
Guide for College Bound Athlete

Guidance and College Counseling
SFHS

Understand Your Division Choice

OUR THREE DIVISIONS

DIVISION I

Division I schools generally have more students, larger athletics budgets and more athletics department support than schools in Division II or III.

DIVISION II

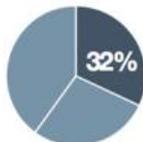
Schools in Division II emphasize a life balance in which academically and athletically gifted students can compete at a high level, while maintaining a traditional collegiate experience.

DIVISION III

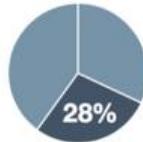
Academics are the primary focus for Division III student-athletes who experience shorter sports seasons, reducing their time away from academic studies and other campus activities.

NUMBER OF SCHOOLS

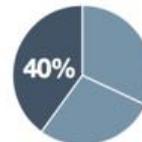
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309



442

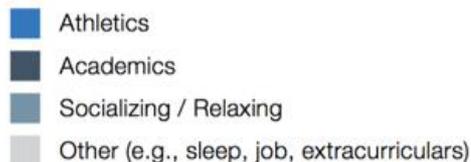


MEDIAN UNDERGRADUATE ENROLLMENT

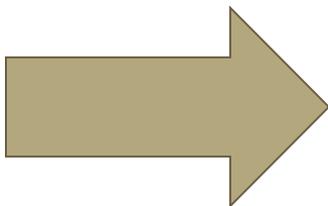
Review Your Priorities

What takes up a Division I student-athlete's time?

*Time spent on activities per week**
(168 total hours per week)



*Medians collected from the 2015 NCAA GOALS Study



QUESTIONS TO ASK

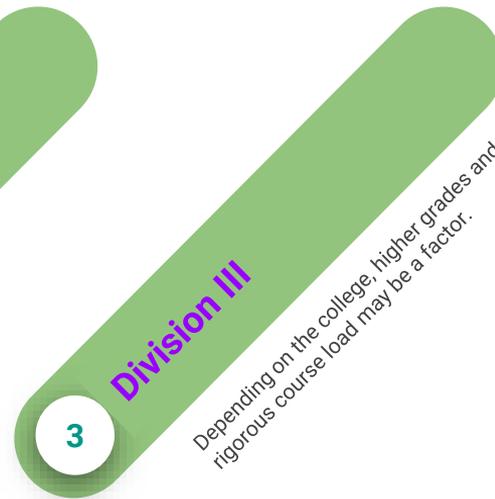
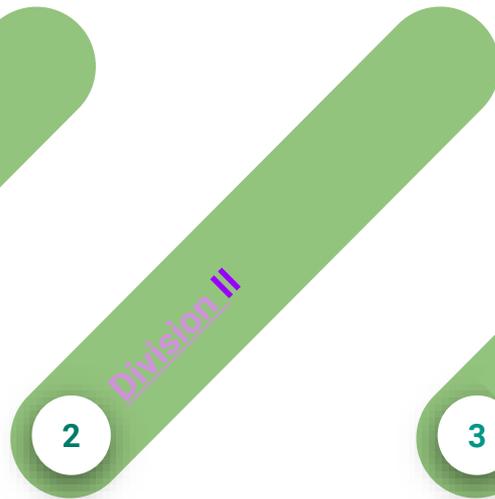
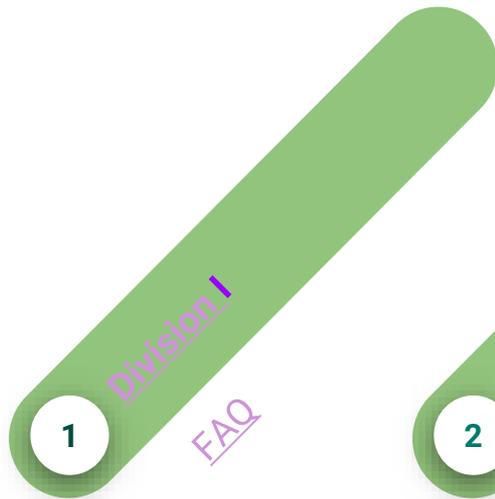
While you are on a campus visit, consider asking the following questions about time expectations.

