



HHS IN THE KNOW

Weekly Bulletin

Week of April 22, 2024

SENIORS - MILITARY RECOGNITION DAY: If you will be enlisting in the military, accepting a ROTC scholarship, or attending a Service Academy, you are invited to participate in the 1st Annual Military Recognition Day on May 1st at 8:00 am. Please see Ms. Lieb in Post Grad by April 22nd to sign up and for more information.

TROUT RELEASE: We will have a trout release event along the South Platte River at 4:15 pm on Monday, April 22nd. The location is Reynolds Landing, 6745 S Santa Fe Dr, Littleton, CO 80120. Heritage students, their families and friends, and community members are all welcome! Look for the group at the river. Contact Ms. Glorso-McCabe at kglorso@lps.k12.co.us in Science with questions.

SUMMER 2025 TRAVEL OPPORTUNITY: Your student is invited on an upcoming educational travel experience to **Ecuador's Andes and the Amazon** in Summer 2025! We will have an informational meeting on April 22nd at 6:00 pm in Room 3139 where you will hear details about the trip, and answer any questions you may have. Please email Ms. Bonnema at gbonnema@lps.k12.co.us if you plan to attend.

AP TESTING MEETING: There is a **mandatory AP Testing Informational Meeting** for all students in a current AP class. Last names A-L will be on Friday, April 26th during Advisory from 9:52-10:22 am in the Theatre. Last names M-Z will be on Monday, April 29th during Advisory from 9:52-10:22 am in the HHS Theatre. Students will be excused from Advisory to attend. If you cannot make your meeting (EPIC, sick, conflict), please reach out to Ms. Fast at sfast@lps.k12.co.us and she will make an alternate arrangement for you to get the information from the meeting.

SENIOR GRADUATION SURVEYS: Seniors, it's time to complete your Graduation Survey. We need to know what your plans are for next year. Whether you are off to college, the military, working, apprenticeships, or something completely different, we need to know. You are welcome to come into Post Grad and complete your graduation survey or you can go to bit.ly/HHSGradSurvey and complete the Google Doc. If you did apply to college, please go into your Scoir account and update each college with acceptance/denial/enrollment information. The school that you select as enrolling will be where we send your final transcript. Post Grad also collects information about all scholarships offered to our Seniors. Please bring in copies of any and all scholarships you are offered whether or not you will be attending the school. If you are not sure what your plans are just yet, don't worry, complete the survey as soon as you know.

HHS STUDENT GOVERNMENT 2024-2025 applications are now available. You will need to join the Google Classroom associated with your grade.

- Class of 2025 - 34ni24y
- Class of 2026 - q2z6u3o
- Class of 2027 - vvyv456
- Class of 2028 - yeczx5s

Please make sure to read all instructions so that you are filling out the correct application AND turning in all required parts. **No late or incomplete applications will be accepted.** Classes of 2025, 2026, & 2027 applications are due Friday, May 3rd. Incoming freshmen (Class of 2028) applications are due Monday, May 13th. Please contact Kristi Brethauer at kbrethauer@lps.k12.co.us with any questions.

MOUNTAIN BIKE TEAM: There is a free clinic for female riders Saturday, May 4th at Bear Creek Lake Park. Please see this [link](#) or [flyer](#) for more information. If you are interested in joining the mountain bike team, please contact Kia Gudewicz (kgudewicz@lps.k12.co.us).

PARKING PERMIT DISTRIBUTION 2024-25: Save the date! Parking permit distribution for the 2024-2025 school year for Juniors and Seniors ONLY will be on **Tuesday, August 6th**. More information can be found on the [parking permit procedure page](#). *Please mark your calendars as any student who is unable to attend will not be guaranteed a parking permit for next school year.*

SUMMER CE @ EPIC gives current high school students the opportunity to earn FREE college credits in unique Concurrent Enrollment courses that might not be offered during the school year in the month of June. This expands students' choices! All current 9th-11th graders that can meet the prerequisites can apply. Seniors can register if they are also participating in the **ASCENT** scholarship program. Classes will be held at the EPIC Campus from May 29th - June 28th. **Registration** opened Friday, March 8th. More information can be found at the [Summer CE website](#).

