



# GUIDE FOR COLLEGE-BOUND STUDENT-ATHLETE



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## CHOOSING THE RIGHT SCHOOL

At the end of the day, finding a match is about answering YES to the following questions:

- ***Am I being realistic with my choice of schools?***

Have a clear outlook on what level you aspire to play at and make realistic choices. (Think about the Top 5 schools you are interested in and what conference you might want to play in).

- ***Can I be accepted to this school based on my academic record?***

If you cannot get accepted, your recruiting process is over. It doesn't matter how good you are or how much the coach wants you. Most coaches won't even talk about athletics until they have qualified you academically!

- ***Do I have the athletic skill to play for this school?***

If you don't have the skills to play for a certain program, it doesn't matter how badly you want to go there, no one wants to get cut or sit on the bench. It's important to find programs that fit your level of athletic play.

- ***Does the coach have the ability to evaluate my skill somehow?***

If a coach cannot physically see you play through an actual game or through a video, they may have a difficult time feeling confident in your ability and might lean towards other recruits who they have seen perform.

- ***Is this coach truly interested in having me play for their program?***

Some coaches encourage kids to "try out" or "walk on." You need to know if a coach is interested in you as a person and as an athlete.

- ***Can I afford to go to this school?***

The national tuition average for private college is over \$19,000 a year and some are approaching \$40,000 per year. College is not cheap and despite your desires and the availability of financial aid, there will be some colleges you cannot afford to attend. This is a reality that needs to be accepted, and you need to apply your energy to other schools that are more affordable. It's important to note that you should never dismiss any school because of cost until you have explored all your financial options with the coach and with the institution.



- ***Does this school offer academic programs I am interested in?***

If you want to be an architect or an engineer, it's important to find schools that offer those programs. If you have no idea what you want to do, it's important to find schools that have a wide variety of programs that you can explore. You are going to school for an education and to enter the working world after college, so it's important to find school that offer academic programs you are truly interested in.

- ***Will I be happy and successful at this school?***

This is a difficult question to answer until you actually arrive at school. Schools may look great on paper or in person and then after a semester you might not like the players on the team or some other aspect of the school. When visiting and evaluating colleges, we try to encourage families to ask as many questions as possible from coaches, players, other parents, students, teachers, and anyone else you can find. Only then will you get a sense of the school before you actually enroll and arrive.

The national graduation rate for students who enroll in 4-year institutions is 60% from the institution they first enrolled in, so at some point, 40% of all college students transfer or drop out of the school they enrolled in. Much of that can be traced back to their decision-making before they enrolled. Wanting to participate in college athletics makes finding a match that much more difficult.



## TIPS FOR PARENTS AND PLAYERS

- **UNDERSTAND WHO IS RESPONSIBLE**

Many families falsely assume that their high school coach or club soccer coach are responsible for their child's recruiting process. However, the recruiting process is ultimately **your** responsibility

You are responsible for:

- Researching and evaluating schools
- Contacting college coaches
- Visiting schools and making decisions along the way

Your coaches may help with the process by determining where your skills fit in with different college levels and programs, writing recommendations, and even placing phone calls on your behalf to college coaches after you have initiated contact.

- **BE PROACTIVE**

The recruiting and college selection process is not something that should sneak up on your senior year. Success in recruiting is about matching up your academic talents, athletic talents, and desires with a given college program. The families that come the closest to finding an athletic, academic, and social match are the ones who usually have the best success in the recruiting process. (There are over 1,100 NCAA colleges at the D1, D2, and D3 level, and 500+ Junior College and NAIA schools).

- **DON'T FOLLOW THE HERD**

Many students put themselves in a position to fail, by only applying to popular schools. The problem is that everyone is applying to these schools and competition for admission is extremely difficult. (Harvard annually receives over 20,000 applications and admits roughly 10% of applicants each year). Make sure to do your research on all different types of schools as there are many quality ones out there.

