

NCAA INFORMATION

Athletes & Parents

2025-2026

Justin Garza High School



ELIGIBILITY CENTER

JGHS Academic Counselors



Mr. De Leon
LAST NAMES:
A - Con, X-Z

**HARVARD OFFICE
ACADEMY C
73225**



Mrs. Lawrence
LAST NAMES:
Coo - Ha

**HARVARD OFFICE
ACADEMY C
73226**



Mrs. De Leon
LAST NAMES:
He - Mendez

**COLLEGE & CAREER
CENTER
71222**



Mr. Clemmons
LAST NAMES:
Sam - W

**YALE OFFICE
ACADEMY B
72223**



Mr. Bracamonte
LAST NAMES:
Mendoza - Sal

**YALE OFFICE
ACADEMY B
72222**



Schedule

School Hours:

8:30AM - 3:35PM

Wednesdays - Late Start

9:00AM - 3:35PM

*Students schedules will be available in August

9th Grade Schedule

English

Math

Biology

Physical Education

Health/World Cultures

Elective



May be variations in some cases. Counselors will make adjustments as necessary

Graduation vs. CSU/UC Requirements

5 credits/class/semester passed

10 credits/class/year passed

Earn 60 credits/year for ALL 6 classes passed

230 credits required for Graduation

MUST earn either an A, B, C, or D in classes to pass and earn a ***diploma for high school graduation***

MUST earn either an A, B, or C in 'A-G' courses to be eligible to apply for a ***four year university***

Courses	High School	4 Year College
English	40 credits	40 credits
History	35 credits	20 credits
Math	30 credits	30 credits
Science	20 credits	20 credits
PE	20 credits	0 credits
Health	5 credits	0 credits
Visual/Perf. Arts	10 credits	10 credits
World Language	0 credits	20 credits
Elective	70 credits	10 credits

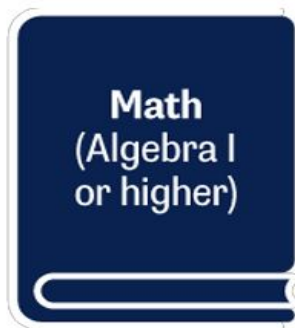
* Any failed class – 'F' – will require you to attend summer school to retake and pass the course*



WHAT IS A CORE COURSE?

A core course must meet the following requirements to be used in your academic certification:

» Meet high school graduation requirements in one or more of the following subject areas:



» Be on your high school's list of [NCAA-approved core courses](#).



EXAMPLE SCHEDULE

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or other

4 CORE COURSES

10th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or other

4 CORE COURSES

11th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or other

4 CORE COURSES

12th GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or other

4 CORE COURSES

Must Pass all classes with C or better!



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DUAL-ENROLLMENT COURSEWORK

- » May be used to satisfy NCAA core-course requirements if course:
- Appears on your [official transcript](#) with grade and high school credit.
 - Meets all requirements for an [NCAA-approved core course](#).

NCAA-APPROVED CORE COURSES

Scan the QR Code Below



Find Your High School's List
of [NCAA-Approved Core
Courses](#)

DIVISION I WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check [your high school's list](#) of NCAA-approved core courses for the classes you have taken or plan to take.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

ENGLISH (4 YEARS REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: English 9	.50		4		(.5 x 4) = 2
						0.000
						0.000
						0.000
						0.000
						0.000
	TOTAL ENGLISH UNITS	0.00				TOTAL QUALITY POINTS 0.000

MATH (3 YEARS REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: Algebra I	1.0		3		(1.0 x 3) = 3
						0.000
						0.000
						0.000
						0.000
	TOTAL MATH UNITS	0.00				TOTAL QUALITY POINTS 0.000

SCIENCE (2 YEARS REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.000
						0.000
						0.000
	TOTAL SCIENCE UNITS	0.00				TOTAL QUALITY POINTS 0.000

