

SO, YOU WANT TO PLAY SPORTS IN COLLEGE?



A Guide for High School Student Athletes and Parents

This booklet was written by the Ashland High School Guidance Office with the help of students and parents who have experienced the ups and downs of the recruiting process. The ideas provided in this booklet are based on personal experiences and research from other schools and people. This booklet is based on a creation from Weston High School after spending a great deal of time preparing their students for the NCAA and NAIA recruiting process. It is important for potential student athletes and their parents to realize that NCAA rules frequently change, and we encourage everyone to check in and make sure they are still on track for their future success.

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Athletic Recruiting Tips

There are many levels of college athletics from intramural and club up to Division 1.

- Club and intramural sports are regulated by the university and have no relation to high school so if this is your goal then enjoy.
- Division 3 does not offer college scholarships for athletics and as a result they don't have NCAA regulations like the other two. The schools themselves often have more rigorous standards of admission, however, so you need to be talking with the university to make sure you are able to get in.
- Division 1 and 2 both offer athletic scholarships on a variety of levels from full rides to partial scholarships. As a result, the NCAA regulates these recruits with more detail. Students will need to register with the NCAA Eligibility Center and meet certain academic requirements in order to play.

****Keep in mind that the higher my academic record the greater my recruiting opportunities.**

Overview

Sports recruiting can begin as early as freshman year with grades, showcases, and potential discussions. You need to know the following things as early as possible:

- Know the NCAA (NCAA.org) requirements for your sport.
- Get organized
 - Start planning your course schedules, testing plans, and sport possibilities.
 - Meet with your counselor when scheduling to make sure your course choices prepare you for NCAA eligibility.
 - Seek out your coach so they know you are interested in playing NCAA athletics so they can help with recruiting.
- Have fun. Remember that it is great to have goals, but the process will go much better if you are enjoying the day to day activities.

Basic Rules of Recruiting

1. Approach your recruitment in a realistic manner. Be honest about your athletic and academic potential as well as the time you are willing to put into training for your sport.
 - a. An example from a Division 1 coach is that to be a possible Division 1 recruit you should probably be the best player on the field in every game you play.
 - b. To be a big time college recruit (Power 5 Conference) you should probably be the best player you have heard about in your region.
2. Clean up your social media accounts (Instagram, Snapchat, Facebook, Twitter, etc.). Coaches will be going through your accounts to see what you have been posting. If you are complaining about your team or putting crude or bullying things on your social media, many coaches will write you off as a recruit.
3. Remember that you are one of many potential recruits so do things that make you STAND OUT. Coaches will be recruiting you based not only on your athletic skills, but also on your strength of character. Personalize all communication with the coaches so they get to know who you are.
4. Remember that coaches throw out a wide net at first to find players based on athletic skill alone. They have no idea at first what you are like or what your academic abilities are. They will then begin to narrow things down based on what they find out from you and those around you.
5. I know this can sound overwhelming, but keep in mind that your goal is to do the best you can in the classroom and on the field. Then remember to treat those around you with the respect you would want for you. Living a good life will help you in many ways, one of which happens to be the recruiting process.

Freshman Year

GOAL: This is your athletic and academic skill development year.

****Keep in mind that the higher my academic record the greater my recruiting opportunities.**

You are now officially a potential student athlete for your four years of high school.

1. Begin to prepare your list of target schools. This will probably change repeatedly over the next four years, but it is good to begin the process. Keep in mind a variety of things when picking these schools, not just their team:
 - a. Academic programs offered since professional sports are probably not how you will spend most of your life.
 - b. Size of school and level of competition. This one will require a little honesty on your part. Are you a Division 1 player? Do you think you are willing to put the work into becoming one? Would you be happier at a small school that will offer more opportunity to play?
 - c. Geographic location: How far away are you willing to go from home?
 - d. Keep in mind that even if you see yourself as a Division 2 athlete, but have a dream about Division 1 that it is OK to pick a “pie in the sky” school or two. This can be a fun dream that wakes you up to get your workout in every morning.
2. Start gaining knowledge about these schools. Remember that recruiting is not just about schools looking at you. They are just as much about you looking at them.
3. Consider creating a file system or spreadsheet for each potential school to keep track of information and communication. Keep your correspondence from each school separate so you know who has said things to you and what you have told them.
4. Take your school work seriously and seek help when needed.
5. Begin taking videos for your highlight reel. Collect stats for your recruiting resume. This will get better as you grow older, but showing growth is a good thing as well.