FOR PARENTS:

AFTER PROM: We need your help! Please consider helping us ensure a safe and memorable night for your student. We are still trying to raise funds, recruit volunteers, and gather after prom prizes as well as food for our Juniors and Seniors! There are so many ways you can help:

- 1- Donate a prize through Amazon - it's SUPER easy! click here [Amazon.com](#)
- 2- Donate Desserts/Snacks/Games/Chairs - sign up here - [HHS After Prom: After Prom 2024 Volunteers and Donations \(signupgenius.com\)](#)
- 3- Sign up to volunteer the night of the event - sign up here - [HHS After Prom: After Prom 2024 Volunteers and Donations \(signupgenius.com\)](#)
- 4- Help sell After Prom tickets - sign up here - [HHS After Prom: After Prom Ticket Sales 2024 \(signupgenius.com\)](#)
- 5- For an After Prom sponsorship opportunity - sign up here - [HHS Donation request letter 2024-2.pdf - Google Drive](#)
- 6- Donate funds - for Zelle donations click here - [HHS PTO - AFTER PROM \(google.com\)](#) or drop cash or checks off in the Main Office and make checks payable to Heritage After Prom.

FOR ALL THE INFO about PROM and AFTER PROM: [HHS Student Government - Prom \(google.com\)](#) or go to: <https://littletonpublicschools.net/schools/heritage-high-school/prom-after-prom>. Direct any questions or ideas to heritageafterprom@gmail.com. On behalf of the entire After Prom Planning Committee, THANK YOU!

HELP EARN REWARDS FOR HERITAGE AND LPS WHILE SHOPPING:

- HHS is enrolled in the **King Soopers Rewards Program**. Just log into your King Soopers Account, Community Rewards, and search for Heritage High School either by name or by MY380, and then click enroll. Money earned through this program will help support our Eagle Family Foundation program here at school which assists students and families in need.
- HHS is also enrolled in **American Furniture Warehouse's Year Round School Rewards Program**. When you shop at one of their stores, please mention Heritage High School at the time of purchase.
- **Office Depot** donates five percent of purchases back to us when you designate Heritage High School (School ID #70018158) at the time of purchase.

PHONE NUMBERS:

- Heritage High School Main Office: 303-347-7600
- Heritage High School Attendance Line: 303-347-7630
- Safe2tell, a toll-free, anonymous Colorado tip line answered by the State Patrol, is for anyone concerned about a threat to student and staff safety: Statewide Tip Line: 1-877-542-SAFE
- HHS Tip Line - The purpose of the phone tip line is to provide a confidential opportunity to give school officials information about use, possession, distribution or sale of drugs or alcohol, as well as any information regarding a dangerous situation. HHS Tip Line: (303) 734-6730
- Colorado Crisis Services: 1-844-493-8255 or Text "TALK" to 38255
- LPS 24-Hour Security: 303-347-3420

LINKS:

- Heritage High School Website: <http://heritage.littletonpublicschools.net/>
 - [Important Dates and School Calendars](#)
 - [Sports and Activities Calendar](#)
 - [Bell Schedules](#)
 - [Staff Directory](#)
- Infinite Campus Portal: <https://littletonco.infinitecampus.org/campus/portal/littleton.jsp>
- Click this link to view all district-approved flyers posted to the LPS website. [Flyers](#)
- LPS Website - Community Resources: <https://littletonpublicschools.net/community-resources>

SOCIAL MEDIA:

Like us and then follow us to get automatic messages when we update our news feeds:

- www.facebook.com/HeritageLPS
- <https://www.instagram.com/heritageeagles/>

The HHS In the Know Weekly Bulletin is emailed to students and parents/guardians and posted to both the "For Students" and "For Parents" pages of our website on **Friday** (for the following week) during the school year. To submit information to be included in the weekly bulletin, please email CLambert@lps.k12.co.us by **10 am each Wednesday**.

Littleton Public Schools does not discriminate on the basis of race, color, sex (which includes marital status), sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services.

