

**PARENT & STUDENT
GUIDE TO ATHLETICS**



2016-17

**HILLCREST HIGH
SCHOOL
TROJANS**

*Committed to Developing
Student-Athletes of Character*

**Mission Statement:
Hillcrest High Athletics**

The Hillcrest High School Athletic Program is committed to excellence in academic and athletics. We are dedicated to Pursuing Victory with Honor, to adhering to the rules of competition and sportsmanship, and to displaying the Six Pillars of Character (trustworthiness, respect, responsibility, fairness, caring, and citizenship) on and off the playing field.

As teacher-coaches and student athletes, we understand that participation in the athletic program is a privilege. We gladly accept our responsibility to be role models, to exercise self-discipline, and to be hardworking, prepared, and self-sacrificing team players. We will lose with grace, win with honor, and strive through both to bring pride and respect to our school, our sport, our teammates, and ourselves.

Purpose

This guide provides the goals and objectives, along with the responsibilities and expectations of parents and student-athletes while actively involved in our athletic program. Because student-athletes are held to high standards of performance, citizenship and sportsmanship during school, and non-school functions, acceptance of these responsibilities to self and to the team is mandatory.

“Teamwork is the fuel that allows common people to achieve uncommon results.”

HILLCREST HIGH **SCHOOL ATHLETICS**

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Fall Sports	Winter Sports	Spring Sports
Football	Boys Basketball	Baseball
Cross Country	Girls Basketball	Softball
Girls Tennis	Boys Soccer	Boys Golf
Girls Volleyball	Girls Soccer	Boys & Girls Swimming
Boys Water Polo	Girls Water Polo	Boys Tennis
Girls Golf	Boys Wrestling	Boys Volleyball
Cheer	Girls Wrestling	Boys & Girls Track



Hillcrest Trojans first coin flip, 2012.

*“Pursuing
Victory with
Honor”*

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Student/Athlete Goals & Objectives

OUR GOAL... *The student-athlete shall become a more effective citizen and learn the values of Character development.*

OUR SPECIFIC OBJECTIVES

To work with others... You must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.

To be successful... You must learn how to compete. You do not always win, but can succeed when you continually strive to do your best. You learn to accept defeat only by striving to improve your individual and team skill. Develop a desire to be the best you can be!

To develop sportsmanship... To accept any default like a true sportsman, knowing you have done your best, you must learn to treat others as you would have them treat you. You need to develop social traits, including emotional control, honesty, cooperation, and dependability.

To improve... A continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of *commitment* and *dedication*.

To enjoy athletics... Athletes should enjoy participation in order to acknowledge all the

personal rewards to be derived from athletics, and to preserve and improve the program.

To develop desirable personal health habits...It is important to obtain a high degree of physical fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.

Steps to Participation

Step 1:

Contact the head coach listed on the previous page, and listen to the daily bulletin for upcoming dates.

Step 2:

Complete the Athletic Clearance Packet that can be picked up from the Athletic trainer or Athletic Secretary. The Packet contains the following:

- Emergency Card, Assumption of Risk form, Extra & Co- Curricular activities by-laws, Medical History, and Athletic Physicals Card

Step 3:

Each student will be evaluated by the athletic director, trainer, teacher(s), as to his/her eligibility for participation.

TRY-OUTS

- All athletes at Hillcrest High School will be given a fair tryout in order to make the team.
- Athletes must be in good standing and complete the season of sport before trying out for another team.

- **NOTE:** Students cannot participate on any School team until all forms are signed and returned to the Athletic Trainer's Office.

The Hillcrest Trojans Athletic Code

The Athletic program at Hillcrest High School is recognized by the administration, faculty, student body, and community as essential and worthwhile in attempting to carry out definite and well established educational values and goals. It is further recognized that this program should provide opportunities for participation to develop and mature as responsible citizens.

