



**PARENT AND STUDENT GUIDE
FOR COLLEGE BOUND
STUDENT ATHLETES
2009-2010**



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TABLE OF CONTENTS

Interesting Facts	3
What You Should Know	4
Student-Athlete Checklist	5
Student-Athlete Four-Year Plan	6
College Recruiting Introduction	7
About Recruiting	8
Initial-Eligibility Clearinghouse Progress	11
NCAA Eligibility Requirements	12
Information for Parents and Guardians	15
Tips on Getting Recruited	16
Acknowledgements	17

INTERESTING FACTS

- ✘ Washington state has 396 high schools
- ✘ The United States has 17,346 high schools
- ✘ High school athletics has 10,000,000 participants
- ✘ 2% of these participants are contacted by a college coach
- ✘ 3.5% of these participants actually participate in college sports
- ✘ Less than half of 1 percent of athletes receive some form of aid
- ✘ Most high schools never have a full scholarship D-I athlete
- ✘ There are 1,000,000 high school football players and 550,000 basketball players. 150 make it to the NFL and 50 to the NBA

ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL

<i>Student-Athlete</i>	<i>Men's Basketball</i>	<i>Women's Basketball</i>	<i>Football</i>	<i>Baseball</i>
HS Athletes	549,500	456,900	983,600	455,300
HS Seniors	157,000	130,500	281,000	130,100
NCAA Athletes	15,700	14,400	56,500	25,700
NCAA Freshman	4,500	4,100	16,200	7,300
NCAA Seniors	3,500	3,200	12,600	5,700
Drafted Athletes	44	32	250	600
% HS to NCAA	2.9	3.1	5.8	5.6
% NCAA to Professional	1.3	1.0	2.0	10.5
% HS to Professional	0.03	0.02	0.09	0.5

Look at these numbers and think about what matters most – your college education!
Use your athletic ability to accentuate your college experience and assist in the admissions process!

WHAT YOU SHOULD KNOW

- ✘ The importance of grades starting as a freshman.
- ✘ The importance of preparing for the ACT's and SAT's.
- ✘ Applying for regular college admissions as well as athletic scholarships.
- ✘ Look for schools that meet academic, social and personal needs as well as athletic needs.
- ✘ Talk to several coaches from different schools to gain perspective.
- ✘ Know your coaches and continue to communicate with them during recruitment and after the signing period.
- ✘ Visit as many campuses that you can while always looking for the "right" fit.
- ✘ Learn time management skills before entering college.
- ✘ Develop communication skills as a team member and as a student especially with your assigned roommate.



STUDENT-ATHLETE CHECKLIST

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

PRE-SEASON

1. Meet with counselor in January/February of the junior year of high school to discuss plans.
2. Take the ACT and/or SAT near the end of junior year.
3. Visit counselor to discuss possible majors and careers.
4. Visit counselor to discuss senior year courses and NCAA eligibility.
5. Review transcript yearly making sure compliance is eminent.
6. Develop a list of colleges with counselor.
7. Visit a sample of college campuses.

IN-SEASON

1. Apply to at least one college that will meet personal needs if sports are not possible.
2. Maintain good academic standing.
3. If highly recruited, meet with coach to discuss persistent recruiters.

POST-SEASON

1. Meet with coach to assess potential to play in college.
2. Review NCAA recruiting rules.
3. Make college visits.
4. Confirm the right program of study is available at possible colleges.
5. Meet with counselor, coach and parent to make final decision.
6. Discuss proper application procedure with college coaches.



STUDENT-ATHLETE'S HIGH SCHOOL FOUR-YEAR PLAN

Freshman Year

1. Talk to counselor about core class requirements.
2. Get to know all the coaches in your sport.
3. Work on your grades.
4. Attend sport camps.
5. Start thinking about academic and career goals.

Sophomore Year

1. Keep your grades up.
2. Talk with your coaches about your ability and ambitions.
3. Stay out of trouble!
4. Make preliminary inquiries about possible colleges.
5. Take the PLAN and practice PSAT test in October.
6. Attend another sport camp.

Junior Year

1. Talk with counselor about career goals and core course requirements.
2. Talk with coach about a realistic assessment of skills.
3. Take your PSAT/ACT/SAT tests.
4. Refine list of possible colleges. Know their entrance requirements.
5. Start making a sports resume.
6. Send letter to college coaches.
7. Register with the NCAA Clearinghouse and send 6th semester transcript.
8. Last chance for a sport camp.