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies:

Dr. Sheri Charles, Assistant Superintendent of Human Resources or Carla Larson, Director of Special Education and Student Support Services; Littleton Public Schools - 5776 S. Crocker St. Littleton, CO 80120 - 303-347-3300

* Please scroll down to view Eagle Events and other attachment(s) for this week. *



Heritage 2024 Multiple Activities Schedule

(as of 04-18-2024)

Activity	Time	Versus	Location	Location Detail	Comments
MONDAY, APR 22, 2024					
Odd Period Classes					
Belles - Practice	6:20am-7:50am		Heritage High School - Main Gym		
Blood Drive	7:30am-3:00pm		Heritage High School - Room 3294 - Health		
Advisory - Counselors meet with Sophomores	9:45am-10:30am		Classrooms		
Advisory - Junior Class Meeting	9:52am-10:22am		Classrooms		Senior Wall/T-shirt Info and Form Jr advisory teachers will be emailed info and form to posdt to google classroom on 4/22
Admin Team Meeting	10:00am-12:30pm		Conference Room - Main Office		
Golf: Girls Varsity Invitational	10:00am	Chaparral	Valley Country Club		
Counseling - Military visit	10:15am-12:30pm		Hallway - by Student Center		Military Visit- Marines
Tennis: Girls Varsity Match	3:30pm	Legend	Legend High School		(Rescheduled from 03-15-24)
Tennis: Girls JV Match	3:30pm	Legend	Heritage High School	Courts - HHS Tennis	(Rescheduled from 03-15-24)
Drama - One Acts Tech/Shows	3:35pm-9:00pm		Heritage High School - Room 3136, Heritage High School - Theater, Room 2135		
Tennis - Girls Practice	3:45pm-6:00pm		Gallup Park, Heritage High School - Courts - HHS Tennis		
Book Study	3:45pm-4:45pm		Conference Room - Main Office		
Soccer - Girls Practice	3:45pm-6:00pm		Heritage High School - Field - Football (Artificial Turf), Heritage High School - Field - Soccer		
Baseball - Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Baseball		
Drama - One Act Dress Rehearsal	3:45pm-5:30pm		Heritage High School - Student Center		
Cheers - Clinic	4:00pm-5:30pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Baseball: Varsity Game	4:15pm	Ponderosa	Ponderosa High School		
Baseball: Sophomore Game	4:30pm	Ponderosa	Heritage High School	Field - Baseball	
Lacrosse: Girls JV Game	4:30pm	Denver East	Denver East High School		
Volleyball - Boys Practice	4:30pm-6:30pm		Heritage High School - Auxiliary Gym, Heritage High School - Main Gym		
Soccer: Girls C Level Game	4:30pm	Mountain Vista	Mountain Vista High School		
Boys Swimming Practice	4:40pm-5:40pm		Heritage High School - Pool		
ACES Swim Club practice	5:45pm-7:45pm		Heritage High School - Pool		
Lacrosse: Boys Varsity Game	6:00pm	Eaglecrest	Legacy Stadium		(Rescheduled from 03-14-24)
Lacrosse: Girls Varsity Game	6:00pm	Denver East	Denver East High School		
Lacrosse - Boys Practice	6:00pm-7:30pm		Heritage High School - Field - Football (Artificial Turf)		
Belles - Booster Meeting	7:00pm-8:30pm		Community Room - 1631		
Water Polo Practice	7:30pm-9:00pm		Heritage High School - Pool		