Athletics shall be governed by the C.I.F. Blue Book of Rules and Regulations, the River Valley Leagues Constitution and by-laws, the Hillcrest Athletic Code, and Coaches policies. Athletics shall be directly responsible to the head coach and his assistants. **Participation in athletics is considered a PRIVILEGE, not a right!** The following are general responsibilities of the athlete.

STEPS:

1. Athletes shall follow all team rules set forth by the coach and Athletic Code.
2. Prior to participation, a student-athlete must complete the proper athletic clearance procedures which include:

- a) Read and understand the Student/
Parent Guide
- b) Read the C.I.F. Code of Ethics
- c) Read and understand the School
Student Handbook.

CONDUCT and BEHAVIOR...

As athletes you are representing yourself, as well as your team, parents, school, and community. Proper conduct is expected at all times, on or off the playing fields and during school and non-school activities.

APPEARANCE...

As a member of a team, you want to be proud of your appearance. Team members are expected to dress neatly and be well groomed. A dress code **on the day** of a game may be required by your coach.

DEDICATION...

An athlete must be willing to dedicate himself/herself to being a scholar-athlete. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attending all practices, games, and team meetings. An athlete must be willing to sacrifice his/her own desires for the good of the team.

LANGUAGE...

Anyone associated with athletics shall use language that is socially acceptable. Profanity, vulgar talk, ethnic or religious slurs or jokes will not be tolerated on or off the playing field at any time.

LETTER REQUIREMENTS...

Because of the differences in many sports, each coach will set his/her own Varsity, JV, or Frosh/Soph award requirements.

ELIGIBILITY...

Any student who has transferred more than once from one high school to another must check in with the Director of Athletics to insure eligibility. You are ineligible to participate on any sport team until cleared by the Athletic Director/Principal.

RESPECT...

The athlete is to demonstrate the proper respect and courtesy to all coaches, teachers, administrators, officials, opponents, and spectators.

RESPONSIBILITY FOR EQUIPMENT...

Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The athlete will be expected to pay for any lost, stolen, or damaged items. Proper use and care of the facilities are mandatory.

TRANSPORTATION...

Athletes may NOT drive their own vehicles to school athletic events when transportation is provided by the AUSD. Transportation may not be provided on weekends and holidays therefore, it is the responsibility of the student to arrange transportation. When necessary, district-cleared approved drivers ONLY will transport students.

QUITTING A SPORT...

A. Athletes may be allowed to quit a sport at any time during the first two weeks of practice or prior to the first interscholastic contest without penalty. However, if an individual should decide to quit after

this he or she will not be able to tryout for the next sport until the last contest of the current season.

B. Athletes leaving one sport and going to another within the same season must have the approval of both coaches involved and the Athletic Director.

HAZING

Hazing is any action taken or situation created intentionally that causes embarrassment, harassment, or ridicule that risks emotional and/or physical harm.

Students may feel reluctant to share what they are hearing, seeing, or experiencing. And, they may not be sure it consists of hazing. Joining a group shouldn't put someone's physical or mental health at risk. If an initiation or group activity is harming you or someone you know, please report it and get help.

Examples of hazing may include someone expected to steal or deface property, eat gross things, chug stuff until you puke, perform songs or tricks, simulate improper behavior, dress inappropriately. Other forms of hazing include but are not limited to having someone scream at you, insult you, treat you like a servant, deprive you of sleep, kidnap you, leave you stranded somewhere, hit you, brand you, or decorate you (make up etc).

RETHINK: Some people think hazing promotes group bonding.

Perhaps...but it can also create lasting physical and emotional damage.

REACT: If you learn of “Hazing like” practices please make a confidential report to the administration.

REGROUP: It is up to every team or group member to make sure Hillcrest high is a campus that does not expect or allow any form of hazing.