Sophomore Year

GOAL: This is the year to gain a firm understanding of the difference between Division 1, 2, 3, NAIA, Community college, or club sports.

****Keep in mind that the higher my academic record the greater my recruiting opportunities.**

1. This is a good year to set up a profile page on the NCAA Eligibility Center site. This is free to do and will get you started for when you fill out a full profile as a junior (which does cost money).
2. Continue to meet with your School Counselor about classes that are appropriate to get you eligible to play in college. A list of AHS classes is attached on page 10.
3. Keep working on that list of schools you started, or didn't start, as a freshman. You now have a year of school in and may have more of an idea about possible majors, how far you might want to travel, and your skills to play.
4. Start looking at ACT/SAT test dates and preparing for these. You will get a free option during the spring of your Junior year, but might want to try it once before that in the fall to see how you will do. You can also take the PSAT during your sophomore year to get a little extra practice on standardized college testing.
5. Begin to look at camps, showcases, league opportunities or anything during the offseason that might get your name out to coaches you are interested in. For example, if you are interested in Ashland University most of their teams do offseason camps at a lower level and a higher level. Those higher level camps are often by invite, but you can reach out to get those invites.
6. Begin to learn NCAA rules on evaluation periods, contact periods, quiet periods, and dead periods. These differ by sport and can affect your recruiting so the more you can learn the better.
7. Keep working on your grades, your resume, and your highlight reel. These will get you noticed and add another reason for coaches to be interested in you.
8. Sit down with your guardians and let them know your plans, if they don't already, so that they can be onboard and help you with the tough decisions.

Junior Year

GOAL: This is your year to go on unofficial visits, build relationships with potential coaches, and strengthen your recruiting resume. Between academics and athletics, junior year is an intense year that requires your focus.

1. Take the ACT/SAT and work on keeping your grades up. Your senior year will be a big recruiting year so your GPA at the end of this year will be what they see.
2. Start visiting schools you have an interest in. These are unofficial visits so the cost is yours. You can call ahead and schedule appointments with the coaches or university, but remember that these are unofficial visits so you are footing the bill.
3. At the end of your junior year, finalize your top few college choices.
 - a. Remember that you want your choices to have a good fit both academically as well as athletically.
 - b. Also take into consideration the time requirements that each division has and what you are willing to put in. College athletics is a demanding task. Make sure it is what you want to do before taking all of the effort.
 - c. Keep in mind that new schools could pop up your senior year and surprise you. Maybe a new coach comes in and loves you, or a coach you love transfers somewhere else. Be flexible as things change.
4. Sit down with your School Counselor at the end of the year and make sure you are setting class plans for your senior year that will prepare you for NCAA eligibility and college in general.
5. Sit down with your guardians and start making plans for how to make these decisions.
6. **July 1st-** According to NCAA regulations, coaches may now contact you directly. Remember to treat this like a business interview. The coaches will be nice, but remember that you are trying to impress them and they are trying to impress you. Make a cheat sheet to keep by your phone so you can highlight your skills without putting down others, bragging excessively, or being too casual like talking with a friend. Remember that the coaches are evaluating you on your athletic skills, your academic record, and your character.
7. Send a thank you note to each coach that you talk to. This will just be a little icing on the cake to their opinion of you.

Senior Year

GOAL: This is the year you celebrate all of your hard work. Your goal is to choose the school that offers you the very best academic, athletic, and overall fit.

