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INTRODUCTION

Dear Student/Athlete:

You are at an age when the last thing you probably want is more advice. But there's only one thing to do with good advice – pass it on.

As the Director of Athletics of the Amity Regional School District, the best advice I can pass along to you if you plan to compete athletically at the college level is to prepare yourself academically and start asking questions early.

- Are you on track to meet NCAA academic requirements?
- What is the graduation rate of athletic programs and the athletes in your sport at the college in which you are interested?
- What support services are available and how will your academic progress be tracked?

You'll notice that not one of these questions deal with the athletic side of being a student/athlete. Instead of focusing on which college can lead a career in the **PROS**, consider the following:

- The odds of a high school football player making it to the pros are about **6,000 to 1**.
- The odds of a high school basketball player making it to the pros are about **10,000 to 1**.

Take a hard look at those numbers and think about what will matter in the long run – a “**COLLEGE EDUCATION.**” This guide is intended to help you and your family understand the process in obtaining an athletic scholarship and the rules that apply. Choosing a college is difficult.

Choose wisely before taking your first step on your road to success. If you have questions, contact your guidance counselor, coach or the Athletic Office at 397-4839.

Paul D. Mengold, C.A.A.
Director of Athletics

SO YOU WANT TO ATTEND COLLEGE AND PLAY INTERCOLLEGIATE ATHLETICS?

Selecting a college requires careful thought and foresight. What are you looking for?

- School size
- Curriculum / major
- Geographic location
- Strength / competitiveness of athletic teams
- Conference affiliation
- Scholarship or non-scholarship athlete
- Playing time

Believe it or not, there is a college that can meet nearly all of your academic and athletic needs. The challenge is finding that institution. It will take some effort on your part, but isn't it worth the effort?

Don't settle for mediocrity; find what you want and need.

Talk with your coaches, parents, teachers, etc. about your academic and athletic goals.

Keep an open mind, listen to the viewpoints of everyone you talk to, but remember you are the one who has to decide because you are the one that will be spending the next 4-5 years of your life at the chosen college. Don't be afraid to ask for assistance in your search.

WHERE DO YOU START?

Compile a list of schools that interest you. Write to several schools, not just your first choice. (Start early – preferably the spring of your junior year.) You can obtain addresses of colleges from the College/Career Resource Room. Write the coach of each institution. Your initial contact should include a typewritten letter and short resume. The letter should be brief and to the point; its purpose is to make the coach aware of you, your academic and athletic accomplishments (See APPENDIX A)

Include:

Personal Information: name, address, telephone number, age, height, weight

Education: grade point average, ACT/SAT scores, class rank, senior academic program

Athletic Accomplishments: honors/awards earned, stats, camps/clinics attended, references. (Also include your coach's names, address and phone number.)

Season Schedule: send a game schedule so that the college coach can possibly attend.

Video Tape: if possible, send a video tape or let the college coach know one is available upon request.

After receiving academic and athletic information from the colleges, you must decide which colleges you would prefer to attend and wish to visit. See as many colleges as possible; coaches will most likely welcome your visit to their school.

STUDENT / ATHLETE FOUR YEAR ACTION PLAN FOR COLLEGE ATHLETIC PARTICIPATION

Freshman and Sophomore Year

- Plan a challenging academic program that will meet N.C.A.A. requirements
- Maintain at least a 2.000 Grade Point Average (GPA) out of 4.000 in core classes
- Take PSAT and PLAN Test in October of Sophomore year
- Participate on high school athletic teams
- Participate in off season programs in your sport
- Attend summer athletic camps at colleges that you might like to attend
- Keep record of all your athletic achievements (APPENDIX B)

Junior Year

- Keep up your academic record
- Take ACT or SAT Prep Classes at Amity
- Take ACT or SAT Test in Spring
- Develop a list of colleges with counselor input for your academic match (APPENDIX C)
- Ask your coach for a realistic athletic evaluation – can you play sports at the collegiate level and at which level is appropriate – Division I, II, III, N.I.A.A. or N.I.C.A.A.
- Continually update your athletic resume with improving results
- Ask coaches for their assistance in recruiting process
- Send letter of interest to college coaches with your athletic resume (APPENDIX D)
- Organize a filing system on all colleges that respond to your inquiry
- Participate in summer programs, i.e. tournaments, college camps, Nutmeg State games and summer leagues as scouts may attend these programs

Senior Year

- Begin the checklist for Student Athletes and Their Parents Form (APPENDIX E)
- Meet with counselor to make sure you meet N.C.A.A. academic requirements, discuss your college choices and complete the College Athletic Profile Sheet (APPENDIX A)
- File Form 48-H with N.C.A.A. Clearinghouse
- Send for and complete college applications
- Fill out transcript request forms in guidance office
- Complete Financial Aid forms early (before January)
- Re-take ACT or SAT Test
- Update your resume and contact your list of college coaches
- Produce your own video or have coach send game films to college coach
- Respond immediately to any college who shows interest in you
- Provide your coach and counselor with your list of colleges, with coaches' names, addresses and phone numbers
- Wait to commit to college athletic visit invitations until you are certain of your top five schools

COLLEGIATE ATHLETIC SYSTEM

N.C.A.A. Division I

Large universities like Illinois, Michigan, Notre Dame, etc. They may grant scholarships in 23 programs (13 men, 10 women)

N.C.A.A. Division II

Smaller universities like Jackson State, Mankato State, Wayne State, etc. They may grant scholarships in 23 programs (13 men, 10 women)

N.C.A.A. Division III

Small colleges and universities like Lake Forest College, Rosary College, North Central College, etc. They can not offer any athletic scholarships in 24 programs (13 men, 11 women)

N.A.I.A.

