

Information for Parents and Athletes of Incoming 9th Grade Natomas HS Students

**Welcome to
Natomas High School Athletics!!**



Aliceah Hernandez, Natomas HS Athletic Director
Suzanne Baker, District Athletic Director

Information includes:

- Natomas HS Athletic Director Contact
- Natomas Sports offered / Coach contact
- Summer Opportunities
- Next steps
- Information on Home Campus
- Academic and NCAA information
- Contact for Questions

Athletic Director

25/26 AD: Aliceah Hernandez -

Aliceahhernandez@natomasunified.org

Asst AD's:

Marcus Young - mayoung@natomasunified.org

John Flores - Johnflores@natomasunified.org



Natomas HS Sports Offered

Fall: Football, Women's Flag Football, Women's Volleyball, Cross Country, Cheer*

Winter: Men's & Women's Basketball, Men's and Women's Soccer, Men's and Women's Wrestling, Cheer

Spring: Baseball, Softball, Track, Swim, Coed Tennis, Men's Volleyball

**Cheer tryouts are held in the Spring for the following year.*

Incoming 9th graders will have an opportunity to try out after 8th grade graduation

(see next slide for info)

Cheer Try-Outs

Contact [Coach Kiki](#) for more info

Incoming Freshman Cheer Try-outs

***June 3rd-6th - 5pm to 6:30pm
Natomas High School Small Gym***

- ***You must be enrolled at Natomas High School in the Fall to try-out.***
 - ***You will need to have proof of a recent sports physical.***
- ***Wear comfortable clothes that you can move around in***
 - ***Bring a water bottle***

Head Coach Contact Information

Fall

Cross Country - Nick Juri- njuri@natomasunified.org

Football - James Bailey - jrogersbailey@natomasunified.org

Cheer - Kiondra Phipps - kphipps@natomasunified.org

Women's Volleyball - Meranda Watkins - Merandaadele@gmail.com

Women's Flag Football - TBD aliceahernandez@natomasunified.org

Head Coach Contact Information

Winter

Men's Basketball - Brian Mckenzie - bmckenzie@natomasunified.org

Women's Basketball - Aliceah Hernandez -
aliceahernandez@natomasunified.org

Men's Soccer - Geo Villalobos - geovillalobos@natomasunified.org

Women's Soccer - John Flores - johnflores@natomasunified.org

Men's/Women's Wrestling - Marcus Young - mayoung@natomasunified.org

Head Coach Contact Information

Spring

Baseball - TBD

Softball - TBD

Men's/Women's Track & Field - James Bailey -
jrogersbailey@natomasunified.org

CoEd Tennis - John Flores jflores@natomasunified.org

Men's Volleyball - TBD

Women's/Men's Swimming - Eliana Gutierrez-
egutierrez@natomasunified.org

Summer Opportunities

[*Click Here For Full June Schedule](#)

***July 1-14th is Dead Period- Will receive remaining summer schedules directly from coaches**

Football: Begins June 2nd, Mon.-Thur., 6-7:30am- Stadium

Cheer: Begins June 3rd, 5-6:30pm, Small Gym

Women's Volleyball: Begins Tuesday, June 3rd 4:30-6:30pm

(Tues-Thurs 4:30-6:30pm)- Big Gym

Women's Basketball: Begins June 2nd, Mon-Fri 2:30-4:30pm- Big

Gym

Men's Basketball: Begins June 2nd, Mon-Fri 6:30-8:30pm- Big Gym

Men's Soccer: Begins June 2nd, Mon-Thur 6:30-8:30pm- Stadium

CIF season of sport calendar

Golden Empire League

25/26 CIF Sport Calendar:

Natomas HS is part of the Golden Empire League (GEL), schools include:

Rio Linda	Sutter
El Camino	Natomas
Woodland	Casa Roble
Dixon	Destiny Christian Academy (not Ftbll/M Basketball)

Things to do now:

- 1) Confirm HS enrollment (8th graders can participate after graduation)
- 2) Get physical and set up **Home Campus** (HC account info in next slide) [Physical Form 25/26](#)
- 3) Contact coach to receive dates for summer workouts and/or at home conditioning and to introduce yourself
- 4) Be smart about social media / relationships
- 5) Create a plan, your purpose - it is not too early to start believing in a great future - every moment matters
- 6) In the fall, meet with your counselor to develop your Multi-Year Academic Plan (MYAP), make sure your counselor knows you need to be NCAA qualified

Information on Home Campus

CIF HOME CAMPUS: All schools are now using the online registration process through the CIF Home Campus to register athletes. Student-Athletes and families must complete the registration process / have a current physical uploaded in order to practice/play.

