

2026 Mission Hills Football

MISSION MINDED



AGENDA

- ▶ Coach's Welcome...
- ▶ MISSION MINDED
- ▶ Frosh Football Staff
- ▶ 2026 Freshman Football Schedule
- ▶ Summer Football Camp
- ▶ New Opportunities
- ▶ Important Dates
- ▶ '26 Fall Football Camp
- ▶ Grizzly Social Media
- ▶ 2026 Booster Club Board Members
- ▶ Upcoming Fundraising Opportunities
- ▶ Upcoming Booster Meetings
- ▶ Remind App
- ▶ Volunteer Opportunities
- ▶ Spirit Pack Digital Store & Grizzly Gear
- ▶ Recruitment & Early Academic Qualifier info
- ▶ Div. 1 & Div. 2 Scholarship Requirements
- ▶ NCAA 10/7 Rule
- ▶ Contact information



Once Upon a Time...

- ▶ 17th Season Coaching for Mission Hills Football – 2013 CIF Open Div. Champ
- ▶ 13th Season as Defensive Coordinator
- ▶ 2004-05 Vista High Graduate - CIF Champ
 - ▶ All-State Offensive Lineman of the Year
 - ▶ 1st Team All State – California
 - ▶ 2 Time - All-CIF, 1st Team ALL North County, All-League, All- San Diego
- ▶ 5 Years at Arizona State - 22-Game Starter (Junior & Senior Year)
- ▶ Sports Family and Background – Lineage of Coaches Grandfather, Mother/Father, Uncles, & Brothers. Competitive Nature, family oriented, - It takes a village approach
- ▶ This is a partnership, When we are in alignment, your child thrives.
- ▶ Private Conversations: If you have a legitimate concern, address it privately and calmly at an appropriate time & place—24-48 hour rule



MISSION MINDED

- ▶ “You have to love the process because it is the only part of the journey you can control”
- ▶ We are about what WE need to get done as a Grizzly, as a team, and as a program - invested in on OUR culture, focused on OUR process, OUR development as adults/football players, and OUR destiny as a team.
- ▶ Embrace what is in OUR control –Attitude, Effort, Preparation, and Focus

- ▶ The Mission(s): Championship Mentality -
 - ▶ One rep, One day, One week,
 - ▶ City Champs (19-3)
 - ▶ League Champs
 - ▶ CIF Champs



2026 Freshman Football Coaching Staff

- ▶ Shane Quigless - Head Coach / Offensive Coordinator
- ▶ Devan Lecakes-Jones - Def. Coordinator / Offensive Line
- ▶ Glenn Miller Sr. - Defensive Backs / Wide Receivers
- ▶ Isak Flores - Offensive Line / Defensive Line
- ▶ Curtis Johnson - Linebackers / Wide receivers/
- ▶ Jerry Ingram - Linebackers / Running Backs
- ▶ Ricardo Castillo - WR / Defensive Backs

Participation & Attendance is Critical

- ▶ 1st Impressions are Powerful and you only get one.
- ▶ Acclimation to speed, intensity and coaching staff.
- ▶ Physically prepares you for the upcoming season mentally & physically
- ▶ Introduce and refine your skills through instruction and drills.
- ▶ Develop knowledge of the offense and defensive playbook.
 - ▶ Positions - Alignment, Assignment, and Communication
- ▶ Foster relationships with coaching staff & teammate
 - ▶ Expectations, coaching styles, reliability
- ▶ Build a TEAM
 - ▶ Together Everyone Achieves More