- Would the time demands of being on this sports team allow me to pursue the academic major of my choosing? Why or why not?
- What does the typical team travel look like (for example, mode of transportation, duration of trip, percentage of day dedicated to academics)?
- What resource would be available to me as a student-athlete to help with my time management skills?
- What does a typical day-week look like when the team is in season and how does that compare to a day-week during the offseason?
- What are the major requirements or expectations of being on this team that I may not be aware of?
- Would I have time in the offseason to pursue interests outside athletics (for example, internships, study-abroad experiences, etc.)? If yes, how much?

REMEMBER ...

In addition to receiving your academic and amateurism certification from the NCAA Eligibility Center, you also must apply and be accepted to your school before you can compete in college.

Make Sure You Are Eligible



[Saint Francis High School List of Eligible Courses](#)

Research the College Options

Sport and Division Research Link



EXAMPLE:

NCAA Sports Sponsorship

- * You may click on a column heading to sort the data based on that criteria.
- * The institution and conference names link to their athletic website.
- * Active, provisional, and reclass members are included in this list.

Organize list by Conference, State, or Region

Division I Baseball

Institution	Conference	Division	Reclass Division	State	Region
1 - DI CA Test	Independent	I		AK	Unassigned
Abilene Christian University	Southland Conference	I		TX	South Region
University of Alabama	Southeastern Conference	I		AL	Southeast Region
Alabama A&M University	Southwestern Athletic Conf.	I		AL	South Region
Alabama State University	Southwestern Athletic Conf.	I		AL	South Region
University of Alabama at Birmingham	Conference USA	I		AL	South Region
University at Albany	America East Conference	I		NY	East Region

Roadmap of NCAA Process

Step 1

- Register** with NCAA Clearinghouse if considering Division I or Division II college athletics.
- Complete NCAA **Profile Page** for Division III

Step 2

- Research** colleges with programs that match your talent and interests.
- Create **Athletic Resume/Personal Stats Sheet** you can send to coaches. (Sample email)
- Complete **Recruiting Forms** on college websites.

Step 3

- Complete** SAT/ACT by end of junior year. (Test prep?)
- Send** scores to colleges where you are interested in playing.
- NCAA will send your name to our Registrar with request for 6th semester transcript.

Research Athletic Website

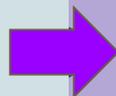
Review Team Roster

Who is graduating?
Explore your fit with
needs of the team.



Review Team Schedule

Would any of the
competitors also be
a fit?



Complete Recruiting Form/Questionnaire

Many college athletic websites will
include information for prospective
athletes including a questionnaire
and the coach's contact
information.

Athletic Resume

Some of the information you should include on your resume:

- *Detailed contact information*
- *The name of your high school and where it is located*
- *Your sport, your position, your height and weight (relevant to your sport)*
- *Your year in school*
- *Personal stats that are specific to your sport*
- *Up-to-date information about your team (competitions, recognition)*
- *A personal statement explaining why you would make a good addition to any athletic program*
- *GPA*
- *Standardized test scores (SAT or ACT)*
- *Academic honors like National Honor Society or Student Council*

Resumes

Statistics to include in a résumé, listed by sport

Baseball and Softball

Batting average
Fielding average
Earned run average, or ERA
(pitchers)
Win-loss record (pitchers)
Runs batted in (RBI)
Stolen bases

Basketball

Assists (per game)
Rebounds
Free-throw percentage
Field-goal percentage (2 point and 3 point)

Cross-Country, Track and Field

Distance in field events: Shot put, discus, long jump, triple jump
Height in field events: high jump and pole vault
Time and distance
Conference, invitational or state places