EXTRA YEAR IN ENGLISH, MATH OR SCIENCE (1 YEAR REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.000
						0.000
	TOTAL ADDITIONAL UNITS	0.00				TOTAL QUALITY POINTS 0.000

SOCIAL SCIENCE (2 YEARS REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.000
						0.000
						0.000
	TOTAL SOCIAL SCIENCE UNITS	0.00				TOTAL QUALITY POINTS 0.000

OTHER ACADEMIC COURSES (4 YEARS REQUIRED)						
10/7	NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.000
						0.000
						0.000
						0.000
						0.000
	TOTAL ADDITIONAL ACADEMIC UNITS	0.00				TOTAL QUALITY POINTS 0.000

QUALITY POINTS / CREDITS = CORE-COURSE GPA						
TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA		0.00	/	0.00	=	

Sixteen core courses are required for your core-course GPA. Ten of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science. The information presented on or through this worksheet is made available solely for general information purposes. Given the manual data entry required, the NCAA does not warrant the accuracy or completeness of this information. Any reliance placed on this information is strictly at your own risk. We disclaim all liability and responsibility arising from any reliance placed on this worksheet, and any information included therein, by you or any other individual or entity who may be informed of its contents.

DIVISION II WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check [your high school's list](#) of NCAA-approved core courses for the classes you have taken or plan to take.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

ENGLISH (3 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
Example: English 9	.50		4		(1.5 x 4) = 2	
					0.000	
					0.000	
					0.000	
					0.000	
					0.000	
TOTAL ENGLISH UNITS	0.00				TOTAL QUALITY POINTS 0.00	

MATH (2 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
Example: Algebra I	1.0		3		(1.0 x 3) = 3	
					0.000	
					0.000	
					0.000	
					0.000	
TOTAL MATH UNITS	0.00				TOTAL QUALITY POINTS 0.00	

SCIENCE (2 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
					0.000	
					0.000	
					0.000	
TOTAL SCIENCE UNITS	0.00				TOTAL QUALITY POINTS 0.00	

EXTRA YEARS IN ENGLISH, MATH OR SCIENCE (3 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
					0.000	
					0.000	
					0.000	
TOTAL ADDITIONAL UNITS	0.00				TOTAL QUALITY POINTS 0.00	

SOCIAL SCIENCE (2 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
					0.000	
					0.000	
					0.000	
TOTAL SOCIAL SCIENCE UNITS	0.00				TOTAL QUALITY POINTS 0.00	

OTHER ACADEMIC COURSES (4 YEARS REQUIRED)						
NCAA-APPROVED COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)	
					0.000	
					0.000	
					0.000	
					0.000	
					0.000	
TOTAL ADDITIONAL ACADEMIC UNITS	0.00				TOTAL QUALITY POINTS 0.00	

QUALITY POINTS / CREDITS = CORE-COURSE GPA						
TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA		0.00	/	0.00	=	

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ELIGIBILITY CENTER

THREE REQUIREMENTS TO PLAY COLLEGE SPORTS



**High School
Graduation**



**NCAA
Initial Eligibility**



**College
Admission**



ELIGIBILITY CENTER

NCAA THREE DIVISIONS

DIVISION	 DIVISION I	 DIVISION II <i>MAKE IT YOURS</i>	 DIVISION III DISCOVER DEVELOP DEDICATE
ACTIVE SCHOOLS*	361 (33%)	293 (27%)	422 (39%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,800	2,100	1,700
STUDENTS WHO ARE ATHLETES	1 in 22 	1 in 7 	1 in 5 
AVERAGE NUMBER OF TEAMS PER SCHOOL	19	17	19
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	 37%	 24%	 38%
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available. 57% of athletes receive athletics aid.	Partial athletics scholarship model. 62% of athletes receive athletics aid.	No athletics scholarships. 80% of athletes receive nonathletics aid.
DID YOU KNOW?	 Division I student-athletes graduate at a higher rate than the general student body.	 Division II is the only division with schools in Alaska, Puerto Rico and Canada.	 Division III's largest school has 28,974 undergraduates. The smallest? 339.