MISSION HILLS GRIZZLY FRESHMAN FOOTBALL



2026 FRESHMAN GAME SCHEDULE

AUG 20	EL CAMINO	AWAY	5 PM
AUG 27	QUARTZ HILL	AWAY	4:15 PM
SEPT 3	OCEANSIDE	HOME	5 PM
SEPT 10	GRANITE HILLS	HOME	5 PM
SEPT 17	RAMONA	AWAY	5 PM
SEPT 24	BYE		
OCT 1	LA COSTA CANYON*	HOME	5 PM
OCT 8	CARLSBAD*	HOME	5 PM
OCT 15	TORREY PINES*	AWAY	5 PM
OCT 22	RANCHO BERNARDO	HOME	5 PM
OCT 29	SAN MARCOS*	AWAY	5 PM

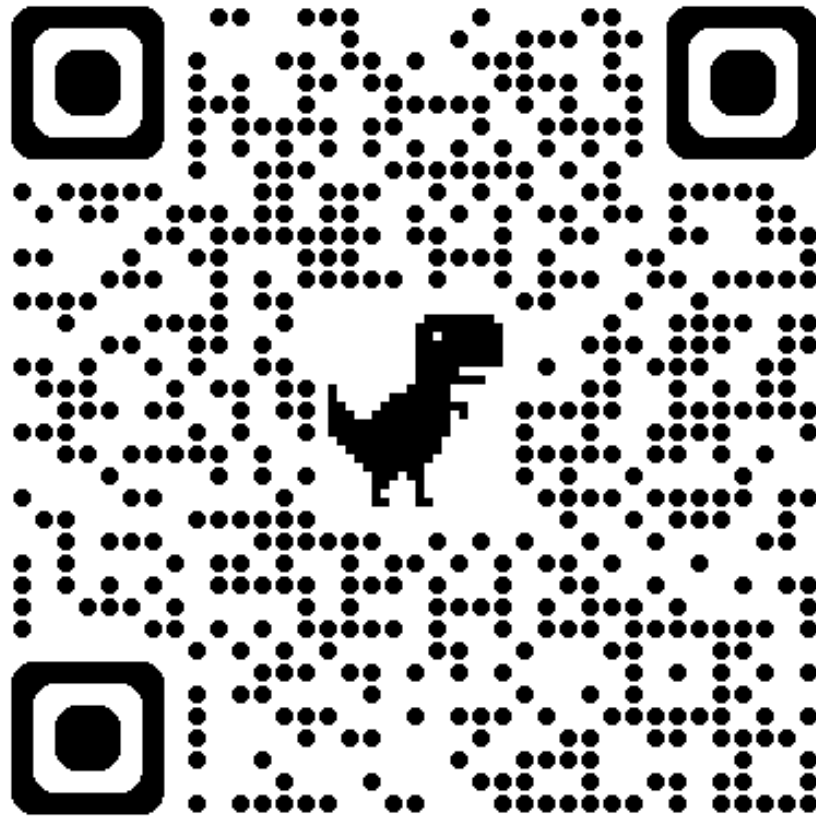
Game times and dates subject to change

*Avocado west league

'26 Summer Camp

- ▶ Summer Camp begins Monday June 22nd
- ▶ Summer Camp Waiver (Due Day 1 of Camp)
- ▶ AFTERNOON Sessions 3:30 – 5:30
- ▶ On Field Strength & Conditioning – Quigless
- ▶ Field Skills (Monday – Thursday)
- ▶ Fridays - OFF
- ▶ 1st Dead Period – June 15 – June 21
- ▶ 2nd Dead Period July 20 – July 26
- ▶ Monday July 27 Summer Camp Resumes
 - ▶ Locker Room & Equipment Issue

26-27 Frosh Football Calendar



Mission Hills Football Donation

The Mission Hills football coaching staff recommends a donation of \$300, though any contribution you can provide is greatly appreciated. Your support helps fund our program and ensures a premier Mission Hills Football experience for our athletes.

