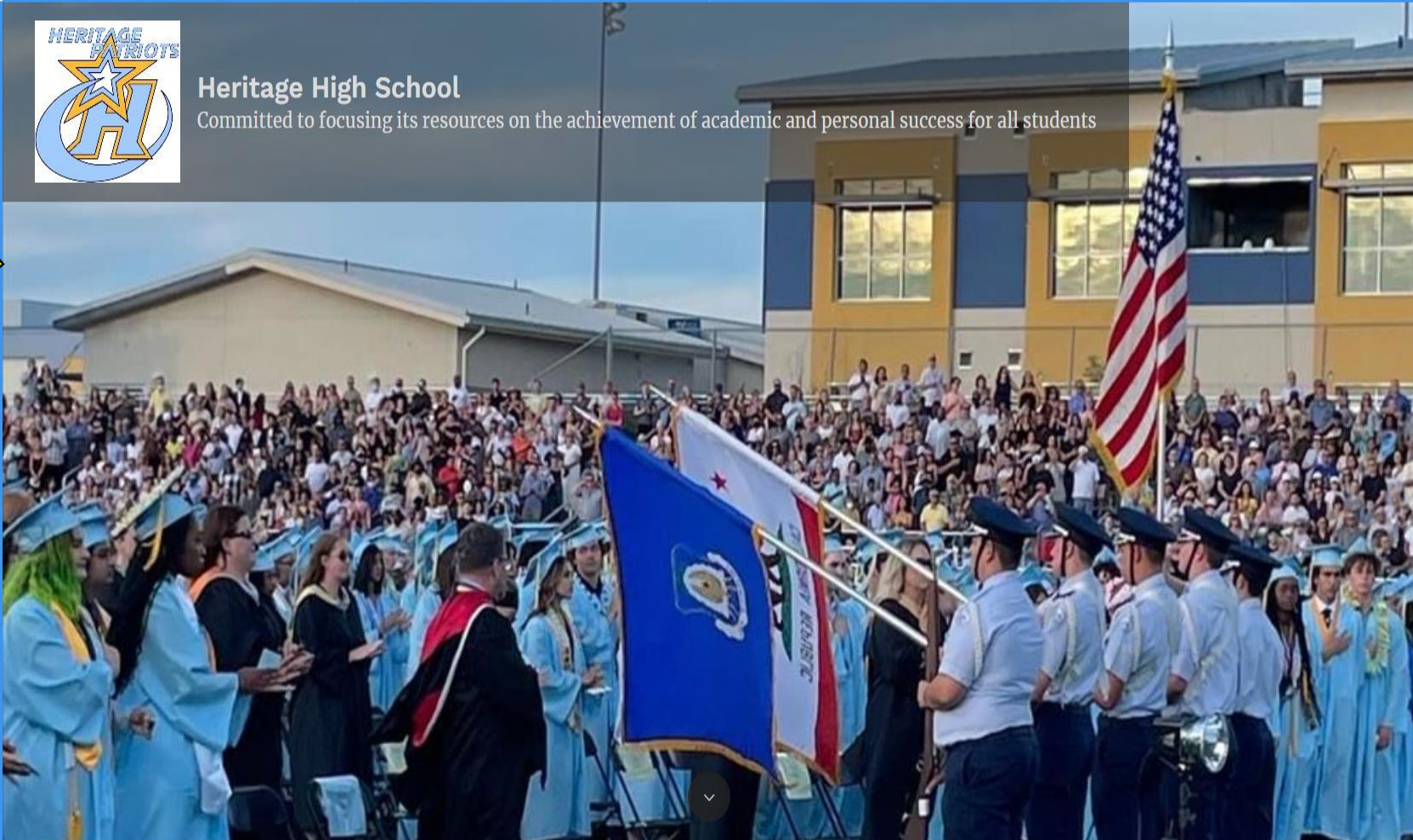
School Info

Staff

Student Info

Teachers

Calendar



Click on Athletics Main Page for Main Athletics Webpage and Athlete Registration Webpage

Copy of | Excel | College | College | Bb Heritag | Account | HHS Pe | Mail - N | CCC Cal | District | Bb College | Bb AP BIOL | Bb filedown | Aeries | Site Ma | 5 Medic | Bb Dire x | +

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Athletics Directory

A B C F G L

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B

- Baseball
- Basketball - Boys
- Basketball - Girls

C

- Cross Country

F

- Football

G

- Golf - Boys
- Golf - Girls

L

- LUHSD Hall of Fame

S

- Soccer - Boys
- Soccer - Girls
- Softball
- Sport Comp Cheer
- Swimming & Diving

