

The background is a solid blue gradient. At the top, there are several wavy, horizontal lines in shades of light blue and cyan, creating a sense of movement or a horizon line. The rest of the background is a uniform, slightly darker blue.

THE STUDENT ATHLETE



THINGS TO KNOW, NCAA

- Eligibility Center
- Core Courses and Requirements
- Calculating Core Course GPA
- Required SAT/ACT Scores
- HS must send final transcript and proof of graduation to NCAA Eligibility Center
- You must graduate “on time” in 8 semesters with your class



NAIA Eligibility Center

- NAIA schools do not have as many rules and regulations on recruiting students and/or eligibility requirements
- www.playnaia.org
- Must send transcript upon HS graduation or for your junior that meets Early Decision requirements
- Junior Early Decision
 - 3.0 gpa on a 4.0 scale
 - 18 on ACT or 860 on SAT



NCAA Eligibility Center

- Certifies every college bound student athlete in Division I or II – www.eligibilitycenter.org
- Amateurism Certification
- Makes sure athletes meet the minimum academic requirements
 - Graduate from High School
 - Complete NCAA Approved CORE Courses
 - Earn a minimum required Core Course GPA
 - Earn required SAT or ACT sum score



What is a CORE course?

- Qualifies a student for HS graduation: English, Math, Natural or Physical Science, Social Studies, Foreign Language or Comparative Religion or Philosophy.
- For Math must be Algebra I or higher
- 4 Year College Prep at or above the High School's regular Academic Level.
- Taught by a qualified instructor.
- Appears on the high school's core course with the NCAA eligibility center – should be updated yearly.



NCAA Core Course Requirements

DIVISION I

16 Core Courses

- 4 Years of English
- 3 Years of Math (Algebra 1 or higher)
- 2 Years of Natural or Physical Science (Including one year of lab science)
- 1 Extra year of English, Math, or Science
- 2 Years of Social Science
- 4 Years of additional core courses

DIVISION II

14 Core Courses

- 3 Years of English
- 2 Years of Math (Algebra 1 or higher)
- 2 Years of Natural or Physical Science (Including one year of lab science)
- 2 Extra year of English, Math, or Science (3 yrs. beginning 2013)
- 2 Years of Social Science
- 3 Years of additional core courses (4 starting 2013)



Academic Eligibility

NCAA Division I Requirements:

- Graduate from High School
- Complete 16 core courses in required areas with minimum gpa
- Earn combined SAT or ACT sum score that matches core course gpa in the NCAA sliding scale

NCAA Division III

- Does not require registration with NCAA Eligibility Center
- No uniform set for eligibility, decided by the university

NCAA Division II Requirements:

- Graduate from High School
- Complete 14 core courses in required subjects with 2.0gpa
- Earn combined SAT of 820 or ACT sum of 68

NJCAA – HS Graduate or GED

NAIA Requirements:

- Graduate from High School
- Meet 2 of the following 3
 - HS gpa of 2.0
 - ACT – 18 or SAT – 860
 - Graduate in upper half of class



NCAA New Rules

Students can be Certified Early

- If a student meets the following criteria after 6 semesters they will be certified as a qualifier:
- Minimum SAT sum score – 1000, ACT sum score – 85
- Division I – 3.0 gpa in 13 core courses
 - 3 English, 2 Math, 2 Science, and 6 additional core
- Division II – 3.0 gpa in 12 core courses
 - 3 English, 2 Math, 2 Science, and 5 additional core



NCAA New Rules Time Limitations

- Division I
 - Once student enters 9th Grade they have four years or eight semesters to complete core course requirement
 - Must complete high school “on time” in 8 semesters, meaning courses taken after this period do not count
- Division II
 - A student may use all core courses completed from the 9th grade year until the students enrolls full-time in a university



NCAA New Rules

Non-Traditional Coursework

- Must have ongoing communication and access between an instructor and the student.
- Defined period of completion
- Must be identified as nontraditional on the high school transcript
- Must be comparable in length, content, and rigor to courses taught in traditional setting
- Must be 4 year college prep
- Be wary and warn your students beforehand (BYU)!!!

Recruiting Trip Requirements



- Before a student can make an official visit to an NCAA Division I Institution they must have a copy of the HS Transcript and SAT/ACT test scores.
- NCAA Division II requires only ACT/SAT test scores
- Both NCAA Division I and II require that the student has registered with the NCAA Eligibility Center
- Students are only allowed 5 expense paid visits to NCAA Division I or II universities (only 1 at a school)



THINGS TO KNOW CONT.