NCAA SPORTS

FALL SPORTS

MEN:

Cross
Country
Football
Soccer
Water Polo

WOMEN:

Cross
Country
Field Hockey
Soccer
Volleyball

WINTER SPORTS

MEN:

Basketball
Fencing
Gymnastics
Ice Hockey
Indoor Track
and Field
Rifle
Skiing
Swimming
and Diving
Wrestling

WOMEN:

Basketball
Bowling
Fencing
Gymnastics
Ice Hockey
Indoor Track
and Field
Rifle
Skiing
Swimming
and Diving
Wrestling

SPRING SPORTS

MEN:

Baseball
Golf
Lacrosse
Outdoor Track
and Field
Tennis
Volleyball

WOMEN:

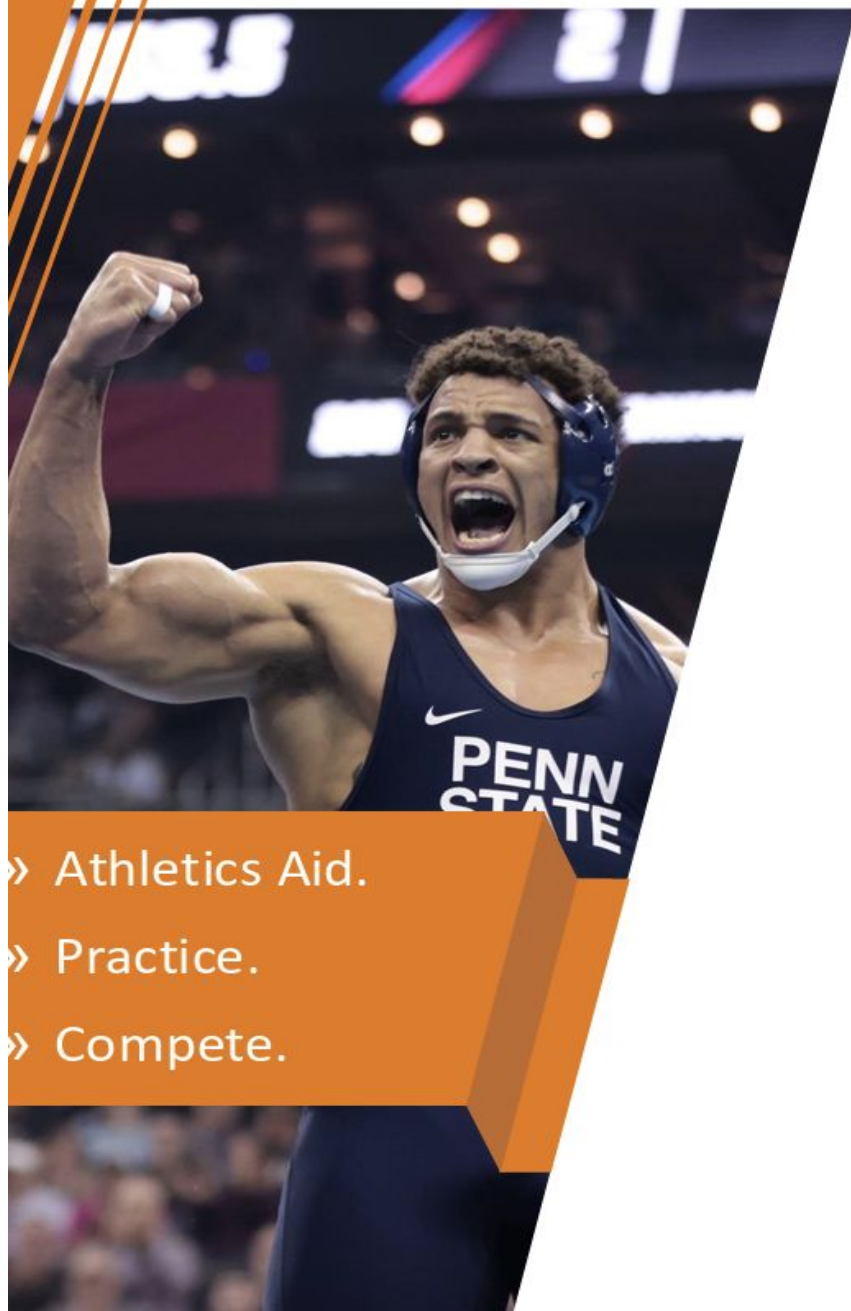
Beach
Volleyball
Golf
Lacrosse
Outdoor
Track
and Field
Rowing
Softball
Tennis
Water Polo

