



# COLLEGE ATHLETE GUIDE

**1**  
Outline of what High School Student  
Athletes need to know to play sports  
at a collegiate level.

# WHAT IT TAKES TO BE A COLLEGE ATHLETE.

- Purpose:
  - To understand what is expected out of high school athletes wanting to play college sports or are looking to get scholarships!
  - Understand what steps and responsibilities you have to be eligible.
  - Help you identify how you can achieve your goals.
  - Give you the resources to apply for the NCAA clearing house.
  - Give outline of what credits are needed.
  - Help students and parents know who they need to contact.



# THE ODDS OF GETTING AN ATHLETIC SCHOLARSHIP

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The chances are miniscule, about 2% of high school seniors win sports scholarships every year at [NCAA institutions](#). The average scholarship, by the way, is less than \$11,000.



Being an athlete, however, can boost a teenager's admission chances because all schools, regardless of whether they offer scholarships, desire strong sports programs. You don't have to be a superstar athlete to increase your chances of admission. And you don't need to capture a sports scholarship to ultimately make your college tab more affordable.



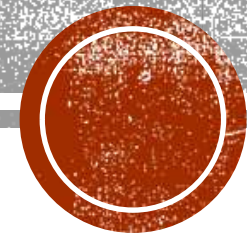
In reality, athletic scholarships are often not as generous as regular financial aid or merit scholarships that jocks can earn for their academics and other talents. Striking it big with an athletic scholarship, however, resonates with parents whether their children are still in grade school or well into their high school years.



If sports scholarships sound appealing, here is something to keep in mind: Families often end up shopping for athletic scholarships rather than for schools that represent good academic fit. If you are a gifted athlete or the parent of one, I'd recommend that you first identify schools that would be a match academically and then inquire about the sports. Getting a college education is infinitely more important than playing a sports. And remember, the money you receive for academic accomplishments is often more than a sports scholarship.

When	What Do I Need To Do
Grade 9	Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
Grade 10	Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
Grade 11	Register with the eligibility center. o Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center). o After your junior year, have your high school guidance office send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school. o When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999"). o Begin your amateurism questionnaire.
Grade 12	When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999"). o Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.) Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.

# WHAT NEEDS TO BE DONE ACADEMICALLY.



## Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
<b>Men</b>						
Baseball	487,097	35,460	7.3%	2.2%	2.2%	2.9%
Basketball	551,373	18,816	3.4%	1.0%	1.0%	1.4%
Cross Country	270,095	14,270	5.3%	1.8%	1.4%	2.1%
Football	1,036,842	73,557	7.1%	2.8%	1.8%	2.5%
Golf	144,024	8,609	6.0%	2.0%	1.6%	2.3%
Ice Hockey	35,060	4,229	12.1%	4.8%	0.6%	6.6%
Lacrosse	113,313	14,310	12.6%	3.0%	2.4%	7.2%
Soccer	456,362	25,072	5.5%	1.3%	1.5%	2.7%
Swimming	138,935	9,697	7.0%	2.7%	1.1%	3.2%
Tennis	158,151	7,838	5.0%	1.6%	1.0%	2.3%
Track & Field	600,097	28,698	4.8%	1.9%	1.2%	1.7%
Volleyball	60,976	2,163	3.5%	0.7%	0.6%	2.2%
Water Polo	22,501	1,047	4.7%	2.7%	0.8%	1.2%
Wrestling	245,564	7,239	2.9%	1.0%	0.8%	1.2%
<b>Women</b>						
Basketball	412,407	16,614	4.0%	1.2%	1.2%	1.6%
Cross Country	223,518	15,632	7.0%	2.7%	1.7%	2.6%
Field Hockey	59,856	6,103	10.2%	3.0%	1.4%	5.8%
Golf	78,781	5,375	6.8%	2.8%	2.0%	2.1%
Ice Hockey	9,609	2,400	25.0%	8.9%	1.2%	14.9%
Lacrosse	96,904	12,061	12.4%	3.8%	2.7%	6.0%
Soccer	390,482	27,811	7.1%	2.4%	1.9%	2.8%
Softball	367,861	20,316	5.5%	1.7%	1.6%	2.2%
Swimming	175,594	12,848	7.3%	3.3%	1.2%	2.9%
Tennis	190,768	8,608	4.5%	1.5%	1.0%	2.0%
Track & Field	488,592	30,018	6.1%	2.7%	1.5%	1.9%
Volleyball	446,583	17,471	3.9%	1.2%	1.1%	1.6%
Water Polo	21,054	1,216	5.8%	3.6%	1.0%	1.1%