Field Hockey

Goals
Assists
Blocked shots

Football

Tackles (defensive player)
Assists (defensive player)
Sacks (defensive player)
Interceptions (defensive/back/linebacker)
Fumbles recovered
Yards rushing (running back)
Receptions — yards, average, touchdowns

Attempts, completions, total yards passing/rushing (quarterback)
Punts — attempts, longest, average

Kickoff returns — attempts, longest, average
Points scored — touchdowns, extra points
Field goals — attempts, longest, average total points scored

Golf

Scores
Handicap

Gymnastics

Events and scores
Conference, invitational or state places

Soccer

Goals
Assists and blocked shots

Swimming

Event and times
Dives, difficulty, scores
Major conference, invitational or state places

Tennis

Record and ranking
Major conference, invitational or state ranking

Volleyball

Blocks
Assists
Kills
Aces

Wrestling

Individual record and at what weight
Season takedowns
Season reversals
Season escapes
Season 2-point and 3-point near fall points
Falls
Conference, invitational or state places

Source: Adapted from material prepared by Libertyville High School, Illinois

Sample Résumé

Student's name

1701 Independence Parkway
Plano, TX 75075
972 555-5555
seriousathlete@aol.com

Current School:

Plano Senior High School
2200 Independence Parkway
Plano, TX 75075
469 752-9300

Expected graduation: May 2013

SAT® Scores: 510 (critical reading) 630 (math) 540 (writing)
GPA 3.8 (4.0 scale)
Class Rank: 101/1170
Expected field of study: Engineering

Personal statistics

Date of Birth: November 12, 1995
Height: 5'9"
Weight: 164 lbs.
40-yard time: 4.95 secs.
100-yard time: 10.9 secs.
Mile time: 5.12 mins.

Athletic History:

- Soccer, freshman: left wing, junior varsity; 11 goals, 21 assists. Team finished second in league, 12–4.
- Soccer, sophomore: right wing, varsity; 9 goals, 24 assists. Team finished first in league; named Honorable Mention All-County.
- Soccer, junior: right wing, varsity; 23 goals, 19 assists. Team reached state quarter finals; named to third team All-State. Elected team captain for senior year.
- Track, sophomore year: quarter mile, best time, 52.8

References:

M. Weir
Varsity Soccer Coach
Plano Senior High School

P. Goldwater
Director
All-American Soccer Camp

Sources: Adapted from materials prepared by Plano Senior High School, Texas, and Libertyville High School, Ill.

Resume Template

Sample Athletic Resume

Name

Individual
picture

Address
Ph Number
E-mail

Action
Picture

Born: XXXXXX

Class of 20XX

High School Name
High School Address
High School ph number
High School website

Height, Weight
Primary Hitting Hand:

Standing Reach:
Block Touch:
Attack Touch:



High School Volleyball

20XX High School Highlights (Jersey #)

- Academic All-State Team
- First Team All-Conference
- First Team All-District
- First Team XXX Tournament
- Team Captain
- Fourth in State, Class X (Record)
- Games Played: 90 of 90
- Serves: 392, 93%
- Assists: 435, 4.83 apg
- Kills: 105, 1.17 apg
- Blocks: 41, .46 apg
- Serve Receive: 60, 88%
- Digs: 287, 2.11 apg

20XX High School Highlights (Jersey #)

- Second Team All-Conference
- Second Team All-District
- First Team XXX Tournament
- Team Co-Captain
- Sectional Champs, Class X (Record)
- Games Played: 70 of 70
- Serves: 349, 94%
- Assists: 203, 2.90 apg
- Kills: 54, .77 apg
- Blocks: 25, .36 apg
- Serve Receive: 79, 88%
- Digs: 178, 1.99 apg

- High School Coach Name, ph number, e-mail address
- Athletics Director Name, ph number, e-mail address



Club Volleyball

20XX Club Name (Jersey #X)

- Coach Name, ph number and e-mail address

20XX-20XX Club Name (Jersey #)