EMERGING SPORTS

WOMEN:

Acrobatics
and Tumbling
Equestrian
(Divisions I and II only)
Rugby
Stunt
Triathlon

Note: Student-athletes competing in [emerging sports](#) must register with the Eligibility Center and meet the same standards as all other students.



Division I QUALIFIER



Earn 16 NCAA-approved core-course credits in the required subject areas.



Complete 16 NCAA-approved core-course credits in eight semesters from your initial start of ninth grade.



Meet the [10/7 requirement](#) before the start of your seventh semester.

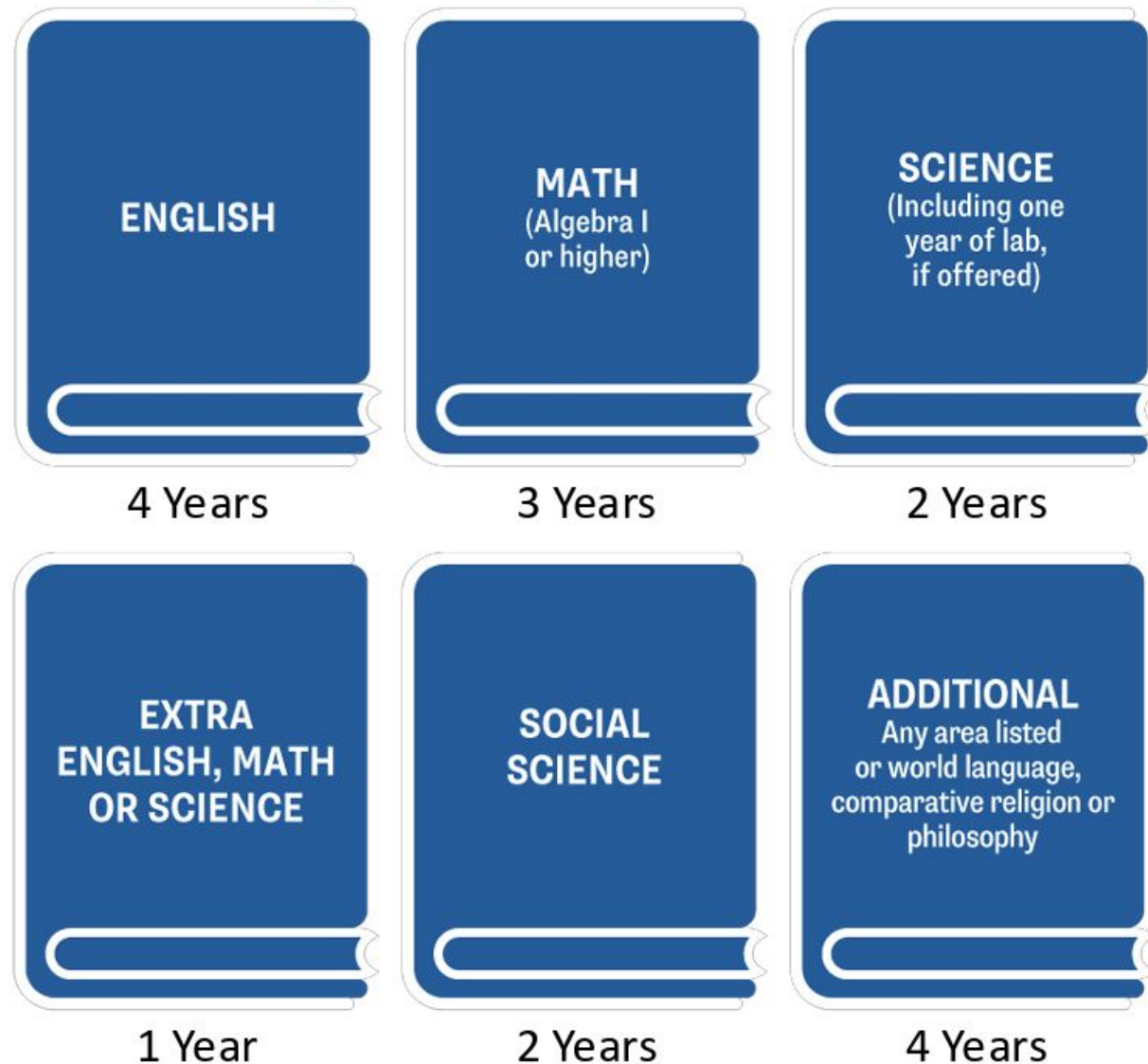
» Not required for students with solely [international](#) academic credentials.