- **BE REALISTIC**

The love, time, money, and passion you have poured into your son or daughter's athletic career, can often cloud your judgment of their potential for a college scholarship. Most parents are not realistic about the chances of receiving athletic scholarship money. While your talents may garner some athletic scholarship money, after D1 football and basketball, there is very little scholarship money to go around. Most coaches, even at the D1 level, have a limited amount of money for their team that they divide up amongst 10-20 players.



***There is far more money in the form of grants, merit aid, outside scholarships, institutional aid, and federal financial aid, than there is athletic scholarship money.***

You need to explore your options at all programs at all levels, and not focus your search solely on an athletic scholarship. You also need to seek out people that can give you a realistic evaluation of your son or daughters ability and how it applies to different levels. Ultimately, only a college coach can determine whether or not you can play for them.

- **BE EDUCATED**

There are a lot of confusing topics and terms that you will come across in the recruiting process: official visits, red shirts, scholarships, head- count sports, NLI, Clearinghouse, Dead period, and so on.

Your job is to learn the basics, understand your role in the recruiting process, understand how coaches recruit and what they look for, and understand what admission departments and schools look for.

It's not about rules; it's about understanding and working with the process.

- **GETTING IN FRONT OF COLLEGE COACHES**

- **Showcase Tournaments** - Even at club showcase events, a coach may see you play for 15 minutes, 30 minutes, or a half. They get hundreds of emails throughout the year and have hundreds of kids they could watch at every event.

If they are impressed enough, they will contact you and express their interest. It may be an offer to come visit. They may want to watch you again and look to arrange that with you. (They may ask you to come to their ID camp).

- **ID Camps** – if you are on the program's radar, in other words, they have personally invited you after expressing interest (not a generic mass email invite), then attending could be worthwhile. If you show up to an ID camp without any prior contact with coaches, your chances of being recruited are almost none.

For 90% of players, camps are necessary to get in front of a coaching staff directly to be evaluated. For the top 10% of players in the country, schools will seek them out.

***Chances are, you need to recruit the school first, then they will potentially recruit you.***



## DIVISION I ACADEMIC STANDARDS

Division I schools require you to meet academic standards for NCAA core courses, core-course grade-point average (GPA) and test scores. The standards are changing for students full-time for the first time at a Division I school on or after August 1, 2016.

<b>If you enroll BEFORE August 1, 2016</b>	<b>If you enroll AFTER August 1, 2016</b>
To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate high school and meet ALL of the following requirements:	To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate high school and meet ALL of the following requirements:
<b>COMPLETE 16 NCAA CORE COURSES</b> - 4 years of English - 3 years of Math (Algebra I or higher) - 2 years of natural/physical science - 2 years of social science - 1 additional year of English, math, or natural/physical science - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy	<b>COMPLETE 16 NCAA CORE COURSES</b> - 4 years of English - 3 years of Math (Algebra I or higher) - 2 years of natural/physical science - 2 years of social science - 1 additional year of English, math, or natural/physical science - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
EARN AT LEAST A 2.0 GPA IN YOUR CORE COURSES	COMPLETE 10 CORE COURSES, INCLUDING SEVEN IN ENGLISH, MATH OR NATURAL/PHYSICAL SCIENCE, BEFORE THE START OF YOUR SEVENTH SEMESTER, YOU MAY NOT REPEAT OR REPLACE ANY OF THOSE 10 COURSES FOR GPA IMPROVEMENT
EARN AN SAT COMBINED SCORE OR ACT SUM SCORE THAT MATCHES YOUR CORE-COURSE GPA ON THE DIVISION I SLIDING SCALE	EARN AT LEAST A 2.3 GPA IN YOUR CORE COURSES
	EARN AN SAT COMBINED SCORE OR ACT SUM SCORE THAT MATCHES YOUR CORE-COURSE GPA ON THE DIVISION I SLIDING SCALE FOR STUDENTS ENROLLING ON OR AFTER AUGUST 1, 2016.



## DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course GPA and test scores. The standards are changing for students who enroll full time for the first time at a Division II school on or after August 1, 2018.