Where Your Donation Goes

This donation supports both in-season and out-of-season activities and purchases, including:

- ▶ **Off-Season Competitions:** Entry fees for Competition, Food Drinks,
- ▶ **Player Safety:** High-quality helmets (Speed-Flex) and shoulder pads (Power - CPK)
- ▶ **Practice Equipment:** Jugs throwing machines, hoops, bags, and balls shields, drone, etc.
- ▶ **Team Experience:** Spirit wear, year-end banquets, and travel costs for potential out-of-state away games in the future.
- ▶ **Support our Grizzlies in the program**
- ▶ **Staff Support:** Acknowledging our dedicated staff for their time and effort during spring (May) and summer (June/July), and Fall (August - November).

How to Give

If you would like to donate now, you may use one of the following methods:

- ▶ **Check:** Please make checks payable to Mission Hills Football Boosters.
- ▶ **Venmo:** QR CODE ON NEXT SLIDE

Note: Your contribution may be used as a tax write-off. Thank you for supporting Mission Hills Football!!



Mission Hills Grizzly Foot...

@MissionHills-GrizzlyFootball



venmo

Scan QR code for payment



GRIZZLY WISH LIST



Priority A

Priority B

Priority C

Priority D

Additional Coaching Stipends (Only 9 from SMUSD - All 3 levels)	\$22,000	Banquet(s) - Awards, Trophies, Shirts (All 3 levels)	\$6,000	Senior Gifts	\$2,500	Coaches Retreat Seasonal Planning & Off Season Clinics	\$3,000										
HUDL (All 3 levels) (Platinum Package)	\$3,300	Player & Field Equipment (balls, bags, hardware etc)	\$7,000	Sideline Support Equipment (TV, headsets, mats, towels, power cords, wrist coach)	\$3,500												
HUDL Sideline Replay Video (game night)	\$2,000	Varsity Uniform Name Swatches	\$2,500	Fill in Game Jerseys	\$2,500												
HUDL Assist	\$1,000	Practice Jerseys & Pants Spirit Pack Adds	\$3,000	Water Boys	\$5,000												
Video Filming Services (All 3 levels - Pete Stoll)	\$5,000	Guardian Caps	\$75-\$90 each	<table border="1"> <tbody> <tr> <td>Priority A Total</td> <td>\$56,203.62</td> </tr> <tr> <td>Priority B Total</td> <td>\$29,100</td> </tr> <tr> <td>Priority C Total</td> <td>\$13,500</td> </tr> <tr> <td>Priority D Total</td> <td>\$3,000</td> </tr> <tr> <td>Totals A-D</td> <td><u>\$101,803.62</u></td> </tr> </tbody> </table>				Priority A Total	\$56,203.62	Priority B Total	\$29,100	Priority C Total	\$13,500	Priority D Total	\$3,000	Totals A-D	<u>\$101,803.62</u>
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Game Day Feeds (Varsity)	\$10,000	Pop-up Bags	\$700-\$850 each														
Coaches Gear & Support Staff (Spring, Summer & Fall) (All 3 levels)	\$10,000	Wilson GST Footballs	\$90-\$135 each														
Off Season/Summer Tournaments & Insurance	\$2,500	D-Line Hoops	\$110 each														
Off season insurance (2026 Season)	\$403.62	Arm Pads	\$100-150 each														
		2-Man Lev Sled	\$3,400 each														



IMPORTANT DATES

2026 Football Season



- **Mon 5/11** – Frosh Kickoff Meeting @ 6:30 in the Library
- **Sat 6/6** – Pancake Breakfast
- **Thur 6/11** – Last Day Of School
- **6/15 – 6/19 DEAD PERIOD**
- **Mon 6/22** – Start of Summer Camp
- **Mon 6/29** – Money Dolly Fundraiser
- **Sat 7/11** – 1st Annual Golf Fundraiser
- **7/20 – 7/24 DEAD PERIOD**
- **Wed 7/29** – Moms Clinic
- **Thur 7/30** – Physicals / Athletic Clearance Due
- **Fri 7/31** – First Day of Helmets – Fall Camp
- **Sat 8/1** – Annual Silent Auction & Diner Fundraiser
- **Fri 8/7** – Football Pictures 2pm
- **Sat 8/8** – Family Day
- **Tue 8/18** – First Day of School
- **Thur 8/20** – First Game of the Season (Away)

Finding Direction and Purpose

Aspect of Development	Goal
Physical	Acclimate to the pace, intensity, and responsibility of H.S football.
Mental	Learn the playbook and specific team terminology.
Social	Build a rapport with the coaching staff and teammates.
Status	Prove reliability to earn a spot on the depth chart.

