



HERITAGE ATHLETICS

Patriot Newsletter, Volume 13

February 7, 2020

Girls basketball recognized by CIF

This school year, the CIF launched a new program to recognize teams which excel in many areas throughout their season of sport. In partnership with Les Schwab Tires, which provides a donation to the selected team, the CIF instituted a new Team of the Month award. We are fortunate to have our varsity girls basketball team selected as the NCS Team of the Month for January, beating out all other basketball, soccer and wrestling teams from our section.

Our girls basketball team, which carries a 19-4 overall record into this weekend's showdown against St. Joseph Notre Dame, has battled numerous injuries to maintain its level of success. A bigger factor in its selection, however, was its contributions off the court.

The team maintains a 3.64 team GPA, and has given back to the community in numerous ways, including raising over \$2300 for our Unified Sports program and putting on a combined farewell dinner for our guests from Kamehameha-Honolulu at the completion of the West Coast Jamboree in December. Congratulations to these great role models in our athletic department!



Our varsity girls basketball team has won 42 straight games in BVAL play

Did You Know?

Six of our seven varsity sports teams in the winter season were recognized as NCS Distinguished Scholastic Teams. 12 of our 14 teams at all levels earned the same distinction.

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The seniors on the wrestling team enjoyed a Senior Night win over Deer Valley

Wrestling heads to NCS duals

With victories over Deer Valley and Pittsburg in the final two dual meets of the season, the Heritage wrestling team finished in second place of the BVAL standings and punched its ticket to the North Coast Section dual team championships, which will take place this Saturday, Feb. 8 at Antioch High School.

The Patriots defeated Deer Valley, 40-21, on Senior Night at Heritage, and then turned back a tough Pittsburg team on the road, defeating the Pirates 39-37 to secure their spot in the Division I team tournament.

After finishing the league dual season with a 4-1 record, the lone loss coming at BVAL dual meet champion Freedom, the Patriots have qualified for the NCS dual championships for the first time since 2015, when they fell to California in the quarterfinals before defeating Castro Valley in the consolation bracket.

After the NCS dual championships, Heritage will send its team to Pittsburg on Thursday, Feb. 13 for the BVAL Championships, with its top wrestlers all looking to qualify for the NCS Boys Championships at James Logan the following weekend. Our top female wrestlers will also advance to the NCS Girls Championships, which take place at Albany on the same weekend as the boys.

Athlete Spotlight

Athlete: Abigail Muse

Year: Senior

Sport: Basketball

The Boise State-bound post player reached a pair of unique milestones this season, surpassing both 1,000 points and 1,000 rebounds for her career.

She surpassed the 1,000-point mark against Canby-Oregon in late December at the West Coast Jamboree, and then reached the 1,000-rebound mark at Deer Valley in January.

Abby is also an exemplary student-athlete, having posted a 4.0 grade-point average for the first semester this school year.





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Boys Basketball sweeps Freedom

With a road victory this past Tuesday, the Heritage varsity boys basketball team swept rival Freedom for the season.

The 54-47 victory also snapped a three-game losing streak, and featured 16 points from senior Sebastian Duran and 15 points from junior point guard Lamar Murphy.

After falling on the road to Antioch on Thursday night, the Patriots now sit at 4-4 in BVAL play.

They finish their season with a pair of home games next week, hosting Pittsburg on Tuesday and Deer Valley on Thursday.



The boys soccer team beat Liberty for the second time on Thursday night

Boys soccer sweeps Liberty

The Heritage boys soccer team shook off a three-game skid on Thursday night, defeating Liberty for the second time this season to sweep the season series from the Lions.

After rolling past Liberty when they played at Heritage, 7-2, the Patriots faced a more confident group of Lions at their place, but emerged with the 1-0 victory when Basel Abumailish found Abel Vaid for the game-winning goal.

The Patriots will conclude their season at Deer Valley and at home against first-place Pittsburg next week, as they look to climb back to .500 in the league standings.

Heritage fell to second-place Antioch earlier in the week, getting a goal from senior Ruben Huerta during the 4-2 defeat.





Sophomore Sabrina Rogers tracks down a ball during a recent win over Freedom

Upcoming Events

As the regular season winds down for winter sports, we will find out information on upcoming NCS Championship events after seeding meetings take place on Sunday, Feb. 16.