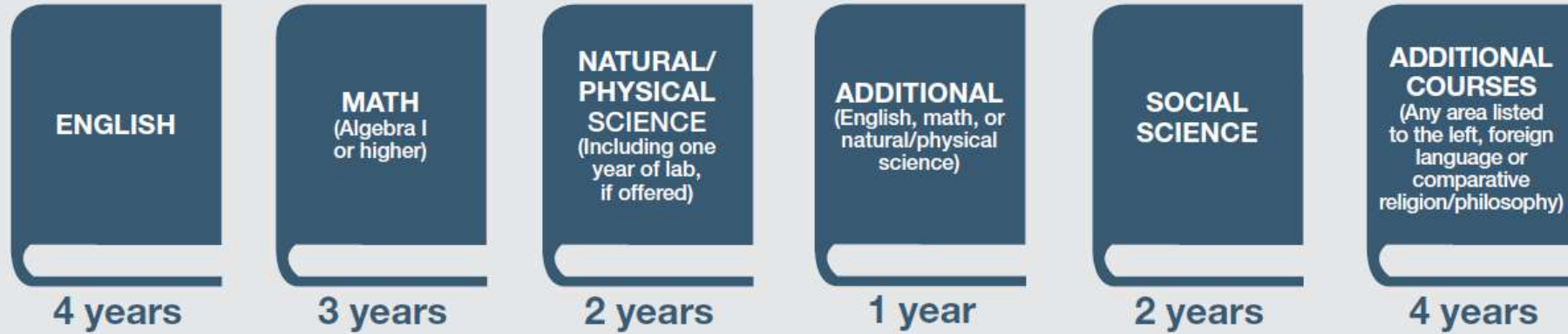
Sources: High school figures from the [2017-18 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations; data from [club teams](#) not included. College numbers from the NCAA [2017-18 Sports Sponsorship and Participation Rates Report](#).

## ODDS OF PLAYING COLLEGE SPORTS

- Source: <http://www.ncaa.org/about/resources/research/estimated-probability-competing-college-athletics>

## Core-Course Requirement

Complete 16 core courses in the following areas:



# REQUIREMENTS DIV I

**DIVISION I  
FULL QUALIFIER SLIDING SCALE**

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

**DIVISION I  
FULL QUALIFIER SLIDING SCALE**

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

**ACADEMIC REDSHIRT**

# TEST SCORES

- When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of 9999 so his or her scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will NOT be used in his or her academic certification.
- A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.
- If you took the SAT in March 2016 or after, and plan to attend an NCAA Division I college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division I requirements.
- For more information on the SAT, click [here](#) to visit the College Board's website.

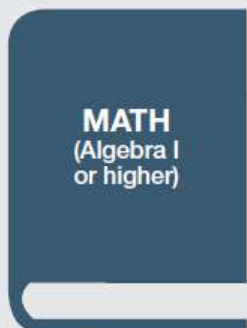
\*Final concordance research between the new SAT and ACT is ongoing.

## Core-Course Requirement

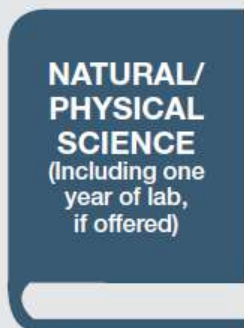
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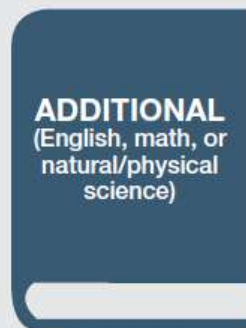
3 years



2 years



2 years



3 years



2 years



4 years

# REQUIREMENTS DIV II



## DIVISION II FULL QUALIFIER SLIDING SCALE

USE FOR DIVISION II BEGINNING AUGUST 2018

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	49
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above

## DIVISION II PARTIAL QUALIFIER SLIDING SCALE

USE FOR DIVISION II BEGINNING AUGUST 2018

Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.050 & above	400	400	37
3.025	410	410	38
3.000	430	420	39
2.975	440	430	40
2.950	460	440	41
2.925	470	450	41
2.900	490	460	42
2.875	500	470	42
2.850	520	480	43
2.825	530	490	44
2.800	550	500	44
2.775	560	510	45
2.750	580	520	46
2.725	590	530	46
2.700	600	540	47
2.675	620	550	47
2.650	630	560	48
2.625	650	570	49
2.600	660	580	49
2.575	680	590	50
2.550	690	600	50
2.525	710	610	51
2.500	720	620	52
2.475	730	630	52
2.450	740	640	53
2.425	750	650	53
2.400	750	660	54
2.375	760	670	55
2.350	770	680	56
2.325	780	690	56
2.300	790	700	57
2.275	800	710	58
2.250	810	720	59
2.225	820	730	60
2.200	830	740	61
2.175	840	750	61
2.150	850	760	62
2.125	860	770	63
2.100	860	780	64
2.075	870	790	65
2.050	880	800	66
2.025	890	810	67
2.000	900	820 & above	68 & above

\*Final concordance research between the new SAT and ACT is ongoing.