National Association of Intercollegiate Athletics (small colleges like Judson College, Culver-Stockton College, etc. will have some athletic scholarships available).

N.J.C.A.A.

Junior Colleges like College of Du Page, Triton, etc. (some offer full scholarships to athletes).

SPORTS FOR WHICH ATHLETIC SCHOLARSHIPS ARE OFFERED

Scholarships for men are offered in one or more divisions in baseball, basketball, cross country, football (except Division I-A), golf, gymnastics, ice hockey, lacrosse, soccer, swimming and diving, tennis, indoor track, outdoor track, volleyball, water polo and wrestling.

Women's scholarships are offered in basketball, cross country, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming and diving, tennis, indoor track, outdoor track and volleyball.

FULL SCHOLARSHIP

Are sometimes referred to as Grants-in-Aid which pay all costs:

Tuition and Fees, Room and Board and Books

PARTIAL SCHOLARSHIP

This type of scholarship will pay part of:

Tuition and Fees, and/or Room and Board and/or Books – determined by the institution

Walk-On

NO FINANCIAL AID is received by the student for his/her athletic participation as a Walk-On Athlete.

ACADEMIC ELIGIBILITY REQUIREMENTS

Division I

If you're first entering a Division I college or university in the fall of 2005**, your NCAA initial eligibility will be evaluated using the 14 core course standard. To be classified as a qualifier under this standard, you will need to:

- Graduate from high school;
- Successfully complete a core curriculum of at least 14 academic courses as follows:
 - English:.....4 years
 - Mathematics (one year of algebra and one year of geometry {or one year of a higher –level mathematics course for which geometry is a prerequisite})2 years
 - Natural or physical science (including at least one laboratory course, if offered by the high school).....2 years
 - Additional course in English, mathematics, or natural or physical science.....1 year
 - Social science.....2 years
 - Additional academic courses (in any of the above areas or foreign language, computer science*, philosophy or no doctrinal religion {e.g., comparative religion} courses).....3 years
- Have a core-course grade-point average (based on a minimum of 4.000) and a combined score on the SAT verbal and math sections or a sum score on the ACT based on the qualifier index scale.

*Computer science no longer will be used as a core course if you first enter any college or university on or after August 1, 2005.

A “**nonqualifier**” is a student who has not graduated from high school or who has presented neither the core-curriculum grade-point average nor SAT/ACT scores required for a qualifier.

A nonqualifier shall not be eligible for regular-season competition or practice during the first academic year in residence and then has three seasons of competition remaining. A nonqualifier during the first academic year in residence shall be eligible for nonathletics institutional financial aid that is not from an athletics source and is based on financial need only.

Division I Qualifier Index			Partial Qualifier Index		
Core GPA	ACT*	SAT	Core GPA	ACT*	SAT
2.500 & above	68	820	2.750 & above	59	720
2.475	69	830	2.725	59	730
2.450	70	840-850	2.700	60	730
2.425	70	860	2.675	61	740-750
2.400	71	860	2.650	62	760
2.375	72	870	2.625	63	770
2.350	73	880	2.600	64	780
2.325	74	890	2.575	65	790
2.300	75	900	2.550	66	800
2.275	76	910	2.525	67	810
2.250	77	920			
2.225	78	930			
2.200	79	940			
2.175	80	950			
2.150	80	960			
2.125	81	960			
2.100	82	970			
2.075	83	980			
2.050	84	990			
2.025	85	1000			
2.000	86	1010			

* Previously, ACT score was calculated by averaging four scores. New standards are based on sum of scores

Division II

If you're first entering a Division II college on or after fall of 2005, in order to be classified a "qualifier", you're required to:

- Graduate from high school
- Have a GPA of 2.000 (based on a maximum of 4.000) in a successfully completed **core curriculum** of at least 14 academic courses as follows:
 - English.....3 years
 - Mathematics (Algebra I or higher).....2 years
 - Natural or physical science (including at least one laboratory course, of offered by the high school).....2 years
 - Additional courses in English, mathematics, or natural or physical science.....2 years
 - Social science.....2 years
 - Additional academic courses (in any of the above areas or foreign language, computer science*, philosophy or non doctrinal religion {e.g., comparative religion} courses)3 years
- Have a combined score on the SAT verbal and math sections of 820 (if taken on or after April 1, 1995) or a 68 sum score on the ACT.

*Computer science courses can be used only if your high school grants graduation credit in mathematics or natural/physical science and the courses appear on your high schools core course list as a math or science course.

A "**non-qualifier**" is a student who has not graduated from high school or who has presented neither the core-curriculum grade-point average nor SAT/ACT score required for a qualifier.

A nonqualifier is not eligible for regular-season competition and practice during the first academic year in residence and then has four seasons of competition. A nonqualifier may not receive athletics-related aid as a freshman, but may receive regular need-based financial aid if the school certifies that aid was granted without regard to athletics ability.

Details of these general requirements are contained in the following sections.

Division III

These requirements currently do not apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other N.C.A.A. regulations.