Senior Year

1. Make sure you have satisfied all graduation and core course requirements.
2. Update NCAA Clearinghouse by sending your final transcript.
3. Attend College and Financial Aid Nights.
4. Final chance for ACT/SAT.
5. Narrow your college choice to the appropriate number.
6. Make sure applications and transcripts are sent to colleges.
7. Make sure rules for campus visits are known.
8. Have your parents send in FAFSA in early January.
9. Make copies of all forms for your records.
10. List pro's and con's of each prospective college.
11. Let coach know when their school is no longer in the running.
12. Make your final decision based on a meaningful college education, career preparation, and a satisfying athletic experience.

WHAT EVERY HIGH SCHOOL STUDENT-ATHLETE SHOULD KNOW ABOUT COLLEGE RECRUITING

If you are a high school athlete who wants to play college-level sports, keep two priorities in order:

#1 College first

#2 Sports second

This is especially true when talking with recruiters. This way you can avoid situations that might leave you without a degree or even a team to play on.

To start with, learn all you can about the rules governing recruitment before contacting college coaches or players. Depending on which level of competition you're considering, your relationship with a recruiter must abide by the rules set forth by the NCAA, NAIA or NJCAA. Violating any of the regulations might result in being barred from competition. Refer to the NCAA, NAIA or NJCAA website for a list of rules each athlete should understand.

The 2007-2008 NCAA Guide for the College-Bound Student-Athlete identifies areas that each athlete and parent should be aware of. Such as:

1. Contact periods
2. Campus visits
3. Phone calls
4. Evaluation periods
5. Dead periods
6. Letter of Intent
7. Early commitment/Regular commitment

This guide is available from the following website www.ncaaclearinghouse.net.

Further information regarding recruiting rules for each sport in Division I, II and III may also be found at www.ncaa.org.

Here are a few things to consider during the recruitment process:

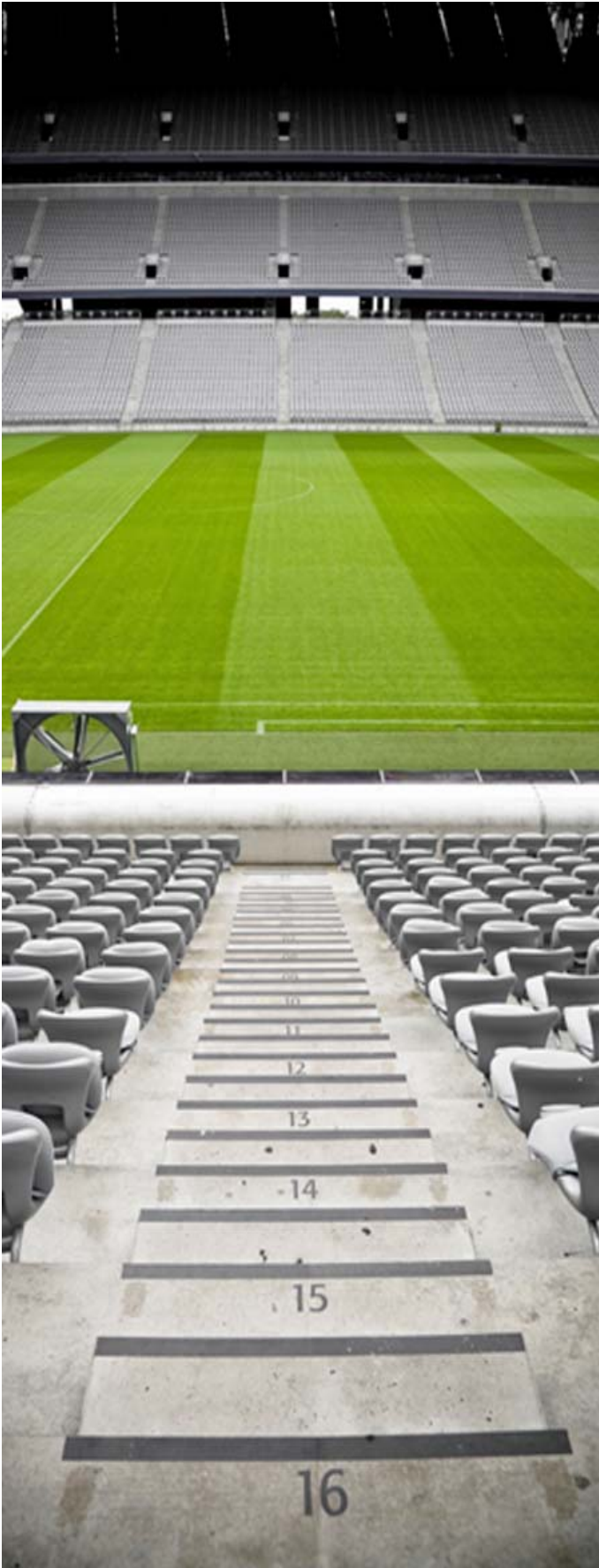
- If I could not play for some reason at this college, could I be happy here academically and socially?
- Could I be happy at this college or accept playing without a scholarship?
- Could I be happy here in a reduced playing role?
- Would I be happy at this college if the present coach were to leave before I graduated?