Earn a minimum 2.3 [core-course GPA](#).

DIVISION I: QUALIFIER

Subject Area Breakdown





ELIGIBILITY CENTER

DIVISION II: QUALIFIER



Complete 16 core-course units in the required subject areas.



Earn a core-course GPA ≥ 2.2 in the required subject areas.

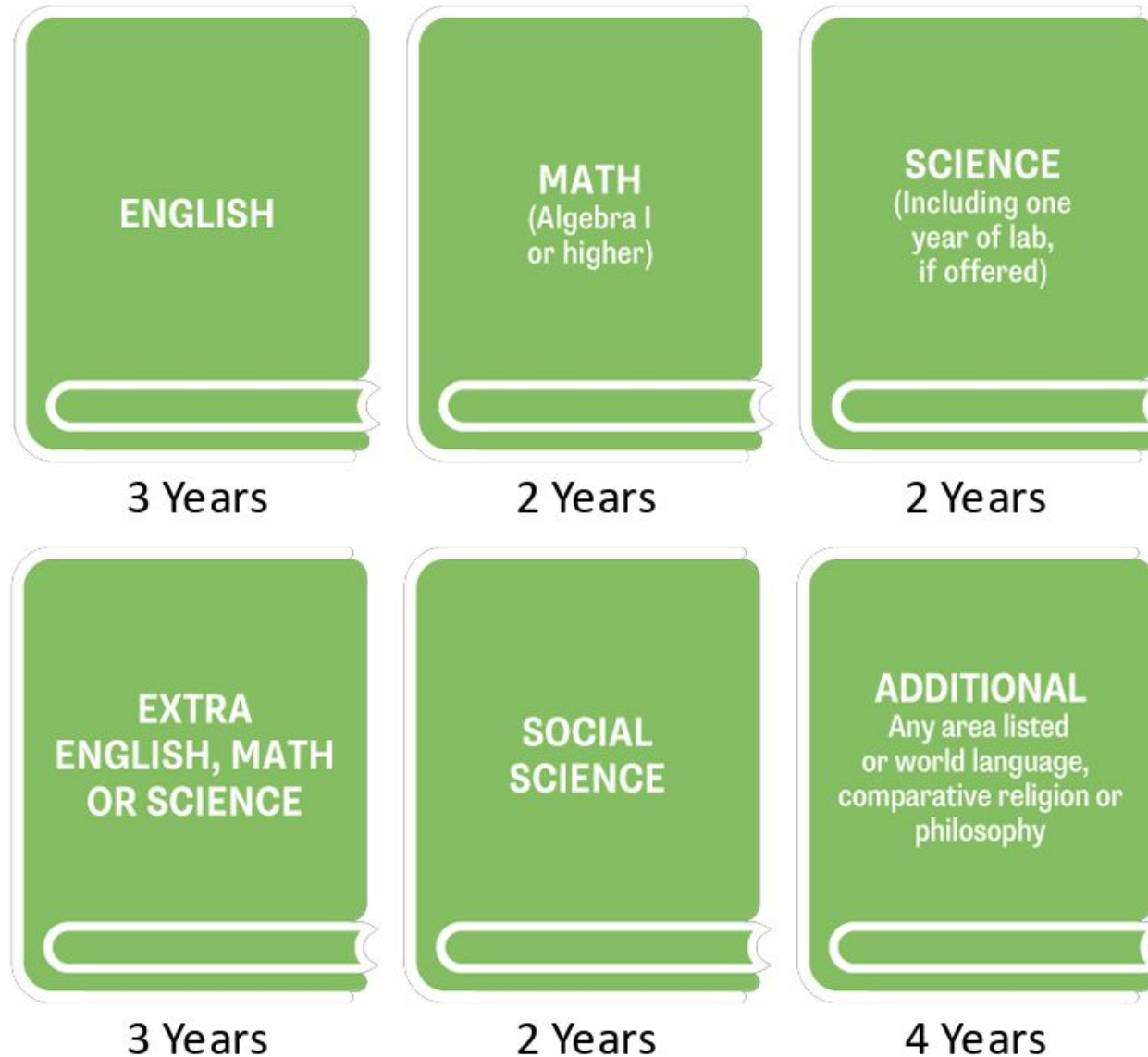


Submit proof of graduation to the Eligibility Center.

- » Athletics Aid.
- » Practice.
- » Compete.

