



## Pathway to College Information

### ***A. Differences in Collegiate Associations***

#### *Division I*

Division I schools must sponsor at least seven sports for men and seven for women (or six for men and eight for women), with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100 percent of the minimum number of contests against Division I opponents — anything over the minimum number of games has to be 50 percent Division I. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed. For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=1>

#### *Division II*

Division II institutions must sponsor at least five sports for men and five for women, (or four for men and six for women), with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student/athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs. For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=2>

#### *Division III*

Division III institutions must sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student/athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=3>

NAIA



The National Association of Intercollegiate Athletics (NAIA) has different eligibility requirements for student-athletes. To be eligible to participate in intercollegiate athletics as an incoming freshman, two of the following three requirements must be met:

1. Have a 2.0 (C) or higher cumulative final grade point average in high school.
2. Have a composite score of 18 or higher on the ACT Assessment or an 860 total score or higher on the SAT I on a single test administered on a national test date.
3. Have a top-half final class rank in his or her high school graduating class.

Student-athletes must also have on file at the college an official ACT Assessment or SAT I score report from the appropriate national testing center. Results reported on the student's high school transcript are not acceptable. Students must request that their test scores be forwarded to the college's admission office. If you have additional questions about NAIA eligibility, contact them at: NAIA, 23500 W. 105 Street, P.O. Box 1325, Olathe, Kansas 66051-1325 or by phone at 413-971-0044 or on-line at: <http://www.naia.org>. For a list of member schools: <http://naia.cstv.com/member-services/about/members.htm>

For rules on financial aid, campus visits, etc. refer to Article II: [http://graphics.fansonly.com/schools/naia/member-services/pubs/handbook/2007-08\\_Official\\_Handbook.pdf](http://graphics.fansonly.com/schools/naia/member-services/pubs/handbook/2007-08_Official_Handbook.pdf)

#### *NJCAA*

The National Junior College Athletic Association (NJCAA) is the governing body of intercollegiate athletics for two-year colleges. As such, its programs are designed to meet the unique needs of a diverse group of student-athletes who come from both traditional and nontraditional backgrounds and whose purpose in selecting a junior college may be as varied as their experiences before attending college. For information on schools and eligibility requirements go to: <http://www.njcaa.org/> For a list of member schools by gender and sport: <http://www.njcaa.org/members-sport.cfm>

#### *NCCAA*

The National Christian College Athletic Association was incorporated to provide a Christian based organization that functions uniquely as a national and international agency for the promotion of outreach and ministry, and for the maintenance, enhancement, and promotion of intercollegiate athletic competition with a Christian perspective. For information on schools and eligibility requirements go to: <http://www.thenccaa.org/> For a list of member schools by region: [http://www.thenccaa.org/member\\_schools.html](http://www.thenccaa.org/member_schools.html)



## **B. NCAA Rules**

The NCAA rulebook is thicker than the yellow pages. Following some basic rules will keep you out of trouble. However, you do need to understand some specifics of person-to-person contact.

Telephone Calls- In all sports other than football and basketball, phone calls **from** coaches can take place on or after the following dates.

- *NCAA D1* – College coaches can place 1 call weekly starting July 1 after junior year.
- *NCAA D2* – College coaches can place 1 call per week starting June 15th after completion of your junior year.
- *NCAA D3* – Unlike D1 and D2, there are no restrictions as to when a D3 coach can call a prospect in high school. The NCAA feels that smaller D3 schools do not have the time, money, or resources to abuse this privilege, which will often be true.
- **NOTE:** In any grade, coaches may RECEIVE calls from students who are paying for the call at ANY TIME. However, if a message is left, the coach cannot return the call until the proper time.

### Official Visits-

*Division 1* – You are allowed **5** official visits to different schools of your choice (provided the school has invited you). In order to go on an official visit, you need to provide the college your current transcript on an official school document and your PSAT/SAT/ACT score. Official visits are paid for by the school and include round-trip transportation, lodging, food, and tickets to a game for you and in some instances for your parents. Official visits cannot exceed **48** hours.