Definition of a Core Course

To meet the core-course requirement, a “core course” is defined as a recognized four-year college preparatory academic course (as opposed to a vocational or personal services course) that offers fundamental instruction in a specific area of study. Courses taught below your high school’s regular academic instructional level (e.g., remedial or compensatory) can’t be considered core courses regardless of the content. At least 75 percent of the course’s instructional content must be in one or more of the required areas (as listed below) and “statistics”, as referred to in the math section, must be advanced (algebra-based).

Courses for students with disabilities may be approved even if such courses are taught at a level below the high school’s regular academic institutional level (e.g., special education classes) if the high school principal verifies (on the core-course forms) that the courses are substantially comparable, quantitatively and qualitatively, to similar approved core-course offerings in that academic discipline at that high school.

English

Include instructional elements in grammar, vocabulary development, composition, literature, analytical reading or oral communication.

Math

Include instructional elements in algebra, geometry, trigonometry, statistics or calculus.

Social Science

Contain instructional elements in history, social science, economics, geography, psychology, sociology, government, political science or anthropology.

Natural or Physical Science

Include instructional elements in biology, chemistry, physics, environmental science, physical science or earth science.

Additional Academic Courses

Core courses in the additional academic area must be from courses in foreign language, computer science, philosophy or no doctrinal religion (e.g., comparative religion) courses.

***Please note that students enrolling in a Division I college that are to graduate high school in 2008 or later will be required to have taken 16 core courses. Mathematics will increase to 3 years and any additional courses will increase to 4 years.*

N.C.A.A. INITIAL – ELIGIBILITY CLEARINGHOUSE

In January 1993, N.C.A.A. Divisions I and II⁵ voted to establish an Initial-Eligibility Clearinghouse to simplify the initial eligibility certification process. In accordance with N.C.A.A. academic requirements, the Clearinghouse will certify Student-Athletes to participate in Division I and II sports during their freshmen year in college. The Clearinghouse's responsibilities began with the students who enrolled as freshmen during the 1994-1995 school year.

In the past, each institution offering Division I or Division II sports had been responsible for certifying the initial eligibility of enrolling student-athletes – a cumbersome process that involved much duplication of effort by high school counselors and campus administrators. As a central point for receiving, processing and evaluating data pertinent to initial-eligibility certification, the Clearinghouse will eliminate this duplication and streamline the certification process. The new process will provide for a “level playing field” because only one Student Release Form (SRF) will exist for each high school and trained, unbiased certification decisions will be made for each prospective student-athlete.

The SRF authorizes the high schools you have attended to send the clearinghouse your transcript, test scores, proof of graduation, and other academic information. It also permits the clearinghouse to send your academic information to all colleges that request your eligibility status.

**There is a \$30.00 fee that must accompany the SRF.
Process this form in the FALL of your senior year!**

The Real World Of Athletic Scholarships

What the Numbers Mean

There are just over 100 major college football programs in this country. Each can award a maximum of 25 scholarships to incoming freshmen. This is the largest number of scholarships awards to incoming freshmen in any sport. That means that there are just over 2,500 total major college scholarships available to the 265,000 high school seniors (1 in every 106) who play high school football each year.

There are just fewer than 300 major college (Division I) men's basketball programs in the country, each awarding only 2 to 3 scholarships to incoming freshmen each year. That means that of the 158,000 high school seniors who play basketball each year, only 900 (1 in every 175) will receive a scholarship to play for a major university. There are approximately 190 Division II basketball programs that also award scholarships – mostly partials. The situation is similar in women's basketball.

REALITIES OF EARNING A COLLEGE ATHLETIC SCHOLARSHIP

The following chart depicts the maximum available scholarships to N.C.A.A. schools over a four year time period

Sport	Division I	Division II	Division III
Archery (Women)	5.0	5.0	0
Badminton (Women)	6.0	6.0	0
Basketball (Men)	13.0	10.0	0
Basketball (Women)	15.0	10.0	0
Baseball (Men)	11.7	9.0	0
Bowling (Women)	5.0	5.0	0
Crew (Women)	20.0	20.0	0
Cross Country / Track (Men)	12.6	12.6	0
Cross Country / Track (Women)	18.0	12.6	0
Fencing (Men)	4.5	4.5	0
Fencing (Women)	4.5	4.5	0
Field Hockey (Women)	12.0	6.3	0
Football	85.0	36.0	0
Golf (Men)	4.5	3.6	0
Golf (Women)	6.0	5.4	0
Gymnastics (Men)	6.3	5.4	0
Gymnastics (Women)	12.0	6.0	0
Ice Hockey (Men)	18.0	13.5	0
Ice Hockey (Women)	18.0	18.0	0
Lacrosse (Men)	12.6	10.8	0
Lacrosse (Women)	12.0	9.9	0
Rifle	3.6	3.6	0
Skiing (Men)	6.3	6.3	0
Skiing (Women)	7.0	7.0	0
Soccer (Men)	9.9	9.0	0
Soccer (Women)	12.0	9.9	0
Softball (Women)	12.0	7.2	0
Squash (Women)	5.0	9.0	0
Swimming & Diving (Men)	9.9	8.1	0
Swimming & Diving (Women)	14.0	8.1	0
Synchronized Swimming (Women)	5.0	5.0	0
Team Handball (Women)	10.0	12.0	0
Tennis (Men)	4.5	4.5	0
Tennis (Women)	8.0	6.0	0
Volleyball (Men)	4.5	4.5	0
Volleyball (Women)	12.0	8.0	0
Water Polo (Men)	4.5	4.5	0
Water Polo (Women)	8.0	8.0	0
Wrestling	9.9	9.0	0

	Division I	Division II	
Total Number of N.C.A.A. Schools (1997-98)	306.0	254.0	
Maximum scholarships allowed over a four year period per school	<u>x 447.8</u>	<u>x 343.8</u>	
Maximum possible scholarships offered to high school athletes*	137,026.8	+ 87,325.2	= 224,352.0
			_____ = .036
Total number of high school athletic participates**			6,195,247

An athlete's chance of earning a college athletic scholarship would be 3.6 *out of 100 high school athletes* of every college and university in Division I and II issued the maximum number of scholarships possible in every sport for Men and Women.

