

# An Informational Workshop for Parents and Athletes of Incoming 9th Grade NUSD Students

**May 17, 2023**

**Zoom Options:**

**12:45pm & 5:45pm**



## Presenters

Lisset Mijares, Coordinator of Parent University

Suzanne Baker, District Athletic Director

Rachelle Cypher, Ed.D, Director Research and Data

# Agenda

- Welcome/Introductions
- Natomas HS Athletic Director:
- Natomas Sports offered / Coach contact
- Summer Opportunities
- Next steps
- Information on Home Campus
- Academic and NCAA information
- Questions

# Athletic Director

22/23 AD: Jeremy Arsich

23/24 New AD: Jason Carter



# Natomas HS Sports Offered

**Fall:** Football, Women's Volleyball, Cross Country, Cheer\*, Women's Golf

**Winter:** Basketball, Soccer, Wrestling, Cheer

**Spring:** Baseball, Softball, Track, Swim, Coed Tennis, Men's Golf,  
Men's Volleyball

*\*Cheer tryouts are held in the Spring for the following year.*

**Incoming 9th graders will have an opportunity to try out after 8th grade graduation**

*(see next slide for info)*

# Cheer Try-Outs

## **Incoming Freshman Cheer Try-outs**

***June 17th - 5pm to 7pm***

***Natomas High School Small Gym***

- ***You must be enrolled at Natomas High School in the Fall to try-out.***
  - ***You will need to have proof of a recent sports physical.***
- ***Wear comfortable clothes that you can move around in***
  - ***Bring a water bottle***

Interested in Cheer [Click here](#) to fill out the form

# Head Coach Contact Information

## Fall

Cross Country - Kim Taxara - [ktaxara@natomasunified.org](mailto:ktaxara@natomasunified.org)

Football - Gary Melvin - [gmelvin@natomasunified.org](mailto:gmelvin@natomasunified.org)

Cheer - Ashley Stubbs - [astubbs@natomasunified.org](mailto:astubbs@natomasunified.org)

Women's Golf - John Ousley - [jousleyjr@natomasunified.org](mailto:jousleyjr@natomasunified.org)

Women's Volleyball - Sara Wieldraayer -  
[swieldraayer@natomasunified.org](mailto:swieldraayer@natomasunified.org)

# Head Coach Contact Information

## Winter

Men's Basketball - Brian Mckenzie [bmckenzie@natomasunified.org](mailto:bmckenzie@natomasunified.org)

Women's Basketball -TBD [nhsathletics@natomasunified.org](mailto:nhsathletics@natomasunified.org)

Men's Soccer - Geo Villalobos - [geovillalobos@natomasunified.org](mailto:geovillalobos@natomasunified.org)

Women's Soccer - John Flores - [johnflores@natomasunified.org](mailto:johnflores@natomasunified.org)

Men's/Women's Wrestling - Jeremy Arsich -  
[jarsich@natomasunified.org](mailto:jarsich@natomasunified.org)

# Head Coach Contact Information

## Spring

Baseball - Harry Terrell [hterrell@natomasunified.org](mailto:hterrell@natomasunified.org)

Softball - Chanda Henry [chenry@natomasunified.org](mailto:chenry@natomasunified.org)

Men's/Women's Track & Field - Stephanie Hopkins  
[shopkins@natomasunified.org](mailto:shopkins@natomasunified.org)

CoEd Tennis - Jeremy Arsich - [jarsich@natomasunified.org](mailto:jarsich@natomasunified.org) , John Flores [jflores@natomasunified.org](mailto:jflores@natomasunified.org)

Men's Volleyball - Gilbert Pascua - [gpascua@natomasunified.org](mailto:gpascua@natomasunified.org)

Women's/Men's Swimming - Eliana Gutierrez -  
[egutierrez@natomasunified.org](mailto:egutierrez@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):