*Division 2* – The same rules apply for official visits for D2 schools. Regardless of the division classification of the schools you visit, you are allowed **5 total** official visits at the NCAA D1 and D2 level. As long as you only use five official visits, they can be broken up as you chose between D1 and D2 schools.

*Division 3* – You are allowed the same expense paid official visit to a D3 school as to a D1 or D2 school. While you can only make **1** per school, you can visit as many schools as you would like, as the limit of **5** does not apply for D3 schools. Many D3 schools cannot offer paid official visits due to the expense of bringing a student athlete to their campus.

### *Athletic Eligibility*

The NCAA Clearinghouse processes ALL inquiries regarding an individual's initial eligibility status to play NCAA D1 and D2 athletics. If you have aspirations of playing college athletics you **MUST** register with the NCAA Clearinghouse by the end of your junior year. **NO EXCEPTIONS!**



#### *The Quick Facts:*

- NCAA D1 and D2 have standardized minimum academic requirements for S-A's entering college. If you want to play, you have to register and qualify according to the requirements. No one is exempt! (Except D3 bound S-A's, they do not have to register with the Clearinghouse)
- Register at the end of your **Junior Year** by going to [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) and/or working with your HS guidance counselor to get all the necessary documentation.
- If you attended more than one HS, you need official transcripts from each school, mailed directly to the Clearinghouse. Don't mail them yourself.
- The Clearinghouse is in NO way part of the admissions process to a particular college.
- NCAA member institutions (schools recruiting you) will request your information from the clearinghouse, you will never send it to anyone yourself.
- You must submit a final transcript of your HS grades to the Clearinghouse when you graduate.

#### *How Is Eligibility Calculated?*

The NCAA Clearinghouse uses a sliding scale that compares your GPA and SAT/ACT scores. Unfortunately, most schools have far higher standards than what the NCAA Clearinghouse sets, so it's possible to be eligible according to the NCAA Clearinghouse, but not get accepted to many individual colleges. The NCAA Clearinghouse doesn't make admission decisions – only schools make admission decisions.

#### *Core Course Requirements*

In order to be eligible, you must also complete **16** core courses in high school, as follows:

- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural/physical science (1 year of lab)
- 1 year of additional English, math or natural/physical science
- 2 years of social science
- 4 years of additional courses (from any are a above or foreign language, non-doctrinal religion/philosophy, computer science)

You must earn a combined SAT or ACT sum score that matches your core- course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

*NOTE:* D2 eligibility is slightly different, requiring 3 yrs of English and 2 yrs of additional English, math or natural/physical science as opposed to 4 and 1 listed for D1, as well as 3 years of additional courses. \*\* The NCAA Clearinghouse Web site has a list of all high schools and approved core courses at those schools. If you are in doubt about a particular class, research your school and classes online or ask your counselor.

*Junior College Requirements* – You need to graduate from high school.



*NAIA Requirements* – meet 2 out of the following criteria. **(1)** Score 18 on the ACT or 860 on the SATs; **(2)** Have a GPA of at least 2.0 on a 4.0 scale; **(3)** Graduate in the top 1/2 of your high school class.

### *Financial Aid*

Financial Aid is often a resource that many families fail to take advantage of.

**There is far more money in financial aid and grants than there is athletic scholarship money.** There are many types of aid, so don't dismiss any school due to cost until you have explored all the financial possibilities at your disposal. While there will be many schools out of your reach financially, you may also find many colleges offering generous financial aid packages based on your need and your academic record. Smaller and less well-known colleges will often offer more aid to students in an attempt to attract more talented students to their school.

The Federal Student Aid Information Center (FSAIC) has established a number for more assistance. Their number is 1-800-433-3243. They also publish *The Student Guide: Financial Aid* from the US Department of Education, which can be obtained free of charge. The FAFSA Web site will also have detailed information on the process.