EXPECTATIONS OF YOU AS AN ATHLETE

As an athlete at Hillcrest High School, I commit myself:

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team’s values of *commitment* and hard work.
- To reflect the knowledge that a *commitment* to victory is nothing without the *commitment* to hard work in practice.
- To attend every practice unless excused by my coach.
- To understand that my future as a responsible adult and citizen relates to my academic and my athletic activities.
- To find the time to satisfy my academic, personal, and family obligations while obtaining team goals.

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- To accept the responsibility of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.

Scholastic Eligibility

- Athletes **MUST** achieve at least a 2.0 G.P.A. and earn passing grades in a minimum of four (4) classes during the last Progress Report/Grading Period.
- Athletes need to complete all homework assignments with care and on time.
- Athletes must obtain and complete missed assignments due to participating in an athletic event.
- Athletes should communicate immediately with your coach, teacher, and parents if they should fall behind in their studies.

***NOTE:** An exception to this section will be made for students who can verify, with written documentation, that he/she missed school in order to keep an appointment with a medical doctor, court appearance, or any other reason for which the coach deems as qualifying for exception.*

Basic C.I.F. Eligibility Rules

A STUDENT MUST...

- Not have reached his/her 19th birthday on or before June 14th of the previous year.
- Have met the residency requirements.
- Have not competed on any outside team in the same season of sport during the school season of that sport.
- Have not transferred more than once from one high school to another.
- Have attended high school not more than (8) semesters after completing the 8th grade.

Discipline Code

Student athletes are required to follow all Hillcrest High Schools rules and regulations.

Athletes subjected to multiple-day suspensions:

- FIRST OFFENSE will result in a one week suspension of athletic contest.
- SECOND OFFENSE will result in a three week suspension of athletic contest.
- THIRD OFFENSE will result in a 365 day suspension from all athletics.

Important Note

The conduct of the athlete during practice and athletic events is under the control of the coach. Violation of the objectives shall be dealt with by the coach, after thoughtful consideration. Such violations shall be documented and records will be kept by the coach, stating infractions, date of occurrence, and remedy. A copy will be given to the Athletic Director and Principal following a parent conference. Students habitually violating the team objectives or the rules of the HHS Athletic Handbook, at the discretion of the coach, may be suspended or declared ineligible from the athletic activity.

Parent Guide

A coalition among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such a coalition. Please read the following and, as needed, discuss your reactions with your child, your child's coach or the Athletic Director. Thank you for your help and cooperation.

EXPECTATIONS OF PARENTS...

- To accompany my child to as many orientations and informational meetings offered by the athletic department or the coach as my schedule will permit.
- To work closely with all school personnel to assure an appropriate academic, as well as athletic, experience for my child while he or she is in high school.
- To assure that my child will attend all scheduled practices and athletic contests. I understand that this will require self-sacrifice.
- To require my child to abide by the Athletic Department's and coaches' training rules.
- To acknowledge the ultimate authority is of the coach to determine **strategy, player selection, and playing time** of each player.

- To promote and model mature behavior from students and parents during athletic contest.
- To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and in college.

You can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your child in these situations.

VALUE OF WINNING... *Help your child learn the values of winning by:*

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team;
- Recognizing the improvement and growth of both individuals and the team;
- Emphasizing competitiveness and doing one's best.

VALUE OF LOSING...*Help your child learn from losing experiences by:*

- Crediting the play of his/her opponent or team;
- Focusing on improvement by individuals and team;

- Discussing what was successful.
- Discussing what, if anything, individuals or the team could have done differently.
- Accepting the loss as something to grow by, setting individual goals, and moving forward.

PARENT CONDUCT: The importance of parents behaving as model spectators cannot be overstated. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counter-productive and tends to destroy the values of good sportsmanship and the game. Hillcrest High promotes a family atmosphere, therefore, please model appropriate language and conduct at all times.

ISSUES OF CONCERN... *What are appropriate issues to discuss with the coach?*

This is often the question many parents have when their children are participating in sports.

PARENTS ARE ENCOURAGED TO DISCUSS...