Meeting with the coach:

- Plan on an hour and a half to two hours for the visit

COLLEGE RECRUITING

Questions to ask as you are considering college (NCAA COLLEGE-BOUND STUDENT-ATHLETE PAGE 23)



ATHLETICS

1. **What positions will I play on your team?** It is not always obvious.
2. **What other players may be competing at the same position?** The response could give you an idea of when you can expect to be a starter.
3. **Will I be redshirted my first year?** The school's policy may impact you athletically and academically.
4. **What expectations do you have for training and conditioning?** This will reveal the institution's commitment to a training and conditioning program.
5. **How would you best describe your coaching style?** You need to know if a coach's teaching style matches your learning style.
6. **When does the head coach's contract end? How long does the coach intend to stay?** Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school/program?
7. **What are preferred, invited and uninvited walk-on situations? How many do you expect to compete? How many earn a scholarship?**
8. **Who else are you recruiting for my position?**
9. **Is medical insurance required for my participation? Is it provided by the college?** You may be required to provide proof of insurance.
10. **If I am seriously injured while competing, who is responsible for my medical expenses?**
11. **What happens if I want to transfer to another school?** You may not transfer without the permission of your current school's athletics administration. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.
12. **What other factors should I consider when choosing a college?** Be realistic about your athletics ability and the type of athletics experience you would enjoy. Some student-athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletics opportunities you want.



ACADEMICS

1. **How good is the department in my major? How many students are in the department? What credentials do faculty members hold? What are graduates of the program doing after school? What percentage of players on scholarship graduate?** The response will suggest the school's commitment to academics. You might want to ask two follow-up questions:
 - a. What percentage of incoming students eventually graduate?
 - b. What is the current team's grade-point average?
2. **What academic support programs are available to student-athletes?** Look for a college that will help you become a better student.
3. **If I have a diagnosed and documented disability, what kind of academic services are available?** Special academic services may help you achieve your academic goals.
4. **How many credit hours should I take in season and out of season?** It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.
5. **Are there restrictions in scheduling classes around practice?** NCAA rules prevent you from missing class for practice.
6. **Is summer school available? If I need to take summer school, will it be paid for by the college?** You may need to take summer school to meet academic and/or graduation requirements.

College Life

1. **What is a typical day for a student-athlete?** The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.
2. **What are the residence halls like?** The response should give you a hint of how comfortable you would be in your room, in study areas, in community bathrooms and at the laundry facilities. Also ask about the number of students in a room, co-ed dorms and the rules governing life in the residence halls.
3. **Must student-athletes live on campus?** If "yes," ask about exceptions.

FINANCIAL AID

- 1. How much financial aid is available for both the academic year and summer school?**
- 2. What does your scholarship cover?**
- 3. How long does my scholarship last?** Most people think a “full ride” is good for four years, but athletics financial aid is available on a one-year, renewable basis.
- 4. What are my opportunities for employment while I am a student?** Find out if you can be employed in season, out of season or during vacation periods.
- 5. Exactly how much will the athletics scholarship be? What will and will not be covered?** It is important to understand what college expenses your family is responsible for so you can arrange to pay those. Educational expenses can be paid with student loans and government grants, but it takes time to apply for them. Find out early so you can get something lined up.
- 6. Am I eligible for additional financial aid? Are there any restrictions?** Sometimes a student-athlete cannot accept a certain type of scholarship because of NCAA limitations. If you will be receiving other scholarships, let the coach and financial aid officer know so they can determine if you may accept additional dollars.
- 7. Who is financially responsible if I am injured while competing?**
- 8. Under what circumstances would my scholarship be reduced or canceled?** Coaches should be able to give you some idea of how players are evaluated from year to year and how these decisions are made. The institution may have a policy governing renewal of athletics aid. Ask if such a policy exists and read it.
- 9. Are there academic criteria tied to maintaining the scholarship?** Some institutions add academic requirements to scholarships (e.g., minimum grade-point average).
- 10. What scholarship money is available after eligibility is exhausted to help me complete my degree?**
- 11. What scholarship money is available if I suffer an athletics career-ending injury?**
- 12. Will my scholarship be maintained if there is a change in coaches?** A coach may not be able to answer this, but the athletics director may.