Activity	Time	Versus	Location	Location Detail	Comments
TUESDAY, APR 23, 2024					
Even Period Classes					
Belles - Practice	6:20am-7:50am		Heritage High School - Main Gym		
Boys Swimming Practice	6:20am-7:50am		Heritage High School - Pool		
Baseball - Morning Workouts	7:00am-8:00am		Heritage High School - Turf Room Rm 0590, Heritage High School - Weight Room		
Shadow Day	7:30am-10:30am		Heritage High School - Room 2843, Heritage High School - Theater		
Football - QB Workouts	7:30am-8:15am		Heritage High School - Auxiliary Gym		
FBLA Club Meeting	9:00am-9:30am		Room 1317		
Golf: Girls Varsity League	11:00am	Multiple Schools	Broken Tee Golf Course		
Counseling - SIT Team Meeting	2:10pm-3:00pm		Conference Room - Main Office		
Soccer: Girls Varsity Game	3:30pm	Highlands Ranch	Halftime Help Stadium		
Drama - One Acts Tech/Shows	3:35pm-9:00pm		Heritage High School - Room 3136, Heritage High School - Theater, Room 2135		
Faculty - Induction Meeting	3:40pm-4:30pm		Library - Flight Room - 1664C		
Knitting Club	3:40pm-4:40pm		Room 2139		
Boys Swimming Practice	3:40pm-5:00pm		Heritage High School - Pool, Heritage High School - Weight Room		
Book Study	3:45pm-4:45pm		Conference Room - Main Office		
Lacrosse - Girls Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Football (Artificial Turf)		
Baseball - Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Baseball		
Drama - One Act Dress Rehearsal	3:45pm-5:30pm		Heritage High School - Student Center		
Choir - Movie Night	4:00pm-6:00pm		Heritage High School - Room 2771 - Choir Room		
Baseball: JV Game	4:30pm	Ponderosa	Ponderosa High School		
Baseball: Freshman Game	4:30pm	Ponderosa	Heritage High School	Field - Baseball	
Soccer: Girls JV Game	4:30pm	Highlands Ranch	Highlands Ranch High School		
Volleyball - Boys Practice	4:30pm-6:30pm		Heritage High School - Auxiliary Gym, Heritage High School - Main Gym		
Belles - Tryouts	4:30pm-6:30pm		Heritage High School - Auxiliary Gym		
Track - Team Feed	5:00pm-7:00pm		Heritage High School - Student Center		
ACES Swim Club practice	5:30pm-8:30pm		Heritage High School - Pool		
FCA Club Meeting	5:30pm-6:15pm		Heritage High School - Room 3294 - Health		FCA Girls Soccer Huddle
Lacrosse - Boys Practice	6:00pm-7:30pm		Euclid Middle School		
WEDNESDAY, APR 24, 2024					
Odd Period Classes					
Belles - Practice	6:50am-8:50am		Heritage High School - Main Gym		
Counseling - PLC Meeting	8:00am-9:20am		Conference Room - Main Office		
Chess Club	9:00am-9:15am		Heritage High School - Room 3135		
Test - Make up	9:00am-2:00pm		Heritage High School - 2nd Floor Lecture Hall, Heritage High School - 3rd Floor Lecture Hall, Heritage High School - Room 3294 - Health		Make up Test Day
Golf: Girls JV League	11:00am	Chaparral	Family Sports Center		

Activity	Time	Versus	Location	Location Detail	Comments
Counseling - Department Meeting	1:30pm-3:30pm		Conference Room - Main Office		
Track & Field: JV Championships	2:00pm	Away vs. Multiple Schools	EchoPark Stadium		Freshman and Sophomore Championships
LINK - Meeting	3:30pm-4:00pm		Conference Room - Main Office		
Drama - One Acts Tech/Shows	3:35pm-9:00pm		Heritage High School - Room 3136, Heritage High School - Theater, Room 2135		
Eagle Outreach Club Meeting	3:35pm-5:00pm		Heritage High School - Room 2957		
Thespian Club	3:45pm-4:15pm		Heritage High School - Theater		
Rock Climbing Club	3:45pm-5:00pm		Heritage High School - Gym - C Climbing Wall Rm 2480x		
Tennis - Girls Practice	3:45pm-6:00pm		Gallup Park, Heritage High School - Courts - HHS Tennis		
Book Study	3:45pm-4:45pm		Library - Flight Room - 1664C		
Lacrosse - Girls Practice	3:45pm-5:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Football (Artificial Turf)		
Soccer - Girls Practice	3:45pm-6:00pm		Heritage High School - Field - Football (Artificial Turf), Heritage High School - Field - Soccer		
Baseball - Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Baseball		
Drama - One Act Dress Rehearsal	3:45pm-5:30pm		Heritage High School - Student Center		
Baseball: Varsity Game	4:15pm	Castle View	Castle View High School		
Baseball: Sophomore Game	4:30pm	Castle View	Heritage High School	Field - Baseball	
Soccer: Girls C Level Game	4:30pm	ThunderRidge	Heritage High School	Field - Soccer	
Volleyball - Boys Practice	4:30pm-6:30pm		Heritage High School - Auxiliary Gym, Heritage High School - Main Gym		
Belles - Tryouts	4:30pm-6:30pm		Heritage High School - Auxiliary Gym		
Boys Swimming Practice	4:40pm-5:40pm		Heritage High School - Pool		
Lacrosse: Boys Varsity Game	5:30pm	Lewis-Palmer	Heritage High School	Field - Football (Artificial Turf)	
ACES Swim Club practice	5:45pm-7:45pm		Heritage High School - Pool		
Lacrosse: Boys JV Game	7:00pm	Lewis-Palmer	Heritage High School	Field - Football (Artificial Turf)	
Basketball - Boys Open Gym	7:00pm-8:30pm		Heritage High School - Main Gym		
Water Polo Practice	7:30pm-9:00pm		Heritage High School - Pool		

