

IC VARSITY CLUB PRESENTS

COLLEGE

ATHLETIC FORUM

YOUR HIGH SCHOOL JOURNEY

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.
- Make sure to keep your account current! If you update your email address, change schools or take classes at a different school, be sure to update your NCAA Eligibility Center account as you go to avoid delays in your certification.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

ONE OPPORTUNITY.
LIMITLESS
POSSIBILITIES.



For more information:
ncaa.org/playcollegesports
eligibilitycenter.org

Search Frequently Asked Questions:
ncaa.org/studentfaq

Follow us on social media:

 @NCAAEC
 @playcollegesports

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification Account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page at eligibilitycenter.org.

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses.

- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/playcollegesports.

TEST SCORES

Take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you register to take a test. If you take a test more than once, send us all your scores and we will choose the best scores from each test section to create your sum score. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript. Remember to apply the College Board concordance table for SAT tests taken in March 2016 and after.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA, and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 courses in the following areas:

DIVISION I



4 years



3 years



2 years



1 year



2 years

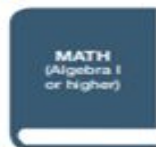


4 years

DIVISION II



3 years



2 years



2 years



3 years



2 years



4 years

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

This simple formula will help you meet Divisions I and II core-course requirements.

$$4 \times 4 = 16$$

- + 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science courses (one per year)

= 16 NCAA CORE COURSES



<http://www.ncaa.org/>

Your first step on this site is to create a free profile, normally in your sophomore year. If you think you will be participating on the DI or the DII level then you will also want a certification account (registration fee is \$90). This is mandatory before you can schedule an official visit or sign a NLI (National Letter of Intent) to a DI or DII school. After you certify you may then go on the the eligibilitycenter.org website where you can view the academic guidelines to ensure you are taking the proper classes in order to be eligible.

ELIGIBILITYCENTER.ORG/COURSELIST

Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or find your high school's list of NCAA core courses at eligibilitycenter.org/courselist

HOW DO I FIND A SCHOOL THAT HAS WHAT I AM LOOKING FOR?

- **NAVIANCE.COM**
- **ACADEMICS**
- **LOCATION**
- **FINANCIAL**
- **ATHLETICS**

WHAT SHOULD YOU DO WHEN YOU FIND A SCHOOL THAT INTERESTS YOU?

- **CONTACT THE HEAD COACH AND/OR RECRUITING COORDINATOR**
 - IF YOU ARE ATTENDING A SHOWCASE, CONTACT THE COACH THAT WILL BE PRESENT
 - DI HEAD COACHES RARELY ATTEND SHOWCASES/CAMPS, CHECK THE SHOWCASE/CAMP DESCRIPTION TO SEE WHO WILL BE PRESENT
- **FILL OUT THE QUESTIONNAIRE LOCATED ON THE TEAM WEBSITE**
 - FILL IT OUT AS COMPLETE AS POSSIBLE, ESPECIALLY INTENDED MAJOR, HS GPA AND SCHOOL/TRAVEL COACH INFO
- **ATTEND A TEAM CAMP**
 - MOST IF NOT ALL SPORTS HOST TEAM CAMPS. SOME WILL BRING IN OTHER SCHOOLS.
- **SEND THE COACH YOUR HS AND TRAVEL SCHEDULE**

QUESTIONS TO ASK THE COACHING STAFF

What positions will I play on your team?

What other players may be competing at the same position?

Will I be redshirted my first year?

What expectations do you have for training and conditioning?

How would you best describe your coaching style?

When does the head coach's contract end? How long does the coach intend to stay?

Who else are you recruiting for my position?

What happens if I want to transfer to another school?

QUESTIONS FOR ADMISSIONS STAFF

What academic support programs are available to student-athletes?

How many credit hours should I take in season and out of season?

Are there restrictions in scheduling classes around practice?

FINANCIAL AID QUESTIONS

How long does my scholarship last?

What are my opportunities for employment while I am a student? Do I have any restrictions?

Exactly how much will the athletics scholarship be? What will and will not be covered?

Who is financially responsible if I am injured while competing?

Are there academic criteria tied to maintaining the scholarship?

