



STUDENT-ATHLETE PATHWAY TO A UNIVERSITY/COLLEGE

Your **Grade 11 (Junior)** marks and overall performance during this year can help you make better decisions. You have more options to consider when it comes to what direction you would like to take after high school. This includes where and what you want to study. **Everything starts to get more serious. There's a lot of athletic and academic work ahead to prepare for the final two recruitment seasons.**

Your priorities in Grade 11 – u16/u17 (Junior)

- Social Media accounts should all be cleaned up as coaches are researching and investigating you in every aspect the minute you contact them. Assistant Coaches will begin the screening process and only forward your name if they know you're a good person.
- Register, study for and take the SAT and/or ACT.
 - ✓ Register for a SAT /ACT Prep Course – this will ensure you are trained on how to take the test.
 - ✓ Academically, you need to do well on your SAT or ACT. Most American universities/colleges have minimum scores entrance requirements, so make sure your score meets those requirements – and retake the tests if you fall short. Submit the test results to those schools you're interested in and to the [NCAA Eligibility Center](#). Remember – you can't schedule any official school visits until you've taken an official SAT or ACT.
 - ✓ Register for SAT/ACT Tests at least 2 – Unlimited tests can be taken and submitted and only your best scores will be considered.
 - ✓ Some Canadian universities also accept SAT scores along with your high school transcripts
- Reach out to at least 20 university/college coaches in Canada and USA to be on their radar to be scouted. You are in a serious competition among 100's to 1000's.
 - ✓ The more you do the more interest you will generate between coaches who do talk to one another.
 - ✓ Visit at least 2 to 3 universities within a 5-hr drive from home to introduce yourself to the coach and find out the right fit for you.
 - ✓ Talk to past players within the Club.

- ✓ Talk to your friend's siblings who are attending a university/college.
- Consider a list of individuals you need to ask for a letter of recommendation.
- Review and update your Player Profile to showcase your academic and soccer highlights.
- Review and update a Short Highlight Video (links to full games online for them to watch).
- Complete online recruiting forms listed on most university/college web sites. Search for colleges on your list and look for the prospective student-athlete form.
- Review the academic requirements for eligibility for: (See the web page)
 - ✓ University/Colleges in Ontario
 - ✓ University/Colleges outside of Ontario in Canada
 - ✓ University/Colleges in the NCAA Division 1 & Division 2
- Register with the [NCAA Eligibility Center](#)
 - ✓ (Don't wait until your final year – if you have not done so please do so NOW).
- Start cracking down on your university/college list
 - ✓ You need to learn all you can about the institutions you are seriously interested in. Attend post-secondary seminars, research websites, do research on campus culture and classes offered and take a few campus visits.
 - ✓ The goal is to determine which university/college best fits you.
- Ensure you are on track to meet admissions criteria for your potential institutions.
 - ✓ Find out what the admissions criteria are for each of the institutions in which you're interested. Make sure you're taking the right classes – and getting the right grades – to meet those admissions standards. Then go one step further and take some challenging courses that you can balance with your sport.
- Contact the coach verbally to enquire how interested they are in you.
 - ✓ You can tell if a coach is interested in you as a recruit if they're actively communicating with you through letters, emails, phone calls, texts, or social media. If a college coach reaches out to you after receiving your emails, then they are interested in learning more about you or recruiting you.
 - ✓ If a coach is not responding to your communications, then move on and re-prioritize your list of institutions.

University/College Pathway for Student-Athletes from Canada – What Canadian high-school credits will count for NCAA Eligibility

Each province in Canada has a list of core courses approved for use towards NCAA eligibility. Ensure you carefully review the approved core course list for your province.

- [NCAA Core Courses for Canadians](#)
- [List of NCAA Canadian Core Courses for Eligibility](#)
- [NCAA Core Courses for Ontario](#) (Use Code **998003**)

NCAA Initial Eligibility vs University Admission

It's important to understand that this is a **separate process**. Each university will have its own admissions process and it's important to check the websites of the University/Colleges you are considering. You must send your transcript and SAT or ACT test scores to BOTH the NCAA Eligibility Center AND the Admissions office of the universities. Be sure to contact the post-secondary admissions office early to make yourself aware of all the requirements.

What are the NCAA Initial-Eligibility Academic Requirements?

To play Division 1 or 2 sports you need to meet the following academic requirements:

- Present an acceptable form of proof of secondary school graduation
- Complete 16 NCAA-approved core courses in the correct subjects
- Earn a minimum core-course GPA: 2.300 for D1 / 2.200 for D2
- Earn an SAT/ACT score that matches your core-course GPA on the Division 1 or 2 sliding scale

What's an NCAA core course?

Division 1 Core Course Eligibility

To compete at an NCAA Division 1 university, 16 core-course credits must be completed in the following areas:

- English/Native Language – 4 credits
- Natural/Physical Science – 2 credits
- Math (Algebra I or higher) – 3 credits
- Social Science – 2 credits
- Additional (English, or native language, math, or natural/physical science) – 1 credit
- Additional (English, or native language, math or natural/physical science, social science, foreign language, comparative religion, or philosophy) – 4 credits

Division 2 Core Course Eligibility

To compete at an NCAA Division 2 university, 16 core-course credits must be completed in the following areas:

- English/Native Language – 3 credits
- Natural/Physical Science – 2 credits
- Math (Algebra I or higher) – 2 credits
- Social Science – 2 credits
- Additional (English, or native language, math or natural/physical science) – 3 credit
- Additional (English, or native language, math or natural/physical science, social science, foreign language, comparative religion or philosophy) – 4 credits

Classes that are not NCAA core courses include:

- Classes in non-core areas, fine arts or vocations such as driver education, typing, art, music, physical education or welding.
- Personal skill classes such as personal finance or consumer education.
- Classes taught below grade level, at a slower pace or with less rigor or depth. These classes are often titled basic, essential, fundamental, or foundational.
- Classes that are not academic in nature such as film appreciation, video editing or greenhouse management.