TIPS FOR MONITORING YOUR INITIAL-ELIGIBILITY CLEARINGHOUSE PROGRESS



5-STEP PROCESS

STEP #1 Obtain Needed Documents

- Obtain your high school's list of NCAA-Approved Core Courses.
- Get your high school transcript (from each school attended).

STEP #2 List Courses, Grades and Credits

- Write the course title.
- Write the grade
- Write the amount of credit earned.
- Semester unit=.50; Year unit=1.0

STEP #3 Do the Math

- Determine quality points for each course.
 - A=4; B=3; C=2; D=1
- Multiply the quality points by the amount of credit earned. (A year's unit (1.0) grade of "A" equals 4.0 quality points.)
- Pluses and minuses are not used

STEP #4 Finalize Your GPA Calculation

- Calculate your core-course grade point average.
- Divide the total amount of quality points by the number of core course units.
- Clearinghouse will do the final calculation from your final transcript.
- 50 quality points and 16 core-courses $50/16 = 3.12$ GPA.

STEP #5 Compare

- Monitor status using the appropriate division standard.
- If you are deficient, meet with counselor and plan to enroll in courses before graduation.
- If you complete more than 16 core-courses, the Clearinghouse will select the highest grades to calculate the GPA.

DIVISION I CORE GPA & TEST SCORE SLIDING SCALE		
Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

NCAA ELIGIBILITY REQUIREMENTS 07-08

If your high school normally “weights” honors or advanced courses, these weighted courses may improve your core-course grade point average. Your high school must notify the eligibility center of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit www.ncaaclearinghouse.net for an explanation of how these grade weights are handled.

ACT and SAT Tests

Test-Score Requirements

You must achieve the required score on an SAT or ACT test before your full-time college enrollment. You must do this whether you are a citizen of the United States or of a foreign country. You must take the national test given on one or more of the dates shown below.

SAT	
October 10, 2009	March 13, 2010
November 7, 2009	May 1, 2010
December 5, 2009	June 5, 2010
January 23, 2010	

ACT	
September 12, 2009	February 6, 2010
October 24, 2009	April 10, 2010
December 12, 2009	June 12, 2009

Taking Tests More than Once

You may take the SAT or the ACT more than one time. If you take either test more than once, you may use your best subscore from different tests to meet the minimum test-score requirements.

Your test score will continue to be calculated using the math and verbal/critical reading subsections of the SAT and the math, science, English and reading subsections of the ACT. **The writing component of the ACT or SAT will not be used to determine your qualifier status.**

NCAA ELIGIBILITY REQUIREMENTS 07-08

IMPORTANT CHANGE:

All SAT and ACT test scores **must** be reported to the eligibility center **directly** from the testing agency. Test scores will **not** be accepted if reported on a high school transcript.

When registering for the SAT or ACT, input the eligibility center code of **9999** to make sure the score is reported directly to the eligibility center.

Core Courses

Students entering in 2008 must graduate high school and complete 16 core-courses. Core courses include: English, Mathematics, Natural/Physical Science, Social Science and World Language. Please note that Computer Science no longer satisfies the core unless the course is listed as a math or science core approved class. Remember, if the student-athlete is not a heavily recruited D-I or D-II "special talent" athlete, just meeting minimum eligibility requirements alone will not get them admitted to the college.

