

Information for the



College Bound Student Athlete

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Special thanks to Amy Belstra, former Post Graduate Counselor at Cherry Creek High School, and Lynn Ossowski, College Counselor at Salpointe Catholic High School, for their contributions to this guide.

So, you want to be a college athlete. That's great! Now, you have to learn the process to actually be a college athlete. The National College Athletic Association (NCAA) has developed a process that ensures that all participating colleges and universities and their student-athletes are competing on a "level playing field," and that all prospective athletes are academically eligible to participate.

WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING

When a high school athlete daydreams about playing sports at college, does he see himself sitting humbly on the bench waiting for the coach to send him in? Probably not. Instead he sees himself acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, he has the same fantasies that thousands of other young men and women have: that college will be the springboard to fortune and the big leagues.

Here are some things to consider:

- Only two out of every 100 college basketball players make it to the pros.
- The professionals for any major sport are usually drawn from big institutions, which are treasure troves of first-rate athletes playing on outstanding teams.
- The average pro football career lasts only three years.

These realities indicate that the college-bound athlete must think ahead to when the cheering stops. Careers in sports can end abruptly. Starting spots can evaporate after only one year. More often, college athletes have problems with eligibility. Practice schedules are hard on grades. Some players spend more than four years trying to graduate and eventually their eligibility expires.

If you are a high school athlete who wants to play college-level sports, keep two priorities in mind: **COLLEGE FIRST, SPORTS SECOND**. Avoid situations that might leave you without a degree or even a team to play on.



Probability of competing in athletics beyond high school

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	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School	535,289	435,885	1,095,993	474,219	35,732	411,757
High School - Senior	152,940	124,539	313,141	135,491	10,209	117,645
NCAA	17,890	16,134	69,643	31,999	3,891	22,987
NCAA - Freshman	5,111	4,610	19,898	9,143	1,112	6,568
NCAA - Senior	3,976	3,585	15,476	7,111	865	5,108
NCAA - Drafted	51	31	253	693	10	37
High School to NCAA	3.3%	3.7%	6.4%	6.7%	10.9%	5.6%
NCAA to Pro	1.3%	0.9%	1.6%	9.7%	1.2%	0.7%
High School to Pro	0.03%	0.02%	0.08%	0.51%	0.10%	0.03%

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages. [Click Here](#) to download a PDF containing these figures, a general summary and methodology summary. Last Updated: September 17, 2012

[Download the full report](#)

Levels of Play

National Collegiate Athletic Association (NCAA)

www.ncaa.org

1-877-262-1492

Division I: In addition to enjoying significant media coverage, Division I schools offer full athletic scholarships in addition to partial scholarships. This is the largest division, in which the most and the biggest universities play.

Division I AA: These schools are somewhat smaller, recruit on a smaller scale, and give fewer full scholarships but a sizable number of partial scholarships.

Division II: Division II teams also offer athletic scholarships, but they have fewer per sport than Division I programs. They tend to give more partial scholarships than full.

Division III: This division includes some of the most prestigious colleges in the country. They do not offer athletic scholarships, but can award financial aid based on the family's financial need as well as grants based on academics and leadership. When packaged together, these sources of aid can end up being greater than a partial scholarship at a DI or DII school.

National Association of Interscholastic Athletics (NAIA)

www.naia.org

1-816-595-8300

NAIA schools view athletics as part of the overall educational process with the emphasis on "student" in the term student-athlete. Some believe that the level of performance in the NAIA is comparable to that of the NCAA Division II, although fewer sports are offered in the NAIA. There is no clearinghouse process although there are strict academic requirements. NAIA normally represents smaller schools but does provide scholarships for athletic purposes.

National Junior College Athletic Association (NJCAA)

www.njcaa.org (719) 590-9788

The NJCAA is the governing body of intercollegiate athletics for two-year colleges, including public community colleges and private junior colleges. Like the NCAA, Division I school in the NJCAA award full or partial athletic scholarships in a variety of sports. Division II school award scholarships that cover only tuition, books and fees (but not room and board). Division III schools do not award athletic scholarships, although they may compete with Division I and II schools. There are strict rules about transferring from a junior college to an NCAA Division I or II school.