THURSDAY, APR 25, 2024

Odd Period Classes

Boys Swimming Practice	6:20am-7:50am		Heritage High School - Pool		
Baseball - Morning Workouts	7:00am-8:00am		Heritage High School - Turf Room Rm 0590, Heritage High School - Weight Room		
Football - QB Workouts	7:30am-8:15am		Heritage High School - Auxiliary Gym		
Heritage Activities Cabinet	7:40am-8:10pm		Heritage High School - Room 3294 - Health		
Eagles in Faith	7:45am-8:15am		Heritage High School - Room 2667		
Counseling - Military visit	10:15am-12:30pm		Hallway - by Student Center		Military Visit- Navy
Counseling - SIT Team Meeting	10:25am-11:15am		Conference Room - Main Office		

Activity	Time	Versus	Location	Location Detail	Comments
Drama - One Acts Tech/Shows	3:35pm-9:00pm		Heritage High School - Room 3136, Heritage High School - Theater, Room 2135		
GSA Club Meeting	3:35pm-4:35pm		Room 3977		
Creative Writing	3:40pm-4:20pm		Heritage High School - Room 2845		
Diversity Club	3:40pm-4:45pm		Heritage High School - Room 2136		
Boys Swimming Practice	3:40pm-5:00pm		Heritage High School - Pool, Heritage High School - Weight Room		
Baseball - Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Baseball		
Lacrosse: Girls JV Game	4:00pm	Regis Jesuit	Heritage High School	Field - Football (Artificial Turf)	
Baseball: JV Game	4:30pm	Castle View	Castle View High School		
Baseball: Freshman Game	4:30pm	Castle View	Heritage High School	Field - Baseball	
Soccer: Girls JV Game	4:30pm	ThunderRidge	Heritage High School	Field - Soccer	
Volleyball - Boys Practice	4:30pm-6:30pm		Heritage High School - Auxiliary Gym, Heritage High School - Main Gym		
Belles - Tryouts	4:30pm-6:30pm		Heritage High School - Auxiliary Gym		
Swim & Dive: Boys Varsity Meet	5:00pm	Cherry Creek	Cherry Creek High School		
ACES Swim Club practice	5:30pm-8:30pm		Heritage High School - Pool		
Lacrosse - Boys Practice	6:00pm-7:30pm		Euclid Middle School		
Lacrosse: Girls Varsity Game	6:30pm	Rangeview	Rangeview High School		
Soccer: Girls Varsity Game	6:30pm	ThunderRidge	Heritage High School	Field - Football (Artificial Turf)	

FRIDAY, APR 26, 2024

Even Period Classes

Advisory - AP Pre-Registration

Belles - Practice 6:20am-7:50am Heritage High School - Main Gym

Advisory - Counselors meet with Sophomores 9:45am-10:30am Classrooms

After Prom Ticket Sales 10:15am-4:00pm Hallway - Main Entrance

Faculty - Meeting 10:22am-12:30pm Conference Room - Main Office

Counseling - SIT Team Meeting 10:30am-11:30am Conference Room - Main Office

Drama - One Acts Tech/Shows 3:35pm-9:00pm Heritage High School - Room 3136, Heritage High School - Theater, Room 2135

Eagles for Choice 3:35pm-4:15pm Room 3977

D & D Club 3:35pm-5:00pm 2nd Floor Study Center

Belles Uniform Fittings 3:35pm-4:30pm Heritage High School - Room 3294 - Health

Belles Uniform Fittings 3:35pm-4:30pm

Tennis - Girls Practice 3:45pm-6:00pm Gallup Park, Heritage High School - Courts - HHS Tennis

Lacrosse - Girls Practice 3:45pm-6:00pm Heritage High School - Field - Acreage, Heritage High School - Field - Football (Artificial Turf)

Soccer - Girls Practice 3:45pm-6:00pm Heritage High School - Field - Football (Artificial Turf), Heritage High School - Field - Soccer

