

Informational Slides for Parents and Athletes of Incoming Inderkum 9th Grade NUSD Students

for the 2025/2026 School Year

Contacts:

[Suzanne Baker](#), District Athletic Director

[Justin Reber](#), Athletic Director

Powerpoint Covers:

- Inderkum Sports offered / Coach contacts
- Summer Opportunities
- Next steps
- Information on Home Campus
- Academic and NCAA information
- Contact for Questions

Admin/Athletic Director

Athletic Director: Justin Reber

jreber@natomasunified.org

Asst. Athletic Director: Michele Massari

mmassari@natomasunified.org



Inderkum HS Sports Offered

Fall: Football, Women's Volleyball, Cross Country, Cheer, Women's Golf, Women's Tennis, Water Polo, Women's Flag Football

Winter: Basketball, Soccer, Wrestling, Cheer

Spring: Baseball, Softball, Track, Swim, Men's Tennis, Men's Golf, Men's Volleyball, Stunt Cheer

Fall Head Coach Name / Contact Information

Football: TBA

W -Volleyball: Kristine Spencer kspencer@natomasunified.org

M/W Cross Country: 'Gus' Gonzales agonzales@natomasunified.org

Cheer: Kamisha Driver kdriver@natomasunified.org

W -Golf: Phil Hampton phampton@natomasunified.org

W -Tennis: Paul Rodriguez prodriguez@natomasunified.org

M/W -Water Polo: Jessica Villarruel jvillarruel@natomasunified.org

W Flag Football: Terrance Leonard tleonard@natomasunified.org

Winter Head Coach Name / Contact Information

W -Basketball: Michele Massari mmassari@natomasunified.org

M -Basketball: Fred Wilson fwilson@natomasunified.org

W -Soccer: Tyler Warmerdam twarmerdam@natomasunified.org

M -Soccer: TBA

M/W Wrestling: Nick Knight nknight@natomasunified.org

Spring Head Coach Name / Contact Information

Baseball: Taylor Maxwell tmaxwell@natomasunified.org

Softball: Art Guerra aguerra@natomasunified.org

M/W -Track: John Knowles jknowles@natomasunified.org

M/W -Swim: Nolan Rogers coachnolan.dart@gmail.com

M -Golf: Tod Hamasaki thamasaki@natomasunified.org

M -Volleyball: Kristine Spencer kspencer@natomasunified.org

M - Tennis: Derek Dykstra ddykstra@natomasunified.org

Summer Opportunities

Some coaches are still finalizing summer plans/info -
connect directly with the coach and/or email AD

(dates/times may change so connect w/coach for updates):

Cheer: [Cheer Summer Info](#)

M / W Water Polo: [Water Polo Summer Info](#)

M / W Volleyball: [IHS Girls/Boys Volleyball Summer](#)

W Golf: [25/26 Women's Golf Information](#)

Football: [Summer Football Info](#)

Cross Country: More info coming - XC [Athletic.net schedule](#)

Flag Football: [Flag Football Information](#) **

**Let Coach T know if interested, can join once graduated from 8th and have
registered on Home Campus.

Summer Opportunities

Some coaches are still finalizing summer plans/info -
connect directly with the coach and/or email AD

(dates/times may change so connect w/coach for updates):

M/W Wrestling: Open Mat will be held in June

Please contact Coach Knight for more info

M Basketball: [IHS Men's Basketball Information](#)

W Basketball: [IHS Women's Basketball Information](#)

W Tennis: w/Coach Paul Rodriguez *

[Girls Tennis summer/season schedule **](#)

****summer schedule subject to change**

Additional Sport Information

Boys Golf:

Boys Golf is a Spring Sport and we start meeting in early February. We also do off season practice once a week during Fall Semester. We want all players from advanced to beginners to join the program... if new to golf, we will teach you the game and build your skills. Our goal every year is to have enough for both a JV and a Varsity team. Please email me or find me in the gym or locker room if you are interested in joining the program! Coach Hamasaki

Girls Soccer: Head Coach Tyler Warmerdam

There is not specific training in the offseason but there is strong encouragement for players to play club soccer to maximize opportunities with the Inderkum Girls Soccer program. Soccer is a technical, tactical, physical and psychological sport that needs daily repetitions to nurture those four qualities.

Boys Soccer: Once the new coach is officially hired more information will be sent out.