NCAA is a trademark of the National Collegiate Athletic Association.

# TEST SCORES

- If you took the SAT in March 2016 or after, and plan to attend an NCAA Division II college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division II requirements.
- A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscores from each test are used for the academic certification process.
- For more information on the SAT, click [here](#) to visit the College Board's website

# COMMON QUESTIONS:

- **When should I register?** You should register with the Clearinghouse whenever you decide you would like to participate in athletics as a college freshman. It generally is best to register after your junior year grades appear on your transcript. Although you can register anytime prior to participation, if you register late, you may face delays that will prevent practicing and competing.
- **How do I register?** You will need to complete registration on line at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). Also, you will need to print out and bring a signed copy of the student release form to the guidance office so that your transcript may be sent to the Clearinghouse.
- **Are standardized test scores required?** Qualifying SAT /ACT scores are required for participation in both Division I and II institutions. You are required to have your scores sent directly from the testing agency using code 9999. NCAA no longer accepts ACT or SAT scores from the high school transcript.



# QUESTIONS

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## **How can I arrange for my scores to be sent directly from the testing agency?**

When you register to take the ACT or SAT, you can mark code 9999 so that the Clearinghouse will be one of the institutions receiving your scores, or you can submit a request and fee for an additional score report to the appropriate testing agency by indicating code 9999 on your request form.



## **Should I take the ACT with the writing portion?**

The writing portion of the ACT is not required for NCAA eligibility. However, it may be required for college admission.



## **What will the Clearinghouse provide to those institutions that are recruiting me?**

The Clearinghouse will send your eligibility status to any Division I or II institution that requests it provided you give permission on your student-release form.



## **How can I check on the status of my file at the Clearinghouse?**

When you complete the student-release form be sure to enter your Social Security Number and a four digit Personal Identification Number (PIN). After you submit your form, you will then be able to call the 24-hour voice response service at 1-877-262- 1492 and access your record using a touch-tone phone.

# ACADEMICS INCREASE YOUR ODDS OF PLAYING IN COLLEGE.

- Here are some other reasons why good grades can be a big boost to your odds of playing collegiate sports:
  - Good grades in High School is the best predictor of getting good grades in College, and college coaches want to avoid recruiting athletes who end up being ineligible to play or wash out for academic purposes.
  - Good grades in high school is a good indicator that the athlete has developed the time management skills that will be essential in college where both the academic and athletic workloads are more challenging than most high schools.
  - Good grades in high school is an indicator that the athlete works hard and applies him or herself. Don't underestimate this factor - the perception that an athlete is "lazy" will immediately kill their chances with many if not most college coaches.
  - College coaches want their players to succeed in school and graduate, and it's part of the effectiveness factor of many coaches ratings.
  - **Excellent grades might qualify the athlete for an academic scholarship and free up athletic based awards for other players - coaches really love this situation.**
  - Good grades are an indicator of smarts, and coaches want smart players on their teams!

# CHECKLIST FOR HIGH SCHOOL ATHLETES MAKING INITIAL CONTACT WITH COLLEGE COACHES

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1

Research the colleges that fit your academic and athletic needs. College reference books and search engines on the Internet can assist you. Establish a tentative list of colleges that you would like to contact. Make sure you are academically eligible for admission to each school on the list.

2

Show your list to your coach and ask for feedback on how realistic your chances would be for each school. Ask if he/she would be willing to make/receive contacts on your behalf. If the answer is yes, provide your coach with the following information:

3

A list of the colleges you plan to contact with each college's coach, phone number, email address, and mailing address  
Copies of the documents you are sending to each college  
A copy of your current high school transcript and resume

4

A copy of your college/career goal statement, copies of your letters of recommendation from other adults. These documents will allow your high school coach to advocate for you knowledgeably. It is important to have his/her support.

5

Send an introduction letter - either from yourself or your coach - and your athletic resume to each college coach. Spring of junior year or Fall of senior year can be good times to send these. You can also send a skills tape and game tape with this initial information, or you can offer to send them "upon request".

6

Make sure to take the ACT and/or SAT in the spring of your junior year. Most college coaches will insist on knowing your scores before considering you.