NCAA Sports

Fall Sports

Cross Country (W)
Cross Country (M)
Field Hockey (W)
Football (M)
Soccer (W)
Soccer (M)
Volleyball (W)
Water Polo (M)

Spring Sports

Baseball (M)
Golf (W)
Golf (M)
Lacrosse (W)
Lacrosse (M)
Rowing (W)
Softball (W)
Tennis (W)
Tennis (M)
Outdoor Track and Field (W)
Outdoor Track and Field (M)
Volleyball (M)
Water Polo (W)

Winter Sports

Basketball (W)
Basketball (M)
Bowling (W)
Fencing (M&W)
Gymnastics (W)
Gymnastics (M)
Ice Hockey (W)
Ice Hockey (M)
Rifle (M&W)
Skiing (M&W)
Swimming and Diving (W)
Swimming and Diving (M)
Indoor Track and Field (W)
Indoor Track and Field (M)
Wrestling (M)

Resources

NCAA Guide for the College-Bound Student-Athlete. www.eligibilitycenter.org

The Athletic Recruiting & Scholarship Guide by Wayne Mazzoni

The Student Athlete's Handbook : The Complete Guide for Success by Perry Bromwell

Athletic Recruiting & College Scholarship Guide: How To Market Your Student Athlete by Robert L. Scott

Playing the Game: Inside Athletic Recruiting in the Ivy League by Chris Lincoln

Peterson's Sports Scholarships and College Athletic Programs by Peterson's Guides

<http://www.collegestudentathletes.com> focuses on colleges and universities offering athletics at D III level

NCAA Clearinghouse Newsletter for Counselors. to subscribe send e-mail to ec-clientrelations@ncaa.org

National Directory of College Athletics published by National Association of Collegiate Directors of Athletics.
This is published annually and lists head coach contact info for all colleges/universities.

The College Admissions Process

If a college sport is what you want, keep the following pointers in mind:

1. **Search out the right academic program.** Work closely with your grade-level counselor and college and career counselor to explore colleges that suit you.
2. **Find the best schools for you.** When you have completed some online college searches, you probably will have developed a list of colleges that meet your academic, career and personal requirements. You'll be surprised at some of the things your counselor tells you about the college selection process. It's an eye-opening experience!
3. **Visit several schools.** After you have developed a list of schools that seem just right for you, visit several of them. Everything else being equal, a visit to a college campus is the best way to determine if that school is what you want. If it doesn't result in a decision, at least it will give you the information you need to eventually make that decision.
4. **Apply to two or three schools early in your senior year.** We don't want to jinx you, but sports in college are not a sure thing for anyone. You may get injured between now and then, or you may discover a sudden disinterest from college recruiters. Even if you are highly recruited, the work you do to select the right college program will make the recruiting process a whole lot easier.
5. **Keep us all informed.** Be sure that your high school and club coaches, school counselors, and our Athletic Director are all up to date on what is happening with you. We are all here to help you!
6. **Have an open mind.** Remember that the level of the athletic program has no bearing on the college or university's academic quality. A school's division is not based on the quality of its academics.

AN IMPORTANT WARNING:

Remember that even the most highly recruited athlete in the Country still needs to complete the college's admission application, and be formally accepted to the college or university through the Office of Admissions. The student (not the coach or parents) must complete this application, which may require essays and letters of recommendation. Signing a Letter of Intent or making a verbal commitment to a school is not the end of the story. You still have to get in!

Questions to Ask as You Consider Colleges

You may want to ask your prospective college coaches the following questions as you consider colleges.

Athletics

1. **What positions will I play on your team?** It is not always obvious. Most coaches want to be flexible, so you might not receive a definite answer.
2. **What other players may be competing at the same position?** The response could give you an idea of when you can expect to be a starter.
3. **Will I be redshirted my first year?** The school's policy on redshirting may impact you both athletically and academically.
4. **What expectations do you have for training and conditioning?** This will reveal the institution's commitment to a training and conditioning program.
5. **How would you best describe your coaching style?** Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style matches your learning style.
6. **When does the head coach's contract end? How long does the coach intend to stay?** The answer could be helpful. Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school/program?
7. **What are preferred, invited and uninvited walk-on situations? How many do you expect to compete? How many earn a scholarship?** Situations vary from school to school.
8. **Who else are you recruiting for my position?** Coaches may consider other student-athletes for every position.
9. **Is medical insurance required for my participation? Is it provided by the college?** You may be required to provide proof of insurance.
10. **If I am seriously injured while competing, who is responsible for my medical expenses?** Different colleges have different policies.
11. **What happens if I want to transfer to another school?** You may not transfer without the permission of your current school's athletics administration. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.
12. **What other factors should I consider when choosing a college?** Be realistic about your athletics ability and the type of athletics experience you would enjoy. Some student-athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletics opportunities you want.