- **AMATEURISM**

- Contracts with a professional team (Division I)
- Salary for participating in athletics (Division I)
- Prize money (not including necessary expenses (Division I)
- Playing with a professional team (Division I)
- Tryouts, practice or competition with a professional team (Division I)
- Any types of benefits one might receive from an Agent (Divisions I and II)
- Be represented or signing an agreement with an Agent (Division I and II)
- Participating in an Organized-Competition (Division I and II)



THINGS TO KNOW CONT.

- **OFFICIAL CONTACT PERIODS**
 - Contact – Any face to face meeting
 - Evaluation Period – games, events, or on campus contact, no off campus contact
 - Quiet Period – on campus contact only
 - Dead Period – no in-person contact
 - Contact Period – on or off campus contact
- Signing National Letter of Intent (NLI)



What the High School MUST DO!

- Make sure your school's NCAA CORE course list is accurate and up to date (yearly).
 - You can check this on the NCAA eligibility center website using your school name or CEEB code
- Juniors should register for NCAA Eligibility Center at beginning of their junior year
 - Send Transcripts at end of 6th semester
 - Send Transcripts at end of 8th semester
 - Submit fee waivers online if needed



How you can help your student athletes academically

- Know the eligibility requirements and keep them on track – map out an academic plan
- Know how to calculate the core-course GPA
- Emphasize the importance of academic performance
- Help students identify schools that fit their criteria and encourage them to communicate with their coaches on athletic fit
- If a student falls behind encourage summer school BEFORE graduation

Scholarships, Financial Aid, and Getting to Play

- All students should still fill out FAFSA and/or CSS Profile for financial aid
- Athletic Scholarships are not for 4 years, they are renewable each academic year
- Athletic Scholarships may be increased, renewed, reduced, or withdrawn each academic year for a maximum of 5 years.
- Athletic Scholarships can be awarded in a variety of amounts – full to partial to books
- A scholarship is not the only factor in determining participation and/or playing time



Getting Recruited

- There are two reasons high school students do not get recruited:
 1. They are not good enough
 2. College coaches who may need their talent have not heard of them



It is Important to get your
student-athletes on track early!



Am I Good Enough?

- Student-Athletes must be willing to ask their high school/club coaches where they fit in.
- Good Questions to ask coaches:
 1. How good do you think I am?
 2. What level school do you recommend?
 3. Do you have any suggestions?
 4. Would you be willing to contact college coaches on my behalf? (letter or phone)
 5. Would I be able to compete at X school?



5 Important Questions for Parent and Student-Athlete

1. How will you finance college? Do you need a scholarship to play in college?
2. Where do you want to go to college? In-state, Out-of-state, 2 year vs. 4 year, Brand name?
3. What are your grades like? Can you compete and make grades?
4. Are you athletically good enough to qualify for an athletic scholarship? Are you walk-on caliber?
5. Would your coaches recommend you?



Blue Chip vs. Yellow Chip?

- Blue Chip Athletes

1. Highly skilled
2. Accomplished
3. Very Visible
4. NCAA Division I or II
5. Highly Recruited
6. Official and Unofficial Visits
7. Athletic Grant in Aid Packages – Full Ride
8. Perception of public

- Yellow Chip Athletes

1. Less Skilled
2. Less Accomplished
3. Less Visible
4. Typically lower level NCAA DII or NCAA DIII, NAIA, or Junior College/CC
5. Not highly recruited or Non-recruited
6. Must Self-Promote
7. Choices more limited
8. Aid non-existent or limited

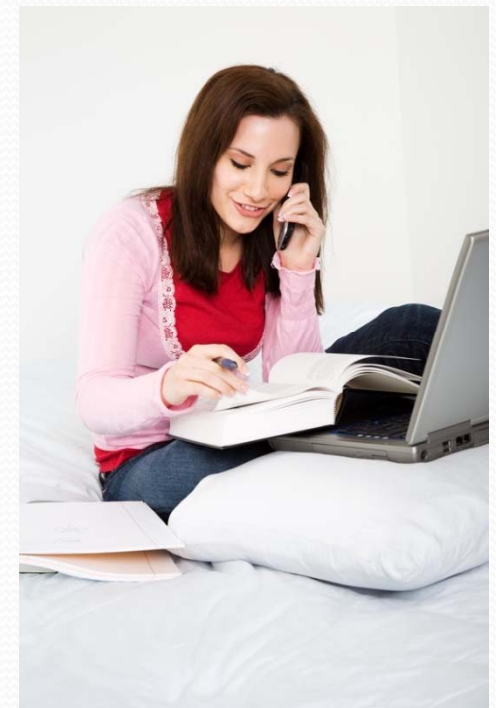


The “Secrets”

