

# **College Planning Guide for the Prospective Student Athlete**

**Source – The Sport Source**  
[www.thesportsource.com](http://www.thesportsource.com)



**Table of Contents**

Athletic Eligibility .....	3-4
Knowing the Rules of Recruitment .....	4
Prospective Student Athlete Check List .....	5-6
Sample Cover Letter to a Coach .....	7
Sample Resume .....	8

### **Athletic Eligibility Requirements**

The NCAA has established a National Clearinghouse from which all decisions regarding an athlete's initial eligibility at an in-situation will be determined. If the athlete is not registered and certified through the Clearinghouse he or she will not be able to participate in Division I or Division II athletics.

The key steps: The rules have changed as have the admissions and test scores for NCAA athletics. To better understand how to be prepared visit the NCAA to determine your core course requirements - [www.ncaa.org](http://www.ncaa.org) , admissions and eligibility.

NAIA: Qualification criteria is based on any 2 of the 3 requirements outlined below.

1. A minimum GPA of 2.0 on a 4.0 scale
2. A combined score for the SAT of 860 or ACT of 18
3. Rank in the top 50% of high school graduating class

If you are interested in playing in the NCAA Division I or II you must register with the "Clearing House" at the end of your Junior Year in High School. [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

### **Changes in SAT/ACT tests**

The SAT and ACT have made changes their tests; one of the most significant changes is the addition of a writing component. On both the SAT and ACT, students will be asked to write an essay. The SAT writing section is mandatory, while the ACT writing section is optional.

The SAT will now have three parts: critical reading (formerly known as verbal), mathematics, and writing. Since each section is worth 200-800 points, the SAT score will now range from 600-2400.

Will the NCAA require a writing test as part of its initial-eligibility requirements?

The NCAA had determined that the writing component should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component.

How will the NCAA Initial-Eligibility Clearinghouse use the scores on the new SAT?

Because the critical reading and math sections will still be scored on a 200-800 point scale, the clearinghouse will still combine those two sections for the combined score. The writing section will not be used. The clearinghouse will use scores from the new SAT in combination with scores from the current SAT for the combined score.

### **What about ACT?**

ACT is also adding a writing component, but the ACT writing component is optional. The scores on the ACT will remain the same.

Immediately after the completion of the second semester the student-athlete should register with the Clearinghouse. This is accomplished by requesting a Clearinghouse "Student Release Form" from the high school counselor's office. The student should provide two copies of the form to the high school counselor for processing.

#### Senior Year: Verification of Standardized Test Scores

Verify that the standardized test scores and official transcripts have been sent to the Clearinghouse.

The SAT and ACT have made changes their tests; one of the most significant changes is the addition of a writing component. On both the SAT and ACT, students will be asked to write an essay. The SAT writing section is mandatory, while the ACT writing section is optional.

The SAT will now have three parts: critical reading (formerly known as verbal), mathematics, and writing. Since each section is worth 200-800 points, the SAT score will now range from 600-2400.

Will the NCAA require a writing test as part of its initial-eligibility requirements?

The NCAA has determined that the writing component should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component.

How will the NCAA Initial-Eligibility Clearinghouse use the scores on the new SAT?

Because the critical reading and math sections will still be scored on a 200-800 point scale, the clearinghouse will still combine those two sections for the combined score. The writing section will not be used. The clearinghouse will use scores from the new SAT in combination with scores from the current SAT for the combined score.

What about ACT?

ACT is also adding a writing component, but the ACT writing component is optional. The scores on the ACT will remain the same.

Immediately after the completion of the second semester the student-athlete should register with the Clearinghouse. This is accomplished by requesting a Clearinghouse "Student Release Form" from the high school counselor's office. The student should provide two copies of the form to the high school counselor for processing.

#### Senior Year: Verification of Standardized Test Scores

Verify that the standardized test scores and official transcripts have been sent to the Clearinghouse.

### **Knowing the Rules of Recruiting**

Each Division (I, II, III) of the NCAA has some variability in eligibility requirements. The NAIA and NJCAA are significantly different from the NCAA. As well, the admissions requirements for various colleges and universities may be unique and vary greatly from one to another. However, it is possible to generally view the following items as essential elements for admission criteria to most colleges.

A few basic NCAA rules:

A college coach may not have off-campus contact with a recruit until July 1st after his junior year in high school.

A recruit may not practice with an NCAA Division I college team on a campus visit.

A player may not accept payments for playing for any club team.

A recruit should not accept any financial rewards for attending an institution outside the formal scholarship opportunities.

Recruitment must be by members of the institution's academic and athletic staff only.