Academics

1. **How good is the department in my major? How many students are in the department? What credentials do faculty members hold? What are graduates of the program doing after school?**
2. **What percentage of players on scholarship graduate?** The response will suggest the school's commitment to academics. You might want to ask two follow-up questions:
 - 1) What percentage of incoming students eventually graduate?
 - 2) What is the current team's grade-point average?
3. **What academic support programs are available to student-athletes?** Look for a college that will help you become a better student.
4. **If I have a diagnosed and documented disability, what kind of academic services are available?** Special academic services may help you achieve your academic goals.
5. **How many credit hours should I take in season and out of season?** It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.
6. **Are there restrictions in scheduling classes around practice?** NCAA rules prevent you from missing class for practice.
7. **Is summer school available? If I need to take summer school, will it be paid for by the college?** You may need to take summer school to meet academic and/or graduation requirements.

College Life

1. **What is a typical day for a student-athlete?** The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.
2. **What are the residence halls like?** The response should give you a hint of how comfortable you would be in your room, in study areas, in community bathrooms and at the laundry facilities. Also ask about the number of students in a room, co-ed dorms and the rules governing life in the residence halls.
3. **Must student-athletes live on campus?** If "yes," ask about exceptions.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Divisions I and II Initial-Eligibility Requirements

Core Courses

- **NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.
 - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive **athletics aid and practice on or after August 1, 2016**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for **competition on or after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I	
16 Core Courses	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II	
16 Core Courses (2013 and After)	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
3	years of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Sliding Scale A		
<i>Use for Division I prior to August 1, 2016</i>		
NCAA DIVISION I SLIDING SCALE		
Weight	Height	Age
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.

Sliding Scale B				
<i>Use for Division I beginning August 1, 2016</i>				
NCAA DIVISION I SLIDING SCALE				
Weight	Height	Age	Weight	Age
3.550	4.000	400	37	
3.525	3.975	410	38	
3.500	3.950	420	39	
3.475	3.925	430	40	
3.450	3.900	440	41	
3.425	3.875	450	41	
3.400	3.850	460	42	
3.375	3.825	470	42	
3.350	3.800	480	43	
3.325	3.775	490	44	
3.300	3.750	500	44	
3.275	3.725	510	45	
3.250	3.700	520	46	
3.225	3.675	530	46	
3.200	3.650	540	47	
3.175	3.625	550	47	
3.150	3.600	560	48	
3.125	3.575	570	49	
3.100	3.550	580	49	
3.075	3.525	590	50	
3.050	3.500	600	50	
3.025	3.475	610	51	
3.000	3.450	620	52	
2.975	3.425	630	52	
2.950	3.400	640	53	
2.925	3.375	650	53	
2.900	3.350	660	54	
2.875	3.325	670	55	
2.850	3.300	680	56	
2.825	3.275	690	56	
2.800	3.250	700	57	
2.775	3.225	710	58	
2.750	3.200	720	59	
2.725	3.175	730	60	
2.700	3.150	740	61	
2.675	3.125	750	61	
2.650	3.100	760	62	
2.625	3.075	770	63	
2.600	3.050	780	64	
2.575	3.025	790	65	
2.550	3.000	800	66	
2.525	2.975	810	67	
2.500	2.950	820	68	
2.475	2.925	830	69	
2.450	2.900	840	70	
2.425	2.875	850	70	
2.400	2.850	860	71	
2.375	2.825	870	72	
2.350	2.800	880	73	
2.325	2.775	890	74	
2.300	2.750	900	75	
2.275	2.725	910	76	
2.250	2.700	920	77	
2.225	2.675	930	78	
2.200	2.650	940	79	
2.175	2.625	950	80	
2.150	2.600	960	81	
2.125	2.575	970	82	
2.100	2.550	980	83	
2.075	2.525	990	84	
2.050	2.500	1000	85	
2.025	2.475	1010	86	
2.000	2.450	1020	86	
	2.425	1030	87	
	2.400	1040	88	
	2.375	1050	89	
	2.350	1060	90	
	2.325	1070	91	
	2.300	1080	93	