1. One thing you can do this year is schedule “official” visits if the school is interested in you playing for them. You can only take a certain number of visits so make sure you don’t waste any.
 - a. Some ideas for the visit:
 - i. Bring ID of some kind, cash, clothes, a towel, etc.
 - ii. You may have study tables while there so bring some work
 - iii. Be yourself. You are being evaluated by your host as to how well you might fit in so just relax and be you.
 - iv. Evaluate them as well. These are the people you will be playing with so you need to decide if you fit in as well.
 - v. Stay in touch with your guardians who are probably worried about you.
 - vi. Send a thank you note to the coach and your host after.
2. You will also sign this year and can talk to Mr. Goings to make it an event during Arrow Time or after school. Have fun with this because you have worked hard to get everything you wanted.
3. Keep your grades up. Remember that while you may have signed with one GPA, your final grades will be sent to the NCAA and the college after you graduate. These grades can still affect things for you.
4. Continue to manage your social media and your life. Too many players mess up their senior year and lose money or scholarship offers. Don’t let that be you due to a prank or a bad night.
5. Have a great year!!! This is the year you have been waiting for when you get to be the leader of your team. College sports are fun, but they are different from high school. This is the last season you get to play with the people you have known since you were young. Enjoy it.

Tips For Parents

1. Be involved in your child's recruiting process. Help them to make sound decisions with regards to their selection based on the right reasons. Education first-sports second.
2. Remember that a verbal commitment from a coach is non-binding. No matter how convincing the coach is about how much they like your athlete, nothing is real until it is signed on the dotted line.
3. Your child is being recruited, not you. NEVER CALL THE COACHES!!! College coaches want to recruit mature individuals who show initiative. The only time you should be talking to them is if they specifically ask for you.
4. When committing to a Division 1 or 2 school, it is not a guarantee that your athlete will get a scholarship. There are many athletes who sign just for the opportunity to play.
5. Listen to your child about what they want. It is cool to be the parent of a Division 1 athlete, but the student needs to pick the school, the sport, and the program that is right for them. Have honest conversations with your child about what they want and what you can do to help.
6. If your child does not get recruited, discuss the viable option of being a walk-on or playing at the club or intramural levels.
7. Understand that this is an emotional and long process. Help your athlete keep the highs and lows of playing and recruiting in check.
8. Hang in there! Soon you will be wearing a sweatshirt from your child's school and enjoying the stories of athletics, academics, and the friends they are making in the dorm.

Ashland High School Classes Approved by the NCAA

English	Math	Science	Social Studies	Foreign Language
Advanced Composition (.5)	Algebra 1 (1)	AP Biology (2)	AP Government (1)	French 1 (1)
American Literature (.5)	Algebra 2 (1)	AP Chemistry (2)	AP US History (1)	French 2 (1)
American Lit 2-CCP (1)	Algebra 2- Honors (1)	AP Environmental Science (1)	Economics (.5)	French 3 (1)
AP English (1)	AP Calculus (1)	Anatomy (1)	Economic Theory (.5)	French 4 (1)
British Literature (.5)	AP Statistics (1)	Biology (1)	Government (.5)	French 5 (1)
English 9 (1)	College Algebra-CCP (1)	Biology-Advanced (1)	Holocaust (.5)	Latin 1 (1)
English 9- Honors (1)	Functions/Stats/Trig (1)	Chemistry (1)	Psychology (.5)	Latin 2 (1)
English 10 (1)	Geometry (1)	Chemistry-Advanced (1)	Sociology (.5)	Latin 3 (1)
English 10- Honors (1)	Geometry- Honors (1)	Environmental Science (.5)	US History (1)	Latin 4 (1)
English Comp 1-CCP (1)	Pre-Calculus (1)	Genetics (.5)	US History-Honors (1)	Spanish 1 (1)
English Comp 2-CCP (1)	Probability and Stats- CCP (1)	Geology (.5)	Western Civ 1 (.5)	Spanish 2 (1)
Intermediate Composition (.5)	Trigonometry and Calculus (1)	Microbiology (.5)	Western Civ 1-CCP (1)	Spanish 3 (1)
Intro to Fiction-CCP (1)		Physics (1)	Western Civ 2 (.5)	Spanish 4 (1)
Journalism 1 (.5)		Physical Science 1 (.5)	Western Civ 2-CCP (1)	Spanish 5 (1)
Mythology (.5)		Physical Science 2 (.5)	World History (1)	
Persuasive Communication (.5)			World History-Honors (1)	
Speech (.5)				
Speech- CCP (1)				

NCAA Academic Eligibility Requirements For Division 1

Core Credit Requirement	Division 1
English	4
Math (Algebra 1 & higher)	3
Science (Physical & Life)	2
Social Studies	2
Added English/Math/Science	1
Added Core credits	4

Division 1 Qualifying Standards with GPA and ACT Score Scale

FULL QUALIFIER:

College-bound student-athletes enrolling at an NCAA Division I school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
 - 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 in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center

ACADEMIC REDSHIRT

All Division I academic redshirts may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division I school, but may NOT compete.