What scholarship money is available if I suffer an athletics career-ending injury?

CONTACT PERIOD

What is a contact?

A contact occurs any time a college coach says more than hello during a face-to-face contact with a college-bound student-athlete or his or her parents off the college's campus.

What is a contact period?

During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.

What is an evaluation period?

During an evaluation period a college coach may watch college-bound student-athletes compete, visit their high schools, and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound student-athletes or their parents off the college's campus during an evaluation period.

QUIET/DEAD PERIODS

What is a quiet period?

During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

What is a dead period?

During a dead period a college coach may not have face-to-face contact with college-bound student-athletes or their parents, and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

OFFICIAL/UNOFFICIAL VISIT

What is the difference between an official visit and an unofficial visit?

Any visit to a college campus by a college-bound student-athlete or his or her parents paid for by the college is an official visit. Visits paid for by college-bound student-athletes or their parents are unofficial visits.

During an official visit the college can pay for transportation to and from the college for the prospect, lodging and three meals per day for both the prospect and the parent or guardian, as well as reasonable entertainment expenses including three tickets to a home sports event.

The only expenses a college-bound student-athlete may receive from a college during an unofficial visit are three tickets to a home sports event.

THERE IS A MAXIMUM OF 5 OFFICIAL VISITS PER STUDENT-ATHLETE

ATHLETIC SCHOLARSHIPS

NCAA DIVISION I - UP TO 100%

NCAA DIVISION II - UP TO 50%

NCAA DIVISION III - 0%

NJCAA DIVISION I - UP TO 100%

NJCAA DIVISION II - UP TO 50%

NJCAA DIVISION III - 0%

SCHOLARSHIPS

EACH SPORT HAS SCHOLARSHIP LIMITS -

<http://www.scholarshipstats.com/ncaalimits.html>

MOST SPORTS ARE WHAT THEY CALL EQUIVALENCY SPORTS WHICH MEANS THE SCHOLARSHIPS CAN BE DIVIDED UP AMONGST TEAM MEMBERS, HOWEVER THERE ARE SOME SPORTS THAT ARE CONSIDERED HEAD COUNT SPORTS (FOOTBALL AND BASKETBALL) WHICH MEANS THAT THE NUMBER OF STUDENTS RECEIVING SCHOLARSHIPS CANNOT EXCEED THE NUMBER OF ALLOTTED SCHOLARSHIPS.

SCHOLARSHIPS

- **GENERALLY SCHOLARSHIPS ARE ONE YEAR CONTRACTS**
- **SCHOLARSHIPS MAY NOT BE RENEWED FOR THE FOLLOWING REASONS...**
 - **ATHLETIC PERFORMANCE**
 - **ACADEMIC REASONS**
 - **BREAKING TEAM/SCHOOL RULES**
 - **IF YOU CHOOSE NOT TO PARTICIPATE IN THAT SPORT**
- **SCHOLARSHIPS ARE RENEWED AT THE END OF EACH ACADEMIC YEAR. ONCE YOU SIGN THE SCHOLARSHIP FOR THAT NEXT SEASON YOU ARE THEN COMMITTING TO THAT SCHOOL. IF YOU THEN DECIDE TO TRANSFER YOU WILL NEED A RELEASE AND WILL MOST LIKELY HAVE TO SIT THAT YEAR.**

NATIONAL LETTER OF INTENT (NLI)

NLI'S ARE A DECLARATION THAT YOU COMMITTED TO PLAYING FOR THAT SCHOOL. AN NLI IS A BINDING CONTRACT, IN ORDER TO PLAY ELSEWHERE YOU WILL NEED A RELEASE.

<http://www.nationalletter.org/>

ACADEMICS

Qualifier: A student who, for purposes of determining eligibility for financial aid, practice and competition, has:

- Graduated from high school;
- Successfully completed the required core curriculum consisting of a minimum number of courses in specified subjects within prescribed time frame;
- Obtained a specified minimum GPA in the core curriculum; and
- Obtained a specified minimum SAT or ACT score.

