HERITAGE HIGH SCHOOL



STUDENT-ATHLETE/PARENT ORIENTATION



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





THE PATRIOT WAY

HONESTY
BE TRUTHFUL. ALWAYS.

EQUALITY
TREAT EVERYONE WITH FAIRNESS.

RESPECT
VALUE OTHERS. VALUE YOURSELF.

INTEGRITY
DO WHAT'S RIGHT, EVEN WHEN NO ONE IS WATCHING.

TRUST
BUILD IT. EARN IT. KEEP IT.

ACHIEVEMENT
SET GOALS. WORK HARD. SUCCEED.

GENEROSITY
BE SELFLESS. GIVE BACK.

EXCELLENCE
GIVE YOUR BEST IN EVERYTHING.



Built on Values. United in Purpose.

Heritage Athletics Registration Instructions

GO PATRIOTS!

GO PATRIOTS!

schools.snap.app/hhspatriots

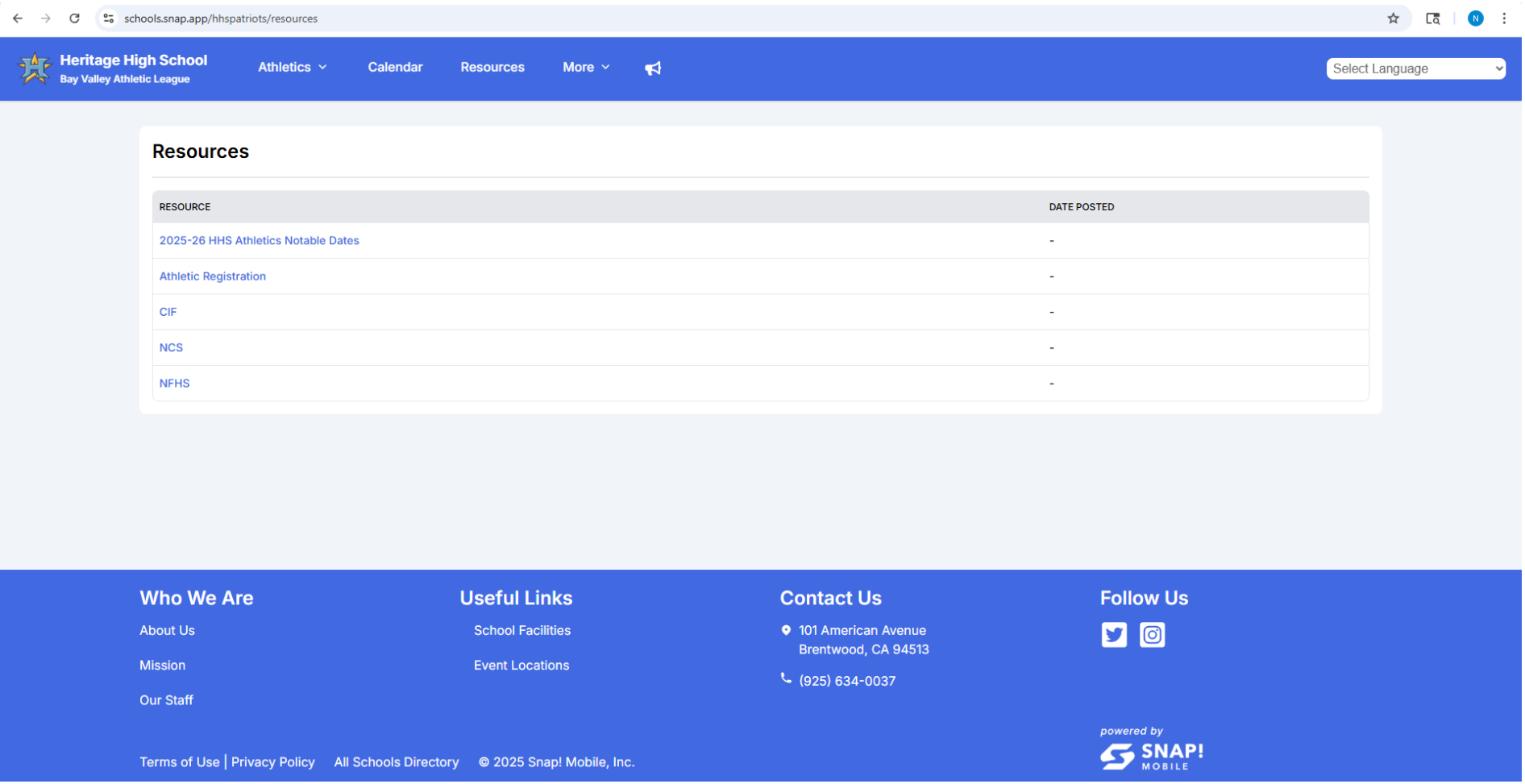
Heritage High School
Bay Valley Athletic League