If you enroll BEFORE August 1, 2018	If you enroll AFTER August 1, 2018
To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate high school and meet ALL of the following requirements:	To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate high school and meet ALL of the following requirements:
<b>COMPLETE 16 NCAA CORE COURSES</b> - 3 years of English - 2 years of Math (Algebra I or higher) - 2 years of natural/physical science - 2 years of social science - 3 additional year of English, math, or natural/physical science - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy	<b>COMPLETE 16 NCAA CORE COURSES</b> - 3 years of English - 2 years of Math (Algebra I or higher) - 2 years of natural/physical science - 2 years of social science - 3 additional year of English, math, or natural/physical science - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
EARN AT LEAST A 2.0 GPA IN YOUR CORE COURSES	EARN AT LEAST A 2.2 GPA IN YOUR CORE COURSES
EARN AN SAT COMBINED SCORE OF 820 OR AN ACT SUM SCORE OF 68	EARN AN SAT COMBINED SCORE OR ACT SUM SCORE THAT MATCHES YOUR CORE-COURSE GPA ON THE DIVISION II COMPETITION SLIDING SCALE



## DIVISION III ACADEMIC STANDARDS

- \* Division III schools provide an integrated environment that focuses on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play.
- \* While Division III schools do not offer athletic scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.
- \* If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center.

Division III schools set their own admissions and eligibility standards. You can visit [NCAA.org/d3](http://NCAA.org/d3) or contact the Division III school you are planning to attend.

- **NATIONAL TESTING DATES**

SAT	ACT
November 5, 2016	September 10, 2016
December 3, 2016	October 22, 2016
January 21, 2017	December 10, 2016
March 11, 2017	February 11, 2017
May 6, 2017	April 8, 2017
June 3, 2017	June 10, 2017

- **ONLINE STUDY GUIDES AND PRACTICE EXAMS**

- <https://collegereadiness.collegeboard.org/sat/practice>
- <http://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html>
- [https://www.powerscore.com/sat/help/content\\_practice\\_tests.cfm](https://www.powerscore.com/sat/help/content_practice_tests.cfm)
- <http://www.varsitytutors.com/act-practice-tests>



## DIFFERENCES IN COLLEGIATE ASSOCIATIONS

- **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:

- Have a 2.0 (C) or higher cumulative final grade point average in high school.
- 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.
- 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>.

- **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/>

- **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/>



## TIPS ON COMMUNICATION THROUGHOUT THE RECRUITMENT PROCESS

### GET YOUR NAME OUT THERE

- Begin to contact coaches your sophomore year, be broad and contact different coaches. By your junior year, you should narrow your search by school criteria and what meets your needs. Building relationships with multiple coaches might just result in several scholarship options when it is time to choose a college.

### RESEARCH EACH SCHOOL AND COACH

- Find out specific information about the athletic program you're contacting. Mention important wins or other recent success the coach has had. This kind of personal touch shows that you're interested in the coach and college

### EMAILING A COACH

- Initial Email – Email, complete with the recruit questionnaire (if available) and follow up with a phone call
- Have a professional sounding email address – Creating a new email account is free; there is no excuse for emailing a coach using your **baller123@aol.com** email address. Make it something simple with just your name or name and graduating class: **johndoe2016@gmail.com**
- The title needs to make the coach want to open it – Include your name, position and graduating class in the email. Coaches appreciate being able to tell what the email is about in the title.
- Follow up email with a phone call – The phone is the best way to get a hold of a coach, you should follow up an email with a phone call.
- Following up with Coaches who didn't respond to your initial emails: -
- When to Stop Emailing Coaches - If a coach has specifically told you that you do not qualify athletically or academically for their program, there is no need to continue to update them unless you have made drastic changes athletically or academically, you can then try reconnecting.

### \* KEEP IN MIND MUTUAL INTEREST \*

If a coach you are emailing finds themselves at a new program they will be scrambling for recruits. While you might have not been the right fit at their old program, you are at their new one.

If a program has several recruits they thought were going to commit back out; they are going to need to find recruits quick. You may be on their mind if you have been emailing.

While a coach may not think you are right for their program, they can and do reconnect recruits to other programs.