*Where can I get the FAFSA form (Free Application for Federal Student Aid)?* You can get the FAFSA form at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and apply online.

*When does the form need to be submitted?* As soon as you can "after" January 1 of your senior year. Colleges will need your financial aid information with your application!

*What type of information will I need to provide with the FAFSA form?*

- Students Social Security Number
- Student's income tax returns, W-2, & 1099 Forms.
- Parent's income tax returns, W-2, & 1099 forms for previous year.
- Bank statements and mortgage information. - Records of untaxed income.
- Information regarding stocks, bonds, & mutual funds that your family holds.
- Information on childcare costs, medical expenses, and other unusual family expenses.

### *Researching Schools*

One of the common misconceptions in recruiting is believing that athletes are **discovered**. While the very best high school athletes that play in high level traveling programs and showcase camps may be discovered, **most college coaches rely on student-athletes contacting them**. The most successful recruits are usually those who possessed a combination of athletic skill and academic talent and worked hard to research different colleges that might be a potential fit for their skills and desires. As we stated earlier, there are over 1,000 NCAA colleges at 3 levels, and it's important to explore all your options. The goal of the recruiting process is not simply to get recruited by colleges, but to recruit your own schools. You are as much a part of the process as the coach is.



### ***C. Writing An Email to College Coaches***

For elite athletes and those wanting to continue playing their sport in college, contacting the coach of your prospective school is usually the first step to securing a college scholarship. Writing an email to a college coach may seem intimidating at first, but with these helpful hints you'll be sure to make a good impression.

First, whether this is your first email or tenth email, it is always important to be professional when contacting the coach. Always address the email using the coach's last name. Taking the time to look up their name shows the coach that you are truly interested in the school and the program. Including the coach's name, as well as explaining why you are interested in the school and what attracts you to the program, will help keep the email engaging and personal.

Remember, coaches love to hear from student-athletes, but they're also extremely busy people. Keeping your email short and to the point will not only show the coach that you respect their time, but will also make it interesting and professional. Include things like your current grade and grade point average, SAT/ACT scores, position, sport stats (goals scored, starts, etc.), team name, and what tournaments you will be attending in the future. A coach can easily verify these points so be sure not to exaggerate. Being completely honest and confident in your abilities will make the best impression.

In addition to your accomplishments and abilities, providing the phone numbers of your club and high school coaches or a website link to a scouting page will give the coach a better idea of how you play.

Lastly, don't be discouraged if you don't receive a response immediately. NCAA recruiting rules prohibit coaches from sending personalized emails to prospects until September 1<sup>st</sup> of your junior year (NAIA coaches are allowed to contact players at any time). Before then, coaches may only send you questionnaires and sports camp brochures. If you are eager to talk to a coach, but still in your freshman and sophomore year, remember that coaches are still able to take your phone calls.

### ***D. Video Footage***

In most cases, coaches observing events, league play and or scrimmage games will recruit players'. Sometimes coaches will attend training sessions to see how players do in a more controlled environment. So for 90% of the players', video footage may not be necessary. However there will be some situations that require a coach needing video footage to evaluate a player due to demographics, time in the recruiting process or institutions travel budget restrictions. If you plan to make a Video, follow the guidelines below.

A good videotape will include:

- 10 to 15 minutes of unedited game film. It should be no longer than 15 minutes.
- Some highlight clips. Show different skills. Use game film when possible.
- A skills tape. For field players, that consists of:
  - Receiving, both in the air and on the ground
  - Distributing, different types
  - Shooting, both power and finesse



- Dribbling
- Agility with the ball, how fast in a straight line and how fast going 30 yards in and out of 6 cones

For a goalie it can consist of:

- Crosses and shot stopping
- Footwork
- Verbal communication in a game situation
- Participation in different goalie drills

PLEASE NOTE:

- It doesn't have to be professional
- Please do not include music
- It does help to use a tripod when filming so the footage is consistent.