Athletics | Calendar | Resources | More | Select Language



No Upcoming Events

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schools.snap.app/hhspatriots/resources
Heritage High School
Bay Valley Athletic League
Athletics
Calendar
Resources
More
Select Language
Resources
RESOURCE
DATE POSTED
2025-26 HHS Athletics Notable Dates
-
Athletic Registration
-
CIF
-
NCS
-
NFHS
-
Who We Are
About Us
Mission
Our Staff
Useful Links
School Facilities
Event Locations
Contact Us
101 American Avenue
Brentwood, CA 94513
(925) 634-0037
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HOME CAMPUS
ONE STOP SHOP FOR SCHOOL ATHLETICS

For Students & Parents | For School Admins | For Coaches

Home | Schedule Management | Association Software | Athletic Clearances | Coaches Clearances | About Us

High School Sports Administration Software

Athletic Clearance



- Eliminate Paperwork
- Digital Forms & Signatures
- Streamline Communication
- Emergency Cards Auto-Generated
- Expiration Reminders

Schedule Management



- All Schedules in One Place
- Facility Management
- Publish Calendar Everywhere
- Create Event Reports

Association Software



- Connect your association to all your members!
- Electronic Processes that include: Transfers, Eligibility, Playoffs, Fees & More
- Customize to your association!
- Online Directory

Coach Clearance



- Eliminate Paperwork
- Digital Forms & Signatures
- Customize Questions specific to your Districts HR policies
- Expiration reminders

Help

GO PATRIOTS!