- Complete 16 core courses in the appropriate areas.
- Earn a core-course GPA of at least 2.000.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center

Division 1 Sliding Scale of GPA and ACT Scores

DIVISION I FULL QUALIFIER SLIDING SCALE				DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum	Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37	2.750	810	720	59
3.525	410	410	38	2.725	820	730	60
3.500	430	420	39	2.700	830	740	61
3.475	440	430	40	2.675	840	750	61
3.450	460	440	41	2.650	850	760	62
3.425	470	450	41	2.625	860	770	63
3.400	490	460	42	2.600	860	780	64
3.375	500	470	42	2.575	870	790	65
3.350	520	480	43	2.550	880	800	66
3.325	530	490	44	2.525	890	810	67
3.300	550	500	44	2.500	900	820	68
3.275	560	510	45	2.475	910	830	69
3.250	580	520	46	2.450	920	840	70
3.225	590	530	46	2.425	930	850	70
3.200	600	540	47	2.400	940	860	71
3.175	620	550	47	2.375	950	870	72
3.150	630	560	48	2.350	960	880	73
3.125	650	570	49	2.325	970	890	74
3.100	660	580	49	2.300	980	900	75
3.075	680	590	50	2.299	990	910	76
3.050	690	600	50	2.275	990	910	76
3.025	710	610	51	2.250	1000	920	77
3.000	720	620	52	2.225	1010	930	78
2.975	730	630	52	2.200	1020	940	79
2.950	740	640	53	2.175	1030	950	80
2.925	750	650	53	2.150	1040	960	81
2.900	750	660	54	2.125	1050	970	82
2.875	760	670	55	2.100	1060	980	83
2.850	770	680	56	2.075	1070	990	84
2.825	780	690	56	2.050	1080	1000	85
2.800	790	700	57	2.025	1090	1010	86
2.775	800	710	58	2.000	1100	1020	86

ACADEMIC REDSHIRT

***Keep in mind that the GPA in the first column is only for Core Courses. These classes include most English, Foreign Language, Math, Science, and Social Studies classes. This is not the typical GPA you see.

*** The ACT Sum category is the addition of all 4 parts of the ACT. Add your English, Math, Reading, and Science scores together to get this score.

*** The ACT category is the Overall/Composite Score.

***If your GPA is below a 2.0 you are ineligible to even be considered for a Division 1 program. You will need to take college classes and prove that you will be successful and apply again the next year.

NCAA Academic Eligibility Requirements For Division 2

Core Credit Requirement	Division 2
English	3
Math (Algebra 1 & higher)	2
Science (Physical & Life)	2
Social Studies	2
Added English/Math/Science	3
Added Core credits	4

Division 2 Qualifying Standards with GPA and ACT Score Scale

FULL QUALIFIER:

College-bound student-athletes enrolling at an NCAA Division I school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
 - 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 in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.200.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center

PARTIAL QUALIFIER:

College-bound student-athletes that do not meet Division II full qualifier standards will be deemed a partial qualifier. All Division II partial qualifiers may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division II school, but may NOT compete