ACADEMICS

Qualifier (Division I or II): A student-athlete planning to attend a Division I or II school who has not met academic requirements to be a Division I or II qualifier. If you are a qualifier, you may not practice, compete or receive an athletics scholarship from a Division I or II school during your first year of full-time enrollment. You will have only three seasons of competition in Division I, although you may earn a fourth season by completing 80 percent of your undergraduate degree before the start of your fifth year of college.

ACADEMICS

Partial qualifier (Division II): A student-athlete who has not met all the academic requirements necessary to be a qualifier but has completed the necessary core courses at the minimum GPA or achieved the minimum SAT/ACT score. If you are a partial qualifier, you may practice on campus and receive financial aid from a Division II school, but you may not compete for one academic year. Division I does not have partial qualifiers.

ACADEMICS

Redshirt: In Divisions I or II, redshirting refers to someone who is enrolled full-time at a school, but does not play for an entire academic year for the sole purpose of saving a season of competition. A redshirt does not play in any college games or scrimmage in a given sport for an entire academic year, even though that student is otherwise eligible. If you do not play in a sport the entire academic year, you have not used a season of competition. However, if you play in even one second of a game as a college student-athlete, you are not a redshirt. **The exception to that is a medical redshirt.** Redshirting does not exist in Division III because if you play or practice after your first opportunity to compete, you are charged with a season of participation.

TRANSFERRING

Transfer trigger: A condition that affects your transfer status. A transfer student is a student who transfers from a collegiate institution after having triggered any of the conditions:

- **Enrolled full-time during any term and attended class or in Division I if you are enrolled full time and are on campus on the opening day of classes.**
- **Reported for a regular squad practice.**
- **Practiced or competed while enrolled less than full-time..**
- **Received institutional financial aid while attending summer school.**

TRANSFERRING

DI to DI - sit one academic year

DI to DII, DIII or any NJCAA Divisions - immediate eligibility

DII to DI - sit one academic year

DII to DII, DIII, or any NJCAA Divisions - immediate eligibility

DIII to DI - sit one academic year

DIII to DII, DIII or any NJCAA Divisions - immediate eligibility

NJCAA Divisions to DI, DI, or DIII - immediate eligibility

These are all of course dependent on you meeting the academic standards. When transferring, it is imperative that you first make sure your courses will transfer.

Meet with the school's academic counselor of the school you wish to transfer to.

TRANSFER EXCEPTION - In some sports you may be eligible for a transfer exception that would allow you to play immediately if you were not recruited by the new school you would like to attend and if you did not receive any scholarship money.

TRANSFERRING

Academic year in residence: Under the basic transfer regulations, you must spend an academic year in residence at the school to which you are transferring. If you transfer from a four-year college to an NCAA school, you must complete one academic year in residence at the new school before you can play for or receive travel expenses from the new school, unless you qualify for a transfer exception or waiver. To satisfy an academic year in residence, you must be enrolled in and successfully complete a full-time program of studies for two-full semesters or three-full quarters. Summer school terms and part-time enrollment do not count toward fulfilling an academic year in residence.

TRANSFERRING

Permission-to-contact: If you are enrolled full time in a four-year school, athletics staff members from an NCAA school cannot contact you or your parents unless they first have a letter from your current athletics director (or athletics administrator designated by the athletics director). If your current school does not grant you written permission-to-contact, the new school cannot encourage you to transfer and — in Divisions I and II — cannot give you an athletics scholarship until you have attended the new school for one academic year. If you are transferring from a school that is not a member of the NCAA or NAIA, you do not need a permission-to-contact letter.

ELIGIBILITY TIMELINE

- DI - 5 YEAR CLOCK
- DII & DIII - 10-SEMESTER/15-QUARTER CLOCK
 - FOR DII AND DIII YOU DO NOT USE A TERM IF YOU ARE A PART-TIME STUDENT WITH NO COMPETITION

SOCIAL MEDIA

BE CAREFUL WHAT YOU POST, LIKE
AND SHARE!

**DON'T GET DISCOURAGED IF YOU
DON'T GET EXACTLY WHAT YOU
ARE LOOKING FOR. THERE ARE
MANY PATHS TO SUCCESS,
ALWAYS HAVE A BACKUP PLAN!**