**Football:** Begins June 5th, Mon.-Thur., 6:30-8am and 4-5:30pm, stadium/weight room

**Cheer:** Begins June 6th, 5-7pm, small gym

**Volleyball:** TBA (coming soon) please contact Coach for more information

# 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):

**Men's and Women's Soccer:** Begins June 6th, and will be Monday-Thursday 6:30pm-8:30pm. Come to stadium ready to play/workout

**Men's Basketball:** Workouts begin soon - contact Coach Brian for more information

# CIF season of sport calendar

## Greater Sacramento League

### 23/24 CIF Sport Calendar:

Natomas HS is part of the Greater Sacramento League (GSL), schools include:

Cordova	Florin
Johnson	Natomas
Valley	West Campus
Foothill	

# Things to do now:

- 1) Confirm HS enrollment (8th graders can participate after graduation)
- 2) Get physical and set up Home Campus (HC account info in later slide) [Physical Form 23/24](#)
- 3) Contact coach to receive dates for summer workouts and/or at home conditioning and to introduce yourself
- 4) Be smart about social media / relationships
- 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

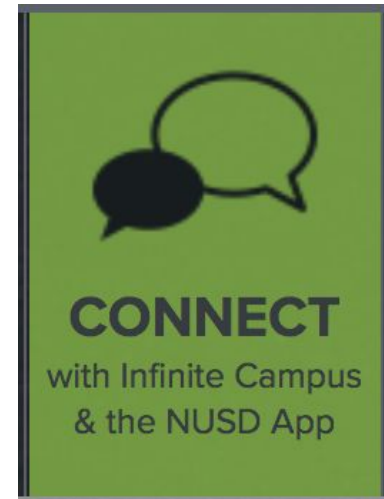
# What's in the Infinite Campus Parent Portal

- 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

Email [icportal@natomasuified.org](mailto:icportal@natomasuified.org) with any questions



[www.natomasuified.org](http://www.natomasuified.org)



# 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

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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><b>19-20</b></p> <p><b>Inderkum High School</b></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><b>Academic Plan Progress Report</b></p>
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\* 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
<b>Total</b>	<b>60.0 / 60.0</b>	<b>60.0 / 60.0</b>	<b>70.0 / 40.0</b>	<b>60.0 / 60.0</b>	<b>60.0</b>	<b>60.0</b>	<b>130.0</b>		<b>250.0 / 220.0</b>

## 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

# Information on Home Campus

**CIF HOME CAMPUS:** All high 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 starts at Athletic Clearance site:

[Athletic Clearance](#)

Click **CA** - create login (available 6/1/23)



# 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/>

Other NCAA 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](#)

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](http://fs.ncaa.org/Docs/eligibility_center/EC_COVID_Comm.pdf)

# Athlete Responsibility

- **NCAA**
  - Sign up (10th grade recommended)
  - 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)**

# Get Involved

## Get involved with college mentoring programs on campus:

### **American River College TRIO Educational Talent Search (ETS)**

- TRIO Educational Talent Search (ETS) program is designed to prepare and motivate low-income, first-generation college students for success in college. TRIO ETS participants in 6th-12th grade receive college, career and financial aid information, academic advising, and educational field trips in preparation for successful enrollment and graduation from post-secondary institutions. School Sites: Natomas High School and Natomas Middle School.

### **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)**

- Mentoring program that is a college preparatory program for young men of color. Improve Your Tomorrow (IYT) supports students academically while providing a connection to a community focused on building access to college and career. School Sites: Natomas High School, Discovery High School, and Jefferson School.

# 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 do you relate to your opponents and own teammates - keep it positive? 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 it 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 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

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

## 5 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 ... What GPA/SAT\* score do you need?
4. **Attendance** - Are you at school? ... & tardy?
5. Are you good enough to qualify for an athletic scholarship? Are you walk-on caliber?
6. Would your coaches recommend you?
7. Would your teachers?(References): How are you in class?



# Resources

## Other Articles:

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For Parents of all:

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

<http://www.espn.com/espnw/voices/article/17327871/words-wisdom-parents-superstar-at-hletes>

Recruiting information:

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

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

# QUESTIONS