Preparation for Fall Camp

- ▶ Clearance Website for 2026-27 School Year on June 1st
- ▶ Clearance due for Fall Sports by July 30
- ▶ Physicals / Clearance Fundraising Event
 - ▶ Date & Time: TBD
 - ▶ Location: San Marcos H.S.
- ▶ Athletic Trainer Madison Pradels (2nd Season)
- ▶ AthleticClearance.com
 - ▶ Clearance Information
- ▶ MHHS Website > Athletics > Clearance
- ▶ <https://missionhillshigh.smusd.org/athletics/clearance>
- ▶ MHHS Registration Day : Thursday, August 6, 2026, and Friday, August 7, 2026,
 - ▶ 8 AM to 1 PM
 - ▶ 1st Day of School August 18, 2026

2026 Fall Football Camp

- ▶ 1st Day of Camp – Friday July 31 – Meeting at 8 AM
- ▶ Locker & Equipment Issue – Monday July 29
 - ▶ Player: Cleats, Girdle, Mouthpiece / MH: Helmet, Jersey, Shoulder Pads, etc
- ▶ Practice: Single Days & Possible Double days
 - ▶ 18 Hours per week- 4 hours per Day – CA C.I.F.
- ▶ 12 Practices before scrimmage vs Lincoln (Need at least 10)
- ▶ Program Pictures – Friday August 7, @ 2:00 PM
- ▶ Family Day Practice August 8 @ 9:00 AM
- ▶ Scrimmage August 14 @ Lincoln
- ▶ 1st Day of School August 18
- ▶ 1st Game Aug 21



SOCIAL MEDIA



2026 Football Season

	www.mhhsfootball.com
	@MhhsGrizzlyFootball
	Mission Hills Grizzly Football
	@MISSIONHILLSHI1



BOARD MEMBERS



2026 Football Season

Co-Presidents	Amy Beal & Nicole DelGatto
Vice President	Morland Brawner
Treasurer	Gisela Badillo
Secretary	Amber Cross





MHHS Football Boosters



UPCOMING DINE OUTS



MONDAY APRIL 20TH	 Epic Wings [®]	• San Marcos
THURSDAY APRIL 30TH	RESTAURANT  BREWHOUSE	• Escondido
SAT - MON MAY 9TH - 11TH	 SOAPY JOE'S	• San Marcos Blvd
WEDNESDAY MAY 13TH	 PANDA EXPRESS.	• San Marcos Center Dr
WEDNESDAY MAY 27TH	PIZZA NOVA	• San Marcos
THURSDAY JUNE 11TH	 HANDEL'S HOMEMADE ICE CREAM SINCE 1945	• San Marcos
THURSDAY JUNE 25th	 THE MINING COMPANY STEAKHOUSE & SALOON	• San Marcos

• DONT FORGET TO SAY YOUR'RE WITH MISSION HILLS HIGH SCHOOL!



FUNDRAISER FOR MISSION HILLS GRIZZLY FOOTBALL BOOSTERS

Saturday July 11, 2026

Twin Oaks Valley Golf Course
1425 N. Twin Oaks Valley Rd. • San Marcos
Shotgun Start @ 2pm
Check in 1-2pm

Register today before spots fill up!