T

- Tennis - Boys
- Tennis - Girls

- Track & Field

- Traditional Comp Cheer

U

- Unified Sports

V

- Volleyball - Boys
- Volleyball - Girls

W

- Water Polo - Boys
- Water Polo - Girls
- Wrestling

Click on Athlete Registration

Athletics - Main Page

> Welcome

> Athlete Registration

+ Athletic Forms/Information

> Weekly Athletic Schedule

> Calendar

> Athletic Staff Directory

> HHS Team Pages

> Athletic Competitive Data - Title IX



HERITAGE PATRIOTS
ATHLETICS



Read Three Step Registration Instructions

SAT-PS/ X Copy of X Excel College College Bb Heritage Account HHS Pa Mail - M CCC Cal District Bb College Bb AP BIOL Bb filedown Aeries Site Ma 5 Medic Bb Athl x +

29.schoolwires.net/Page/9143

The Liberty Union High School District has moved to an On-line Athletic Registration website called CIF Home Campus that uses [AthleticClearance.com](https://athleticclearance.com)

What you will need:

- Student's ID #
- Health insurance info, Policy name/number (see below if you need to purchase)
- Physical (good for one calendar year - must not expire before or during season of sport)

Where do I turn in my physical and signature forms?

- Nothing is turned in physically at the school. All these forms, including medical clearance, are uploaded on the clearance website.

What if I played a sport already this school year?

- You do not need to register again. Go to the Athletic Director's Office or communicate via email to smithn@luhsd.net that you like to move your registration from one sport to another. You can also choose the multiple-sport option when doing your initial clearance.

STEP 1 - Registration:

Athlete/Parents, please visit [AthleticClearance.com](https://athleticclearance.com)

Follow the steps to Register for an account, then sign in and Register your student-athlete.

Make sure to select Heritage in Brentwood, NOT Heritage in Menifee - the address will show when you select the school.

Athletes can begin registering on June 1 - seasonal dates for processing clearances depend on the date when the most recent grading period becomes final - athletes must have a most recent grading period in order to be eligible

Fall Sport Athletes will be cleared as soon as possible, after June 12

Winter Sport Athletes will be cleared after October 19

Spring Sport Athletes will be cleared after January 10

Need help with the athletic clearance website? Watch this [YouTube video](#) for a tutorial on completing the athletic clearance process.

Have other questions? Take a look at this [one-page sheet](#) with instructions for the athletic clearance website or read these [frequently asked questions](#).

STEP 2 - Physical:

Examinations for the 2022-2023 School Year must be less than one year old during all seasons of sport.

When completing physical examinations for athletics, please print the downloadable forms from the main athletics page, link on the right titled 'Athletic Clearance Physical Form', and bring them to the exam.

Please complete the questionnaire and have a medical professional sign and stamp after performing the physical. Upload the form to the athletic clearance website when complete.

If your medical provider will not complete our form, you must still complete Form A - the top half, medical history questionnaire - on our form and upload that form with your doctor's signature.

Read Three Step Registration Instructions

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VERY IMPORTANT: MAKE SURE YOU PUT YOUR NAME AND STUDENT ID# AT THE TOP OF THE FORM.



An additional Physical form is also available [here](#) 

STEP 3 - Guidelines:



Download and read the [Parent Student Athletic Guidelines](#). Topics include eligibility, behavioral expectations and conflict resolution procedures. Parents/guardians, athletes and coaches are expected to adhere to these policies.

All athletes must have health insurance to participate in tryouts and/or competition. If health insurance is needed, an inexpensive policy can be purchased online at: www.peinsurance.com/signup

Visit Us

101 American Avenue
Brentwood, CA 94513

[Get Directions](#)

Get in Touch

Phone: 925.634.0037
Fax: 925.240.0662

[Email Us](#)

Important Links

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[Accessibility](#)

[Contact Us](#)

[Employment](#)

Athletic Clearance.com

Microsoft | SAT-PS | Copy | Excel | College | College | Bb Heritag | Account | HHS Po | Mail - | CCC Ca | District | Bb College | Bb AP BIO | Bb filedown | Aeries | 5 Medi | Bb Athletic | Ath x | Home | +

athleticclearance.com



ATHLETICCLEARANCE.COM



Athletic Clearance.com

**WELCOME TO
OUR NEW SITE**

- ✓ **NEW LOOK**
- ✓ **SAME FEATURES**
- ✓ **STILL ATHLETICCLEARANCE.COM**



START REGISTERING YOUR ATHLETE



Need Help with Athletic Clearance Website? Watch YouTube Video

can also choose the multiple-sport option when doing your initial clearance.