Here are the required courses as listed in the NCAA College-Bound Student Athlete (page 9)

OLD REQUIREMENTS (BEFORE 2008)

14 Core Courses:

- 4 years of English
- 2 years of Math
- 2 years of science
- 1 year additional from above
- 2 years of social science
- 3 years additional

DIVISION I ('08 & LATER)

16 Core Courses:

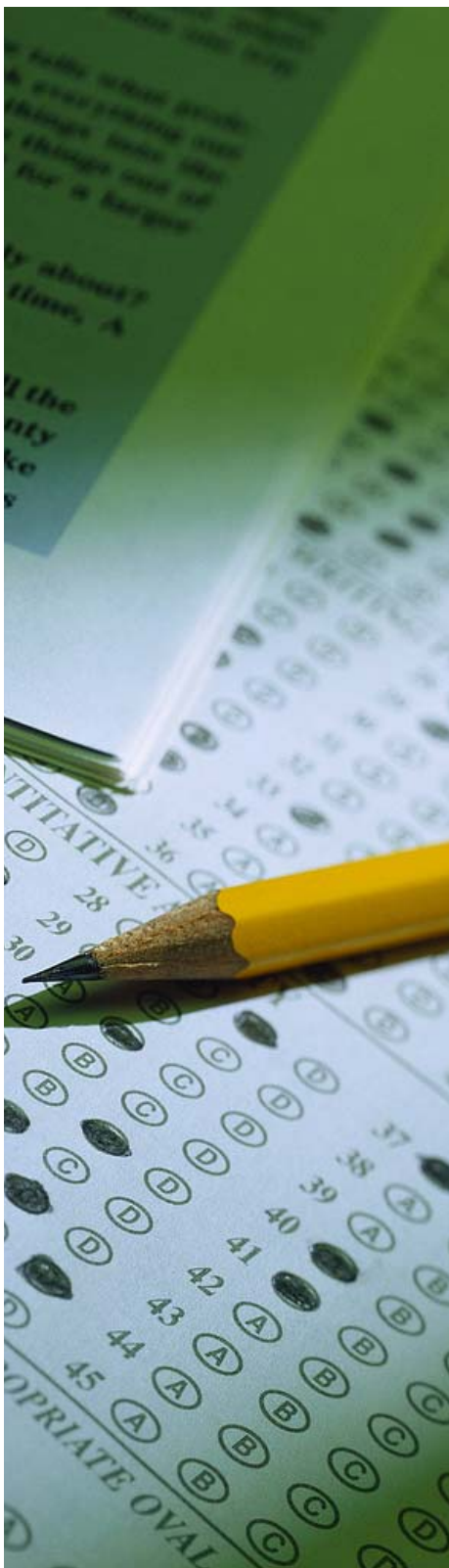
- 4 years of English
- 3 years of Math (Algebra 1 or higher)
- 2 years science
- 1 additional year of English, math or science
- 2 years social science
- 4 years additional (any above category, world language or philosophy)

DIVISION II ('05 & LATER)

14 Core Courses:

- 3 years of English
- 2 years of Math (Algebra 1 or higher)
- 2 years science
- 2 years social science
- 2 additional years of English, math or science
- 3 years additional (above category, world language or philosophy)

NCAA ELIGIBILITY REQUIREMENTS 07-08



You will be a qualifier if you meet the academic requirements listed on page 12.

As a qualifier, you:

- Can practice or compete for your college or university during your first year of college;
- Can receive an athletics scholarship during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

You will be a nonqualifier if you do not meet the academic requirements listed above.

As a nonqualifier, you:

- Cannot practice or compete for your college or university during your first year of college
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play only three seasons in your sport if you maintain your eligibility from year to year (to earn a fourth season you must complete at least 80 percent of your degree requirements before beginning your fifth year of college).

PLEASE NOTE:

Division III: Does not use the eligibility center. Contact a Division III college for information.

INFORMATION FOR PARENTS AND GUARDIANS

If you are the parent or legal guardian of a potential student-athlete, please make sure to review the student guide on the NCAA website. Below is some information included in the NCAA Guide for the College-Bound Student-Athlete.

Eligibility Center Registration:

Transcript and Test-Score Submissions

It is best for your student to register with the eligibility center at the beginning of his or her junior year. Once registered, your son or daughter must ask the high school counselor or registrar to send his or her academic transcripts to the eligibility center.

ACT or SAT score(s) also must be submitted to the eligibility center. Your student must list the eligibility center as a separate recipient for the ACT or SAT scores when he or she takes the test. The test scores must come directly from SAT or ACT. The eligibility center will not accept test scores reported on the high school transcript. The center will typically review your son's or daughter's high school record and send a preliminary report to him or her, with notification of any missing requirements. A final report may be issued once your son's or daughter's high school submits a final transcript showing high school graduation.