This is not reality!

By using Peterson's Sports Scholarships and College Athletic Programs Research Materials, we found that in 1996, only 37,974.7 athletic scholarships were granted to students in Junior Colleges, Colleges, and Universities. That represented *only .006% or 6 out of every 1,000 high school athletes* earned some kind of financial aid in terms of an athletic scholarship...

Most students would have a better chance of earning a National Merit Scholarship than an Athletic Scholarship!!!

* If every college gave out the maximum number of allowable athletic scholarships
 ** (Participation figure from National High School Federation)

BEYOND HIGH SCHOOL

The following is a glimpse of the probability of competing in athletics beyond the high school level.

Men's Basketball

- Less than one in 35, or approximately 2.9 percent, of high school senior boys playing interscholastic basketball will go on to play men's basketball at an NCAA member institution.
- Less than one in 75, or approximately 1.3 percent, of NCAA male senior basketball players will be drafted by a National Basketball Association (NBA) team.
- Approximately one in 3,400, or approximately .03 percent, of high school senior boys playing interscholastic basketball eventually will be drafted by an NBA team.

Women's Basketball

- About 3.1 percent, or approximately three in 100, of high school senior girls' interscholastic basketball players will go on to play women's basketball in an NCAA member institution.
- About one in 100, or approximately 1.0 percent, of NCAA female senior basketball players will be drafted by a Women's National Basketball Association (WNBA) team.
- Approximately one in 5,000, or approximately .02 percent, of high school senior girls playing interscholastic basketball eventually will be drafted by a WNBA team.

Football

- About 5.8 percent, or approximately one in 17, of all high school senior boys playing interscholastic football will go on to play football at an NCAA member institution.
- About 2.0 percent, or approximately one in 50, of NCAA senior football players will be drafted by a National Football League (NFL) team.
- Approximately one in 1,100 or about .09 percent, of high school senior boys playing interscholastic football eventually will be drafted by an NFL team.

Baseball

- Less than three in 50, or about 5.6 percent, of high school senior boys' interscholastic baseball players will go on to play baseball at an NCAA member institution.
- Less than 11 in 100, or about 10.5 percent, of NCAA senior baseball players will be drafted by a Major League Baseball (MLB) team.
- Approximately one in 200, or about .5 percent, of high school senior boys playing interscholastic baseball eventually will be drafted by a major league team.

Estimated Probability of Competing in Athletics
Beyond the High School Interscholastic Level

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student Athletes	549,500	456,900	983,600	455,300	29,900	321,400
High School Senior Student-Athletes	157,000	130,500	281,000	130,100	8,500	91,800
N.C.A.A. Student-Athletes	15,700	14,400	56,500	25,700	3,700	18,200
N.C.A.A. Freshman Roster Positions	4,500	4,100	16,200	7,300	1,100	5,200
N.C.A.A. Senior Student-Athletes	3,500	3,200	12,600	5,700	800	4,100
N.C.A.A. Student-Athletes Drafted	44	32	250	600	33	76
Percent High School to N.C.A.A.	2.9	3.1	5.8	5.6	12.9	5.7
Percent N.C.A.A. to Professional	1.3	1.0	2.0	10.5	4.1	1.9
Percent High School to Professional	0.03	0.02	0.09	0.5	0.4	0.08

CONTACTS AND VISITS

High School athletes are as bound by N.C.A.A. rules and regulations as any college player. Your ignorance of these requirements could jeopardize your athletic future. Read the following N.C.A.A. rules carefully and share them with your parents. Be sure to talk with your counselor or coach if you have questions or need explanations.

CONTACTS WITH COLLEGE COACHES

- High school athletes can be contacted by a college coach only after the completion of their junior year. A contact is any face – to – face meeting involving even a simple “hello”.
- High school athletes can receive letters from college coaches, faculty members, and students, but not until after September 1 of the junior year.
- Contacts are prohibited with university booster at any time.
- College coaches may contact you at home or at school but as restricted by N.C.A.A. rules. Refer to the N.C.A.A. *Guide for the College-Bound Student Athlete* for specific information.
- During any contact, you may not receive T-shirts, college mementos, or financial inducements to sign with a particular university.

VISITS TO COLLEGE CAMPUSES

- The N.C.A.A. allows “prospective student athletes” one expenses-paid visit to five different universities. Select your visits very carefully; you are allowed only five of them. Remember, this transaction applies even if you are being recruited in more than one sport.
- You may not receive an official visit until you provide the college authorities with an official high school transcript and a score from the PSAT, PACT, plus SAT, or ACT taken on a national test date. See your counselor for information about the Clearinghouse and the Student Release Form.
- Each visit may not last more than 48 hours.
- You may visit any campus at any time beyond your five official visits if you pay all expenses for each visit.

