

# North Suburban Conference

## NCAA Eligibility Workshop



September 6, 2017

Mundelein High School



Lake Forest, Lake Zurich, Libertyville, Mundelein,  
Stevenson, Warren, Waukegan and  
Zion Benton.

So, you want to be a college athlete. That's great! Now, you must learn the process to make it a reality. The National Collegiate Athletic Association (NCAA) has developed a process that ensures that all participating colleges and universities and their student-athletes are competing on a "level playing field," and that all prospective athletes are academically eligible to participate.

## WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING

When a high school athlete daydreams about playing sports at college, does he see himself sitting humbly on the bench waiting for the coach to send him in? Probably not. Instead he sees himself acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, he has the same fantasies that thousands of other young men and women have: that college will be the springboard to fortune and the big leagues.


Here are some things to consider:

- Only 3 out of every 10,000 high school basketball players make it to the pros.
- The professionals for any major sport are usually drawn from big institutions, which are treasure troves of first-rate athletes playing on outstanding teams.
- The average pro football career lasts only three years.


These realities indicate that the college-bound athlete must think ahead to when the cheering stops. Careers in sports can end abruptly. Starting spots can evaporate after only one year. More often, college athletes have problems with eligibility. Practice schedules are hard on grades. Some players spend more than four years trying to graduate and eventually their eligibility expires.

If you are a high school athlete who wants to play college-level sports, keep two priorities in mind: **COLLEGE FIRST, ATHLETICS SECOND**. Avoid situations that might leave you without a degree or even a team to play on.

For more information on the "Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level", check out <http://www.ncaa.org/about/resources/research/probability-competing-beyond-high-school>.



For information on the National Junior College Athletic Association (NJCAA), go to [www.njcaa.org](http://www.njcaa.org).



For information on the National Association of Intercollegiate Athletics (NAIA), go to [www.naia.org](http://www.naia.org).



The NCAA Eligibility Center website – [www.eligibilitycenter.org](http://www.eligibilitycenter.org) ([web3.ncaa.org/ecwr3](http://web3.ncaa.org/ecwr3)) – offers great information about the eligibility process, how to work with coaches, finding information on sports and divisions, and much more.

Download or read online the current *Guide for the College-Bound Student-Athlete* at:  
<http://www.ncaapublications.com/productdownloads/CBSA18.pdf>

For Division I Initial Eligibility Requirements, go to:  
[http://www.ncaa.org/sites/default/files/2017\\_DI\\_Requirements\\_Fact\\_Sheet\\_20170103.pdf](http://www.ncaa.org/sites/default/files/2017_DI_Requirements_Fact_Sheet_20170103.pdf)

For Division II Initial Eligibility Requirements, go to:  
[http://www.ncaa.org/sites/default/files/2017\\_DII\\_Requirements\\_Fact\\_Sheet\\_20170103.pdf](http://www.ncaa.org/sites/default/files/2017_DII_Requirements_Fact_Sheet_20170103.pdf)

For the most up-to-date list of your high school's Approved Core Courses:  
<http://www.ncaa.org/student-athletes/future/core-courses>

To find information on what schools sponsor your sport, as well as access athletic contacts at individual schools:  
<http://web1.ncaa.org/onlineDir/exec2/sponsorship>

Student-athletes with disabilities should go to:  
<http://www.ncaa.org/student-athletes/future/education-impacting-disabilities>

To apply for NCAA Academic Eligibility:

- Review the website registration checklist found here:  
[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/Registration\\_Checklist.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/Registration_Checklist.pdf)
- Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Click on “Create an Account” or “Create a Profile Page” depending on your path.

# STUDENT-ATHLETE'S HIGH SCHOOL PLAN

## Freshman Year

- Learn more about the process of becoming a student-athlete in college at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Keep your grades high and work on your study habits
- Talk to your counselor about NCAA core class requirements; make sure you take classes that match your high school's list of approved core courses. You can access and print your high school's List of NCAA courses at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). Click on "Resources" at the top, then on "List of NCAA Courses" where you can search for your school.
- Get to know all the coaches in your sport
- Attend sports camps
- Realistically analyze your ability
- Start thinking about academic and career goals