athleticclearance.com

ATHLETICCLEARANCE.COM

Website by HOME CAMPUS



CALIFORNIA



FLORIDA



KANSAS



NORTH CAROLINA

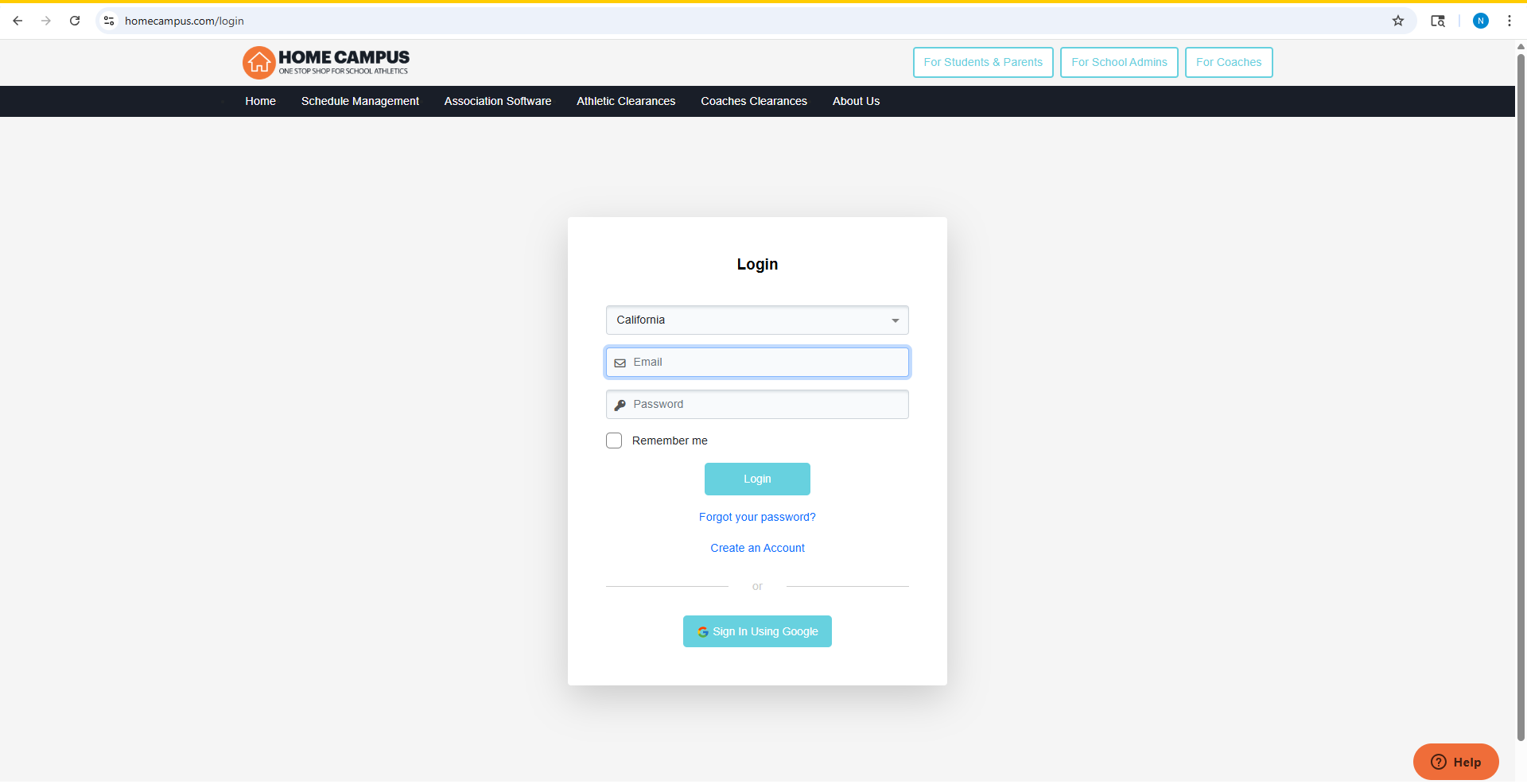


NEW JERSEY

Terms and Conditions Privacy Policy

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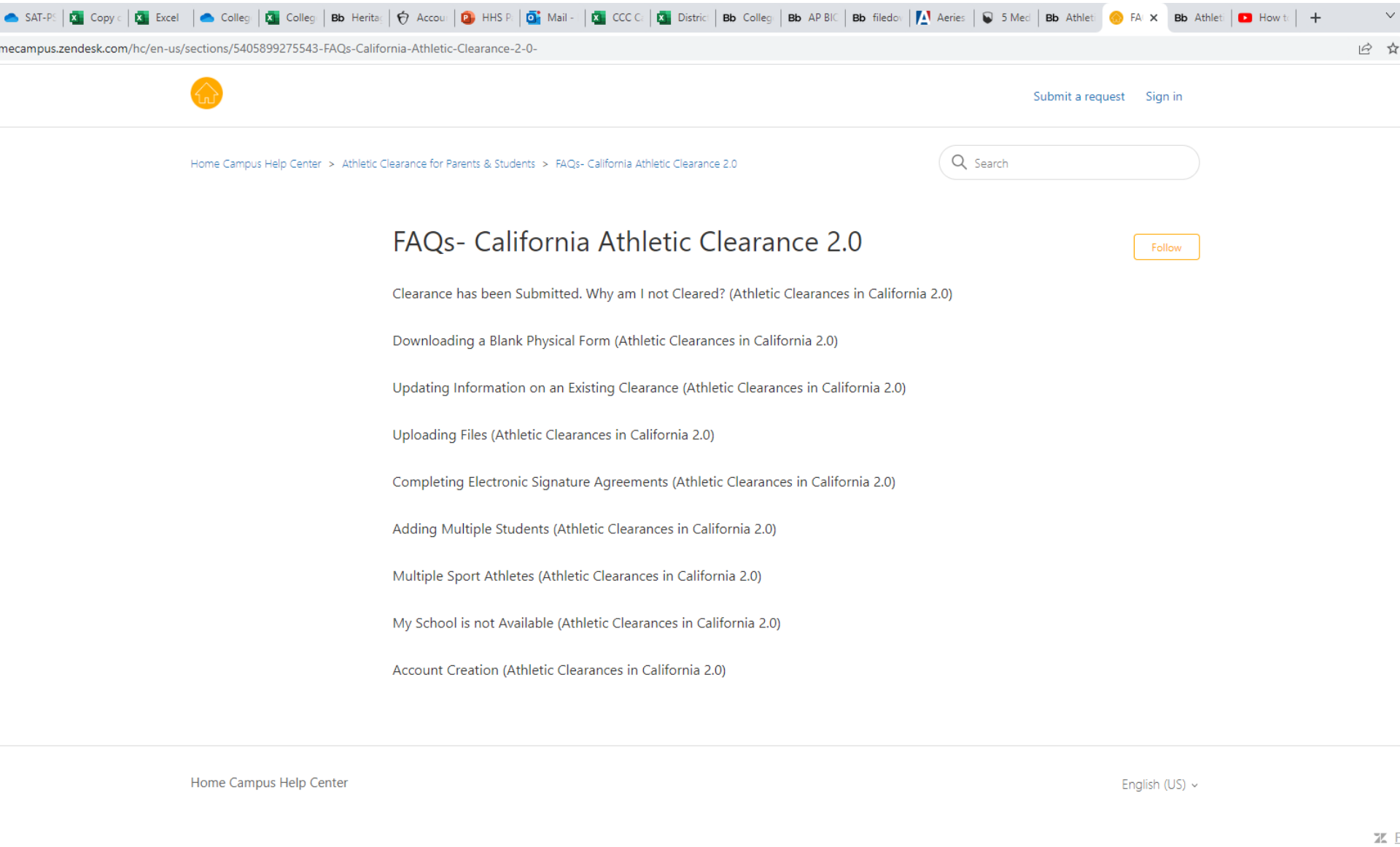

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For Students & Parents
For School Admins
For Coaches
Home
Schedule Management
Association Software
Athletic Clearances
Coaches Clearances
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Login
California
Email
Password
Remember me
Login
Forgot your password?
Create an Account
or
Sign In Using Google
Help