Rules for NAIA and junior college associations are different. Therefore, the recruit should always seek advice directly from the associations governing body if something seems too good to be legal. Also, NCAA Division III rules vary from NCAA rules at other levels. If a recruit has questions, he/she should obtain a current copy of the annually published NCAA Guide for the College-Bound Student-Athlete.

Choosing a college or university is a big decision and should not be taken lightly. As a student-athlete you need to enhance your opportunities for recruitment by helping in the process. The more knowledgeable and organized you are, the better your chances will be. Obviously, this process doesn't take the place of pure athletic ability and hard work, but if you have the talent and dedication to play at the collegiate level you need to freely communicate this to the coaches.

## **Prospective Student Athlete Check List**

### Freshman Year

- Participate in High School Orientation
- Set Academic Plan for Freshman Year
- Explore possible Community Service Opportunities
- Write a description of your "ideal" College Program
- Start a college file
- Review progress with parents
- Set Individual athletic goals for the summer
- Set academic plan for next year
- Pick college campus to visit

### Sophomore Year

- Complete a practice admission application
- Set-up files - begin to assemble college information
- Review progress with parents
- Begin to identify 10-20 college programs
- Begin a College Contact List
- Plan next year's academic program
- Attend College Night at high school gather college information brochures
- Continue requesting information
- Review material in college life
- If you have not taken the PSAT plan to do this now

### Junior Year

- Review academic plan for Junior year
- Develop more selective college contact list-begin writing to colleges & coaches
- Explore opportunities for college / high school joint enrollment credit
- Visit College Nights / College Fairs
- Verify SAT registration deadline with counselor
- Get Letters of Recommendation/References
- Organize your personal portfolio
- Visit local colleges of different types & sizes
- Explore possibility of enrolling in AP courses during senior year for college credit
- Take SAT and ACT
- Develop your preferred college list
- Review admission applications questions & concerns with counselors

Senior Year

- Finalize application essay topics
- Request referrals from teachers/coaches
- Review application essays with teachers- parents for suggestions & proofing
- Get tax records to prepare financial aid forms
- Obtain and file financial Aid Forms ASAP after Jan. 1
- Make sure all applications have been sent
- Parent / student meeting with counselor to verify all transcript verification is complete
- Re-take SAT & ACT if necessary
- Review acceptances and offers - choose college you wish to attend
- If put on waiting lists, contact college admissions officers & guidance counselor
- Submit necessary deposits to college chosen
- Notify college you have chosen to attend,
- Notify colleges applied not attending
- Notify counselor of final choice and have final grades, proof of graduation, etc. sent

**Sample Cover Letter**

YOUR NAME  
Address  
City, State Zip  
Home Telephone  
E-mail Address

Date

Coach's Name  
Women's Soccer Coach  
Name of College  
Address  
City, State, Zip

Dear (Coach's Name):

Based on my research in preparation for choosing a college, (name of college) has both an excellent reputation, and the types of academic and athletic programs I hope to pursue after graduation from high school.

The enclosed resume details my academic standing and Soccer experience. I am currently a junior, with a GPA of \_\_\_ on a 4.0 scale, and taking college preparatory classes with an emphasis on (list core courses). The strength and variety of courses offered at (name of college) provide several degree plans of interest to me, although I have not yet decided on a specific major area of study.

More specifically, your Soccer program is of primary interest to me. I believe my skills and abilities would fit well into your program, and enable me to contribute to the success of the (team name) while continuing to develop my Soccer talents under your style of play.

I would like to pursue all available means for financial aid, and I believe my academic standing should qualify me for scholarship assistance.

Thank you for any consideration you can give me as a future (team name). Please send me information on your program, and any suggestions you may have on how best to prepare for attendance at (name of school) in the fall of (your graduation year).

Sincerely,

(Your Name)

**Sample Resume**

Your Name  
Address  
City, State, Zip

Phone  
Email

Date of Birth: March 9, 1990  
Height: 5'6"  
Weight: 125lbs.

**Academics**

High School:           Your High School Name  
                                  Address  
                                  City, State, Zip  
                                  (317) 555-1212

Graduation:           Class of 2008  
Date:  
GPA:                    3.25 (4.0)  
Class Rank:           Top 25%  
                                  Honors program – Math

SAT/ACT Scores:      610 Math, 560 Verbal: 1170 – SAT Total  
                                  11 Math, 12 Verbal: 23 – ACT Total

**Athletics**

High School Soccer:   Varsity team, 2003-2008  
                                  All-District Honorable Mention – Sophomore  
                                  All-District 1<sup>st</sup> Team - Junior  
                                  Indy Star Super Team – Senior  
                                  All-State Third Team – Senior  
                                  Position: Defender / Midfielder

Soccer Club:           Indy Burn  
                                  Coach: John Doe  
                                  2-Time State ODP Team  
                                  Member 2005 Indiana State Cup Championship Team