Activity	Time	Versus	Location	Location Detail	Comments
Baseball - Practice	3:45pm-6:00pm		Heritage High School - Field - Acreage, Heritage High School - Field - Baseball		
Track & Field: Varsity Invitational	4:00pm	Multiple Schools	EchoPark Stadium		
Lacrosse: Boys JV Game	4:00pm	Douglas County	Jan Shawcroft Field		
Baseball: Varsity Game	4:15pm	Regis Jesuit	Regis Jesuit High School		
Baseball: Sophomore Game	4:30pm	Regis Jesuit	Heritage High School	Field - Baseball	
Volleyball - Boys Practice	4:30pm-6:30pm		Heritage High School - Auxiliary Gym, Heritage High School - Main Gym		
Boys Swimming Practice	4:40pm-5:40pm		Heritage High School - Pool		
ACES Swim Club practice	5:30pm-7:30pm		Heritage High School - Pool		
Lacrosse: Boys Varsity Game	5:30pm	Douglas County	Jan Shawcroft Field		
Band - Jazz Dinner Fundraiser	6:00pm-8:00pm		Heritage High School - Student Center		
Lacrosse - Boys Practice	6:00pm-7:30pm		Heritage High School - Field - Football (Artificial Turf)		
Volleyball - Girls Open Gym	6:00pm-8:00pm		Heritage High School - Main Gym		

SATURDAY, APR 27, 2024

Soccer: Girls Varsity Game	TBD	Chatfield			
Swim & Dive: Boys JV B-League Swimming	1:00am	Away vs. Multiple Schools	Regis Jesuit High School		Qualifiers Only
Baseball: Freshman Game	1:30am	Regis Jesuit	Regis Jesuit High School		
Track & Field: Varsity Invitational	8:00am	Arapahoe	EchoPark Stadium		
Basketball - Boys Open Gym	9:30am-11:00am		Heritage High School - Main Gym		
Swim & Dive: Boys Varsity B-League Swimming	10:00am	Away vs. Multiple Schools	Regis Jesuit High School		Qualifiers Only
Baseball: JV Game	11:00am	Regis Jesuit	Regis Jesuit High School		
Soccer: Girls JV Game	4:30pm	Chatfield			
Soccer: Girls C Level Game	4:30pm	Chatfield			



Annual Colorado League Girls Love Dirt Clinic

Hosted by the Colorado High School Cycling League

Who: Girls currently in 6th to 12th grade and current Colorado League female athletes

When: Saturday, May 4, 2024
12:00 - 1:00 PM Alum/Current Member Ride
1:00 - 4:00 PM Clinic & Overview

Where: Skunk Hollow Shelter, Bear Creek Lake Park, Morrison, CO

What: Overview of Colorado League Race Program

- Q&A with Colorado League Female Racers
- Q&A with Colorado League Coaches
- Meet Colorado League Teams
- Basic Mechanic Session
- Skills session
- Trail Ride
- Clinic is FREE



Bring your bike, helmet, and water bottle to participate in the clinic and ride. Must be able to ride a bike. No bike? Come and learn about the Colorado League. No MTB experience necessary. Contact Katerina Straskraba at coachhelp@coloradomtb.org.



Heritage Eagle Summer Strength and Speed is a strength and conditioning program that focuses on total athletic development. Participants will perform a wide variety of exercises that will enhance the athlete's overall performance. Workouts are tailored specifically to individuals based on their strength, speed, weight, and their position. Each athlete receives a customized workout card that calculates the exact weights and percentages based off of testing completed by the athlete, that will produce maximum gains. Workouts are designed by the Heritage High School coaching staff. Participants will also develop mental toughness, teamwork, and discipline. Summer Strength & Speed attendance points will qualify you for summer performance awards, as well as exempt you from a pre-season conditioning test, and additional conditioning during Fall Camp Practices. The program will run this summer Monday-Thursday from 6:45 am-9:00 am (with 4th of July week OFF for Celebration!). There will be 24 total workouts, plus 10 days of contact camp at the end of May, 4 or more days of 7 on 7, plus Broncos lineman challenge and preseason OTA's, and 1 on 1 player/coach or position group sessions. Athletes will also be able to earn workout credit (platoon money) by volunteering for the Jr. Eagle Football Camp and speed camps, for pre-excused Family Vacation Absences (limit 4), for pre-excused Church/Religious Camp (limit 4), for college football camps (limit 4), as well as make-up lifting dates (TBA).