- Blue Chippers usually commit before their senior year
- Coaches do contact before July 1 prior to senior year, they use email and HS/Club coach as contact and invite students for unofficial visits to campus
- The “Big” sports the scholarship is all or nothing (full ride) – Basketball, Football, Volleyball
- The minor sports can divide scholarships many ways
- Many athletes receive a combination of athletic and academic aid
 - Example XCP Swimmer 65% scholarship only 35% is athletic aid
 - Example XCP Soccer player \$45,000 merit/aid at D3 School

HOW DO YOU GET RECRUITED?

- Letter of Interest
- Sports Resume
- Skills Video/DVD
- Phone Calls/Emails
- Being “Seen”
- Making the Decision
- Signing Early vs. Signing Late





The Game of Recruiting

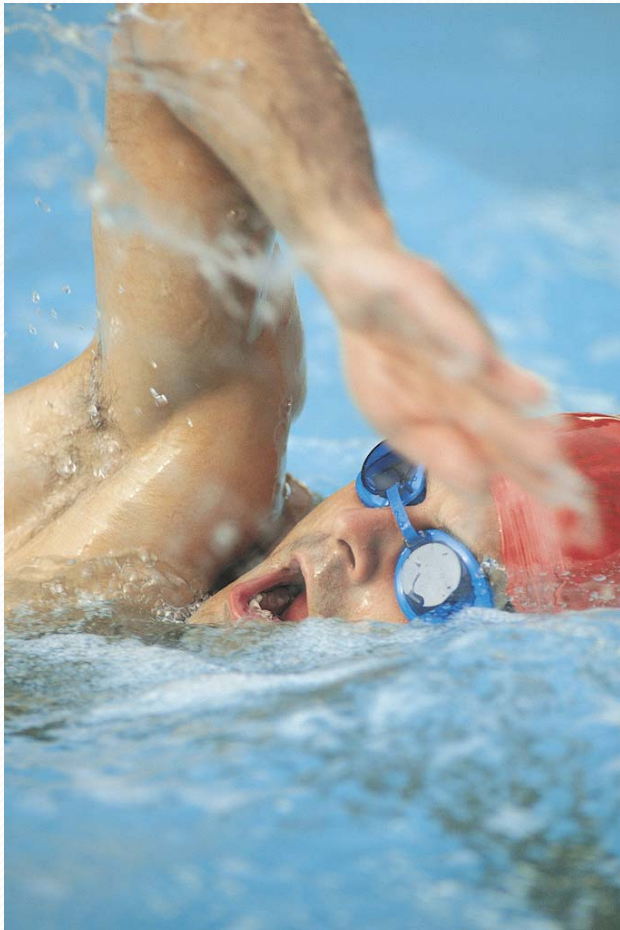
- If you are not a “blue chip” recruit most likely you will have to make the first contact. Start Early!
- Do not hesitate to call or email coaches. If you don’t they may not know about you. Advocate for self!
- Prepare a list of good questions about each school, remember you will be spending your next 4 years with this coach, team, and university
- Students should be making the contact, not parents
- Decide if location is important, it may limit scholarship and our playing time



Where do I belong?