To register, email mhhsgrizzlyfootball@yahoo.com or
text booster co-president Amy Beal @ 619-729-4332

PRIZES AWARDED FOR

- Lowest Score
- Longest Drive
- Closest to the Pin

PRICING

Foursome: \$700

Alumni Mission Hills HS: \$150

Single Golfer: \$175

Current Mission Hills HS Football Player: \$115

SPONSORSHIP OPPORTUNITIES

Touch Down Package: \$2500

Field Goal Package: \$1500

INCLUDES:

- Foursome Golf Team
- Tee box sponsor sign
- Company Logo & sponsorship recognition on MHHS Football website
- Premium positioned A-Frame sign displayed on the field at all 2026 JV/Varsity home football games

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- Tee box sponsor sign
- Company Logo & sponsorship recognition on MHHS Football website
- Premium positioned A-Frame sign displayed on the field at all 2026 JV/Varsity home football games

Everyone welcome! Register early!

We expect to sell out • Limited to 144 players

Enter the
Raffle and
take a swing
at winning!

Registration deadline July 4th.
Payments accepted in advance and on day of event.
Venmo @ MissionHills-GrizzlyFootball, or via check or cash.
Make checks payable to MHHS Football Boosters.
All donations are tax-deductible (TAX-ID 46-3960523)

@MissionHills-GrizzlyFootball



venmo

mhhsfootball.com

**FOR JUST
\$200 YOUR 2026
GRIZZLY FOOTBALL
SEASON
TICKET**

V.I.P. EXPERIENCE
INCLUDES:

ADMISSION
INTO ALL HOME GAMES

**FASTPASS
ENTRANCE**
INTO ALL HOME GAMES

RESERVED SEAT
SEAT WITH THE BEST VIEWS

**V.I.P. GRIZZLY
LANYARD**

**\$20 SNACK BAR
PUNCH CARD**

**FASTPASS
SNACK BAR ACCESS**

**EXCLUSIVE
GIVE-AWAYS**

**FIRST RIGHT OF
REFUSAL ON PLAYOFF
GAME SEATS**

ON SALE NOW!

2026

VIP SEASON TICKETS

\$200.00 (a 300.00 value)

FIVE VARSITY HOME GAMES ONLY

MH
GRIZZLY FOOTBALL
VIP EXPERIENCE



**VIP SEATS ARE SOLD
IN THE SUMMER ON A
FIRST COME, FIRST SERVE BASIS**

For more information, please email
mhhsgrizzlyfootball@yahoo.com



**MISSION HILLS
FOOTBALL**

mhhsfootball.com

AVAILABLE FOR 5 VARSITY HOME GAMES ONLY

Limit of 4 seats per family.
Payment is needed to secure seats.
Pay via Cash, Venmo, or check. Make checks
payable to MHHS Grizzly Football Boosters.



MISSION HILLS GRIZZLY FOOTBALL

SKYBOX

Enjoy watching the game with
your friends and family from
the best seats in the house!!



OFFERED DURING VARSITY HOME GAMES ONLY

(5 DURING 2026 SEASON)

MHHS Grizzly Football VIP Skybox includes:

- High Top Tables and Chairs
- Meal for 20 from snack bar or one of these vendors:
L&L Hawaiian BBQ: rice, salad & dish
Panda Express: rice & dish
Chick-fil-A: sandwiches & fries
Two Guys from Italy: pizza & salad
- Exclusive access to outdoor platform above football field, next to weight rm.
- 20 Varsity Game Tickets

The SKYBOX is offered for auction during the
Annual Grizzly Giddy Up Silent Auction & Social
Saturday, August 1!

For more information, please email mhhsgrizzlyfootball@yahoo.com

WWW.MHHSFOOTBALL.COM



BOOSTER MEETINGS



2026 Football Season

Booster meetings are a great way to stay involved and make an impact!

Starting in the summer we will meet once a month at 5:30pm

Once the season begins, meetings will be held every Tuesday at 6pm

All meetings are held in the Team Room

Date and times may shift based on availability and team needs. Be sure to stay connected and signup on the Remind App and check our website regularly for the latest updates.