- The treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior
- Coaches' expectation for their child and the team
- Team rules and requirements
- Sanctions incurred by their child
- Scheduling of practices

(Holidays, summer programs, ECT)

- College participation

PARENTS ARE NOT ENCOURAGED TO DISCUSS...

- Placement on teams
- Playing time
- Strategies used by the coach during games
- Other student-athletes

SPECIAL NOTE: It is very difficult to accept that your child is not playing as much as you hoped he/she would. Coaches are professionals. They make judgments and the prospective decisions based on what they believe to be in the best interest of the team. The coach must take into account ALL members of the team, not just your son or daughter.

COACH OR PROGRAM COMPLAINTS... It is imperative that the parents respect the position of the coach and direct any concerns **TO THE COACH FIRST**. If you wish to discuss a problem or issue concerning your child, begin by contacting his/her coach. Often the problem or issue is resolved at this level.

STEPS FOR RESOLUTION

1. Contact the Coach
2. Contact the A.D.
3. Contact the Assistant Principal
4. Contact the Principal

PRODUCTIVE COMMUNICATION

Please make an appointment to speak with the coach prior to or after game day for productive communication.

PARENTS ROLE

Those of us who are involved in sports realize only too well that only **1 in 100 to 150** young athletes ever receive a scholarship to play in college, and many of those are partial scholarships. We also recognize that only **four one thousandths' of one percent** of today's high school seniors will ever play for the national Basketball Association (NBA). The same percentages are true for most other sports as well:

59% of high school football and basketball players believe they will get a college scholarship.

98 out of 100 high school student athletes will never play in college.

Only 1 out of every 150 high school athletes will receive a scholarship to a Division 1 school.

Only 1 out of 12,000 athletes will go on to become a professional athlete.

Given this awareness, we seek the best for young athletes, and acknowledge and **promote the value of academics in high school and in college**. We ask the parents to do the same thing. It de-emphasizes with young athletes the urgency of athletics and promotes a realistic and reasonable approach to athletics now and in the future.

Parent/Guardian's Pledge

As the parent/guardian of a student-athlete, I understand the important role sports can play in the development of a child's character. I also understand that the highest potential of sports is achieved when everyone in an athletic program, including the parents, work together to Pursue Victory with Honor. I promise to help my child and his or her team Pursue Victory with Honor by modeling my behavior at all times after the Six Pillars of Character- trustworthiness, respect, responsibility, fairness, caring, and citizenship. I also expect my child to do the same.

An Open Letter to Parents of High School Athletes:

After 14 years of coaching high school baseball, I have experienced a part of coaching that is the most difficult to accept. It's not the more obvious frustrations of wins and losses or dealing with the problems young high school athletes face (*i.e., drugs and alcohol*) or declining budgets and fundraising.

It is the parent that interferes, criticizes and manipulates constantly in order to improve his or her son's chances of playing time on the field. What the parent does not realize is the person that is ultimately hurt is their son or daughter, not the coach they portray as the villain.

For the coach, it is a temporarily uncomfortable situation, but for the player, it is something that may last a lifetime. The purpose of a program is basically two-fold:

1. To give the average and gifted player the opportunity to take something he has worked very hard to master and to test it under pressure of competition, to experience the joy of victory, and to stand up strong after laying everything on the line and losing.
2. To provide a place for the gifted athlete an opportunity to demonstrate his abilities.

Both types of player will experience the maximum for himself if it goes unhindered by the parent trying to direct every part of a young man's life. This is special time for the player and coach that must not be stolen by the parent.

The give-and-take of the daily interaction of the player and coach must not be interrupted by the parent feeling he or she knows better. It is a controlled situation that emulates life itself-dealing with extremes of emotions,

correct conduct, and interpersonal relationships outside the immediate family and the classroom.

There is no place the student-athlete can experience so many different events than on the athletic field.

Every player has a role and most players and their peers know how they stand within the team. All players must sacrifice themselves because it is a team sport. Within this hierarchy are lead players and role players and the young people understanding this better than their parents.