ACT and SAT Tests

Test-Score Requirements

You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment. For ACT dates and registration please go to: www.actstudent.org

For SAT dates and registration please go to: www.collegeboard.com

IMPORTANT:

All SAT and ACT scores must be reported to the Eligibility Center **DIRECTLY** from the testing agency. Test scores will not be accepted if reported on a high school transcript. When registering for the SAT or ACT, input the Eligibility Center code of 9999 to make sure the score is reported directly to the Eligibility Center. (NAIA code: 9876)

Taking Tests More than Once

You may take the SAT or the ACT more than one time. If you take either test more than once, you may use your best sub-score from different tests to meet the minimum test-score requirements. Here is an example:

	Math	Verbal/Critical Reading	Total Score
SAT (10/09)	350	*470	820
SAT (4/09)	*420	440	860
Scores used	*420	*470	*890

Your test score will continue to be calculated using the math and verbal/critical reading subsections of the SAT and the math, science, English and reading subsections of the ACT. The writing component of the ACT or SAT will not be used to determine your qualifier status.

NCAA Eligibility Success Checklist!

Freshmen and Sophomores

- Start planning now! Talk to your college career counselor about NCAA core class requirements.
- Work hard to get the best grades possible. Sophomores should take the PSAT.

• Take classes that match your high school's List of NCAA Courses.

The NCAA Eligibility Center will use only approved core courses to certify your initial eligibility.

• You can access and print your high school's List of NCAA Courses at www.eligibilitycenter.org. Click the NCAA College-Bound Student-Athlete link to enter and then navigate to the "Resources" tab and select "U.S. Students" where you will find the link for the List of NCAA Courses.

- At the beginning of your sophomore year, complete your online registration at www.eligibilitycenter.org.
- If you fall behind, do not take short cuts. Classes you take must be four-year college preparatory and must meet NCAA requirements.

Juniors

• Register to take the ACT, SAT or both and use the NCAA Eligibility Center code "9999" as a score recipient. Doing this sends your official score directly to the NCAA Eligibility Center.

• Continue to take college preparatory courses. Double check to make sure the courses you have taken match your school's List of NCAA Courses.

• Refine your list of possible college choices. Know their admission requirements.

• Create a sports resume (see example included in back of this guide).

• Begin communicating with coaches via e-mail.

• Ask your high school counselor to send an official transcript to the NCAA Eligibility Center after completing your junior year. If you have attended more than one high school, the NCAA Eligibility Center will need official transcripts from *all* high schools attended. **(The NCAA Eligibility Center does NOT accept faxed or emailed transcripts/test scores.)**

• Before registering for classes for your senior year, check with your high school counselor to determine the number of core courses that you need to complete your senior year.

Seniors

• Take the ACT and/or SAT again, if necessary. The NCAA Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.

• Continue to take college-preparatory courses.

• Check the courses you have taken to match your school's List of NCAA Courses.

• Review your amateurism responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).

• Continue to work hard to get the best grades possible.

• Graduate on time (in eight academic semesters).

• After graduation, ask your high school counselor to send your final transcript to the NCAA Eligibility Center with proof of graduation.

NCAA Website Guide

For general information on:

- Academic Eligibility for Divisions I, II, and III
- Recruiting Policies for Divisions I, II, and III
- Information on Approved Core Courses
- Information on Initial-Eligibility Clearinghouse
- And much more!

1. Go to www.eligibilitycenter.org
2. Click on "NCAA College Bound Student Athlete Enter Here"
3. Click on "Resources" at the top of the page
4. Click on "U.S. Students" to access the "NCAA Guide for the College-Bound Student Athlete" and more, such as the eligibility quick reference sheet.
5. We recommend that you print out the Guide for future reference.