REGISTER AT: <https://forms.gle/4nYxBFuoGebWy1am7>



**FOR MORE INFORMATION,
CONTACT COACH KNOBLOCK
coachtylerk@gmail.com**

www.heritagefootball.org



BIGGER-FASTER-STRONGER
TOUGHNESS-TEAMWORK-DISCIPLINE

DREAM BIG, WORK **H**ARD

HERITAGE EAGLE STRENGTH & SPEED



HONOR OPERATION RED WINGS

2024 SUMMER STRENGTH AND SPEED



JUNIOR EAGLES STRENGTH, SPEED, & FUNCTIONAL MOVEMENT TRAINING (BOYS AND GIRLS)

WHEN: MONDAY-THURSDAY JUNE 10th-JULY 25TH (EXCLUDING JULY 1-4)

COST: \$150

WHO: 4TH-12TH GRADERS FOR 2024-2025

WHERE: HERITAGE HS

9:15-10:30 AM

THIS IS A SUMMER TRAINING PROGRAM THAT WILL HELP THE PARTICIPANT TO DEVELOP ATHLETICALLY AND MENTALLY THROUGH PHYSICAL TRAINING IN A FUN ENVIRONMENT. WORKOUTS WILL BE AGE AND SKILL APPROPRIATE AND WILL FOCUS ON

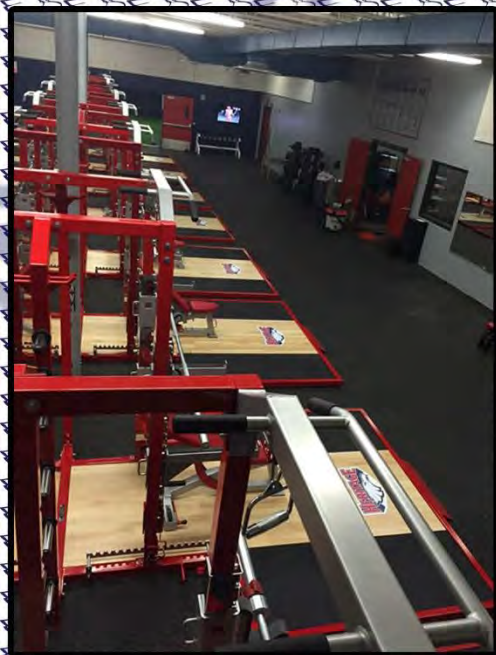
TECHNIQUE AS WELL AS ATHLETIC FUNDAMENTALS SUCH AS SPEED, AGILITY AND CORE STRENGTH.

****ALL PROGRAMS ARE DESIGNED AND DEVELOPED BY CSCS AND NSCA CERTIFIED STRENGTH & SPEED COACHES AND MASTERS DEGREE CERTIFIED INSTRUCTORS**

24 TOTAL TRAINING SESSIONS!!

REGISTER AT:

<https://forms.gle/4RkKiP7Kr9nFSbow6>



**FOR MORE INFO CONTACT:
COACH TYLER KNOBLOCK
coachtylerk@gmail.com**

FOR ALL SPORTS BOYS AND GIRLS!! SUMMER 2024



STRENGTH AND SPEED PROGRAM

HIGH SCHOOL/JR HIGH/YOUTH --BOYS&GIRLS

HERITAGE HIGH SCHOOL



GIRLS LACROSSE CAMP

Youth Girls Lacrosse Camp

DATE

May 28-30, 2024
10:00am - 12:00pm

COST

\$100 -> T-Shirt included

Venmo @ HHSgirlsLax2024
Checks payable to
Heritage Littleton Girls Lacrosse

WHO

Ages 3rd-9th grade

(grade that they will be in going into the
24-25 school year)

LOCATION

Heritage High School - Turf Field
1401 W Geddes Ave.
Littleton, CO 80120

DETAILS

Youth players of all skill levels are welcome to join! The camp will be coached by HHS players and coaches.

We will focus on fundamentals in order to sharpen lacrosse skills. Players will work on stick skills, shooting, and receive position specific training.

Please bring a water bottle, a lacrosse stick, goggles and a mouth guard.

