



**TERRA NOVA HIGH SCHOOL**



**“HOME OF SCHOLARS AND CHAMPIONS”**

AT TERRA NOVA HIGH SCHOOL ...

# ACADEMIC ACHIEVEMENT IS THE “KEY” THAT OPENS THE DOOR TO ATHLETIC PARTICIPATION

**SO YOU WANT TO BE A HIGH SCHOOL ATHLETE ???**

then ...

**YOU MUST ACCOMPLISH ALL OF THE FOLLOWING AS A HIGH SCHOOL STUDENT !!!**

- Earn a minimum 2.00 (“C”) grade point average for the grading period preceding your sport ... does not include grades prior to high school.
- Maintain a minimum 2.00 (“C”) grade point average for all grading periods that conclude during your sport’s season.
- Be enrolled in and passing a minimum of 20 semester units prior to and during your sport’s season.
- Continue to make appropriate and meaningful progress toward “on-time” graduation ... if you want to be a college athlete after high school, the academic requirements are much higher!
- Be residentially eligible, residing within the boundaries of the Jefferson Union High School District ... there are exceptions to this rule ... check with your coach.
- Cannot have reached age 19 prior to June 15 preceding your senior year.
- No more than 7 semesters have elapsed since first entry into 9<sup>th</sup> grade.
- All Terra Nova physical exam, emergency information, steroid prohibition, athletic and team forms correctly filled out, properly signed, properly dated and returned to your coach.

**!!! TIGER PRIDE !!!**

THE TERRA NOVA HIGH SCHOOL ATHLETIC PROGRAM OFFERS 39 TEAMS in 14 SPORTS:

**FALL SEASON: (AUGUST > NOVEMBER)**

- Freshman Football
- Sophomore Football
- Varsity Football
  
- Boy's Varsity Cross Country
- Girl's Varsity Cross Country
- Boy's Frosh/Soph Cross Country
- Girl's Frosh/Soph Cross Country
  
- Girl's Varsity Volleyball
- Girl's Frosh/Soph Volleyball
  
- Boy's Varsity Water Polo
- Girl's Varsity Water Polo
- Boy's Junior Varsity Water Polo
- Girls Junior Varsity Water Polo
  
- Girl's Tennis



**WINTER SEASON: (NOVEMBER > FEBRUARY)**

- Boy's Varsity Basketball
- Girl's Varsity Basketball
- Boy's Frosh/Soph Basketball
- Girl's Frosh/Soph Basketball
  
- Boy's Varsity Soccer
- Girl's Varsity Soccer
- Boy's Frosh/Soph Soccer
- Girl's Frosh/Soph Soccer
  
- Varsity Wrestling
- Junior Varsity Wrestling
- Girl's Wrestling

Questions about TNHS athletics??

Contact Bill Gray (Athletic Director):

(650) 550-7643

wgray@juhsd.net

[www.terrannovasports.com](http://www.terrannovasports.com)

**SPRING SEASON: (FEBRUARY > MAY)**

- Varsity Baseball
- Frosh/Soph Baseball
  
- Varsity Softball
- Frosh/Soph Softball
  
- Badminton
  
- Boy's Varsity Track & Field
- Boy's Frosh/Soph Track & Field
- Girl's Track & Field
  
- Varsity Golf
- Junior Varsity Golf
  
- Boy's Varsity Swimming & Diving
- Girl's Varsity Swimming & Diving
- Boy's Frosh/Soph Swimming & Diving
- Girl's Frosh Soph Swimming & Diving

**TIGER  
PRIDE  
!!!**

# TERRA NOVA ATHLETIC DEPARTMENT WEBSITE

*www.terranovasports.com*



## THIS SITE INCLUDES:

- *Current Schedules, Scores & Rosters*
- *Team History & Photo Gallery*
- *General Athletic Department & Booster Club Information*
- *Answers to Frequently Asked Questions*
- *Athletic Forms for Easy Downloading*
- *Important TNHS Athletic Dates & Reminders*
- *Driving Directions to other schools*
- *Easy Links to Other High School Sports Websites*
- *How to Contact Coaching Staff & Athletic Directors*