For the most up-to-date list of Pine Creek High School's Approved Core Courses:

1. Go to www.eligibilitycenter.org
2. Click on "NCAA College Bound Student Athlete Enter Here"
3. Click on "Resources" at the top of the page
4. Click on "U.S. Students"
5. Click on the link "list of NCAA Courses"
6. Enter Pine Creek's 6-digit code of "060316" in box and click on "submit" below
7. This is a District 20 course list (Courses are listed by subject area: English, Social Science, Mathematics, Natural/Physical Science, and Additional Core Courses, which included Foreign Language, Computer Science, and select Social studies courses.)

To find information on what schools sponsor your sport, as well as access athletic contacts at individual schools:

1. Go to www.eligibilitycenter.org
2. Click on "NCAA College Bound Student Athlete Enter Here"
3. Click on "Sports" at the top of the page
4. Find your sport and click
5. Choose your desired Division Level

NOTE: You may organize your list by Conference, State, or Region simply by clicking on any one of the headings. For example: By clicking on State the list of sponsoring institutions will sort alphabetically by state.

Eligibility Center Registration

www.eligibilitycenter.org

Online Registration: The Eligibility Center has designed a new Web site with you, the student-athlete, in mind. This is where you will find the tools and information you need to begin your college experience as a student-athlete. To register with the Eligibility Center, go online to www.eligibilitycenter.org. To create an account, either click on the "New Account" button at the top right of the screen or the cell phone on the left side of the screen.

Account Creation

You will need to provide a valid e-mail address to create an account and begin the registration process. Be sure you provide an e-mail address that will be active even after you complete high school.

About Me

In this section, you just need to pass along some quick facts about you—information such as your name, date of birth, gender and where you live.

My Coursework

You will need to enter the name and location of the high school you currently attend in this section. If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, you will need to have that information ready as well. List all schools you previously attended. Make sure to include all schools, whether you received grades or credits. If you attended ninth grade in a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.

My Sport

In this section, you will select the sport(s) you plan to participate in at an NCAA Division I or II school. The Eligibility Center will also ask about the high school and/or club teams you have been a part of and events you have participated in during your high school career.

Payment

Your account will be eligible for processing only with payment of an application fee of \$70 for U.S. students or \$120 for international students (or submission of a fee waiver if you have been granted a waiver). You must pay by debit, credit card or e-check. You are eligible for a waiver of the registration fee only if you have already received a waiver of the ACT or SAT fee. (This is not the same as a U.S. state voucher.) You must have an authorized high school official submit your fee waiver documentation online. If you have not yet been granted a fee waiver by ACT or SAT, you are not yet eligible for a waiver of the registration fee.

In completing your registration, you will need our high school code:

PCHS: 060316

Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's List of NCAA Courses for the classes you have taken. Use the following scale:

A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core-Course GPA (16 required) Beginning August 1, 2016, 10 core courses to be completed prior to the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science.

Total Quality Points	Total Number of Credits	Core-Course GPA (Total Quality Points/Total Credits)
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Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's List of NCAA Courses for the classes you have taken. Use the following scale:

A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		(.5 x 4) = 2
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		(1.0 x 3) = 3
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional years in English, math or natural/physical science (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core-Course GPA (16 required)

Total Quality Points	Total Number of Credits	Core-Course GPA (Total Quality Points/Total Credits)
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The Athlete's Responsibilities

Just because the college recruiters aren't beating down your door doesn't mean your dreams of playing intercollegiate sports are over. The majority of college athletes are not heavily recruited; instead, they have taken a proactive approach to keep playing the sport they love.

Enlist the help of your current coaches. Let your coach know you want to keep playing at the college level. You'll need to make yourself known to college coaches, and he or she may have connections with both players and coaches at a wide variety of schools. In addition, a letter of recommendation and support from a coach who's already worked with you is always helpful.

Sell yourself. If recruiting coaches are not coming to your games, bring your games to them. Identify the schools you'd like to play for, write letters to the coaches, and send videotaped footage of some of your best games to show them what you're made of.

Arrange visits with college coaches. Visit the schools and talk with the coaches to learn more about their programs and let them know you're eager to play. Contact as many coaches as you can and don't be shy: sometimes walk-ons and players who transfer from community colleges actually make up the bulk of a team.

Be flexible. While it's not unheard of for players to walk on to elite sports programs such as Duke's basketball team, such programs recruit heavily, and the chances of others making the team are slim. It may be more realistic to target smaller schools, or less high-profile programs, if you really want to see some playing time.