**We'd love to see you there!
Come be a part of the team behind the team!**

May 6th

June 10th

July 8th

August 18th & 25th

September 1st 8th 15th 22nd 29th

October 6th 13th 20th 27th

2026

MHHS GRIZZLY FOOTBALL

VARSIITY

SIGN UP ON THE

Remind APP

TO GET THE LATEST INFO!



Text this message

@mhhsvar26
to 81010

Or scan the QR code



VARSIITY

2026 VARSITY

2026

MHHS GRIZZLY FOOTBALL

JV

SIGN UP ON THE

Remind APP

TO GET THE LATEST INFO!



Text this message

@mhjvfb26
to 81010

Or scan the QR code



JV

2026 JV

2026

MHHS GRIZZLY FOOTBALL

FRESHMAN

SIGN UP ON THE

Remind APP

TO GET THE LATEST INFO!



Text this message

@mhfresh26
to 81010

Or scan the QR code



FRESHMAN

2026 FRESHMAN



VOLUNTEER OPPORTUNITIES







Our program thrives because of the support & involvement of our parents. Volunteering is one of the most important ways we continue to build a strong program. Every role big or small helps make this program successful. We encourage all families to get involved and be apart of the team behind the team!

GAME DAY HELP!

- **Grill Master, Assistant & Volunteers:** Set up grill & tables, stock supplies for snack bar, manage the grill & sales
- **Snack Bar Coordinator, Assistant & Volunteers :** Work with partner to shop, track & sell concessions, manage volunteers in snack bar. Sign up to help work a shift!
- **Grizzly Gear:** Work with other volunteers setting up &/or taking down grizzly box & take shifts helping sell during games

UP COMING EVENTS

SATURDAY JUNE 6TH	Annual Pancake Breakfast 	• Applebees Escondido
MONDAY JUNE 29TH	MoneyDolly Fundraiser 	• During Practice
SATURDAY JULY 11TH	1st Annual Golf Fundraiser 	• Twin Oaks San Marcos
WEDNESDAY JULY 29TH	Annual Mom's Clinic 	• Parent House Pot Luck!
SATURDAY AUGUST 1ST	Annual Silent Auction & Dinner Soical 	• San Marcos Civic Center

GENERAL or MONETARY DONTATIONS -

- Water, paper plates/bowls, napkins, plastic silverware, Gatorade powder, Away Game - Snack/Lunch
- Snack bar items
- Friday Feeds
- Friday Varsity Lunch Feeds: Donate food &/or supplies. Come during lunch to help set up tables/chairs. Serve food to the players

SPECIAL EVENTS COMMITTEES-

- Help be a part of the planning and preparing for special events like ...
- Pancake Breakfast
- Golf Fundraiser
- Mom's Clinic
- Family Day
- Silent Auction & Dinner Social
- Varsity Banquet

OTHER WAYS WE EARN FOR OUR PROGRAM

- VIP Seats * Dine Outs
- SkyBox * Sponsorships
- Game Programs / Advertisements
- Grizzly Gear
- Snack Bar!

Come be a part of our story

- ▶ “The team behind the team” creates an atmosphere and experience that everyone feels proud to be a part of. It shows your child that you believe in what they’re doing & who they’re becoming.
- ▶ “Volunteers do not necessarily have the time; they just have the heart.”
— **Elizabeth Andrew**
- ▶ A reminder that even small tasks, like organizing a team meal, jumpstarts the program's success. - **John Bingham**
- ▶ “Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.”
— **Vince Lombardi**