***SEE YOUR COACH OR COUNSELOR FOR COPIES
OF QUESTIONS TO ASK DURING AND
AFTER YOUR CAMPUS VISITS.
THEY ARE VERY HELPFUL.***

QUESTIONS TO ASK *DURING* YOUR VISIT

Before you decide to make your first visit, it's a good idea to think carefully about the kind of information you are going to need to eventually make a decision. Once you do, you'll be able to ask the right kinds of questions. Following are some good ones to get you started.

Ask the Recruiter:

- 1. What position (event) do you want me to play (perform), and how many others are you recruiting for the same position?**
2. What is your philosophy of offense? Defense? Are you considering any changes?
3. Will I be red-shirted?
4. If I need a fifth year, will you finance it?
5. What happens to my scholarship if I'm injured or ineligible?
6. Whom do I see if I have academic problems?
7. Has drug use been an issue at your school? Athletic program?
8. Are all injuries handles by a team insurance policy?
9. If injured, may I use my family doctor? Who determines my fitness to compete after an injury?
10. What is expected of players during the off-season?

Ask of the players at the school:

1. What does your typical daily schedule look like? In-season? Off-season?
2. Approximately how many hours a night do you study?
3. What generally are the attitudes of professors in different fields of study? In my field of study? Toward athletes?
4. How do you like the living arrangements?
5. Do you have an academic advisor? Is he/she any good?
6. Are the coaches available to help if you have academic problems?

Ask of nonathletes at the school:

1. What do you think of the quality of the education you are receiving at this school?
2. If you had to do it all over again, would you choose this school to attend? Why or why not?
3. What is the general opinion of athletes on this campus?

Ask of school officials / admissions officers:

1. What are the different graduation rates for athletes? In my sport?
2. About how long does it take someone in my sport to earn a degree from this school?
3. What are the placement rate and the average starting salary for graduates in (your field of study)?
4. What is my eligibility for additional financial aid?

LET'S TALK! BRING YOUR PARENTS IN!

QUESTIONS TO ASK *AFTER* THE VISIT

You will have to ask yourself several important questions *after* you have visited your schools in order to decide ultimately on the right school. These questions will provide a good start. Take the time to think about your answers, and be sure to talk to your counselor, your parents, and me about answers that may be difficult for you. Remember, you want the right athletic *and* academic experience, so *all* these questions are important.

1. Did any of the recruiters have bad things to say about the other schools that are recruiting me?
2. Did any of the recruiters promise that I'd compete right away, even be a started? (If they did, they may have been less than honest.)
3. Would I attend this school if I had no intention of competing in my sport?
4. Do the coaches and players seem to care genuinely about each other?
5. Will I be successful academically in this school? Athletically? How do I measure up to everyone else?
6. Were the coaches and players I met honest, available to me and others, friendly, genuinely interested, or did they seem phony?
7. Were the coaches interested in academic? Did they ask me about my educational and career interests? Were they knowledgeable about my intended program of study? If not, did they introduce me to someone who might answer my questions?
8. Will I fit in with the rest of the student body at this particular school? Will I be comfortable associating with them for four or more years?
9. How will I feel if one or more of the coaches leaves? Will I still be happy with the school? My sports participation?
10. Does the school satisfy all the requirements that I identified earlier with my parents and counselor? *This probably is the most important questions.* Give it a lot of thought, and be sure to talk it over with me, your counselor, and your parents.

TALK TO ME *ANYTIME*-ABOUT ANY OF THESE QUESTIONS.

FINANCIAL AID AND THE STUDENT ATHLETE

Following are some terms that may apply to your future situation regarding financial aid for college expenses. Your familiarity with them will help during planning activities and meetings with college coaches.

- ***Athletics Aid*** – any financial aid given to a student athlete that is based on athletic ability. Aid of this nature is one-year renewable.
- ***Countable Aid*** – aid, no matter what the amount, that must be included in the individual and institutional limits set by the N.C.A.A. regulations.
- ***Counter*** – a student athlete who received institutional financial aid that must be included in the college's sport-by-sport limits for such aid. The limits are established by the college's N.C.A.A. membership division.
- ***Equivalency Sports*** – sports that can award full grants-in-aid or divide the equivalent of one full grant-in-aid among two or more student athletes, in effect creating partial scholarships. It's important to note that in Division I schools, all sports are equivalency sports except football, men's and women's basketball, and women's volleyball, tennis, and gymnastics. In Division II schools, all sports are equivalency sports.
- ***Individual Limits*** – the restrictions placed on the amount of aid intercollegiate student athletes can receive and still keep their eligibility. Four groups of student athletes are affected by such restrictions – those who:
 - Receive athletic aid from a college.
 - Were recruited and receive any aid from the college.
 - Were recruited and receive athletic aid that is administered outside the college.
 - Receive financial aid that is administered outside the college and is based on participation in high school, whether the athlete was recruited or not.
- ***Legitimate Loans*** – loans that involve repayment schedules and are available to all students. Perkins and Stafford Student Loans are the most common. They do not have to be counted toward a student athlete's individual limits or the college's sport-by-sport limits for financial aid.
- ***National Letter of Intent*** – a document attesting to a student athlete's commitment to attend a particular college. The process is administered by the Collegiate Commissioners Association.
- ***Out Financial Aid*** – aid that is not administered by the college the student athlete attends. It must involve:
 - Aid given by the student athlete's parents, legal guardians, or someone upon whom they are legally dependent.
 - Aid having nothing to do with athletic ability.
 - Aid awarded through an established and continuing program. See bylaw 15.2.5.3 in the *N.C.A.A. Manual*.
 - Aid derived from an established and continuing program that recognizes outstanding high school graduates and allows athletics to be a major criterion. (See bylaw 15.2.5.4)
- ***Pell Grant*** – a federal grant available to students who meet prescribed criteria. Student athletes and their parents are advised to discuss the specific amounts with financial aid personnel at the colleges they are considering.