## 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.

You can continue to update coaches every 2-4 months. You want to send them updates on things like where you are playing, new highlight videos or updated academic performance. (This might seem like you're wasting your time because you aren't even sure the coaches are reading your emails; that is okay. The reason you are sending emails is you are exactly sure what is happening and want to assume you still have a chance).



## EMAIL TEMPLATE FOR PLAYERS REACHING OUT TO COLLEGE COACHES

Dear [Coach's Name],

My name is [Your Name], I am part of the class of [Your Graduating Class] at [Your High School] in [Your Hometown and State]. I am interested in [The Name of The University] and learning more about your program.

[Include information here about the research you did into their program]

I play [List your position or best events here and the name of your team]. Some of my best accomplishments to date are [list your top two or three best times, awards or recognitions].

You can view my complete online profile here [Link to your online profile if you have one].

Here is a link to my highlight tape [link to your online highlight tape]. Please feel free to contact my coach(s) [List the email and phone number for your high school and/or club team coach].

Here is my schedule:

Date – February 24-26 2017

Location – North Carolina

Name of Event – X,Y,Z Invitational Showcase

My Team Name – FC Lake County

[List your GPA and test scores here if you have taken them]. [Talk about what you like about the academic reputations of the school].

I will be following up this email with a phone call. I look forward to hearing back from you and learning more about your program.

Sincerely,

[Your Name]

[Email]

[Phone]

[Address]



## LETTER TEMPLATE FOR PLAYERS REACHING OUT TO COLLEGE COACHES

Dear (Coach's Name),

My name is (Your name) from (City and State) and I am writing to you because of my interest in playing (sport) at (college name).

I play for **FC Lake County** and I consider myself (add something about your athletic ability).

Just to tell you a little bit about myself. I am an (position) on my school and (Now talk about your club experience, any awards or honors, your work ethic, what you contribute most to the team).

As a student, I am (about you). I currently have a -- GPA and scored an -- out of **Insert** on my **ACT/SATs**. I plan on retaking the **ACT/SAT** (date). My goal is (score).

(Put in some extracurricular activities if applicable). (Your academic strengths). (Say something about the college/University's academic record and your interest there)

(Include some upcoming plans and goals in this paragraph). I hope that you are able to see me play. Below I have included a link to my NCSA scouting page for you to view as it includes highlight videos and my athletic and academic information.

I would love to meet you and talk about the possibility of being a part of your team in (Grad year). If there is anything I can do to help you decide whether I might be a good fit for your program, please don't hesitate to ask. I will follow up with you soon by phone and if you have any further questions I look forward to answering them for you.

Thank you very much for your time and I look forward to hearing back and contacting you via phone very soon.

Sincerely,  
[Your Name]  
[Email]  
[Phone]  
[Address]



## **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.

Highlight clips: Showing various techniques. (Use game film when possible).

### **For field players, a skills tape should consist of:**

Receiving, both in the air and on the ground

Distributing, different types and range

Playing out of Pressure

Shooting, both power and finesse

Dribbling

Agility with the ball

### **For a Goalkeeper, it can consist of:**

Crosses and shot stopping

Footwork

Verbal communication in a game situation

Participation in different GK activities

### **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.

Here is a link to an example of a recruitment video from a player in the FLC program:

<https://www.youtube.com/watch?v=dkqMfohxO1w&feature=youtu.be>



## TIPS FOR OFFICIAL VISITS

### ○ **FACTS**

Official visits cannot be made until the opening day of class senior year, no matter what division (The date will vary depending on your school).

You may only take ONE official visit per institution, no matter the division.

Coaches usually offer official visits to their top recruits. You must be invited on an official visit by a coach; you cannot invite yourself on one.

Per NCAA rules, you are allowed to make no more than five official visits to Division I and/or Division II schools and you can only take one visit, per school.

### ○ **SOME PROTOCOL**

Coaches will usually extend an official visit offer during a phone conversation with you, however, you do not have to wait for them to make the first move. It is okay to be upfront with the coach and ask him/her if they plan to offer you an official visit. Tell them that you are in the process of scheduling your official visits and you would like to know so you can plan accordingly. This will also show the coach that you are seriously being recruited at other places.