Because the parent is not involved in the day-to-day program of practice and each coach-player interaction, they have a limited view of the real situation. Help your son by leaving him alone. Allow him to fail or succeed on his own. Don't cheat him out of the right to fail or succeed by himself.

Today, he may appear to appreciate your intervention. But more likely he will later on resent your interference. Allow your son to come home and air his feeling about the day's event without fear of you jumping in trying to solve his problems. Listen to him and use it as an opportunity to help him grow, not suppressing his independence by interfering.

Parents can love and support the player without subverting his quest to become an adult. When conflict between coach and parent occurs, the athlete is caught in the middle because of love his parent(s) and desire to please his coach must deal with in order to play.

Don't let the coach become the reason for an athlete's failure, and that is exactly what happens when a parent constantly berates the coach.

Encouragement and support from parents are what player need, not someone throwing out insults and criticism to break down the morale of the team, a great season can be completely destroyed by a parent or parents that think they know better than the coach.

Remember, the coach is really the most unbiased person on the field. He sees the team as a team in the proper perspective. Parents see the team through the eyes tinted with the love and aspirations for their child. No matter how much the parent has played the game or coached your teams, he is not exempt from this prejudice. Love them and let go!

Paul Renfrow Baseball Coach Marina High School

Code of Ethics-Coaches

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context and in accordance with Title V of the California Administrative Code of Ethics is presented.

1. Show respect for players, officials and other coaches.
2. Respect the integrity and judgment of game officials.
3. Establish and model fair play, sportsmanship and proper conduct.
4. Establish player safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Use discretion when providing constructive criticism and when reprimanding players.
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. Properly instruct players in the safe use of equipment.

9. Avoid exerting undue influence on a pupil's decision to enroll in an athletic program at any post-secondary educational institution.
10. Avoid exerting undue influence on pupils to take lighter academic course(s) in order to be eligible to participate in athletics.
11. Avoid suggesting, providing or encouraging any athlete to use non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
12. Avoid recruitment of athletes from other schools.
13. Follow the rules of behavior and the procedures for crowd control as established by the local board and the league in which the school participates.
14. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
15. Support the principles of Pursuing Victory with Honor.
16. Accept and fulfill the contractual and sponsorship commitments made by the CIF Southern Section during playoff competition.

Athletic Director

Many coaches and athletic directors regard parents as occasional interferences. Many of them see parents as “*outsiders*” who ask tough questions, have unrealistic ideas of their children’s ability, expect scholarships for them to the strongest sports programs in the country, and seem always to be “*lurking around*” during practice sessions and games.

Well, most of this probably is true, and, generally, we should be pleased that it is. The unrealistic assessments of their children’s ability and potential, and their occasional questions signal an interest and a concern that can be beneficial for both the program and the student. Most parents are genuinely concerned about the welfare of their children and will do anything possible to help them.

If their young athletes need a new seven-man sled on the football field, new uniforms, or a whirlpool for the training room, many parents will do what they can to satisfy the need. If the athletes and coaches require moral support to struggle through a difficult season, many parents will provide it. And if the athletic director requires input from knowledgeable people in the community to maintain a top-notch athletic program, many parents are available to offer it.

Parents, therefore, are not faceless figures in the crowd during contest. They are allies in the school's efforts to develop and maintain the best possible athletic experiences for young athletes. Successful athletic programs promote parent involvement on booster clubs. It is important to maintain friendly relationships.

The coaches and athletic director will also work with them at the conclusion of the young athlete's participation to assure an appropriate academic and athletic experience in high school or in college. The closer athletic directors, coaches, and parents work together, the better our sports programs will be, benefiting from the collective knowledge and involvement of all the concerned adults in the community.

PULLING TOGETHER

Teamwork is based upon values. You have to commit to the principles that are involved in the process. If we are to have a healthy athletic program, we must create an environment of faith and belief in the program. This must be a mind-set that puts the team first. Pulling together and working towards a common vision is a tremendous experience.