7

If you are pursuing NCAA Division I or II programs, file a completed NCAA Clearinghouse release form at the end of your junior year or beginning of senior year. You can find the release form at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

8

Colleges will often respond by asking you or your coach to complete an athletic questionnaire. If you receive a questionnaire from a random school, take the time to fill it out! You never know when an unexpected opportunity might come your way.

9

Keep in mind that summer sports camps and tournaments provide excellent opportunities for networking with college coaches. Just be sure that you are familiar with the rules that regulate such contact. Your coaches or counselors can provide information booklets from the various athletic associations to assist you.

# CHECKLIST CONTINUED:

- Several athletes assume that coaches are solely focused on the talent of an individual when recruiting players, this is not completely true. While it is easy to get caught up in the sheer talent and abilities of today's athletes. On any given day one can see something amazing accomplished in the world of sports only to see it out-done the next. Talent has become exponentially great when it comes to recruitment, there's no doubt about that, but to say this is all that matters, is well, incorrect. **Talent is a minor attribute in the wide array of characteristics personnel and coaches look for when recruiting an individual.** I have provided below a list of ten attributes that are said to be some of the characteristic's coaches look at during the process of recruiting an athlete.





## 1) CHARACTER: THE MENTAL AND MORAL QUALITIES DISTINCTIVE TO AN INDIVIDUAL.

- Athletes that can represent their team in admire able way, along with the university and the coaches themselves. Also a prospect that is a well-rounded individual, someone who is involved and well known throughout their different communities. Upstanding persons that are well composed, in all situations.



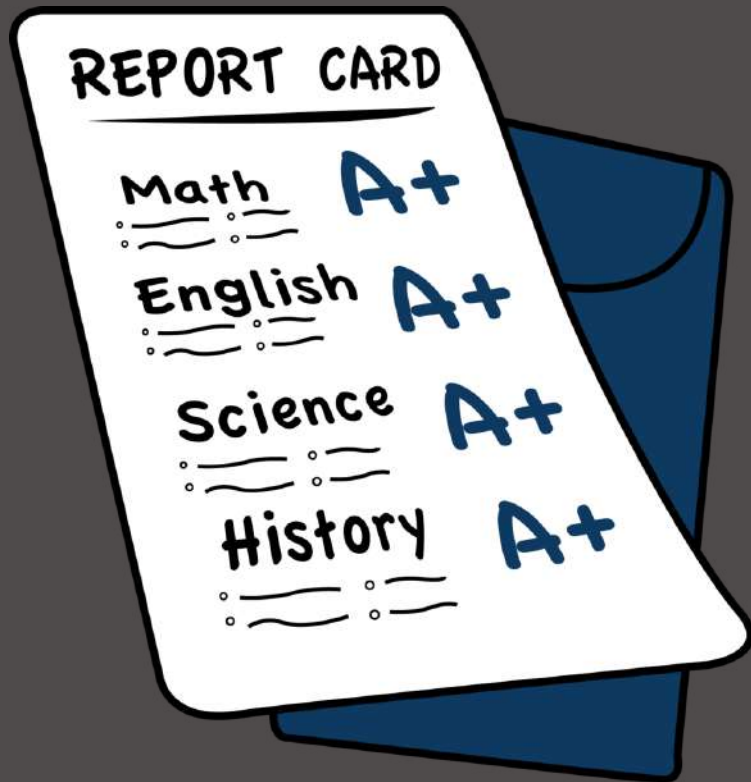


**2) ABILITY:  
TALENT, SKILL, OR PROFICIENCY IN A  
PARTICULAR AREA.  
"A PERSON OF EXCEPTIONAL ABILITY"**

- It is obvious that this would be one of the attributes on the list. Even though it is not the only factor in determining if an athlete is going to be recruited, it is said to be one that coaches look at, they want to bring those people who are going to help lead the team to championships and be national contestants. They want athletes that are exceptionally talented now or have the potential to be exceptionally talented with a little more practice and determination.

### 3) ACADEMIC ACHIEVEMENTS:

- Athletes that excel academically are important so coaches won't have to keep checking up on them and their studies. Also someone who performs well in the classroom and is genuinely concerned about their grades. A student who will help boost the team GPA and the team study ethic, with the initiative that what one person does will ignite the flame in another.





**HARD  
WORK  
AHEAD**

4) **WORK ETHIC:** *NOUN* THE PRINCIPLE THAT HARD WORK IS INTRINSICALLY VIRTUOUS OR WORTHY OF REWARD.

- Athletes that don't get defeated easily and will keep working had no matter what and who don't give up after one little bump in the road. Someone who is going to push through and persevere no matter what the situations or outcomes.