On your official visit, make it a priority to get a good feel for the college as a whole. You need to evaluate the campus, the students, your prospective teammates and the coaches. Ask yourself, “Is this a place where I can see myself being comfortable and happy, for four years, even if I could not play my sport?”

If you are visiting your number one choice and feel comfortable committing, go for it! If you have other visits pending or feel you need more time, tell the coach you want to take your other official visits, just to make sure you make an educated decision.

### ○ **WHAT TO WEAR AND HOW TO ACT**

Overdress as opposed to underdress. Typically recommended: nice jeans and a dress shirt on your visit. Some Ivy League and higher-academic schools that have a more conservative feel in general prefer recruits in a suit-and-tie.

A firm handshake, introduction and eye contact should be offered to everyone you meet while on your visit.

Try and converse in a clear tone, responding with “yes”, “no”, or “excuse me” when necessary – (not “yeah” or “nah” “huh” or “what”).

Have fun, be yourself, and make your friends, family and coaches proud.

Lastly – Don’t be nervous! They asked you there for a reason – because you’ve proven yourself on and off the field.



## 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 20XX?
- 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?



## NCAA CLEARING HOUSE

\* TO BE COMPLETED SENIOR YEAR \*

### **WHAT IS THE NCAA CLEARING HOUSE?**

The NCAA Clearinghouse is an organization outside of the NCAA which performs academic record evaluations to determine if a prospective student-athlete is eligible to participate at an NCAA Division I or II college as a freshman student-athlete.

### **WHY IS IT IMPORTANT?**

If you do not register to the NCAA Clearinghouse you are considered to be a non-qualifier. YOU CANNOT MAKE OFFICIAL VISITS (financed by the college) TO A COLLEGE CAMPUS, TRY OUT OR PRACTICE WITH A COLLEGE TEAM UNTIL THIS PAPERWORK IS FILED WITH THE NCAA.

### **WHAT DO I NEED TO DO?**

After your junior year, visit [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) and pay a registration fee (\$50 for domestic and \$75 for international students)

The procedure is as follows:

- If you wish to participate in Division I or Division II sports, you must submit your SAT/ACT scores directly to the Clearinghouse. The Clearinghouse code is 9999.
- You must fill out a “Domestic Student Release Form” (SRF) in September of your senior year. The form gives any high school you may have attended, the authority to release your transcript, and eventually, proof of graduation. It also gives the Clearinghouse permission to release all academic and testing information to the colleges that request it.
- Fill out and make three copies. Mail one copy to NCAA Clearinghouse
- Give two copies to Registrar who will, upon receipt, send it to NCAA Clearinghouse with transcript

- **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.

*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.

### **Free Money**

- Grants – are free money based on your FAFSA, your interests or your merits.
- Institutional Scholarships – check out what kind of grades and test scores you need to be automatically qualified for merit scholarships. You may be eligible for full rides at some schools.
- Private Scholarships – are those that you may spend hours searching online. Apply for as many private scholarships as possible, including local and national awards.

### **Financial Aid Federal Loans**

Apply for federal money by filling out the FAFSA as soon as possible after January 1st of your senior year. Don't borrow more than you need!

### **PLUS Loans**

PLUS loans are loans your parents take out to put toward your higher education. They may borrow up to the full amount of your education, incl. tuition, books, travel, and fees.

### **Private Loans**

Like federal loans, private loans help you pay for school that you have to pay back. Apply through banks or loan company.

*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?**

A 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.