PERSONAL BEST – SPORT PERFORMANCES:

STATISTICS:

ATHLETIC HONORS EARNED:

ADDITIONAL INFORMATION:

INFORMATION VERIFIED BY:

GUIDANCE
COUNSELOR

(PRINT OR TYPE NAME) (SIGNATURE) (DATE) (PHONE)

VARSITY
HEAD COACH

(PRINT OR TYPE NAME) (SIGNATURE) (DATE) (PHONE)

OTHER

(PRINT OR TYPE NAME) (SIGNATURE) (DATE) (PHONE)

HIGH SCHOOL INFORMATION:

AMITY REGIONAL HIGH SCHOOL
25 NEWTON TD.
WOODBRIDGE, CT 06525

MAIN OFFICE TELEPHONE: (203) 397-4830
ATHLETIC OFFICE: (203) 397-4839
GUIDANCE OFFICE: (203)397-4805

SOUTHERN CONNECTICUT CONFERENCE
CLASS – “LL”
SCHOOL ENROLLMENT: 1100 (10-12)

FAX: (203) 397-4866
FAX: (203) 397-6232

ATHLETIC STATISTICS FOR COLLEGE-BOUND ATHLETES

BASKETBALL

1. Assists (per game)
2. Rebounds
3. Free Throw Percentage
4. Field Goal Percentage (both 2 & 3 pt)

BASEBALL & SOFTBALL

1. Batting Average
2. Fielding Average
3. ERA (pitchers)
4. Won-Loss Record (pitchers)
5. Runs Batted In (RBI)
6. Extra Base Hits
7. Stolen Bases

FOOTBALL

1. Tackles
2. Assisted Tackles
3. Sacks
4. Interceptions
5. Fumbles Recovered
6. Yards Rushing
7. Receptions – yards, average, touchdowns
8. Passing – attempts, completions, total yards, passing/pushing (quarterback)
9. Kickoffs – attempts, longest, average
10. Punts – attempts, longest, average
11. Kickoff Returns – attempts, longest, average
12. Punt Returns – attempts, longest, average
13. Points Scored – touchdowns, extra points
14. Field Goals – attempts, longest, average, total points scored

SOCCER / FIELD HOCKEY / LACROSSE

1. Goals
2. Assists
3. Blocked Shots / Saves

CROSS COUNTRY / TRACK & FIELD

1. Times and Distance
2. Distance in Field Events (shot put, discus, long jump, triple jump)
3. Height in Field Events (high jump & pole vault)

SKI RACING

1. Times
2. Events

SWIMMING

1. Event & Times
2. Dives, Difficulty, Scores
3. Major Conference, Invitational or State Places

VOLLEYBALL

1. Blocks
2. Assists
3. Kills
4. Aces

WRESTLING

1. Individual record and at what weights
2. Season takedowns
3. Season reversals
4. Season escapes
5. Season 2 point & 3 point near fall points
6. Falls
7. Major Conference, Invitational or State Places

TENNIS

1. Record & Position
2. Conference Invitational or State Places

GOLF

1. Scores
2. Conference, Invitational or State Places

SAMPLE LETTER

Date

College Coach
 Name of College
 Address of College
 City, State, Zip Code of College

Dear Coach:

I would like to take a moment of your time to introduce myself. My name is _____, and I have completed my junior year at Amity Regional High School in Woodbridge, CT.

During the last month, I have spent time with my Guidance Counselor doing research on which colleges would be a good match for me both academically and athletically. I am very interested in your college and would appreciate receiving information about your school, as well as about the _____ program.

I have played _____ for Amity Regional High School since my freshmen year. During the ninth grade, I received my Sophomore Letter and was the leading scorer on our team. As a sophomore, I was moved up to the Varsity team and have started every game since then while playing three different positions. For the past two years, I have lead my teammates in scoring and assists and have been voted “Best Defensive Player” by the Varsity coaching staff. Our team has won the S.C.C. Championship, and advanced to the C.I.A.C. Tournament. I was chosen to the S.C.C. All-Conference Team and received Honorable Mention All-State this past year. You may contact my Coach, Mr. _____ at (203) 397-4839. If you are interested in seeing a film of one of our games, Coach _____ said he would send it to you.

Academically, I have taken a solid college preparatory program here at Amity Regional High School, maintaining a B with a G.P.A. of 3.5. My SAT score was a 700 math, 600 verbal.

Thank you for you time. I look forward to hearing from you in the near future.