Athletic Clearance YouTube Video



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

FAQ’s – Athletic Clearance



Social Media



- **Follow all your Heritage Patriot Athletic Teams:**

- **Instagram @heritage_athletics**

Sports Physicals

Delta Spine & Sportcare Brentwood

1120 2nd St a, Brentwood, CA 94513

Phone: (925) 513-8883

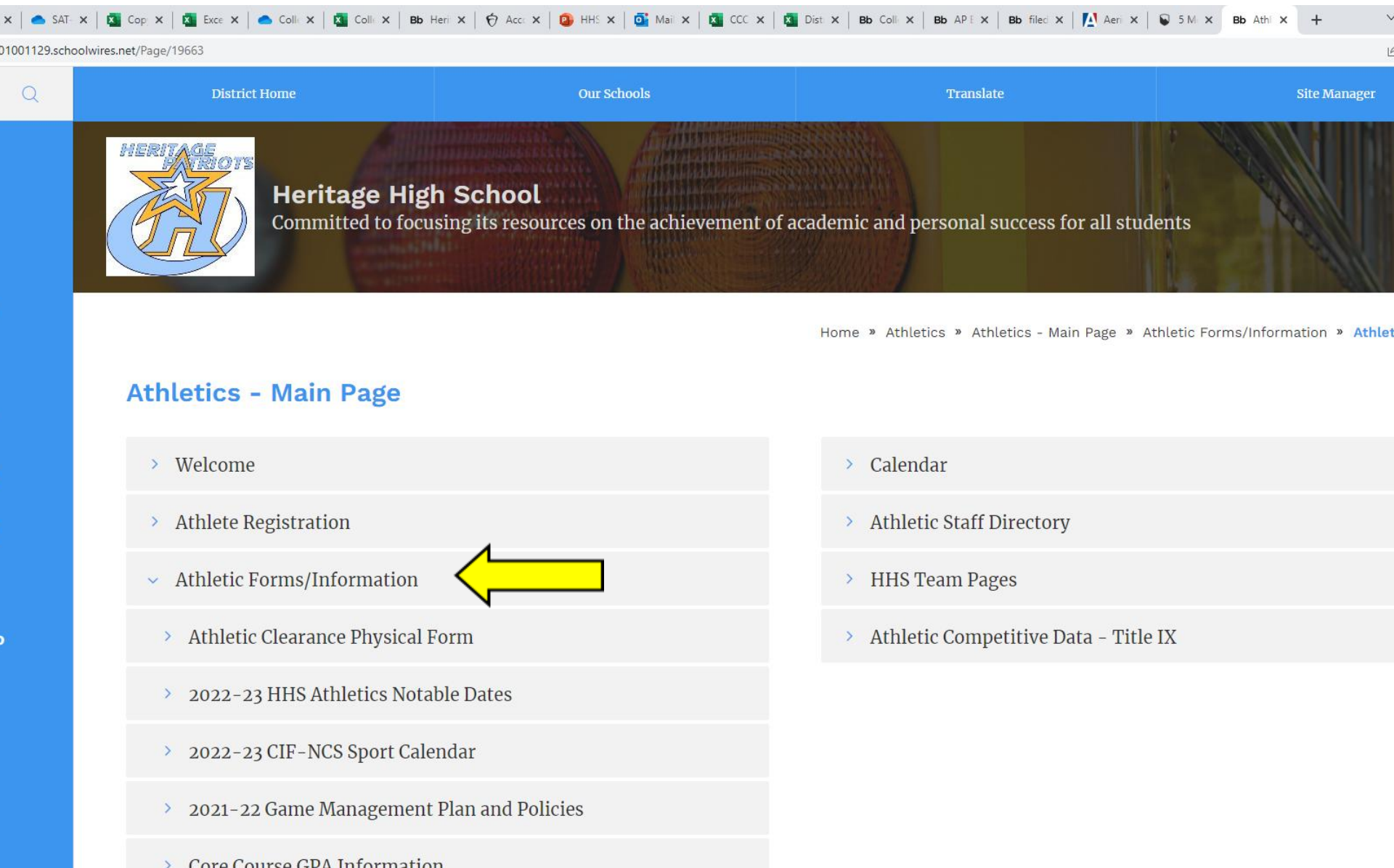
Oakley Chiropractic Clinic

3478 Main St, Oakley, CA 94561

Phone: (925) 625-1881



Core Course GPA Information – Click on Athletic Forms/Information



CORECOURSEGPA.com

ca01001129.schoolwires.net/Page/19211

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

Page 1 / 3

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NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS

NAIA™

NCAA®

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

THE COLLEGE OF IDAHO YOTES

BIOLA UNIVERSITY

UC MERCED BOBCATS ATHLETICS

1,200 colleges and universities

- Meet Core Course GPA 2.3
- Test Scores
- Meet Amateurism Eligibility



Bb Heritage High School - O... K-LOVE Radio Player Microsoft Office Home Bb College & Career - Welco... Bb Rally Squad (Cheer and D...

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

Excel 2013 Publisher Word 2013 PowerPoint

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

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




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

GO PATRIOTS!

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

Boys Wrestling

Girls Wrestling

Spring Season

Baseball

Boys Golf

Softball

Swimming & Diving

Boys Tennis

Track & Field

Boys Volleyball

Sport Comp Cheer



HERITAGE PATRIOTS

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