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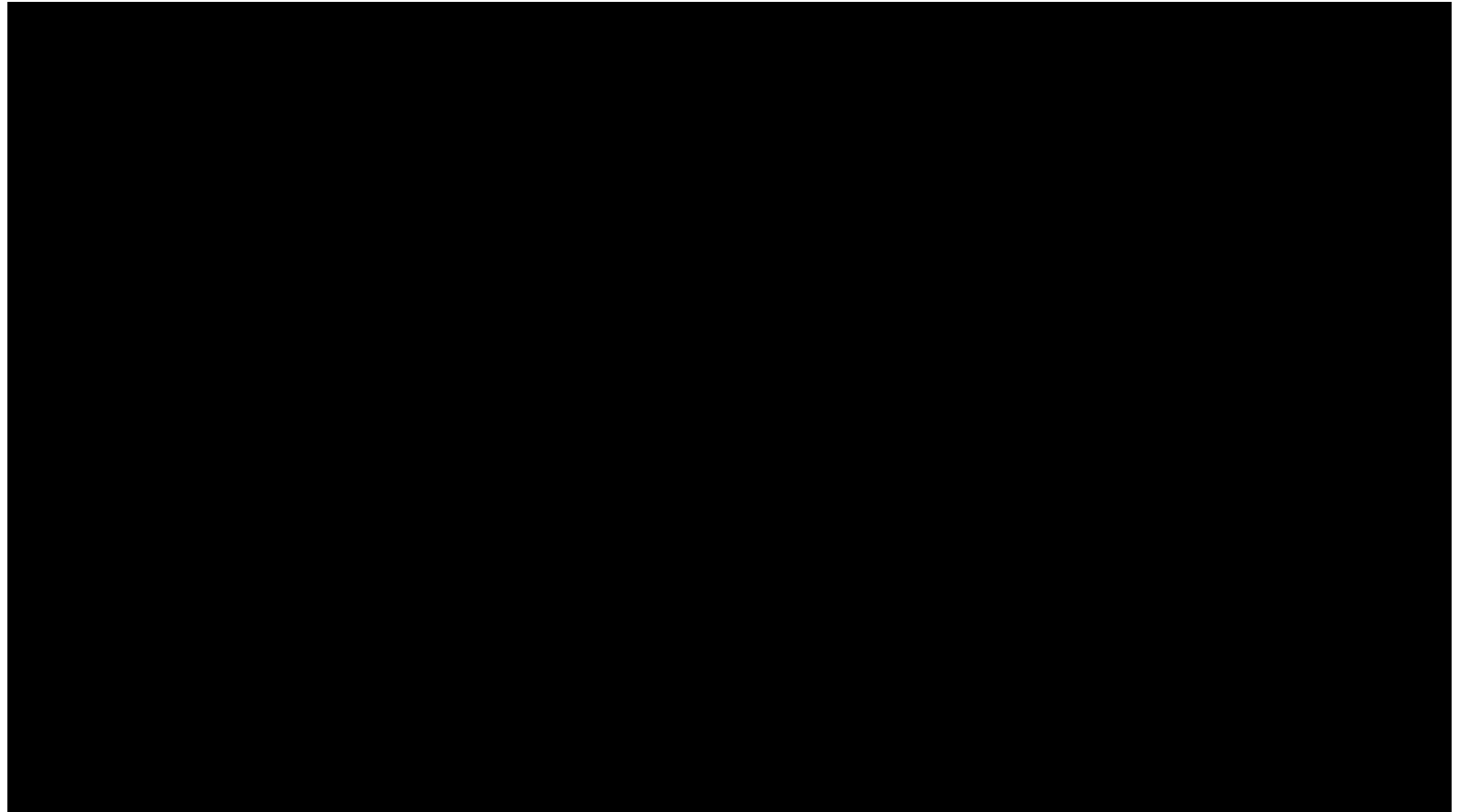
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All athletes must have health insurance to participate in tryouts and/or competition. If health insurance is needed, an inexpensive policy can be purchased online at: www.peinsurance.com/signup