Home Campus Login starts at Athletic Clearance site:

[Athletic Clearance](#)

Click **CA** - create login (available 6/1/25)

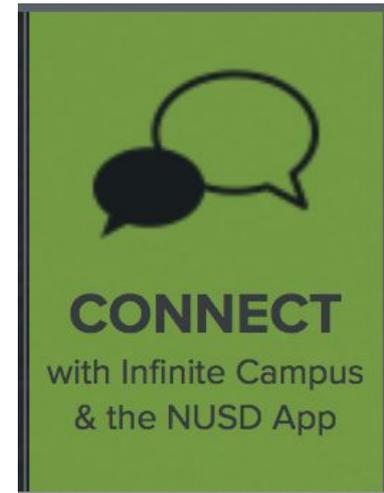
What's in the Infinite Campus Parent Portal

- Messages and announcements/
Mensajes y Anuncios
- monitor attendance/ supervisar la asistencia
- check grades/verificar calificaciones
- view assignments/ver tareas
- view schedules/ver horarios
- view multi year academic plan & progress/ver plan académico y progreso
- update household information /actualización de la Información del hogar
- get alerts/recibir alertas
- get the app/obtener la aplicación móvil
- access CAASPP & ELPAC scores/acceder el informe electrónico de puntaje CAASPP y ELPAC

Email icportal@natomasuified.org with any questions



www.natomasuified.org



Academic Plan / Plan Académico

Today

Calendar

Grades

Attendance

Schedule

Academic Plan

Documents

Message Center

More

Documents

2020-21 Robbinsdale Armstrong

Quarter 4 Report Card
2020-21 Robbinsdale Armstrong

Schedule

Student Schedule
2020-21 Robbinsdale Armstrong

Transcript

Unofficial Transcript
2020-21 Robbinsdale Armstrong

Other (Documents not related to a specific school year)

Academic Progress

Academic Plan Progress Report

Program Participation

Academic Plan Progress Report
Report Options

This report will display the student's progress toward completion of an Academic Plan.

View progress toward **Graduation or Academic Program ***

Grad Plan (Graduation) ▼

Report Type *

Summary

Detail

Report Format *

PDF

DOCX

2020-21 High School		Academic Plan Progress Report							
Generated on 03/24/2021 02:48:58 PM Page 1 of 1		Grade: 12 Student Number: 81 Program: Grad Plan (Graduation) Counselor:							
* Asterisks indicate student does not meet requirement									
Credit Type	09	10	11	12	Credit Status			Overflow	Total
					ER	IP	PL		
English	2.0 / 2.0	2.0 / 2.0	2.0 / 2.0	1.0 / 2.0	6.0	1.0			*7.0 / 8.0
Mathematics	2.0 / 2.0	2.0 / 2.0	1.0 / 2.0	2.0 / 0.0	6.0	1.0	-1.0		6.0 / 6.0
Science	2.0 / 2.0	2.0 / 2.0	2.0 / 2.0	1.0 / 0.0	6.0	1.0	-1.0		6.0 / 6.0
Social Studies	2.0 / 2.0	2.0 / 2.0	3.5 / 2.0	2.0 / 2.0	7.5	2.0	-1.5		8.0 / 8.0
Fine Arts	1.0 / 0.0		1.0 / 0.0	3.0 / 0.0	2.0	3.0	-5.0		0.0 / 0.0

Academic Progress/ Progreso Académico

	Academic Plan Progress Report
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* Asterisks indicate student does not meet requirement

Credit Type	09	10	11	12	Credit Status			Overflow	Total
					ER	IP	PL		
English	10.0 / 10.0	10.0 / 10.0	10.0 / 10.0	10.0 / 10.0	10.0	10.0	20.0		40.0 / 40.0
World Geography	0.0 / 5.0				0.0				*0.0 / 5.0
Health	0.0 / 5.0				0.0				*0.0 / 5.0
Mathematics	10.0 / 10.0	10.0 / 10.0	10.0 / 0.0	10.0 / 0.0	10.0	10.0	20.0	-20.0	20.0 / 20.0
Physical Education	10.0 / 10.0	0.0 / 10.0			10.0				*10.0 / 20.0
Physical Science	0.0 / 10.0	10.0 / 0.0	10.0 / 0.0		0.0	10.0	10.0	-10.0	10.0 / 10.0
Life Science	10.0 / 0.0	0.0 / 10.0			10.0				10.0 / 10.0
World History		10.0 / 10.0			0.0	10.0			10.0 / 10.0
U.S. History			10.0 / 0.0	0.0 / 10.0	0.0		10.0		10.0 / 10.0
American Government				5.0 / 5.0	0.0		5.0		5.0 / 5.0
Economics				5.0 / 5.0	0.0		5.0		5.0 / 5.0
World Language	10.0 / 10.0	10.0 / 0.0	10.0 / 0.0		10.0	10.0	10.0	-20.0	10.0 / 10.0
Visual and Performing Arts			0.0 / 10.0	10.0 / 0.0	0.0		10.0		10.0 / 10.0
Technology				10.0 / 10.0	0.0		10.0		10.0 / 10.0
Elective	10.0 / 0.0	10.0 / 10.0	20.0 / 20.0	10.0 / 20.0	10.0	10.0	30.0	50.0	100.0 / 50.0
Total	60.0 / 60.0	60.0 / 60.0	70.0 / 40.0	60.0 / 60.0	60.0	60.0	130.0		250.0 / 220.0

Course Requirements

Health can be fulfilled by successful completion of Health -OR- Human Biology
 World Geography can be fulfilled by successful completion of World Geography -
 OR- Modern World History and Geography -OR- AP Human Geography

Progress

10.0 / 5.0
 10.0 / 5.0

Updated NCAA information

NCAA Information: Student-Athletes must be registered with the NCAA, even Freshman families should be familiar with the NCAA website, which has all guidelines and information for those planning on playing a sport in college.