Division 2 Sliding Scale of GPA and ACT Scores

DIVISION II		
FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.300 & above	400	37
3.275	410	38
3.250	430	39
3.225	440	40
3.200	460	41
3.175	470	41
3.150	490	42
3.125	500	42
3.100	520	43
3.075	530	44
3.050	550	44
3.025	560	45
3.000	580	46
2.975	590	46
2.950	600	47
2.925	620	47
2.900	630	48
2.875	650	49
2.850	660	49
2.825	680	50
2.800	690	50
2.775	710	51
2.750	720	52
2.725	730	52
2.700	740	53
2.675	750	53
2.650	750	54
2.625	760	55
2.600	770	56
2.575	780	56
2.550	790	57
2.525	800	58
2.500	810	59
2.475	820	60
2.450	830	61
2.425	840	61
2.400	850	62
2.375	860	63
2.350	860	64
2.325	870	65
2.300	880	66
2.275	890	67
2.250	900	68
2.225	910	69
2.200	920	70 & above

DIVISION II		
PARTIAL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.050 & above	400	37
3.025	410	38
3.000	430	39
2.975	440	40
2.950	460	41
2.925	470	41
2.900	490	42
2.875	500	42
2.850	520	43
2.825	530	44
2.800	550	44
2.775	560	45
2.750	580	46
2.725	590	46
2.700	600	47
2.675	620	47
2.650	630	48
2.625	650	49
2.600	660	49
2.575	680	50
2.550	690	50
2.525	710	51
2.500	720	52
2.475	730	52
2.450	740	53
2.425	750	53
2.400	750	54
2.375	760	55
2.350	770	56
2.325	780	56
2.300	790	57
2.275	800	58
2.250	810	59
2.225	820	60
2.200	830	61
2.175	840	61
2.150	850	62
2.125	860	63
2.100	860	64
2.075	870	65
2.050	880	66
2.025	890	67
2.000	900	68 & above

***Keep in mind that the GPA in the first column is only for Core Courses. These classes include most English, Foreign Language, Math, Science, and Social Studies classes. This is not the typical GPA you see.

*** The ACT Sum category is the addition of all 4 parts of the ACT. Add your English, Math, Reading, and Science scores together to get this score.

*** The ACT category is the Overall/Composite Score.

***If your GPA is below a 2.0 you are ineligible to even be considered for a Division 2 program. You will need to take college classes and prove that you will be successful and apply again the next year.

NAIA (National Association for Intercollegiate Athletics)

For those attracted to a smaller, Division 3 style school, another choice is the NAIA. For the most part, the NAIA consists of Division 3 sized schools, but they are able to provide scholarships to students.

In Ohio there are 6 NAIA schools (there are 250 schools nationally):

- Lourdes University in Sylvania
- Mount Vernon Nazarene in Mount Vernon
- Ohio Christian University in Circleville
- Shawnee State University in Portsmouth
- University of Northwestern Ohio in Lima
- University of Rio Grande in Rio Grande

Sports played in the NAIA:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Cross Country (M & W)	Basketball (M & W)	Baseball
Football	Bowling (M & W)	Golf (M & W)
Soccer (M & W)	Competitive Cheer	Lacrosse (W only)
Volleyball (W)	Competitive Dance	Track and Field (M & W)
	Indoor Track and Field (M & W)	Softball
	Swimming and Diving (M & W)	Tennis (M & W)
	Wrestling (M & W)	Volleyball (M)

NCAA vs NAIA:

	NCAA D1	NCAA D2	NCAA D3	NAIA	NJCAA (2 year schools)
# of universities	351	308	443	250	500
# of student athletes	180,000	122,000	191,000	65,000	59,000
Scholarships	Yes	Yes	No	Yes	Yes

How to treat recruitment:

1. The rules are really very similar to the NCAA. The NAIA is a little less strict as far as coaches contacting athletes, but overall I would encourage you to follow the guidelines provided here.
2. One major difference is that you will go to mynaia.org to register to be recruited.

GPA and Class Worksheet

Freshman year/8th grade:

Class	Credits	Grade

of A's credits: _____ x 4 = _____

of C's credits: _____ x 2 = _____

of B's credits: _____ x 3 = _____

of D's credits: _____ x 1 = _____

Total points: _____ divided by total credits: _____ = _____

Sophomore year:

Class	Credits	Grade

of A's credits: _____ x 4 = _____

of C's credits: _____ x 2 = _____

of B's credits: _____ x 3 = _____

of D's credits: _____ x 1 = _____

Total points: _____ divided by total credits: _____ = _____

Junior year:

Class	Credits	Grade

of A's credits: _____ x 4 = _____

of C's credits: _____ x 2 = _____

of B's credits: _____ x 3 = _____

of D's credits: _____ x 1 = _____

Total points: _____ divided by total credits: _____ = _____

Senior year:

Class	Credits	Grade

of A's credits: _____ x 4 = _____

of C's credits: _____ x 2 = _____

of B's credits: _____ x 3 = _____

of D's credits: _____ x 1 = _____

Total points: _____ divided by total credits: _____ = _____

Glossary of Important Terms

Athletic Scholarships:

Athletics scholarships are awarded by NCAA Divisions I and II colleges and universities. Scholarships are awarded in a variety of amounts. Colleges and universities are permitted to provide a student-athlete with tuition and fees, room, board and required course-related books. Division III colleges and universities do not award financial aid based on athletic ability, but your PSA may be eligible to receive academic scholarships or need-based financial aid.

Contact Period:

This is the time period during the school year in which it is permissible for coaches to contact you. Contact is any face-to-face encounter between a PSA or the PSA's parents, relative, or legal guardian and an official representative of a college. An "encounter" is an exchange in excess of a greeting. There are several periods like this throughout the year, so it's important for you to know when to expect them, and when "blackout dates" are (the period of time when a coach is prohibited from contacting you). Knowing these dates will help alleviate stress when you are wondering why the coach has suddenly gone silent or cannot see you.

Division I:

DI schools generally manage the largest athletics budgets and offer the most generous number of scholarships. Schools who are members of Division I commit to maintaining a high academic standard for student-athletes in addition to a wide range of opportunities for athletic participation. Participation in DI sports is a 12 month commitment: in season competition and off season conditioning. The NCAA regulates the number of hours spent per week a coach can hold practice, require his team to watch game film, hold off-season scrimmages and compete in in-season competitions. Because of the hours spent at practice and the travel time involved with games, limits are put on the student athlete's choice of classes and participation in other campus activities. Therefore, the student athlete's commitment to the sport is paramount. 11

Division II:

DII is a collection of approximately 300 colleges and universities that provide thousands of student-athletes the opportunity to compete at a high level of scholarship athletics while excelling in the classroom and being fully engaged on campus. This balanced life is at the heart of the Division II philosophy.

Division III:

DIII is the largest division in the NCAA, with more than 175,000 student-athletes and 439 member schools. Division III colleges and universities develop student-athlete potential through a holistic, comprehensive educational approach that includes rigorous academics, competitive athletics, and the opportunity to pursue other interests and passions on campus. Division III minimizes potential conflicts between athletics and academics, has shorter playing and practicing seasons, a lower number of contests, a ban on redshirting and out-of-season organized activities, and a focus on regional in-season and conference play. Division III college bound student-athletes are not certified by the NCAA Eligibility Center because Division III colleges and universities each set their own admissions standards. College bound student athletes should contact their Division III college or university of interest regarding policies on admission, financial aid and athletics eligibility.

Early Signing Period:

Each sport has an early signing period at the beginning of the school year. This gives college coaches a chance to secure high school athletes early in their high school career. Be aware of dates associated with the Early Signing Period: make sure you don't sign a NLI prior to the start of the Early Signing Period, and be sure to return it to the coach prior to the expiration date of the offer.

NCAA:

National Collegiate Athletic Association (www.NCAA.org) was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences, and organizations. The member institutions develop the rules and guidelines for athletic eligibility and athletic competition for each of the three NCAA divisions.

National Letter of Intent- "NLI":

A National Letter of Intent- NLI- is signed by a college-bound student-athlete when the student athlete agrees to attend a Division I or II college or university for one academic year. Participating institutions agree to provide financial aid for one academic year to the student athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. The National Letter of Intent is voluntary and not required for a student athlete to receive financial aid or participate in sports.

Official Visits:

Any visit to a college campus by a college-bound student-athlete or his or her parents which is paid for by the college is an Official Visit. During an official visit the college can pay for transportation to and from the college for the prospect, lodging and three meals per day for the prospect and the parent or guardian, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and ACT, SAT or PLAN score and register with the NCAA Eligibility Center.