EFFECTIVE TEAMWORK

Large-scale success today is spelled, "*Teamwork.*" The successful teamwork doesn't wear a chip on his/her shoulder, doesn't look for slights, isn't

constantly on the alert lest his/her “*dignity*” be insulted. He/She puts the good of the house, the company or the team first. And if the whole prospers, he/she, as an active, effective, progressive part, will prosper with it.

CIF Code of Ethics

IT IS OUR DUTY...

- To emphasize the proper ideal of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and host.
- To respect the integrity and judgment of sports officials.
- To encourage leadership, use of initiative, and good judgment by the players of the team.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To recognize that the purpose of athletics is to promote the physical, mental, social, emotional well-being of the individual players.

- To remember that an athletic event is only “a game” not a matter of life and death for a player, coach, fans, officials, or school.

DO YOU WANT TO BE A COLLEGIATE ATHLETE?

The NCAA Eligibility Center took over operations for the NCAA initial-eligibility Clearinghouse in 2007. The Eligibility Center certifies the academic credentials of all students who want to play sports at in NCAA Division I or II institution as freshman. In order to practice, play and receive an athletics scholarship, students need to meet certain academic benchmarks.

Academic Checklists

- ✓ Graduate from high school on time.
- ✓ Complete a minimum of 16 core courses
- ✓ Secure a minimum grade-point average (GPA) in core courses.
- ✓ **Division 1** – 2.3 GPA
- ✓ **Division 2** – 2.2 GPA
- ✓ Achieve a qualifying test score on either the ACT or SAT test.

NCAA Division I Academic-Eligibility Requirements

16 Core Courses

- 4 years of English

- 3 years of Mathematics (algebra 1 or higher)
- 2 years of Natural/ Physical Science (1 year of lab if offered by high school)
- 1 year of additional English, Mathematics, or Natural/Physical Science
- 2 years of Social Science
- 4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

NCAA Division II Academic- Eligibility Requirements

14 Core Courses (16 core courses in 2013 and beyond)

- 3 years of English
- 2 years of Mathematics (algebra 1 or higher)
- 2 years of natural/Physical science (1 year of lab if offered by high school)
- 2 years (3 years in 2013 and beyond) additional English, Math Natural/Physical science
- 2 years of social science
- 3 years (4 years in 2013 and beyond) from any area above, Foreign Language or Nondoctrinal Religion/Philosophy

Core Courses:

- An academic course that receives high school graduation credit in one or a combination of these areas: English, mathematics, natural/physical science, social

science, foreign language,
nondoctrinal/comparative religion or
philosophy

- Four-year college predatory
- At or above your high schools regular academic level
- Algebra I or higher in mathematics

Eligibility Process:

Grades 9 and 10

- Student takes academic college preparatory-courses, preferably one in each of the following areas: English, math, science, social studies and foreign language.

Grade 11

- Students continue to take college predatory courses listed above.
- Students register for the SAT and/or ACT, making sure to use code 9999 at the time of registration.
- Students register with the NCAA eligibility Center and complete both the academic information and the amateurism questionnaire.
- At the end of the student's sixth semester, the guidance counselor sends the students transcripts to the eligibility center.

Grade 12

- Students continue to take college preparatory courses in English, math, science, and social studies.
- Students register for additional ACT/SAT tests if necessary, making sure to use code 9999 at the time of registration.
- On April 1st of the senior year, the student goes back into their Eligibilities Center account to update their academic and amateurism information and request final amateurism certification.
- After graduation, the guidance counselor sends the student's final transcript.

Contact Information:

www.NCAA.org

www.ncaaclearinghouse.net

Eligibility Center # 877-622-2321

Hillcrest HS Code: 054677

NOTE: Be sure to look at your high school's list of NCAA-approved core courses. The web site is www.ncaaclearinghouse.net.

“CHARACTER COUNTS”

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