The Role of Parents in the Recruiting Process

- Discuss with coaches whether he/she thinks your child has a chance to compete at the collegiate level, and what could improve his/her chances.
- Beware of “recruiting services” who *guarantee* to get a child a scholarship. They may only deliver a \$500 scholarship to a college whose tuition is \$20,000!
- Be realistic with yourself and your student. It is few high school athletes that are good enough to compete for Division I teams. Do not count on a large athletic scholarship to pay the cost of college. Make sure you are also pursuing other ways of funding education.
- Look beyond just the “big name” schools. It may be a D111 or NAIA school that gives your child the opportunity to play in college. Be open minded and encourage your child to look at all their options. Be realistic about the level of commitment required by most D1 programs.
- Make sure you understand the school’s policy on any offered scholarship. Will they rescind the offer if your student is injured during the senior year in high school and cannot compete? Under what circumstances will they withdraw the scholarship once your student has started college?
- If your student is being heavily recruited and receiving many phone calls and large quantities of mail, parents can help by screening calls, organizing the mail, and teaching the student how to deal with demanding coaches.
- Talk frequently with your student to help keep things in perspective and know what your child is thinking. Understand that a few student-athletes are burned out on their sport by the time they are ready to go to college. Allow them the opportunity to talk with you about those kinds of issues.
- Have your child look at the college, not just the athletic program. Students should look at the level of rigor, learning environment, majors, etc. to find the right academic “fit”. Ask your student if they would be happy at that school if for some reason the ability to play their sport was taken away (a career ending injury, for example).
- Remember, coaches really do want to hear from the student, too! Students need to be self-advocates in this process and show initiative, maturity, and follow through. Parents should be careful not to act too much like “agents”.

How College Coaches Recruit

More than ever, college coaches are looking for student-athletes who can succeed in the classroom and who will represent their college or university in a favorable manner off the field. Character matters!

Coaches look favorably upon athletes who...

- ... respond to correspondence in a timely manner.
- ... show maturity and respect at all times
- ... exhibit a great work ethic.
- ... come highly recommended by their high school coaches.
- ... are excited to attend his/her college.
- ... fit in well with the team and the institution.
- ... are able to get along well with a variety of personalities.
- ... are positive, enthusiastic and dedicated to both academics and sports.

The initial list: Coaches start out with a very long list of potential recruits. Some of the names come from scouting at summer camps and tournaments, some from mass mailings, and others from high school or club coaches. Most coaches send out initial letters and information sheets to everyone on this long list. If the athlete expresses interest, he/she will get future mailings according to the college's recruiting needs. If the athlete does not return the initial questionnaire, he/she will most likely get crossed off the list.

Evaluating players: Coaches rate players by watching them play in person, viewing game videotapes, reading recommendations from high school coaches, checking the newspapers and judging how well the players respond to the coach's emails, phone calls, letters and in-person visits.

Summer: Many coaches evaluate players during summer camps, recruiting showcase events, travel teams, summer leagues, and elite tournaments. Exposure through summer programs can make a big difference. Research the possibilities!

Visits: At some levels of play, athletes are offered an all-expenses paid official trip to visit the college. Parents will need to pay their own way. The high school athlete normally rooms with a team member, and gets to experience what life is like as a student-athlete at that school. Students can visit any college anytime as an "unofficial" visit.

Recruiting rules: Recruiting rules specify when coaches can and cannot contact a recruit. It is important to be aware of the recruiting calendar for your sport, and understand when you may be contacted in person, on the phone, or electronically.

Home visit: This is most often used by Division 1 coaches. If you get to this point, it is an indication of serious interest.

Scholarship offer: This is usually given verbally at first and can be made as early as junior year. A verbal agreement is not binding until it becomes a formal, written offer.