Make sure to check our twitter page @heritagepats and Instagram page @heritage_athletics for details on upcoming events, as well as the calendar on our school website, where game dates and times will also be posted.

The conclusion of the winter sports season also means the start of the spring sports season, as tryouts and practices start on Feb. 10 for baseball, softball, boys volleyball, boys tennis, boys golf, track and field, swimming and diving, and stunt cheer.

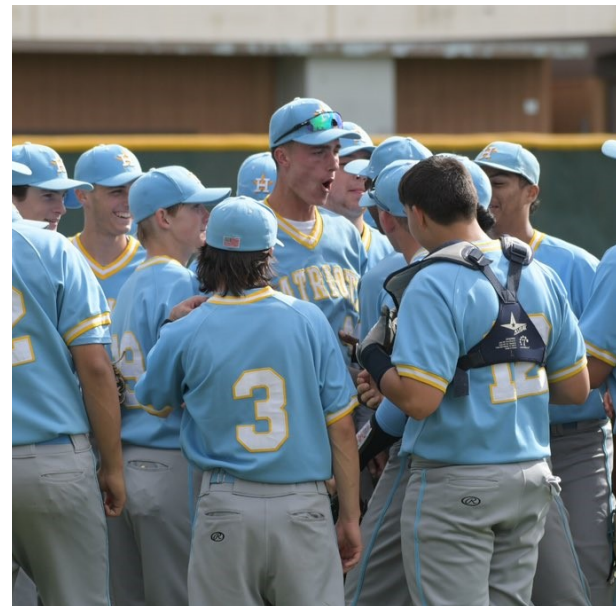
Girls soccer sits in second place

Despite a heart-breaking last-minute loss to Liberty on Thursday night, the Patriots' girls soccer team remains well-positioned heading to the final week of BVAL play and then the NCS playoffs.

Heritage routed Antioch, 10-2, earlier in the week to cap a nine-game unbeaten streak, with junior Hailey Hamataka notching a hat trick in the win over the Panthers. The previous week also included two dominating performances, as freshman Taryn Richey scored twice in a 4-0 win over Freedom and Hamataka led the way with a brace during a 5-1 win over Pittsburg.

For the season, it has been a balanced effort for a team which features speed on defense and through the midfield and has gotten eight goals from Hamataka, seven from Makeila Yancey and six from Kaya Scott, all of whom are underclassmen. Players such as senior Sarah Smith, junior Renny Buchanan and sophomores Sabrina Rogers and Jayden Sanders have been instrumental to the defensive efforts and ability to control the middle of the field.

The Patriots finish the regular season against Deer Valley and Pittsburg next week before discovering their seed for the playoffs on Sunday, Feb. 16.



HHS Highlights

Looking for highlights of all our sports teams. Check out our own student-produced highlights by Cole Cunningham. You can see his work via twitter @gocolejames and on YouTube by searching for the same name.

Case for multiple sports

It's no secret that the best athletes in each sport usually grew up playing multiple sports, and that was reinforced again during the recent Super Bowl. But to read more about sport specialization and its potential impact, take a look at this feature article on Coach and Athletic Director magazine <https://coachad.com/articles/dangers-early-sport-specialization/>

Get your HHS athletic apparel

We now have hooded sweatshirts, dri-fit tee-shirts, dri-fit long-sleeve tee's and dri-fit shorts available in the student store, all displaying our Heritage Athletics logo.

Looking for coach info?

Looking to contact a coach? Here is a direct link to our athletic staff directory: <https://ca01001129.schoolwires.net/Page/15412>



The Heritage girls wrestling team placed 3rd out of 40 schools in Santa Cruz

Heritage girls perform on the coast

The Heritage girls wrestling team put forth a dominant performance in Santa Cruz back on January 18, placing third out of 40 schools at the Coast Classic, just four points behind second-place Fremont.

All five female wrestlers placed in the event. Eisha Pasamonte scored a second-place finish, highest on the team in the event, while Emily Diaz, Scout Holguin and Lea Navales each finished third in their weight classes. Gabby Kellerman added a fifth-place finish to round out a strong showing for the Patriots.

While the girls do not have their own separate BVAL championships, they will be competing in their own NCS Championships, trying to earn a state berth down to Bakersfield at the end of the month.

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