- The college coach has the ultimate say if an athlete belongs or should receive a scholarship
- Student-Athletes can have both an over-inflated and under-inflated sense of talent level – athlete needs to compare themselves to the current team
- Athletes must demonstrate their ability – being seen at events, games, meets, having time standards
- Schools in the same division, conference, etc. may have different aid levels and needs
- ACADEMICS, ACADEMICS, ACADEMICS – the “FIT”

HIGH SCHOOL FOUR-YEAR PLAN



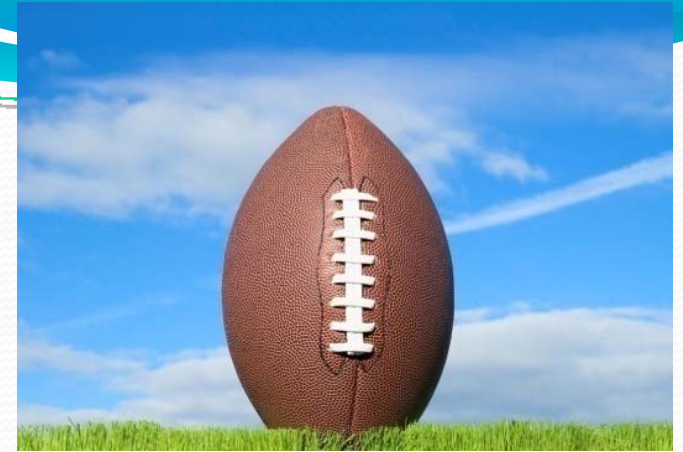
FRESHMAN YEAR



- Meet with counselor to discuss core classes
- Get to know the coaches
- Work on your grades – Grade 9 Counts!!!
- Attend sports camps
- Think realistically about ability
- Think about academic and career goals
- Begin sports resume
- Know NCAA and NAIA rules and regulations

SOPHMORE YEAR

- Keep grades up!!!
- Take PSAT or PLAN
- Work with coaches regarding ability and ambitions
- Check NCAA and NAIA admission and application process AGAIN
- Research colleges that interest you
- Update sports resume



JUNIOR YEAR

- Speak with counselor about career goals and course requirements
- Speak with HS or Club coaches about a “Realistic” assessment of which college level
- Attend college and career fairs
- Take PSAT/NMSQT and SAT or ACT
- Refine list of possible college choices
- Update sports resume



JUNIOR YEAR Cont.

- Create skills video
- Send letter of interest to college coaches with unofficial transcripts
- Return completed questionnaires to coaches or fill out online questionnaires
- Obtain letters of recommendation from HS or club coaches, possible phone contact
- Register with NCAA Eligibility Center
- Possibly attend sports camp at prospective college



SENIOR YEAR



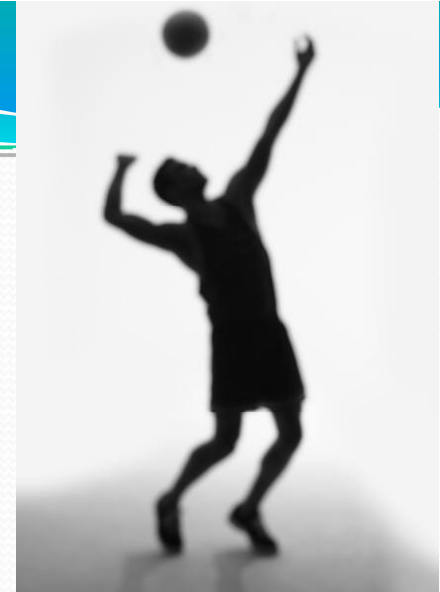
- Complete graduation/core course requirements
- Make sure you have registered with the NCAA Eligibility Center and transcript has been sent
- Review carefully the NCAA *Guide for the College-Bound Student-Athlete* available at www.eligibilitycenter.org and/or the NAIA *Guide for the College Bound Student Athlete*
- Retake SAT/ACT in fall if needed
- Complete Amateurism Questionnaire

SENIOR YEAR Cont.



- Narrow college choices further: size, academics, location, athletics, finances, etc.
- Apply to schools that you would be happy at if you did not play a sport or were injured
- Send applications for admission and transcripts, pay attention to individual deadlines for colleges
- Follow recruiting rules w/ campus visits
- Send in FAFSA and/or CSS Profile

SENIOR YEAR Cont.



- Sit down with parents/coach and weigh pros and cons of each school
- Send updated letter of interest to coaches with athletic resume and season schedule
- Be sure of final choice BEFORE signing any papers
- Let coaches know when their school is no longer in the running, THANK them!



Student Athlete Resources

- Helpful Websites

- www.eligibilitycenter.org
 - Determines academic eligibility
- www.ncaa.org
 - Official NCAA website
- www.ncaasports.com
 - Research college sport info, results, news, etc.
- www.collegeboard.com
 - All steps in searching for a college
- www.fafsa.gov
 - Free Application for Federal Student Aid