QUESTIONS TO ASK YOUR RECRUITER

- What is the recruiter's relationship to the school? Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Assurances carry different weight depending on who they come from.)
- Keep your education foremost in your mind by asking about academic programs that interest you. A good recruiter is as informed about programs as an admissions person is. Fire away with specific questions about majors and courses in your field.
- At what level does your sport compete? NCAA Division I schools offer athletic scholarships; most Division II schools offer scholarships; no Division III schools offer scholarships.
- Ask for details about athletic scholarships—any strings? Typically, athletic scholarships (or grants, as they are sometimes called) are for one year, renewable at the coach's discretion. If you get benched, do you start paying your own way from then on?
- How many athletes were kept on scholarship after their eligibility had expired? What is the college's graduation rate for athletes? Because of heavy demands on their time, some college athletes take five years to graduate. By their final year, they are usually ineligible to play.
- Is tutoring or counseling available? Beware of remarks like, "Don't worry. We haven't lost a player yet because of academics," which could imply that your education will be allowed to suffer before your value to the team will.
- What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- Ask the coach what he expects of his players: time commitment, behavior, appearance, etc., and decide whether you can work with her or him.
- What is expected of players during the off-season?
- Has drug use been an issue at your school or in your athletic program?
- Most importantly, ask yourself if the school would be right for you even if you weren't competing in athletics.

QUESTIONS TO ASK OF OTHER PLAYERS AT THE SCHOOL:

- What does your typical daily schedule look like? In-season? Off-season?
- How rigorous is your travel schedule?
- Approximately how many hours a night do you study?
- How do you like the living arrangements?
- What assistance is available if you have academic problems?
- Were changes made to any promises once you committed/enrolled? Is the program what you expected based on your recruiting experience?

QUESTIONS TO ASK SCHOOL OFFICIALS/ADMISSION OFFICERS:

- What are the different graduation rates for athletes? In your sport?
- How long does it take someone in your sport to earn a degree from this school?
- What is the placement rate and average starting salary for graduates in your field of study?
- What financial aid is available?



New NCAA Division I Initial-Eligibility Standards

The initial-eligibility standards for NCAA Division I college-bound student-athletes are changing. College-bound student-athletes first entering a Division I college or university on or after August 1, 2016, will need to meet new academic rules in order to receive athletics aid (scholarship), practice or compete during their first year.

First, here are three terms you need to know:

Full Qualifier: A college-bound student-athlete may receive athletics aid (scholarship), practice and compete in the first year of enrollment at the Division I college or university.

Academic Redshirt: A college-bound student-athlete may receive athletics aid (scholarship) in the first year of enrollment and may practice in the first regular academic term (semester or quarter) but may NOT compete in the first year of enrollment. After the first term is complete, the college-bound student-athlete must be academically successful at his/her college or university to continue to practice for the rest of the year.

Nonqualifier: A college-bound student-athlete cannot receive athletics aid (scholarship), cannot practice and cannot compete in the first year of enrollment.

Here are the *new* requirements:

Full Qualifier must:

1. Complete 16 core courses (same distribution as in the past – click [here](#) to view);
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be English, math or science.
2. Have a minimum core-course GPA of 2.300;
 - Grades earned in the 10 required courses required before the senior year are “locked in” for purposes of GPA calculation.
 - A repeat of one of the “locked in” courses will not be used to improve the GPA if taken after the seventh semester begins.
3. Meet the competition sliding scale requirement of GPA and ACT/SAT score (this is a new scale with increased GPA/test score requirements); and
4. Graduate from high school.

Academic Redshirt must:

1. Complete 16 core courses (same distribution as in the past – click [here](#) to view);
2. Have a minimum core-course GPA of 2.000;
3. Meet the academic redshirt sliding scale requirement of GPA and ACT/SAT score; and
4. Graduate from high school.

**Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Nonqualifier is a college-bound student-athlete who fails to meet the standards for a qualifier or for an academic redshirt.

CLICK [HERE](#) TO VIEW THE NEW RULES AND SLIDING SCALES.

Examples:

Q: *A college-bound student-athlete completes 15 core courses with a 2.500 core-course GPA and an 820 SAT score (critical reading and math). What is the college-bound student-athlete's NCAA initial-eligibility status?*

A: The college-bound student-athlete is a nonqualifier because only 15 core courses were completed, not the required 16 core courses.

Q: *A college-bound student-athlete completes 16 core courses in the required framework with a 2.500 core-course GPA and a 68 sum ACT. What is the college-bound student-athlete's initial-eligibility status?*

A: The college-bound student-athlete is an academic redshirt. Under the new competition scale, a 68 sum ACT score requires a 2.950 core-course GPA.