PSA:

This is an abbreviation for “Potential Student Athlete,” a term used to describe an athlete who has begun his/her 9th grade classes and who is interested in playing sports during college.

Signing Day:

This day occurs during the Regular Signing Period. It is when the student athlete confirms their intent to attend a school. By signing the NLI, the student athlete is committing him/herself to attend and play sports at a specific college. The Signing Period varies for each sport, so be sure to visit the NCAA website to find the appropriate date for your sport. Realize that when you sign a NLI you are signing to the school, not the coach; if the coach leaves the school prior to your arrival you are still bound to compete at that school. A student athlete who has signed a NLI may request a release from his or her contract with the school. If a student athlete signs a NLI with one school but then attends a different school, he/she will lose one full year of eligibility and must complete one full academic year at the new school prior to being eligible to compete.

Unofficial Visit:

Any visit by the PSA and/or parents to a college campus paid for by the PSA and/or parents. The only “gift” a PSA may receive from the college is three complimentary admissions to a home athletic event. A PSA may make as many unofficial visits as he/she likes and may take those visits at any time. The only time a PSA cannot talk with a coach during an unofficial visit is during a dead period.

Verbal Commitment:

A verbal commitment offered by a coach to a PSA is a public statement declaring the desire of the coach to have that PSA play for his/her team and attend their school. It is a non-binding, oral agreement between the PSA and the coach at the school. The only binding nature of the commitment is the PSA's word and the school's promise. The important thing to note is the non-binding nature of this agreement. It is not uncommon for a PSA to verbally commit to one school yet sign a NLI with another, -or vice versa- for a school to offer a verbal commitment to a PSA, yet retract it and offer a NLI to another PSA, or for the Admission Office to decline admission to the school.

Walk-on:

The term walk-on is used to describe an athlete who becomes part of the team as the result of trying out during preseason practice without being actively recruited beforehand or awarded an athletic scholarship. There are two categories of walk-ons: Preferred walk-on and Regular walk-on.

Preferred walk-on:

When a coach offers a PSA a preferred walk-on spot, it is a verbal non-binding offer of special consideration during preseason practice. The PSA's performance will be critically evaluated above regular walk-ons for a spot on the roster. Preferred walk-on status is a nonbinding "handshake" with a coach for a non-scholarship spot on the roster for the first year. However, a scholarship may be offered during the following year based on performance.

Regular walk-on:

This is an opportunity to try out for the team during preseason practice for a spot on the roster. No scholarship will be offered the first year, however, a scholarship may be offered for the following years based on performance. This is a more difficult situation than a preferred walkon, but still a solid opportunity for many student athletes.

Sports Resume for a student participating in an Individual Sport

Name: _____
Address: _____
Phone Number: _____
Email: _____
Team (high school): _____
Travel Team or Club: _____

Key Statistics:

GPA: _____ Height: _____
ACT Score: _____ Weight: _____
Best score or time: _____ What year? _____

Junior Year Highlights:

GPA: _____
Best scores/times: _____ Date: _____
Championship events: _____
Position: _____
Awards: _____

Sophomore Year Highlights:

GPA: _____
Best scores/times: _____ Date: _____
Championship events: _____
Position: _____
Awards: _____

Freshman Year Highlights:

GPA: _____
Best scores/times: _____ Date: _____
Championship events: _____
Position: _____
Awards: _____

Sports Resume for a student participating in an Team Sport

Name: _____

Address: _____

Phone Number: _____

Email: _____

Team (high school): _____

Coach: _____

Travel Team or Club: _____

Coach: _____

Key Statistics:

GPA: _____

Height: _____

ACT Score: _____

Weight: _____

Best score or time: _____

What year? _____

Sport Statistics:

Sport: _____

Position: _____

Varsity years started: 9th: _____, 10th: _____, 11th: _____, 12th: _____

Junior Year Stats:

Statistics: _____

Athletic Awards: _____

Academic Awards: _____

Sophomore Year Stats:

Statistics: _____

Athletic Awards: _____

Academic Awards: _____

Freshman Year Stats:

Statistics: _____

Athletic Awards: _____

Academic Awards: _____