DIVISION II: QUALIFIER

Subject Area Breakdown



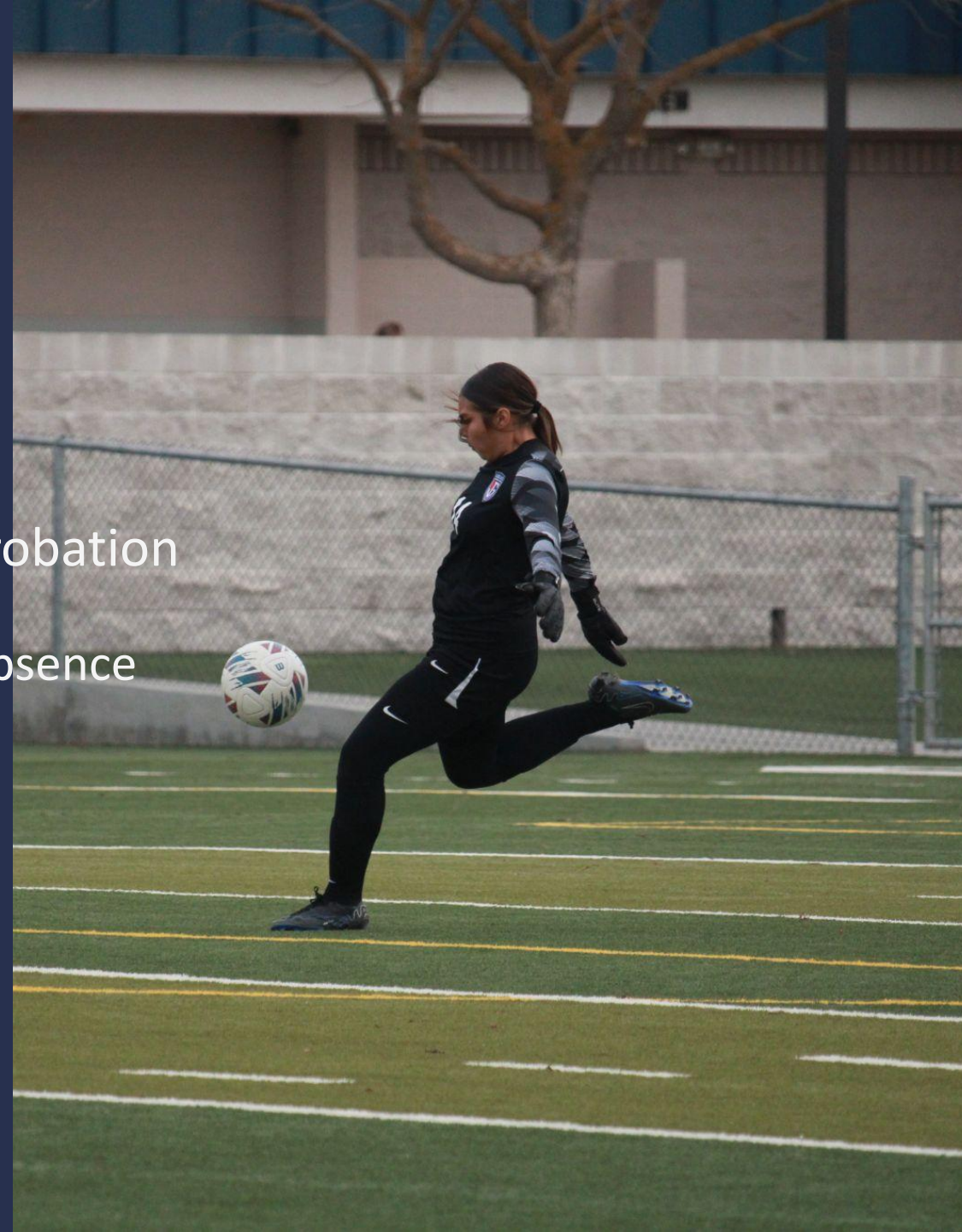


DIVISION III

- » While Division III schools set their own academic standards on campus, the Eligibility Center certifies the amateur status of Division III international student-athletes.
 - All other Division III student-athletes are certified on campus.
- » International student-athletes enrolling at a Division III school must register with an Athletics Certification account and receive their final amateurism certification before they can compete.
- » Effective Fall 2026, domestic student-athletes enrolling at a Division III school will need to register with a Profile Page account.

Athletic Handbook

- Read the Athletic Handbook
- 6 week - Eligibility below 2.0 academic probation
 - next grading period ineligible
 - LOP list - tardies, discipline, unexcused absence
- Watch what you put on Social Media
- Take SAT/ACT



Summer School Opportunities

Students may take **ORIGINAL CREDIT** courses to get a jump start on their high school academic career. Class offerings are based on enrollment.