Q: *A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. What is the college-bound student-athlete's initial-eligibility status?*

A: The college-bound student-athlete cannot be certified as a qualifier because only nine of the 10 required courses were completed before the seventh semester. He/she would be an academic redshirt and would be permitted to practice and receive aid (scholarship), provided he/she presents 16 core courses and meets the core-course GPA and test-score requirement (sliding scale for aid and practice) at the time of graduation.

SAMPLE LETTER FROM HIGH SCHOOL ATHLETE TO COLLEGE COACH

Date

Coach's Name
College/University
Address
City, State, Zip

Dear Coach So & So:

I would like to introduce myself. I am currently a senior at Cherry Creek High School. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year.

My coach's name is Mary Jones. Her contact information is included on the attached information page. She has indicated to me that she would welcome your calls. E-mail is a reliable way to reach her as well.

I rank 78 in my class of 799 students. My cumulative GPA is a 3.7 on a 4.0 scale. My ACT composite was a 24. I intend to retake it in October. I am interested in pursuing a four-year degree in biology. I also hope to continue playing volleyball on the college level. Your program especially interests me. I have followed your team's season in the *Rocky Mountain News* and have attended two games.

I have included a skills tape and a game tape. My jersey number is #1 in the light-colored uniforms. Also included is a schedule of our 2004-05 volleyball season. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

Athlete's Name

Sample

James R. Brown
2600 W. Taylor St.
Hampton, VA 23663

Mr. Mike Krzyszewski
Head Men's Basketball Coach
Cameron Stadium, Box 9005
Durham, NC 27708

Dear Coach Krzyszewski,

I am a 6'5" junior forward at Hampton High School in Hampton, Virginia, and I am interested in attending Duke University after I graduate. As a sophomore I started for our conference champion basketball team and averaged 8 assists, 8 rebounds, and 12 points per game. This year our team continues to be successful, and I have been a leader on the court as well as in the classroom. I presently have a 2.8/4.0 grade point average at Hampton High School, and I earned a 178 on my PSAT this past fall. During the first semester this year I earned all B's in my courses, and I plan to take the ACT in April and the SAT in May. I will have my college entrance scores sent directly to the NCAA Clearing House, and my high school will be sending my 6th semester transcript to the Clearing House this summer once grades are posted.

I am very interested in attending Duke University because of its academic excellence, social opportunities and outstanding basketball program. I am particularly impressed with the graduation rate of student-athletes at Duke, as well as the national reputation of the Communications Program which is my planned major. I believe that my athletic and academic talents make me qualified to be considered for your program. Coach Boo Williams, my basketball coach, has volunteered to discuss my athletic and academic talents with you. I have enclosed his address and phone number.

Please send me information on the Duke basketball program at your convenience, and let me know what information I can provide to be evaluated by the Duke Basketball Staff.

Thank you for your consideration, and I look forward to hearing from you in the near future.

Sincerely,

James R. Brown

SAMPLE STUDENT-ATHLETE RESUME

AMY ATHLETE Volleyball Information

1225 Any Street Any Town, Any State 81234
Telephone: (500) 111-1111 or (500) 222-2222
Aathlete@aol.com

Coach: Mary Jones
1010 Training Avenue
Any Town, Any State 81234
Telephone: (500) 111-1212
E-mail: mjones@park1.k12.co.us

High School: Cherry Creek High School
9300 E. Union Ave.
Greenwood Village, CO 80111
(720) 554-2461 (Athletics Office)

Volleyball Division: Class 4A

Position: Setter

Jersey: #1 Dark/#10 Light

Offense Used: 5-1 Offense

Years Starting Varsity: 3 years

Awards/Honors: Best Setter (2002, 2003, 2004)
Most Valuable Player (2003)
All Conference (2002, 2003)
All State (2004)
North All Star Team (2004)

Experience: AAU Volleyball (2003, 2004)
Coed Power Outdoor & Indoor Tournaments (2003-04)
Aspen Volleyball Camp (2002, 2003)
Any University Summer Camp (2002)

Height: 5'8"
Weight: 145 lbs.
Vertical: 23"
GPA & Rank: 3.74 on 4.0 scale
78 of 799 (top 10%)

Graduation Date: May 2005