Athletic Clearance YouTube Video



VIDEO LINK: <https://youtu.be/eKivobMSmEE>

Frequently Asked Questions & One Page Sheet Download

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Visit Us

101 American Avenue
Brentwood, CA 94513

Get in Touch

Phone: 925.634.0037
Fax: 925.240.0662

Important Links

Site Map
Accessibility

FAQ's – Athletic Clearance



[Submit a request](#) [Sign in](#)

[Home Campus Help Center](#) > [Athletic Clearance for Parents & Students](#) > [FAQs- California Athletic Clearance 2.0](#)

FAQs- California Athletic Clearance 2.0

[Follow](#)

[Clearance has been Submitted. Why am I not Cleared? \(Athletic Clearances in California 2.0\)](#)

[Downloading a Blank Physical Form \(Athletic Clearances in California 2.0\)](#)

[Updating Information on an Existing Clearance \(Athletic Clearances in California 2.0\)](#)

[Uploading Files \(Athletic Clearances in California 2.0\)](#)

[Completing Electronic Signature Agreements \(Athletic Clearances in California 2.0\)](#)

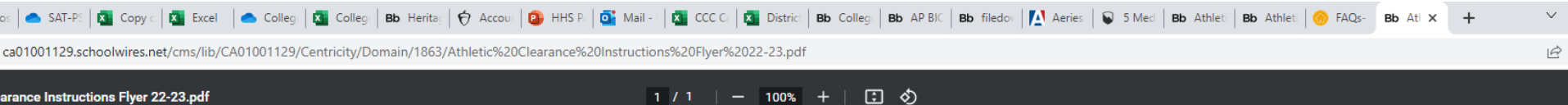
[Adding Multiple Students \(Athletic Clearances in California 2.0\)](#)

[Multiple Sport Athletes \(Athletic Clearances in California 2.0\)](#)

[My School is not Available \(Athletic Clearances in California 2.0\)](#)

[Account Creation \(Athletic Clearances in California 2.0\)](#)

Online Athletic Clearance One Page Sheet Download



1

2022-2023 ATHLETIC CLEARANCE

HOME

ONLINE ATHLETIC CLEARANCE

1

VISIT [ATHLETICCLEARANCE.COM](https://athleticclearance.com)
CHOOSE CALIFORNIA
LOG INTO ACCOUNT

Return Users
Log into existing account used in previous School Year.

New Users
Create an account. Please register with a valid PARENT/GUARDIAN email address as the username and generate a password.

2

SELECT START CLEARANCE HERE

Type in School & Confirm Address
Select Year
Add Sports

Participating in multiple sports? Use Add New Sport button. Athletes participating in multiple sports will have to create clearances for each sport.

3

COMPLETE ALL REQUIRED FIELDS
Student Information, Parent/Guardian Information, Medical History, Signature Forms, and upload any File(s).

Student Info & Parent Guardian Info
Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.

Signatures
Sign required documents by typing in an EXACT match of what is on the Student & Parent/Guardian page.

Files
Click **+** to add a file. Browse from your computer for the file or select Choose Existing File to search for a previously uploaded file.




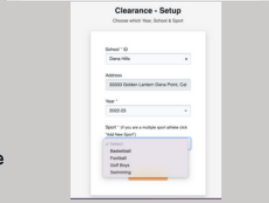

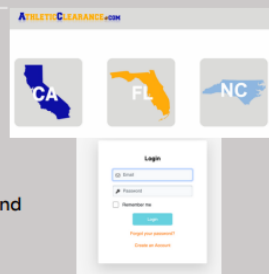
MAKE SURE TO CLICK SAVE & CONTINUE AFTER COMPLETING THE FILES PAGE TO SUBMIT THE CLEARANCE.

4

CONFIRMATION MESSAGE

Your clearance is ready for review by your school once you have reached the **CONFIRMATION MESSAGE** page.

THE STUDENT IS NOT CLEARED YET!



GO PATRIOTS!

Social Media



Follow all your Heritage Patriot Athletic Teams:

Twitter @HeritagePats

www.twitter.com/HeritagePats

Instagram @heritage_athletics

Facebook @heritagepatriotsathletics

Sports Physicals

Delta Spine & Sportcare Brentwood

1120 2nd St a, Brentwood, CA 94513

Phone: (925) 513-8883

Steen Chiropractic

**380 W Country Club Dr Suite C, Brentwood, CA
94513**

Phone: (925) 642-4389

Oakley Chiropractic Clinic

3478 Main St, Oakley, CA 94561


Phone: (925) 625-1881



Core Course GPA Information – Click on Athletic Forms/Information


01001129.schoolwires.net/Page/19663

District Home Our Schools Translate Site Manager

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Athletics - Main Page

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- > Athlete Registration
- ▼ Athletic Forms/Information 
 - > Athletic Clearance Physical Form
 - > 2022-23 HHS Athletics Notable Dates
 - > 2022-23 CIF-NCS Sport Calendar
 - > 2021-22 Game Management Plan and Policies
 - > Core Course GPA Information