M GET READY FOR AN EXCITING SEASON! M



Pancake Breakfast



Annual Silent Auction & Dinner Soical

M GAMEDAYS M





Annual Mom's Clinic



Friday Varsity Feeds





Volunteering



SkyBox

Traditional Thursday Parent Feed



Coin Toss



Travel Game



ORDER BY
MAY
18

MISSION HILLS HIGH SCHOOL
MISSION HILLS HS FROSH FOOTBALL 2026



Nike Men's Team Legend Long Sleeve Tee
+2 more colors
\$39.99




Nike Men's Team Legend Short Sleeve Tee
+2 more colors
\$36.99



Nike Men's Flex 7" Woven Pocketed Short
\$40.99



Nike Men's Flex 7" Woven Short - No Pockets
\$38.99



Nike Men's Dry Franchise Polo
\$45.99



Nike Men's Club Pullover Fleece Hoodie
\$56.99




Nike Men's Club Fleece Pant
\$52.99



Nike Men's Therma-FIT Long Sleeve 1/4 Zip Top
\$60.99



Nike Brasilia 9.5 XL Backpack
\$58.99



Nike Brasilia 9.5 Drawstring Bag
\$44.95

PAGE 1 OF 6

* RECOMMENDED ITEM † UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 15646750
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator LISA SAWARD rruiz@bsnsports.com



Access Code
ymdM1t2MAw
www.bsnteamsports.com



Click Here To
SHOP NOW

Order 5/11/26 to 5/18/26


No orders will be accepted after the deadline.

ORDER BY
MAY
18


MISSION HILLS HIGH SCHOOL MISSION HILLS HS FROSH FOOTBALL 2026




Nike Team Rise Trucker Cap
\$36.99



Jordan 1 Mid TD Football Cleat
\$124.99



Jordan 1 Low TD Football Cleat
\$110.99



Nike Vapor Speed 3 Football Cleats
+1 more color
\$91.99




Nike Vapor Jet 9.0 Football Gloves
+1 more color
\$47.99



Nike Alpha Football Towel
\$32.99



McDavid HEX® Thudd Cross Compression Short Girdle
\$61.99



McDavid HEX® Thudd Short - 5 Pad Girdle
\$55.99



BSN SPORTS Men's Phenom Long Sleeve T-Shirt
+1 more color
\$28.99



Badger Men's 20 Basic Performance C2 Tee
\$24.99

PAGE 2 OF 6

* RECOMMENDED ITEM † UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 15646750
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator LISA SAWARD rruiz@bsnsports.com



Access Code

ymdM1t2MAw

www.bsnteamsports.com



Click Here To

SHOP NOW

Order 5/11/26 to 5/18/26

No orders will be accepted after the deadline.

BSN DIGITAL STORE



2026 Grizzly Gear

- ▶ New Logo for 2026-27
- ▶ New & Exclusive Merchandise
 - ▶ Hoodies, Crews, Hats, Blankets, Straw Hat
 - ▶ Custom Embroidery via Old Pros

Grizzly Gear Team

- ▶ Jessica Garcia
- ▶ Rayna Faumuina
- ▶ Ana Torres
- ▶ Ravady Diaz



Freshman Football Recruiting: Academics & Initiative

Build a Great Transcript from Start to Finish

- ▶ Freshman Foundation: Your 9th-grade GPA is the hardest to "fix" later; a strong start provides a safety net for harder classes in the future.
- ▶ Verify Core Courses: Ensure your classes are on the "NCAA-Approved" list for your specific high school.
- ▶ Beyond the Grades: Attendance and behavioral records are "silent" parts of your transcript that coaches check to gauge your character.
- ▶ Course Rigor: Taking Honors or AP classes when possible signals to recruiters that you can handle a college-level workload.
- ▶ Digital Identity: Launch a professional Twitter (X) and Hudl account featuring your GPA, height/weight, and class year in the bio.
- ▶ Camp Strategy: Use your freshman summer to attend "Mega Camps" or specialist camps to get verified data (height, weight, speed) into college databases.

Early Academic Qualifier

- ▶ This status is a specific NCAA designation that allows student-athletes to receive an eligibility decision after only six semesters (three years) of high school.
- ▶ The NCAA does not care how fast you graduate; they care about the 16 core courses you completed. If you graduate early, you must still finish all 16 before you enroll in college/university.