Sincerely Yours,

Your Name
 Your Address
 Your City, State, Zip Code
 Your Phone

CHECKLIST FOR STUDENT/ATHLETES AND THEIR PARENTS

Did You:

- _____ Pick up and review the N.C.A.A. Guide for the College-Bound Student-Athlete?
- _____ Meet routinely with your counselor to assure your compliance with the N.C.A.A.'s By-law 14.3.
- _____ Complete a Career Search in the Guidance area?
- _____ Complete a College Search in the Guidance area?
- _____ Schedule meetings with your counselor and coach to discuss the college search and selection process?
- _____ Talk to your coach about your interest in college sport?
- _____ Take the A.C.T. and/or S.A.T. test?
- _____ Visit some of the schools you might want to attend?
- _____ Mail your college applications?
- _____ Submit your 48-H Form (fall of senior year) and pay \$25.00 fee to the N.C.A.A. Clearinghouse
- _____ Request that your transcripts be sent to the colleges you are interested in?
- _____ Send your A.C.T. and/or S.A.T. test scores to the Clearinghouse?

MY “DID I” LIST

Use the following checklist to remind yourself through the year of the tasks you need to perform to find the “right” college experience.

Pre-Season

DID I?

- _____ Meet with my counselor in the spring of the junior year to discuss my college plans?
- _____ Take the ACT and/or the SAT near the end of my junior year?
- _____ See my counselor about a career inventory to find potential college majors?
- _____ Meet with my counselor to make sure my senior year courses comply with N.C.A.A. rules and regulations?
- _____ Review my transcript at the end of my junior year to be sure I am in compliance with bylaw 14.3?
- _____ Develop a list of colleges with my counselor?
- _____ Visit a representative sample of college campuses?
- _____ Identify a school or schools I can apply to that meet my academic and career needs in the event I don’t play a sport in college?

In-Season

DID I?

- _____ **Apply to at least one school that will meet my needs if I don’t play a sport?**
- _____ Double-check with my counselor to assure compliance with the N.C.A.A.?
- _____ Maintain good academic standing?
- _____ If highly recruited, meet with my coach to deal with persistent recruiters?

Post-Season

DID I?

- _____ **Meet with my coach to assess my potential to play in college?**
- _____ Meet with my coach to deal with persistent recruiters?
- _____ Review the N.C.A.A. rules regarding recruiting?
- _____ Make college visits?
- _____ Assure the right program of study in the schools that have expressed an interest in me?
- _____ **Meet with my counselor, coach, and parents to make a final decision?**
- _____ Discuss the proper application procedure with college coaches?

SO YOU WANT TO “WALK ON”?

A high school athlete who has not received a scholarship but wants to play a sport in college may be given the opportunity to “walk on” at one or more schools. “Walking on” means that he or she becomes an unscholarshipped member of the team, is allowed to try to earn a position in the team, and is given the opportunity to earn a scholarship at some time in the future. “Walking on” can be an excellent opportunity for a good athlete who is serious about his or her sport, but it requires careful planning with your counselor and your coach. If you are interested in “walking on”, follow this advice:

With Your Counselor:

- Be sure you satisfy the eligibility requirements of the N.C.A.A. “Walk-on” athletes are subject to the same rules and regulations as scholar shipped athletes.
- Do all the preliminary planning needed to identify a possible career. You may not settle on one, but look into it anyway. The experience is helpful.
- Find the colleges that provide programs in your career area. Develop a list of them. If you have found no career areas, identify the schools that provide a broad range of programs.
- Discuss the list. Be sure to bring your parents to this meeting.
- Select your top three or four schools from the list.

With Your Coach:

- Discuss your ability to participate on the college level. Be open-minded during this meeting. Remember, your coach has only your best interests in mind.
- Identify any additional schools at which you may have the chance to play. Be sure they, too, satisfy your career and educational goals.
- Contact the school(s) to secure the college coach’s permission to “walk on”.
- Mail applications, being sure to follow the admissions procedures specified by the college coach.

**BE SURE THE SCHOOL(S) IS RIGHT FOR YOU.
DON’T ATTEND A SCHOOL JUST TO PLAY A SPORT!**

Recruiting Services

Advantages

- Recruiting services can save you time and effort by providing easy access to a database with addresses and name of college coaches in your sport and sending your profile out for you.
- Most services put out an attractive profile that includes pertinent statistics in your sport.
- Recruiting service may expose you to college coaches you might not have otherwise contacted.
- Recruiting services may provide the quickest way for you to disseminate your information in case you have started the process late in your high school career.

Disadvantages

- Recruiting services can be expensive.
- Profiles are generally sent out in mass mailing and are not personalized to any one coach.
- Profiles are generally sent in groups consisting of many profiles of other student-athletes, making an individual's profile easier to overlook.
- Recruiting services may charge an extra fee to update your profile.
- Since coaches are sometimes unsure of the credentials of the person qualifying the student-athlete, the information may not help them.
- They are free to college coaches. College coaches pay big bucks to some college recruiting gurus, but not services. They read what they paid on first.

Sources for More Information

The National Directory of College Athletics, by Collegiate Directories, P.O. Box 450640, Cleveland, OH 44145. A 2-volume set of directories for men's and women's sports. (On file in the Athletic Department office and Career Center.)

N.C.A.A. Guide for the College-Bound-Student-Athlete, an annual guide to recruiting rules and academic requirements, available in the Athletic Department Office and Career Center or by contacting the National Collegiate Athletic Association, N.C.A.A. P.O. Box 6222, Indianapolis, IN 46206, (317-917-6222), www.ncaa.org

The Athletic Recruiting and Scholarship Guide for High School Parents & Athletes. This book is a simple read, taking less than an hour. There is some good practical information that could benefit any family. The book can be purchased through amazon.com, or by writing Mazz Marketing, Inc. 2 Park Avenue, Suite 1522, New York, NY 10016 U.S.A.