## RECRUITING TIMELINES

### NCAA DIVISION I

<b>RECRUITING METHODS</b>	<b>SOPHOMORE YEAR</b>	<b>JUNIOR YEAR</b>	<b>SENIOR YEAR</b>
<b>ELECTRONIC CORRESPONDENCE</b>	NONE	All forms of electronic correspondence permissible Sept 1 of your junior year  Correspondence must be private until you provide a written commitment to the NCAA school	All forms of electronic correspondence permissible Sept 1 of your junior year  Correspondence must be private until you provide a written commitment to the NCAA school
<b>RECRUITING MATERIALS</b>	You may receive brochures for camps, questionnaires, NCAA materials, and non-athletics recruiting publications	You may begin receiving September 1 of your junior year	ALLOWED
<b>TELEPHONE CALLS</b>	You may make calls to the coach at your expense only  College coach CANNOT call you	You may make calls to the coach at your expense  College coaches may call you beginning September 1 of your junior year	You may make calls to the coach at your expense  Unlimited calls after you sign a NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you
<b>OFF-CAMPUS CONTACT</b>	NONE ALLOWED	Allowed starting July 1 after your junior year	ALLOWED
<b>UNOFFICIAL VISIT</b>	You may make an unlimited number of unofficial visits, except during a dead period	You may make an unlimited number of unofficial visits, except during a dead period	You may make an unlimited number of unofficial visits except during a dead period



<p><b>OFFICIAL VISIT</b></p>	<p>NONE ALLOWED</p>	<p>NONE ALLOWED</p>	<p>Allowed beginning opening day of classes your senior year</p> <p>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges.</p> <p>There is no limit to official visits to Division II colleges.</p>
<p><b>HOW OFTEN CAN A COACH SEE ME OR TALK TO ME OFF THE COLLEGE'S CAMPUS?</b></p>			<p>May contact you or your parents/legal guardians not more than three times.</p> <p>Unlimited number after you sign a NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you</p>



NCAA DIVISION II & III

<b>RECRUITING METHODS</b>	<b>DIVISION II</b>	<b>DIVISION III</b>
<b>RECRUITING MATERIALS</b>	<p>You may receive brochures for camps, questionnaires, NCAA materials, and non-athletics recruiting publications at any time</p> <p>A coach may begin sending you printed recruiting materials June 15 before your junior year in high school</p>	<p>You may receive printed materials any time</p>
<b>TELEPHONE CALLS</b>	<p>No limit on number of calls by college coach beginning June 15 before your junior year</p> <p>You may make calls to the coach at your expense</p>	<p>No limit on number of calls or when they can be made by the college coach</p> <p>You may make calls to the coach at your own expense</p>
<b>OFF-CAMPUS CONTACT</b>	<p>A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year</p> <p>No limit on number of contacts off campus</p>	<p>A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year</p> <p>No limit on number of off-campus contacts</p>
<b>UNOFFICIAL VISIT</b>	<p>You may make an unlimited number of official visits any time, except during a dead period</p>	<p>You may make an unlimited number of unofficial visits any time</p>
<b>OFFICIAL VISIT</b>	<p>You may make official visits starting June 15 before your junior year</p> <p>You may make only one official visit per college and up to a maximum of 5 official visits to Division I colleges.</p> <p>There is no limit to official visits to Division II colleges.</p>	<p>You may make official visits starting January 1 of your junior year</p> <p>You may make only one official visit per college and up to a maximum of five official visits to Division I colleges.</p> <p>There is no limit to official visits to Division III colleges.</p>



## 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 DI and some NCAA DII institutions. You can only sign one with an NCAA school. It is not used at the DIII 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.



## WEBSITES FOR MORE INFORMATION

<http://www.aie.org> – News about the college experience from national publications, financial aid timelines and answers to FAQs.

<http://www.allstudentloan.org> – Learn the difference between grants, loans and scholarships & calculate how much \$ you'll need for college.

<http://ww12.aesmentor.org> – Find links to online college applications, search for colleges and discover your learning type.

<http://www.fastweb.com> – Will direct you to a list of scholarships for which you may be eligible.

<https://studentaid.ed.gov/sa/> – A government run site with college planning timelines, access to online version of FAFSA & borrowing tips.

<https://www.unigo.com/scholarships#/fromscholarshipexperts> – Charges a small fee to match you to the scholarships for which you qualify.

<http://www.braintrack.com> – Contact info for more than 6,900 universities around the world.

<https://www.essayedge.com> – Offers help for the essay required for your application to colleges.

<https://www.collegeboard.org> – Administers the SAT, visit for testing dates, fees, test-taking advice and prep.

<http://www.act.org> – ACT dates and locations, fees, and enrollment info

[2016-17 NCAA Guide for College-Bound Student-Athletes](#) (Download Free PDF)