## Sophomore Year

- Keep up your grades
- Take the PSAT and/or a practice ACT test
- Take classes that match your high school's List of NCAA Courses.
- At the beginning of your sophomore year, complete your online registration at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- If you fall behind, do not take short cuts. Classes you take must be four-year college preparatory and must meet NCAA requirements.
- Talk to your coaches about your ability and ambitions
- Make preliminary inquiries to colleges that interest you (a brief e-mail to the college coach is appropriate)
- Lift weights and stay in shape in the off-season
- Attend sports camps
- Start developing your sports resume

## Junior Year

- At the beginning of your junior year, register at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and complete the amateurism questionnaire
- Keep working on your grades!
- Talk with your counselor about career goals and, again, about the NCAA core course requirements
- Talk with your coach about a realistic assessment of which college level/division you can play

## Junior Year Continued

- ☑ Take the PSAT, ACT, and SAT
- ☑ When taking the ACT or SAT, request test scores to be sent to the eligibility center (**code is 9999**)
- ☑ Refine your list of possible college choices and know their admission requirements
- ☑ Create a sports resume
- ☑ Send e-mails to college coaches expressing your interest
- ☑ Prior to registration for senior year classes, check with your counselor to determine the amount of core courses that you need to complete for senior year
- ☑ Begin making unofficial visits to colleges
- ☑ Obtain letters of recommendation from teachers
- ☑ Attend sports camps in the summer
- ☑ Ask your counselor to send an official transcript to the NCAA Eligibility Center at the end of junior year.

## Senior Year

- ☑ Senior year grades are important!
- ☑ Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements
- ☑ 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.)
- ☑ Review your amateurism questionnaire responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees)
- ☑ Attend college fairs and financial aid workshops
- ☑ Retake the ACT and/or SAT, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score
- ☑ Refine your college list and apply for admission
- ☑ Be aware of recruiting rules regarding campus visits
- ☑ Complete *Free Application for Federal Student Aid* (FAFSA) after January 1
- ☑ Sit down with your parents and coach to list the pros and cons of each school you are considering
- ☑ Be sure of your final choice before signing any papers
- ☑ Have your high school counselor send a final transcript with proof of graduation to the NCAA Eligibility Center
- ☑ Let coaches know when their school is no longer in the running. Thank them!
- ☑ Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!

## SAMPLE E-MAIL FROM HIGH SCHOOL ATHLETE TO COLLEGE COACH

Dear Coach So & So:

I would like to introduce myself. I am currently a senior at Laketown High School. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year.

My coach's name is Mary Jones. Her contact information is included on the attached information page. She has indicated to me that she would welcome your calls. E-mail is a reliable way to reach her as well.

My cumulative GPA is a 3.7 on a 4.0 scale. My ACT composite was a 24. I intend to retake it in October. I am interested in pursuing a four-year degree in biology. I also hope to continue playing volleyball on the college level. Your program especially interests me. I have followed your team's season in the *Chicago Tribune* and have attended two games.

I have included a skills tape and a game tape. My jersey number is #1 in the light-colored uniforms. Also included is a schedule of our 2016-17 volleyball season. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

Athlete's Name  
Contact Information

# SAMPLE STUDENT-ATHLETE RESUME

## **ANNIE ATHLETE** **Volleyball Information**

*1225 Any Street      Any Town, Any State 81234*  
*Telephone: (500) 111-1111 or (500) 222-2222*  
*Aathlete@msn.com*

**Coach:** Mary Jones  
1010 Training Avenue  
Any Town, Any State 81234  
Telephone: (500) 111-1212  
E-mail: [mjones@d228.il.us](mailto:mjones@d228.il.us)

**High School:** Laketown High School  
123 Main St.  
Laketown, IL 60000  
(847) 123-4567 (Athletics Office)

**Volleyball Division:** Class 4A (Highest level within the State)

**Position:** Setter

**Jersey:** #1 Dark/#10 Light

**Offense Used:** 5-1 Offense

**Years Starting Varsity:** 3 years

**Awards/Honors:** Best Setter (2014, 2015)  
Most Valuable Player (2015)  
All Conference (2014, 2015)  
All State (2015)  
North All Star Team (2014)

**Experience:** AAU Volleyball (2012, 2013)  
Coed Power Outdoor & Indoor Tournaments (2014-15)  
HS Volleyball Camp (2013, 2014, 2015)  
Any University Summer Camp (2015)

**Height:** 5'8"  
**Weight:** 145 lbs.  
**Vertical:** 23"  
**GPA:** 3.74 on 4.0 scale  
**ACT Composite Score:** 26  
**Graduation Date:** June, 2016