Peterson's Sports Scholarships and College Athletic Programs. Simply the most comprehensive informational guide on the market. Addresses, phone numbers and information on over 1,700 USA College and Universities. This is a must for all athletic departments. Can be read at Petersons.com on the internet. You can also call 1-800-338-3282.

Initial – Eligibility Clearinghouse
www.ncaa.org/eligibility/cbsa/clearinghouse.html

A central clearinghouse will certify your athletics eligibility for Divisions I and II. Here is some important information that will assist you.

Certification

If you intend to participate in Division I or II athletics as a freshman, you must register and be certified by the NCAA Initial-Eligibility Clearinghouse. Refer to the Academic Eligibility section to determine the initial-eligibility standards that apply to you.

Clearinghouse Registration Materials

Click here to view Adobe Acrobat (PDF) files of clearinghouse registration materials.

Registration Process

In order to be registered with the clearinghouse, you must complete the registration process found at www.ncaaclearinghouse.net. You may also complete the student-release form and mail or fax the top (white) copy of the form to the clearinghouse along with the \$30 registration fee. Give the yellow and pink copies of the form to a high-school official, who then sends the yellow copy, along with an official copy of your high-school transcript, to the clearinghouse. Your high school should keep the pink copy for its files. After graduation and before the school closes for the summer, your school also must send the clearinghouse a copy of your final transcript that confirms graduation from high school.

For students completing the Web SRF: Students completing the online Web application should print a copy of their completed registration form (see instructions on the SRF submission screen). By printing your registration form you will receive two copies — Copy #1 and Copy #2. Give both Copy #1 and Copy #2 to a high-school official, who then sends Copy #1, along with an official copy of your high-school transcript, to the clearinghouse. Your high school should keep Copy #2 in its files. After graduation and before your school closes for the summer, the high school must send the clearinghouse a copy of your final transcript that confirms graduation and contains final grades and credits along with your Copy #2 registration copy.

Fee Waivers

High-school counselors may waive the clearinghouse fee if you have previously qualified for and received a waiver of the ACT or SAT fee. Fee-waiver information is specified on the student-release form. Information will be posted at www.ncaaclearinghouse.net to alert students when this option will also be available online.

List of NCAA Approved Core Courses (Form 48-H)

The list of NCAA approved core courses (Form 48-H) identifies courses that may be used in meeting NCAA core-course requirements.

Be sure that all courses you are taking for core-course purposes are listed on your high school's list of NCAA approved core courses (Form 48-H).

Foreign Students: If you have completed secondary school studies outside the United States, go to the clearinghouse Web site and register online. Go to the Foreign Student selection under Prospective Student-Athletes; be sure you have a valid Visa or MasterCard for the \$30.00 registration fee. Alternatively, you may contact the clearinghouse for a paper application.

Questions and Answers about the Clearinghouse

Q: Why do I need to register and be certified?

If you intend to participate in Division I or II athletics as a freshman in college, you must be registered with and be certified as eligible by the NCAA Initial-Eligibility Clearinghouse. Refer to the Academic Eligibility Section to determine the initial-eligibility standards that apply to you. Please note that initial-eligibility certification pertains only to whether you meet the NCAA requirements for participation as a freshman in Division I or II athletics and has no bearing on your admission to a particular Division I or II institution.

Q: When should I register?

You should apply for certification after your junior year in high school if you are sure you wish to participate in intercollegiate athletics as a freshman at a Division I or II institution. If you fail to submit all required documents, your incomplete file will be discarded after three years, requiring you to pay a new fee if certification is requested after that time.

Q: Is there a deadline to register?

There is no deadline to register with the clearinghouse; however, you must be certified before receiving an athletics scholarship, practicing and competing at a Division I or II institution.

Q: How do I register?

Students have two options for registering with the clearinghouse. You may complete your registration online at www.ncaaclearinghouse.net or by completing and mailing the Student Release Form to the address included on the form.

Q: What if I have attended more than one high school?

If you have attended multiple high schools since ninth grade, you must have an official transcript from each school. These transcripts can either come from each school or the high school from which you are graduating. The transcripts must come by mail directly from the high school (not from you). You should give the pink and yellow copies of the student-release form to the counselor at the high school from which you will be graduating. You may also need to make copies of this form and send them to the counselors at the other schools that you have attended. Faxed transcripts are not acceptable under any circumstances.

Q: What if I've been "home-schooled"?

If you've been "home-schooled" during all of Grades 9 through 12, you do not have to register with the clearinghouse. Your certification status will be determined through an initial-eligibility waiver. If you attended a "traditional" school for some portion of Grades 9 through 12, you are required to register with the clearinghouse.

Q: Are standardized test scores required?

Qualifying test scores are required for participation at both Division I and Division II colleges. If you intend to participate at either a Division I or II school, the test scores may be taken from your official high-school transcript or be sent to the clearinghouse directly from the testing agency.

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

When you register to take the ACT or the SAT, you can mark code 9999 so that the clearinghouse will be one of the institutions receiving your scores; or alternatively, 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.

Q: What will the clearinghouse provide to the colleges that are recruiting me?

The clearinghouse will send your eligibility status to any Division I or II college that requests it. Please note that the clearinghouse will not send your eligibility information at your request; rather, the college must make the request for that information. Additionally, if no member institution requests your eligibility status, a final certification decision may not be processed.

Revised: 7/27/05