- > Calendar
- > Athletic Staff Directory
- > HHS Team Pages
- > Athletic Competitive Data - Title IX

Click on Core Course GPA

SAT- x Cop- x Exce- x Coll- x Coll- x Bb Heri- x Acco- x HHS- x Mail- x CCC- x Dist- x Bb Coll- x Bb AP E- x Bb filed- x Aeri- x 5 M- x Bb Athl- x +

29.schoolwires.net/Page/19211

- > 2022-23 HHS Athletics Notable Dates
- > 2022-23 CIF-NCS Sport Calendar
- > 2021-22 Game Management Plan and Policies
- > Core Course GPA Information
- > Useful Athletic Links
- > National Letter of Intent Signees
- > Athletic Newsletter
- > Athlete of the Week
- > Sponsor Heritage Athletics
- > Weekly Athletic Schedule



CORECOURSEGPA.com

**Want to Play College Sports?
You MUST Know Your Core Course GPA.
EVERY Semester Counts.**

**SCAN BELOW TO ACTIVATE
YOUR FREE STUDENT
MEMBERSHIP**



**PROVIDED BY
HERITAGE HIGH SCHOOL**

**Custom Software - Your School's NCAA
Approved Core Courses Pre-loaded**

**Calculates NCAA Core Course GPA and
Test Score Minimums for NCAA DI & DII
in Seconds**

**Manages the New NCAA DI Rules for 2016
and the New NCAA DII rules for 2018**

**Entry of Projected Courses Allows for Goal
Setting and Detailed Course Planning**

**65% of Student-Athlete Members Focus
More on their Grades and 98% Maintain or
Increase their GPA**

**No Typing - All Course Data
Entered via Drop-down Lists**

**Answers Common Questions about NCAA
Eligibility and The Recruiting Process**

If you are having trouble viewing the document, you may [download the document.](#)

**Download and print
document here**

NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS



300 member colleges and universities

➤ Be a graduate of an accredited high school

➤ Meet two of the three requirements:

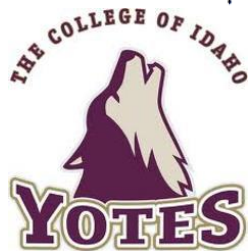
18+ on ACT or 860+ on SAT

High School GPA of 2.0

Graduate in the top half of your class



CAL MARITIME



1,200 colleges and universities

➤ Meet Core Course GPA 2.3

➤ Test Scores

➤ Meet Amateurism Eligibility



ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA, and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses.

Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	NATURAL/ PHYSICAL SCIENCE (including one year of lab science, if offered)	MATH (Algebra I or higher)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL (English, math, natural/physical science, social science, foreign language, comparative religion or philosophy)
4 years	2 years	3 years	2 years	1 year	4 years

DIVISION II

ENGLISH	NATURAL/ PHYSICAL SCIENCE (including one year of lab science, if offered)	MATH (Algebra I or higher)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL (English, math, natural/physical science, social science, foreign language, comparative religion or philosophy)
3 years	2 years	2 years	2 years	3 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the

➤ Meet Core Course (Div. I = 16 courses)

48H English, Math, Science, History & Foreign Language

- 7 of 10 core courses must be from English, Math and Science
- 10 of 16 core courses satisfied **prior** to the start of the senior year
- Grades earned in the 10 core courses are “locked in”
- Retakes of the first 10 courses must be completed **prior** to senior year

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA
- DII requires a minimum 2.2 GPA

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/playcollegesports.

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code **9999**) as a score recipient whenever you register to take a test. If you take a test more than once, send us all your scores and we will choose the best scores from each test section to create your sum score. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript. Remember to apply the College Board concordance table for SAT tests taken in March 2016 and after.

HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

Core Courses

This simple formula will help you meet Division I and II core-course requirements.

4x4=16

- + 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science courses (one per year)
- = 16 NCAA CORE COURSES**

For more information:

ncaa.org/playcollegesports
eligibilitycenter.org

Search Frequently Asked Questions

ncaa.org/studentfaq

Follow us on Twitter:

[@NCAAEC](https://twitter.com/NCAAEC)

GO PATRIOTS!

