



STUDENT-ATHLETE PATHWAY TO A UNIVERSITY/COLLEGE

Your priorities in Grade 10 – u15/u16 (Sophomore)

- Clean up your social media immediately. Coaches will begin to look once you reach out.
- Reach out to at least 10 university/college coaches in Canada and USA and introduce yourself and identify where and when they can scout you.
 - ✓ Research the institution as you will be asked why you want to come to their school.
 - ✓ Visit at least 2 to 3 universities within a 3hr drive from home to introduce yourself to the coach and find out the right fit for you.
- Consider a list of individuals you need to ask for a letter of recommendation.
- Create a Short Highlight Video
 - ✓ All Staff Coaches will want to see you in action, so you need to create a 5minute highlight video (can provide a link to a specific game if they want to watch the game in its entirety) to demonstrate both your individual technical skills and how you perform with your team.
 - ✓ Include an introduction where you show or state your personal information and statistics, and make sure you list any championship titles you've won.
- Review and update your Player Profile to showcase your academic and soccer highlights.
- 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. These forms are read by assistant coaches and sent on to the head coach if they find an interesting prospect.
 - ✓ Coaches are looking for Student-Athletes to represent their program, not just a great athlete. Coaches look for great students, good athletes, and most of all exceptional well-rounded individuals...tell them why you're more than an athlete and what you can bring to their program!
- Review the academic requirements for eligibility for: (See Charts on this 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)

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.