Financial Aid

If your son or daughter is academically eligible to participate in intercollegiate athletics and is accepted as a full-time student at a Division I or II school, he or she may receive athletics-based financial aid from the school. Division I or II financial aid may include tuition and fees, room and board, and books. Division III institutions do not award financial aid based on athletics ability. A Division III college may award need-based or academically related financial aid. The college financial aid office can provide further information.



Important information about scholarships from Divisions I and II schools:

- ✘ All athletics scholarships awarded by NCAA institutions are limited to one year and are renewable annually. **There is no such award as a four-year athletics scholarship.**
- ✘ Athletics scholarships may be renewed annually for a maximum of five years within a six-year period of continuous college attendance. **Athletics aid may be canceled or reduced at the end of each year for any reason.**
- ✘ Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (tuition, fees, room and board, and books) to very small scholarships (e.g., books only).
- ✘ The total amount of financial aid a student-athlete may receive and the total amount of athletics aid a team may receive can be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources. Ask financial aid officials at the college or university about any other aid your student might be eligible to receive, and how it impacts his or her athletics aid limit. **You must inform the college financial aid office about scholarships received from all sources, such as local civic or booster clubs.**

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the NCAA Eligibility Center. By signing an NLI, your son or daughter agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year. Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your son's or daughter's eligibility. If you have questions about the National Letter of Intent, visit the NLI Web site at www.national-letter.org or call 317/223-0706.

Agents

During high school, your son or daughter might be contacted by an agent who is interested in representing your son or daughter in contract negotiations or for commercial endorsements. Some agents may not identify themselves as agents. They may offer gifts or other benefits to you and your family. NCAA rules do not prevent meetings or discussions with an agent. However, your son or daughter will jeopardize his or her eligibility in a sport if he or she agrees, verbally or in writing, to be represented by an agent or accepts gifts while attending high school or college, regardless of whether the agreement becomes effective immediately or after his or her last season of college eligibility. If an individual contacts your son or daughter about marketing his or her athletics ability, be careful. If you have concerns, contact your high school coach, director of athletics or the NCAA.

Scouting/Recruiting Services

During high school, your family might be contacted by a scouting/ recruiting service. The NCAA does not sanction or endorse any of these services. A scouting/recruiting service cannot base its fee on the amount of a student's college scholarship. If you have any questions, please call the NCAA.

All-Star Contests—Basketball and Football

After your son or daughter completes high school eligibility, but before graduating, he or she may participate in two high school all-star football or basketball contests in each sport. If you have any questions, please call the NCAA.

HOW TO GET YOURSELF RECRUITED

Needless to say, being born with god-given talent is very helpful. In many cases these are the "special talent" athletes that high school and college coaches dream about. For them, coaches already know who they are!

For the rest of us, hard work and persistence will get us noticed and one step further in realizing our dream of continuing play and doing so at the highest level possible. These athletes must take charge of their recruiting process.

To get recruited you must follow these very simple steps.

These are:

1. Keep working hard at your sport every year.
2. Set yearly goals to get you to the "next step".
3. Have the support of your school coach.
4. Further your skills by playing in a club program.
5. Perform in "college exposure" activities.
6. Don't forget your academics
7. Register with the NCAA Clearinghouse.
8. Identify colleges with compatible athletic/academic programs.
9. Send a letter of self-introduction to the college coach.
10. Have school and club coach help write/call college coach.
11. Send a "sports" resume with game schedule to college coach.
12. Fill out all questionnaires sent from the school/team.
13. Continue the communication via email.
14. Arrange for campus visit if invited to attend.

RECRUITING SERVICES

You must be good enough to play in college for the recruiting services to help you. They cannot guarantee that you will play college sports but the services perform a valuable function. For a nominal fee they can do for you what time will not permit.

Many top D-1 and D-II programs buy names to begin their search so be careful! Some recruiting services can actually make the student-athlete ineligible by receiving a percentage of the scholarship attained thus acting as an agent.

Information in this booklet was put together referencing the following resources:

1. "Parent and Student Guide," Bellarmine Preparatory School,
2. National Collegiate Athletic Association, www.ncaa.org, 2007
3. NCAA Clearinghouse, www.ncaaclearinghouse.net,
4. 2007 Guide for the College-Bound Student-Athlete," NCAA 2007-2008