# 5) PHYSICAL ATTRIBUTES [SIZE, STRENGTH, SPEED ECT]:

## What scouts look for:

- This attribute varies depending on the sport, but sports that analyze size for specific positions might use this in their process of selection. If there is a size requirement for positions coaches may tend to look for athletes that fit the size for the positions or people that have the capability of meeting the size requirement with little adjustment

## Talk to your coaches:

- What is realistic?
- Not a lot of 5'1" centers in NCAA.
- Understand what scouts look for in your sport and see what you need to do in order to get noticed.



## 6) STRENGTHS:

- What scouts are looking for:
  - When strengths are spoken of in this context, it is meant to be the dominate features that make up your self. Someone who knows who they are and has specific talents and abilities that are exceptionally dominate. Exhibiting strengths all around can be a plus for some coaches; Along with if you aren't afraid to talk about your strengths, "tooting your own horn", shows the pride you have in yourself. Possessing many strengths can be helpful in the ways of recruiting.



## 7) RELIABILITY:

- Looking for people that are reliable and who are going to do what they are supposed to. Someone how is going to show up on time, everyday, where they need to be. Being punctual is essential in all aspects of life and for some coaches it can be very vital.
- Tips:
- Stick with something! Don't quit!
- Go to school, practice, commitments consistently!
- Classes and attendance are a good way for schools to see if you are reliable.
- **BE ON TIME!**
  - "Better three hours too soon than a minute too late" -William Shakespeare

# Are You Coachable

?

## 8) COACH ABILITY:

- This attribute is obvious; it is inferred that coaches tend to want someone who wants to be coached. They don't want someone who questions what they do and insists on doing something else. A coach has a program in which they have developed an elite team; they want someone willing to fit into that mix. This is why looking at different universities and the athletic department is vital to your selection process.

# 9) LEADERSHIP:



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- The ability to stand up and lead teammates in achieving success. Not everyone has to be the captain or try to be that main leader on the team; the meaning of leadership is that you have those skills to get your team involved, motivated, uplifted, and focused. Having leadership abilities is a great skill to possess and some college coaches look for it as a key in the selection process.
- Good leaders use terms like, “we” not “you”
- Good leaders inspire people into achieving a common goal.
- Good leaders work with teammates to solve a problem instead of blaming teammates for their problems.



# 10) INTEREST:

## Scouts look for:

- A coach knowing that you are interested in their program and university is said to be substantial to them when selecting prospects. This is good reason why you should contact the coaching staff at the schools you are interested in.

## Tips

- Always ask yourself if this makes you happy?
- Understand the parts of the activity that make you enjoy the sport.
  - Teamwork
  - Goal setting
  - Challenging yourself
  - Exercise
  - Etc.

# TALK WITH YOUR COACHES

## What they can help with:

- Help you set reachable goals
- Put you on a path to work on yourself
- Share their own experiences in the sport
- Push you better yourself both
  - Mentally
  - Physically

## Not a coaches responsibility:

- Contacting colleges:
  - Coaches may still help you with contacts.
- Making sure you are academically eligible:
  - Talk with your school counselor!
- Sending film or letters of interest in schools.
  - You let schools know you are interested!
- Applying for colleges
  - Make sure you take SAT junior year and applying to colleges beginning of senior year.
- Making sure you are physically ready to play at the next level
  - Many coaches give opportunity to their players but its your job to work hard!

# IT STARTS YOUR FRESHMAN YEAR!

## Workouts:

- Most coaches have workouts all year around for their students!
- Better yourself as an athlete.
  - Put yourself in positions to always compete.
  - Play multiple sports!
- Do research on what scouts are expecting from you physically.

## Academics count!

- Many NCAA schools do not count D's on your transcript!
- Freshman year is a pivotal foundation of your academic career at North.
- If you are not eligible **YOU DO NOT PLAY!**
- No short cuts or easy answers!

# RESOURCES

## NCAA Clearing House Link

- [http://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)
- How to steps:
  - <http://www.ncaa.org/student-athletes/future/how-register>
  - <https://www.ocps.net/lc/east/hwp/guidance/Documents/ncaa.pdf>

## Other links to recruiting sites.

- [BeRecruited](https://www.berecruited.com/)
  - [https://new.berecruited.com/?affiliate=12566&gclid=CPbu3J7kysoCFYaCfgo-do\\_AFLA](https://new.berecruited.com/?affiliate=12566&gclid=CPbu3J7kysoCFYaCfgo-do_AFLA)
- [NCAA](http://www.ncaa.org/student-athletes/future)
  - <http://www.ncaa.org/student-athletes/future>