<http://www.ncaa.org/>

Other NCAA information & updates can be found on the following websites:

NCAA Websites

NCAA info for Student Athletes:

[Future | NCAA.org - The Official Site of the NCAA](#)

Frequently Asked questions re: NCAA

<https://ncaa.egain.cloud/kb/EligibilityHelp/home>

Athlete Responsibility

- **NCAA**
 - Sign up (10th grade recommended)
 - Self Advocacy w/school counselor & other groups on campus that can help (ask for help)
 - Visit NCAA website and become familiar
- **Be marketable (grades and attitude)**
- **Social Media (positive presence)**

Get Involved

Get involved with college mentoring programs on campus:

American River College TRIO Educational Talent Search (ETS)

- TRIO Educational Talent Search (ETS) program is designed to prepare and motivate low-income, first-generation college students for success in college. TRIO ETS participants in 6th-12th grade receive college, career and financial aid information, academic advising, and educational field trips in preparation for successful enrollment and graduation from post-secondary institutions. School Sites: Natomas High School and Natomas Middle School.

Early Academic Outreach Program (EAOP)

- EAOP helps students prepare for high education, supports students in their journey to complete all University of California (UC) and California State University (CSU) admissions requirements, and apply for college and financial aid. School Sites: American Lakes School and Inderkum HS

United College Action Network (U-CAN)

- U-CAN provides leadership services and college preparation assistance to students desiring to enroll in four-year postsecondary colleges, with a focus on admissions to over 100 Historically Black Colleges and Universities. School Sites: Inderkum High School, Leroy Greene Academy, Natomas High School, and Discovery High School.

Improve Your Tomorrow (IYT)

- Mentoring program that is a college preparatory program for young men of color. Improve Your Tomorrow (IYT) supports students academically while providing a connection to a community focused on building access to college and career. School Sites: Natomas High School, Discovery High School, and Jefferson School.

What do college coaches look for:

GPA - Is a given, must be NCAA qualified

Talent - Is a given

Intangibles (these make the difference):

Competitiveness - Passion for the game, hard work ethic

Sports IQ - Know the game, Desire to be the best, film study, etc

Maturity - making good decisions on & off the playing field

Effort/Ambition - all out hustle and energy

Good Sportsmanship/Teammate - How do you relate to your opponents and own teammates - keep it positive? do you show respect?

3 Ways Student-Athletes can lose a scholarship (and/or college acceptance)

Social Media: Colleges have people assigned to simply search your social media, what does it say about you?

Not Being a Good Teammate: Do you pout coming out of games? or while on bench? Do you celebrate when a team member has a good game? Do you question officials calls? Are your eyes on the coach when he/she is talking? etc etc

Bad Grades / Bad Attendance: Will you be an eligibility liability? Grades and attendance speak loudly of your priorities and trustworthiness to show up & get the job done ...

These are all controllable factors

Your Role as a Parent/Guardian

- 1 - Be a positive voice / Be an encourager
- 2 - Be a positive voice Ex: “I loved watching you play today!” (win or lose)
- 3 - Be an encourager Ex: “I love watching you play!” (win or lose)
- 4 - Show up

****All studies show the #1 reason kids play sports is to ... Have Fun**

5 Important Questions for Parent and Student-Athlete to Start Discussing now *it is not too early* 😊

1. How will you finance college? Do you need an athletic and/or academic scholarship to play in college?
2. Where do you want to go to college? In-state, Out-of-state, Level
3. **What are your grades like?** Clock starts in 9th grade ... What GPA/SAT* score do you need?
4. **Attendance** - Are you at school? ... & are you tardy?
5. Are you good enough to qualify for an athletic scholarship? Are you walk-on caliber?
6. Would your coaches recommend you?
7. Would your teachers?(References): How are you in class?

Resources

Other Articles:

For Parents of all:

<https://www.competitivedge.com/parentscoaches-guides-13-steps-being-winning-parent>

<http://www.espn.com/espnw/voices/article/17327871/words-wisdom-parents-superstar-at-hletes>

Recruiting information:

<https://www.ncsasports.org/recruiting/contacting-college-coaches/social-media>

<https://www.varsityedge.com/mailbag-what-college-coaches-look-for/#.YKKUSGZKi8U>

QUESTIONS

Any Questions email AD
Aliceah Hernandez