### ***E. Recruiting Questions for College Coaches***

#### **Academic/Admissions**

- What are your most popular majors?
- Are there any majors that are most popular with athletes?
- Will my specific major interfere with my athletic schedule?
- What are the admission requirements for an athlete?
- Is there anything I should work on to improve in order to be accepted to your school?
- Does your program have a full-time academic advisor?
- Are there team study halls?
- Do most of your players graduate in four years (graduation % rate in 4 years)?
- Can the application fee be waived for athletes?
- Should I apply online or what would you suggest?
- Do you recommend an admissions interview?

#### **Athletic**

- What are the key positions you're looking to fill in the 20XX incoming class?
- Have I been evaluated by your coaching staff? What's their feedback?
- How many players are you recruiting at my position?
- What type of player are you looking for at my position?
- What is your recruiting timeline? When would you like your recruiting done for the class of 2013?
- What is your coaching style/philosophy?
- What advantages are there for student-athletes, in comparison to the regular student body?
- How many or what percentage of athletes make your team as a walk-on?
- What type of off-season activities are expected?
- Am I allowed to participate in other sports?



- Do you intend to invite me for an official visit?
- What is the “day in the life” for a team member of your team during the season? During the off-season?
- What goals do you have for you team during the next 4-5 years?
- Are student-athletes allowed to be in a fraternity/sorority?

### **Scholarship**

- How many scholarships do you still have available for my Class (of 20XX)?
- Are you considering me for a scholarship?
- What determines if a scholarship is renewed?
- What type of academic scholarships are available? What about other grants and aid?
- Do I have to apply before a scholarship can be offered?
- What happens if I'm injured?
- Will I be eligible to receive more money next year?

### **College Life**

- Are your players close with each other outside of training and matches?
- Do teammates typically live together?
- What is housing like on campus?
- Do many student-athletes live on campus all four years?
- Is it realistic to work part time, study and play a sport?
- What are the biggest challenges for a student-athlete at your school?
- What type of orientation program is offered for incoming freshmen?

### **Questions a coach might ask a prospective student-athlete:**

- How are you doing in school?
- What is your favorite subject? Least favorite subject?
- What about our school interests you?
- What are you looking for in a school?
- What other schools are recruiting you?
- Have you visited our campus?
- Do you plan to visit?
- What is your biggest strength as a player?
- What is your biggest weakness as a player?
- What do you want to major in?
- What is your upcoming schedule?



#### ***F. Recruiting Terms***

**REDSHIRT** – A term used to describe a student-athlete who does not compete in athletic competition and is granted an extra year of eligibility. A red shirt may practice and travel with the team. **NLI** – The National Letter of Intent is a legally binding document that an athlete signs with a school. It signifies the award of athletic scholarship money for one year. It is used at all NCAA D1 and some NCAA D2 institutions. You can only sign one with an NCAA school. It is not used at the D3 level.

**PROSPECTIVE STUDENT-ATHLETE** – You become a prospective student-athlete S-A when you enter the 9th grade.

**FAFSA** – Free Application for Federal Student-Aid – is the form you fill out that determines your **EFC**. Colleges use this to calculate and award financial aid.

**EFC** – Expected Family contribution is the amount of money a college expects you to contribute to your education based on your FAFSA information. If a college costs \$20,000 and your EFC is \$10,000, your need is \$10,000.

**CORE COURSES** – Core courses such as math, English, science, history, social studies – that the Initial Eligibility uses to determine your eligibility at the D1 and D2 level.

**CONTACT PERIOD** – During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

**DEAD PERIOD** – A college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.

**EVALUATION PERIOD** – The college coach may watch you play or visit your high school, but cannot have any in-person conversations with you and your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

**QUIET PERIOD** – The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this period.