- Coach Name, ph number and e-mail address

Academics

- Honor Roll GPA: X.XX ACT: XX
- Class Ranking X of X
- National Honor Society
- Spanish Honor Society
- Majors: Dietetics and Kinesiology

Leadership & Community Service

- Small Group Bible Study Leader
- Faith In Action Council Member
- Hurricane Katrina Mission Trip
- Volleyball Camp, Volunteer Coach
- Fellowship of Christian Athletes

Date

Email Sample:

Dear **(Coach's Name)**,

My name is **(Your name)** from **(High School, City and State)**, and I am writing to you because of my interest in playing **(sport)** at **(college name)**. I play on my high school team (club team) and I consider myself (add something about your athletic ability).

Just to tell you a little bit about myself. I am an **(position)** on my school and **(Now talk about your high school and club experience, any awards or honors, your work ethic, what you contribute most to the team)**.

As a student, I am **(about you)**. I currently have a -- GPA and scored an -- out of 1600 on my SATs. I plan on retaking the SAT (date). My goal is (score). **(Put in some extracurricular activities if applicable)**. **(Your academic strengths)**. **(Say something about the college/University's academic record and your interest there)**

(Include some upcoming plans and goals in this paragraph). I hope that you are able to see me play. I would love to meet you and talk about the possibility of being a part of your team in (Grad year). Please let me know if there is any other information you need, and let me know the best time and manner to contact you.

Thank you very much for your time and I look forward to your response.

Below I have included a link to my **scouting page/playing schedule** for you to view and a link to highlight videos and my athletic resume.

Sincerely,

Johnny/Jane Student/Athlete

1234 Broadway Drive

Email: johnny@aol.com

Phone: 555-555-5555

Cell: 555-555-5555

Ettiqute of Communication with College:

When to Contact a Coach

As soon as you have identified their school and program as a place you would like to go to college.

- ***Do not expect to be getting scholarship offers when you first contact a coach**; think of this as an opportunity to introduce yourself and the first step in a **long** recruiting process. Attach a resume to your email.*
- *It is a common misconception that athletes cannot contact a college coach first or that it is a violation of NCAA rules to do so.*
 - *As an athlete you can contact a coach anytime you want, but coaches are restricted in when they can contact you (here are the [NCAA rules on when coaches can contact you](#)).*
- *Timing of your response to a coach's email is a sign of your interest or **lack of interest** in the college.*

Register with NCAA

DIVISION I OR II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Create a Certification Account and we'll guide you through the process.

You need to create a Certification Account to make official visits to Divisions I and II schools or to sign a National Letter of Intent.

[Create an Account](#)

[Need a Fee Waiver for Registration Fee?](#)

DIVISION III OR UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID, and we will send you important reminders as you complete high school.

[Create a Profile Page](#)



National Letter of Intent

About the National Letter of Intent (NLI)

The NLI is a binding agreement between a prospective student-athlete and an NLI member institution.

- A prospective student-athlete agrees to attend the institution full-time for one academic year (two semesters or three quarters).
- The institution agrees to provide athletics financial aid for one academic year (two semesters or three quarters).

The penalty for not fulfilling the NLI agreement: A student-athlete has to serve one year in residence (full-time, two semesters or three quarters) at the next NLI member institution and lose one season of competition in all sports.



Recruiting Terms



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

An **evaluation** happens when a college coach observes a student-athlete practicing or competing.

A **verbal commitment** happens when a college-bound student-athlete verbally agrees to play sports for a college before he or she signs or is eligible to sign a National Letter of Intent. The commitment is **not binding** on the student-athlete or the school and can be made at any time.

When a student-athlete **officially commits** to attend a Division I or II college, he or she signs a **National Letter of Intent**, agreeing to attend that school for one

Campus visits

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 student-athletes or their parents are considered **unofficial visits**.

During an **official visit** the college can pay for transportation to and from the college for the student-athlete, lodging and three meals per day for the student-athlete and his or her parents or guardians, 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.

Resource Links:



Click pic for link