



HERITAGE HIGH SCHOOL



STUDENT-ATHLETE/PARENT ORIENTATION



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





Honesty

Equality

Respect

Integrity

Trust

Achievement

Generosity

Excellence

THE PATRIOT WAY



GO PATRIOTS!

Heritage Athletics Registration Instructions



GO PATRIOTS!



No Upcoming Events

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schools.snap.app/hhspatriots/resources



Athletics ▾

Calendar

Resources

More ▾



Select Language ▾

Resources

RESOURCE	DATE POSTED
2025-26 HHS Athletics Notable Dates	-
Athletic Registration	-
CIF	-
NCS	-
NFHS	-

Who We Are

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[Mission](#)

[Our Staff](#)

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[Event Locations](#)

Contact Us

101 American Avenue
Brentwood, CA 94513

(925) 634-0037

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For Students & Parents

For School Admins

For Coaches

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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

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For Students & Parents

For School Admins

For Coaches

Home

Schedule Management

Association Software

Athletic Clearances

Coaches Clearances

About Us

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[Create an Account](#)

or

 Sign In Using Google

 Help

Athletic Clearance YouTube Video



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

FAQ's – Athletic Clearance



[Submit a request](#) [Sign in](#)

[Home Campus Help Center](#) > [Athletic Clearance for Parents & Students](#) > [FAQs- California Athletic Clearance 2.0](#)

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[Completing Electronic Signature Agreements \(Athletic Clearances in California 2.0\)](#)

[Adding Multiple Students \(Athletic Clearances in California 2.0\)](#)

[Multiple Sport Athletes \(Athletic Clearances in California 2.0\)](#)

[My School is not Available \(Athletic Clearances in California 2.0\)](#)

[Account Creation \(Athletic Clearances in California 2.0\)](#)

GO PATRIOTS!

Social Media



Follow all your Heritage Patriot Athletic Teams:

Twitter @HeritagePats

www.twitter.com/HeritagePats

Instagram @heritage_athletics

Facebook @heritagepatriotsathletics

Sports Physicals

Delta Spine & Sportcare Brentwood

1120 2nd St a, Brentwood, CA 94513

Phone: (925) 513-8883

Steen Chiropractic

**380 W Country Club Dr Suite C, Brentwood, CA
94513**

Phone: (925) 642-4389

Oakley Chiropractic Clinic

3478 Main St, Oakley, CA 94561


Phone: (925) 625-1881



Core Course GPA Information – Click on Athletic Forms/Information


01001129.schoolwires.net/Page/19663

District Home Our Schools Translate Site Manager

 **Heritage High School**
Committed to focusing its resources on the achievement of academic and personal success for all students

Home » Athletics » Athletics - Main Page » Athletic Forms/Information » [Athlet](#)

Athletics - Main Page

- > Welcome
- > Athlete Registration
- ▼ Athletic Forms/Information 
 - > Athletic Clearance Physical Form
 - > 2022-23 HHS Athletics Notable Dates
 - > 2022-23 CIF-NCS Sport Calendar
 - > 2021-22 Game Management Plan and Policies
 - > Core Course GPA Information

- > Calendar
- > Athletic Staff Directory
- > HHS Team Pages
- > Athletic Competitive Data - Title IX

CORECOURSEGPA.com

**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**

If you are having trouble viewing the document, you may [download the document.](#)

**Download and print
document here**

NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS



300 member colleges and universities

- Be a graduate of an accredited high school
- Meet two of the three requirements:

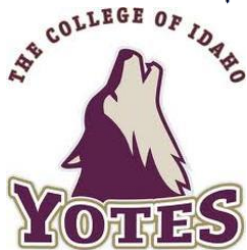
18+ on ACT or 860+ on SAT

High School GPA of 2.0

Graduate in the top half of your class



CAL MARITIME



1,200 colleges and universities

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



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

➤ 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](https://twitter.com/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!



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](#)

[Wrestling](#)

Spring Season

[Baseball](#)

[Boys Golf](#)

[Softball](#)

[Swimming & Diving](#)

[Boys Tennis](#)

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HERITAGE PATRIOTS



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