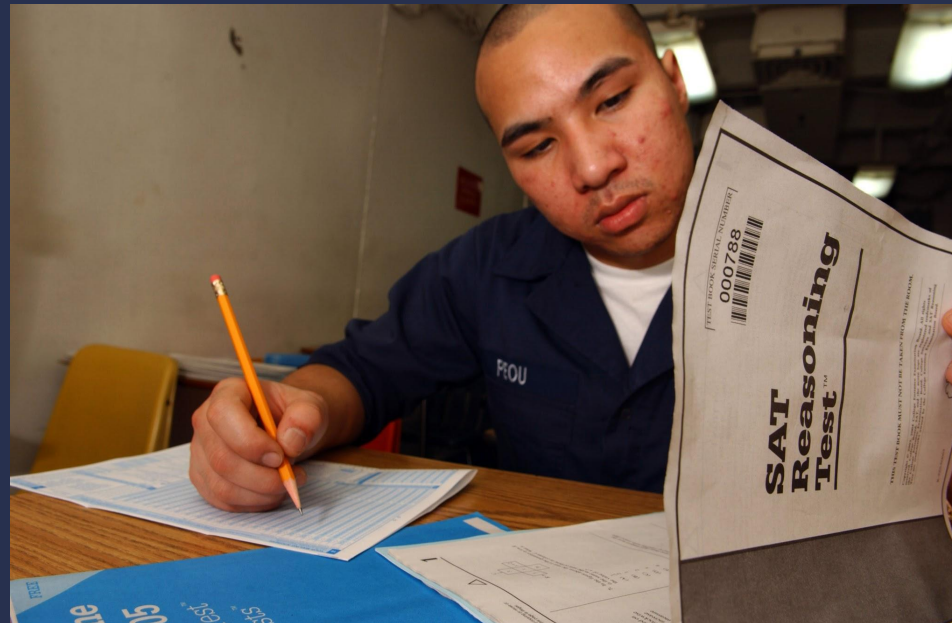
ORIGINAL CREDIT

- 6 week course beginning in June
- Only one course can be taken
 - Freshman Requirements (Health and World Cultures)
 - Spanish
- MWH, US History
- Summer School is in-person (Site TBD)
- Sign-Up for Summer School later in Spring
 - Summer School information will be available on:
 - Website jghs.centralunified.org > Counseling > Summer School Information
 - Parent/Student Square
 - Academic Counselor



SAT & ACT

Students planning to play sports in college NEED to take one of these tests!





ELIGIBILITY CENTER

NCAA REGISTRATION IS REQUIRED

Three Account Types



**Free Profile Page
Account**



**Academic
and Amateurism
Certification Account**



**Amateurism-Only
Certification Account**



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ACADEMIC AND AMATEURISM CERTIFICATION ACCOUNT

Account Type #2



Required to compete at a Division I or II school.

- » Go on [official visits](#).
- » Sign a [National Letter of Intent](#).
- » Receive an athletics scholarship.



Registration fee:

- » [Domestic students](#): \$100.
- » [International students](#): \$160.

Click
Qualify for
WAIVER!!



IS YOUR STUDENT BEING RECRUITED?

» A student is being recruited if a college coach:



Calls



Texts



Emails



**Messages via
Social Media**



**Visits Your
High School**



**Pays Expenses
to Visit Campus**



**Issues National
Letter of Intent**



**Writes Offer
of Financial Aid**