Questions: Contact Coach Klapper at sklapper@lps.k12.co.us if you have questions.



Click the link below or scan the QR code to register today!

[*Google Sign-Up Form*](#)





February 2024

Dear Local Business Member:

Preparations are already under way for the Heritage High School After Prom that will be held on Saturday, May 4th at the Main Event. We rely on the generosity of local businesses and parents to help us reach our goal of providing a fun, entertaining, and safe After-Prom party for Heritage juniors and seniors.

This year we are short on funding our After Prom event. We still want to provide an equitable way for all students to be able to attend so raising the price of the ticket doesn't seem like the best path forward. Therefore, we are asking for local businesses to partner with us to keep ticket sales at an affordable rate for all kids.

In exchange for monetary support we are offering sponsorship/partnership packages to, in collaboration with Heritage High School staff, promote your business or products and services. These sponsorships offer your business a way to promote locally. What a unique opportunity to reach people local to your business all while supporting a wonderful cause.

Speaking of a great cause, your sponsorship is also tax deductible as we are a 501(c)3 non-profit organization! Our Tax ID# is **84-1501709**.

We will be advertising your business to over 1,500 Heritage families as well as the entire community through numerous communications directly associated with our website, socials, sporting events and even signage at the school. Please see the attached information sheet for various levels of partnerships offered. Also, we are willing to create a unique partnership should your desired sponsorship fall outside of the level parameters identified in the attached.

If you are interested in partnering with us, please [please call or email Stephanie Rose \(720-339-6048 / \[stephanie_rose1@yahoo.com\]\(mailto:stephanie_rose1@yahoo.com\)\)](tel:720-339-6048) or [Amy Gamber \(517-420-3091 / \[agamber23@yahoo.com\]\(mailto:agamber23@yahoo.com\)\)](tel:517-420-3091).

Additionally, we are in need of donations of gift certificates, merchandise, or cash to be used as prizes for the students throughout the night. We would love to offer many attractive prizes to entice our students to attend the party and thus stay safe all night. We appreciate all donations and will happily acknowledge your contributions to our student and parent community. Your donation of gift certificates or merchandise is also tax deductible. Again **HHS PTO Federal Tax ID number is 84-1501709**.

Please let us know if you are interested in a partnership/sponsorship (see below), a gift card or merchandise. We are happy to pick up your donation. You can also mail in your donation no later than April 15, 2024. You may also drop off your donation(s) at the school office, if you prefer.

Heritage High School
Attn: After Prom Donation
1401 W Geddes Ave
Littleton, CO 80120

Thank you in advance for your support and generosity.

Best,

Stephanie Rose and Amy Gamber
2024 After Prom Committee



Partnership Opportunities

Platinum Sponsors - \$2,000

- Booth or tent at our our fall carnival
- Advertising at our indoor sporting event on the NEW scoreboards
- Distribute your company's branded merchandise at After Prom
- Display your business' banner at HHS for the months of April and May:
 - Around the entrance of the school
- Your business information displayed on:
 - After Prom video placement
 - Heritage PTO web page
 - 10 Ads on HHS PTO's Instagram andFacebook page
 - 3 Mention as a sponsor in our PTO section of the weekly In The Know newsletter
 - Added to the Thank You banner in front foyer of school during the month of May

Gold Sponsors - \$1,000

- Display your business' banner at HHS for the months of April and May:
 - Around the entrance of the school
- Your business information displayed on:
 - After Prom video placement
 - Heritage PTO web page
 - 10 Ads on HHS PTO's Instagram andFacebook page
 - 3 Mention as a sponsor in our PTO section of the weekly In The Know newsletter
 - Added to the Thank You banner in front foyer of school during the month of May

Silver Sponsors - \$500

- Your business information displayed on:
 - Heritage PTO web page
 - 5 Ads on HHS PTO's Instagram andFacebook page
 - 1 Mention as a sponsor in our PTO section of the weekly In The Know newsletter
 - Added to the Thank You banner in front foyer of school during the month of May

Family Sponsors - \$100

- Your family will be recognized on the Heritage socials and on our PTO website.
- 2 tickets to Heritage High School After Prom (if you have a student who is a junior or senior)

Please make all checks payable to Heritage High School PTO. Any donations can be mailed directly to the school or picked up by the PTO.