

ATHLETICS

Health Careers High School

2026-27 Course Syllabus

Course Description:

Numerous athletic programs under UIL affiliation are offered for students in the high schools. Students who participate in these UIL sports may earn a maximum of 4 units in P.E. credit in these courses. Since these athletic teams compete with other 6A schools, students must try out for the teams by demonstrating strong ability in the skills needed for field performance.

Purpose of Northside Athletics:

Through our passion for athletics, we will instill a purposeful life in our student-athletes.

Northside Athletics Success Defined:

Through their passion for athletics, our student-athletes will learn the value of adversity through perseverance, creating character traits that will instill a purposeful life.

How will we know we have been successful? Ask our student-athletes 10 years after they have graduated from high school.

Instructional Plan

All information related to the requirement and standard set forth by Northside Athletics can be found here:

<https://www.nisd.net/district/athletics/parents>

Grading Policy

50% Formative

50% Summative

Equipment Needed

Please see your individual coach for required equipment.

Expectations

You will pass all of your classes in order to maintain eligibility.

You will take care of all issued equipment that is to be returned at the end of the year. Failure to turn in equipment will result in a fine.

Programs Available:

Cross Country

Cross Country is a sport that involves races that are usually 5 kilometers (3.1 miles) long, and team scores are based on the finishing places of the top runners.

Head Coach: Joe Osterman [joe.osterman@nisd.net]

Assistant Coach: Martha Bagwell [Martha.Bagwell@nisd.net]

Required Athletic Period: 5th Period

Golf

The Golf Program is for competitive golfers and space is limited. You must try-out in order to be on the team.

Head Coach: Johnny Herrera [juan.herrera@nisd.net]

Assistant Coach: Matt Merchant [matthew.merchant@nisd.net]

Required Athletic Period: 4th Period

Swimming & Diving & Water Polo

There are general standards to be eligible for the Swimming team. Meeting or not meeting these standards does not necessarily guarantee a place on the team, or dismissal from the team.

Water polo tryouts will consist of an evaluation on swimming skills (freestyle focused), and an assessment of water polo skills.

Head Swim Coach: Will Scofield [earl.scofield@nisd.net]

Head Water Polo Coach: Mike Foret [michael.foret@nisd.net]

Meeting Time & Location: Pool, Monday through Friday, 7AM - 9AM

Required Athletic Periods: 1st & 5th Period

Tennis

Fall Season: Focuses on team tennis (dual matches, mixed team scoring, and regional/state team NISD alignments).

Tryouts typically start in early August. **Spring Season:** Focuses on the individual season (singles, doubles, and mixed doubles play), leading directly into district tournaments and individual post-season playoffs.

Head Coach: Brad Hamilton [bradley.hamilton@nisd.net]

Assistant Coach: Nicole Moran [nicole.moran@nisd.net]

Required Athletic Period: 4th or 8th Period

Track & Field

HCHS Track & Field is held on campus on our 200m outdoor track. You must try-out in order to be on the team.

Head Boys Coach: Joe Osterman [joe.osterman@nisd.net]

Head Girls Coach: Tiffany Montoya [tiffany.montoya@nisd.net]

Assistant Coach: Vacant

Meeting Time & Location: Spring Only Season @HCHS Track

Required Athletic Period: 4th or 8th Period