2023-24 National Letter of Intent Signee's

Brooks Davis, Football, University of Montana
Ashton Culpepper, Men's Water Polo, UC Merced
Cate Toal, Women's Soccer, Hamline University
Morgan Purvey, Women's Soccer, CSU Monterey Bay
Mikaela Mortimer, Softball, Central Arkansas University
Savannah Young, Stunt Cheer, University of Kentucky
Alexa Clements, Stunt Cheer, William Jessup University
Aaliyah Reasoner, Stunt Cheer, William Jessup University
Mikaela Barmann, Stunt Cheer, William Jessup University
Madeline Guo, Women's Water Polo, UC Merced
Gio Martini, Baseball, CSU East Bay
Michael Simpson, Cross Country/Track, San Francisco State
Cody Wong, Football, Lewis & Clark College
Chisom Okaforize, Women's Volleyball, UC Santa Cruz
Akiera Aipoalani, Stunt Cheer, University of Kentucky
Jakob Zimmerman, Track & Field, UC Davis
Kayla Robinson, Women's Soccer, Fresno State University
Madeline Guo, Women's Water Polo, UC Merced





12

**BVAL
TEAM
TITLES**



2021-2022

21

**NCS
VARSITY
DISTINGUISHED
ACADEMIC
TEAMS**

5

**BVAL RELAY
TITLES**

22

**BVAL INDIVIDUAL
TITLES**

154

**NCS
PRESIDENT'S LIST
VARSITY
SCHOLAR-ATHLETES**



BETTER ATHLETES
BETTER PEOPLE

Coach-Parent Partnership

Following are guidelines for how sports parents can contribute to a Coach-Parent Partnership that benefits youth athletes.

Recognize the Coaches' Commitment. Your child's coaches have made a commitment that involves many hours of preparation beyond the time spent at practices and games. Quite likely in youth sports they are volunteers. Respect their commitment and imagine yourself in their place before approaching them to discuss any issues you may perceive.

Make Early, Positive Contact with the Coach. As soon as you know who will coach your child, contact those coaches to introduce yourself and offer any assistance you may provide. Establishing a positive relationship with the coaches will help you proactively shape a positive experience for your child and will lay the foundation for respectful, productive conversations with coaches should a conflict arise later.

Fill the Coach's Emotional Tank. Too often, coaches hear only from parents who have complaints. Filling the coaches' Emotional Tanks with specific, truthful praise positively reinforces them to continue doing the things you see as benefiting the youth athletes.

Don't Put the Player in the Middle. You wouldn't complain to your children about how poorly their math teacher explains fractions. Don't share your disapproval of a coach with your children. Doing so may force the child to take sides, and not necessarily *your* side! If your child has an issue with the coach and can maturely articulate it, encourage your child to approach the coach and at the very least learn some life lessons in self-advocacy with an authority figure. Otherwise, if you disapprove of how the coach handles a situation, seek a private meeting to discuss the matter.

Let Coaches Coach. It can confuse players to hear someone other than the coach yelling out instructions. Also, your instructions may counter the coaches' strategy and tactics, undermining team performance.

Fill Your Child's Emotional Tank. Competitive sports can be stressful to players. The last thing they need is your critiquing their performance...on top of what the coach may deliver and what they already are telling themselves. Let your children know you love and support them regardless of their performance.

Contribute to a Positive Environment. Fill all the players' Emotional Tanks when you see them doing something well. Honor the Game as a spectator, respecting ROOTS (Rules, Opponents, Officials, Teammates and Self), and encourage others around you to Honor the Game.

Let the *players* **play**
Let the *coaches* **coach**
Let the *officials* **officiate**
Let the *spectators* be
positive!



Coaches

Fall Season

[Cross Country](#)

[Football](#)

[Girls Flag Football](#)

[Girls Tennis](#)

[Girls Volleyball](#)

[Girls Waterpolo](#)

[Girls Golf](#)

[Boys Waterpolo](#)

Winter Season

[Boys Basketball](#)

[Girls Basketball](#)

[Boys Soccer](#)

[Girls Soccer](#)

[Wrestling](#)

Spring Season

[Baseball](#)

[Boys Golf](#)

[Softball](#)

[Swimming & Diving](#)

[Boys Tennis](#)

[Track & Field](#)

[Boys Volleyball](#)

[Sport Comp Cheer](#)



HERITAGE PATRIOTS



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