Subject	NCAA Division I Requirements
English	4 Years
Math	3 Years (Algebra 1 or higher)
Science	2 Years (including 1 year of lab)
Social Science	2 Years
Extra Core	1 Year (English, Math, or Science)
Additional	4 Years (Any above, or foreign language/philosophy)

Early Academic Qualifier cont...

- ▶ **Important steps with this plan:**
- ▶ **Check the "List of Approved Core Courses":** Go to the [NCAA Eligibility Center](#) and enter your school code. Ensure every class you've taken is on that list.
- ▶ **Transcript Audit:** Ask your counselor for an official transcript. Manually count your core units. If you only have 12 or 13 after Junior year, you might need a summer course to reach the **14-unit threshold**.
- ▶ **Update your Profile:** Ensure your NCAA Eligibility Center profile is set to "Academic & Athletics Certification" (not just the free Profile Page).

Requirement	Division I	Division II
Core Courses	14 Units completed	14 Units completed
Minimum Core GPA	3.00	2.50

NCAA Division I & II Scholarship Requirements

Core Course Requirements

Both divisions require 16 core courses, but the "recipe" for those courses is different.

Subject Area	Division I (DI)	Division II (DII)
English	4 Years	3 Years
Math (Algebra 1 or higher)	3 Years	2 Years
Science (Natural/Physical)	2 Years	2 Years
Social Science	2 Years	2 Years
Additional English, Math, or Science	1 Year	3 Years
Additional Courses (Any above + Foreign Lang)	4 Years	4 Years
Total Core Courses	16	16

The NCAA Division I "10/7" Rule

Goal: 10 Core Courses completed by the start of Senior Year (7th Semester).

Requirement Part	Threshold	Specific Subjects Required	The "Deadline" Result
Total Core Courses	10	Any NCAA-approved Core Courses	These 10 courses are LOCKED. They cannot be retaken for a higher grade after senior year starts.
Subject Breakdown	7	Must be English, Math, or Science	If you don't have 7 in these areas, you are an Academic Redshirt (No competition).

If a student does not meet the 10/7 rule before senior year:

Academic Redshirt: They may be allowed to practice and receive a scholarship, but they cannot compete during their freshman year of college.

Ineligible: In some cases, they may be barred from practice and aid entirely

Key Details of the 10/7 Rule:

- ▶ **The Mandatory 7**
- ▶ **At least 7 of those items must be from these three areas of study:**
 - ▶ English (e.g., English 9, English 10, English 11)
 - ▶ Math (e.g., Algebra, Geometry, Algebra 2)
 - ▶ Science (e.g., Biology, Chemistry, Physics)
- ▶ **The remaining 3 items to get to 10 can be any of these:**
 - ▶ Social Studies/History (ex. World History, US History, Gov/Econ)
 - ▶ Foreign Languages (ex. Spanish, French)
 - ▶ Additional Options" (ex.an extra Math or extra Science class)
- ▶ Applies to NCAA Division I (DI). Division II requires a 2.2 GPA but not the 10/7 restriction.
- ▶ NCAA.org
- ▶ NCAA Eligibility Center - <https://web3.ncaa.org/ecwr3/>
- ▶ Recruiting Service and Clearance - <https://www.ncsasports.org/> -

Contact Info

Head Football Coach

- ▶ Thomas.Altieri@smusd.org

Director of Football Operations

- ▶ Daniel.iovine@smusd.org

Assistant Head Coach

- ▶ Scott.Sims@smusd.org

▶ Head Frosh Football Coach

- ▶ Coachquigless@gmail.com

▶ MHHS Football Website

- ▶ mhhsgrizzlyfootball@yahoo.com

▶ Mission Hills Football Email Acct.

- ▶ mhhsgrizzlyfootball@yahoo.com