» Recruiting can begin as early as freshman year.

- In most cases, recruiting starts before junior year.

RECRUITING CALENDARS

Recruiting calendars promote your well-being and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

*Division, Sport and Grade Level Determines Recruiting Activities**

	CONTACT PERIOD	EVALUATION PERIOD	QUIET PERIOD	DEAD PERIOD	RECRUITING SHUTDOWN
College coaches may call, write, text or email you and your family.	Yes	Yes	Yes	Yes	No
College coaches may watch you compete.	Yes	Yes	No	No	No
College coaches may visit your high school.	Yes	Yes	No	No	No
College coaches may have face-to-face contact with you and your family.	Yes	Yes, but only on the college's campus.	Yes, but only on the college's campus.	No	No

RECRUITING CALENDARS

Scan the QR Code Below



Visit on.ncaa.com/recruitcal



Connect with the Eligibility
Center



QUESTIONS TO ASK NCAA COACHES

- » Additional team responsibilities.
- » Athletic training and medical expenses.
- » Coaching philosophy and style.
- » Degree completion support.
- » Injuries and rehabilitation.
- » Mental health resources.
- » Playing time.
 - Am I a top seed, five seed or standby recruit?
 - Are there any redshirt expectations?
- » Scholarship renewals.
 - Will I receive a full or partial scholarship?
 - If I'm injured will my scholarship remain?
- » Team time demands.



For more information, please contact:

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