Additional Sport Information

Softball: Fall workouts start Tuesday, Sept 2nd thru the end of October. Practice times will be 4:00-5:30pm ... Will play and/or practice Monday Tuesday Wednesday. Games will be @ Antelope HS on Wednesday nights.

Baseball: Fall Workouts will be announced once school is back in session.

Track: Contact Coach Knowles for more information

Club: Athletes Committed

Advisor: Eric Fong

Looking to join with other Athletes who share common goals as you? Join our Athlete Committed Service club where we strive to live a life of excellence, personal responsibility and shared expectations. We lead campus wide fun sporting events, mentor local middle school athletes, teach sports to underprivileged kids, and aim to build your leadership skills! Come join us on Wednesdays.

Join our remind using code @acihs2022

CIF season of sport calendar Greater Sacramento League

25/26 Season of Sport Calendar

Inderkum is part of the newly realigned Capital Valley Conference (CVC) with the following schools:

Vista Del Lago	Bella Vista
Ponderosa	Rio Americano
Christian Brothers	Woodcreek
Inderkum	

Things to do now:

- 1) Confirm HS enrollment
- 2) Get physical and set up Home Campus (HC account info in next slide) [Physical Form 25/26*](#)
- 3) ***PLEASE fill out Sport(s) Playing**
- 4) Contact coach to receive dates for summer workouts and/or at home conditioning and to introduce yourself
- 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 NUSD 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 - go Athletic Clearance website:

[Athletic Clearance](#) (now open for the 24/25 school year)

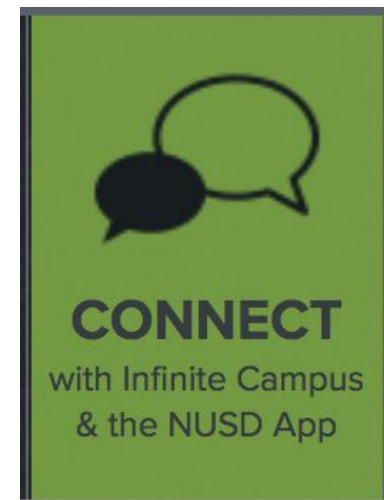
Click **CA** - Create Login

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



www.natomasunified.org



Email icportal@natomasuified.org with any questions

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

Generate Report
Close

2020-21 High School

Generated on 03/24/2021 02:48:58 PM Page 1 of 1

Academic Plan Progress Report

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

<p>19-20</p> <p>Inderkum High School</p> <p>2500 New Market Drive, Sacramento CA 95835</p> <p>Generated on 09/06/2019 03:50:42 PM Page 1 of 1</p>	<p>Academic Plan Progress Report</p>
---	---

* 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

Get Involved

Get involved with college mentoring programs on campus:

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)

- IYT provides leadership services and college preparation assistance to male students. School Sites: Jefferson School, Inderkum High School, Natomas Middle School, and Natomas High School.

Upward Bound

- Mentoring Program designed to support first-generation college students. School Site: Inderkum High School.

Educational Talent Search (ETS)

- Mentoring Program designed to support first-generation college students. School Site: Inderkum High School, Natomas Middle School, and Natomas High School.

For More Information Contact Kathy Yang: kyang@natomasunified.org or (916) 473-0053

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/>

...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](https://www.ncaa.org)

Frequently Asked questions re: NCAA

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

Information re: Covid & NCAA (changes rapidly)

http://fs.ncaa.org/Docs/eligibility_center/EC_COVID_Comm.pdf

Athlete Responsibility

- [NCAA](#) Timeline
 - Sign up / Register (create profile now)
 - 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)

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 you relate to your coach/opponents and own teammates matter - 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 yours 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 not 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
- 5 - Be a Positive Fan always ... let the coaches coach, officials officiate, athletes play

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

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 ...
4. How is your **Attendance** / Are you showing up daily?
5. Are you ON Time? Any Tardies??
6. Are you good enough to qualify for an athletic scholarship?
Are you walk-on caliber?
7. Would your coaches recommend you?
8. Would your teachers?(References): How are you in class?

Resources

Other Articles:

<http://www.basketballforcoaches.com/great-teammate/>

For Parents of all:

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

[Words of wisdom from parents of superstar athletes](#)

Recruiting information:

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

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

QUESTIONS

Email AD Justin Reber:

jreber@natomasunified.org