

The Spartan Athlete
Guide to College Athletics



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Dear Spartan Athlete,

The staff of Oak Lawn Community High School would like to first congratulate your efforts and dedication to OLCCHS Athletics. Committing to high school athletics is no small feat; it takes a focused and well-balanced individual to balance the demands of athletics with everything else going on in the life of a high school student.

That being said, we are happy to offer this guide to help student-athletes with the college admissions process. You have decided to pursue athletics at the next level... congratulations!

Now that you have made this decision, though, there is much work to be done. Once you have an idea of what schools you are interested in, it is important to consider both academics and athletics. Once you have an understanding of those demands, it is important that you understand the specifics governing the recruitment process for college athletics.

Even if you think you know where you would like to go, and you think you know the rules of recruitment, don't wait for someone to contact you... it may never happen. YOU have to make it happen. Recruiters may want you, but they have to know where to find you. The information in this guide is a way to help you get on your way to becoming a college athlete.

Please understand that the information in this guide will not solve your problems. You will not be accepted by a college or offered an athletic scholarship and starting position on a team just by reading the material in this binder. Consider the information in this guide a challenge to you, the student-athlete, to get to work! There will be plenty of people willing to help along the way: parents, coaches, counselors, teachers and friends. Ultimately, however, the responsibility rests with you.

Work hard, ask questions, and keep setting goals. Most of all, good luck!

Oak Lawn Community High School
Student Services Office
Athletics Office

Statistics for Athletes

Interesting facts to consider...

- There are over 760 high schools in the state of Illinois, and 27,468 high schools in the U.S.
- There are over 7.3 million participants in high school athletics.
 - 2% of these participants are contacted by a college coach
 - 5% of those contacted actually participate in a college sport
 - Less than 1/2% of these athletes receive some form of financial aid.
- Most high schools never graduate a full scholarship, Division I athlete.
- There are over 1 million high school football players.
 - 150 of these athletes make it all the way to the NFL.
- There are over 550,000 high school basketball players.
 - 50 of these athletes make it all the way to the NBA.

Estimated Probability of Competing in Professional Athletics Beyond High School

Chances are 1 in...

Athlete	Men's Basketball	Women's Basketball	Football	Baseball
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 Freshmen	4,500	4,100	16,200	7,300
NCAA Seniors	3,500	3,200	12,600	5,700
Drafted Athlete	44	32	250	600

Percentages are...

Athlete	Men's Basketball	Women's Basketball	Football	Baseball
From HS to NCAA	2.9	3.1	5.8	5.6
From NCAA to Professional	1.3	1.0	2.0	10.5
From HS to Professional	0.03	0.02	0.09	0.5

This information is not meant to discourage an athlete from pursuing a dream. Rather, we encourage you to take a hard look at these numbers and think about what matters most to you. A college education would probably be your best bet! Use your athletic ability to enhance your college experience and assist in the admissions process, and end up with a great education and a marketable degree!

I wish someone would have told me that to be a college athlete...

- My grades as a freshman would matter...
- It is important to work hard and prepare for the ACT and SAT exams...
- When I apply to colleges, I should do so both as a regular student and through athletic admissions...
- I should set long-range goals for ten years after high school...
- I should look at schools that met my academic needs as well as athletic...
- I should visit the campuses of the schools being considered...
- I should talk to several coaches from different schools...
- I should not wait for coaches to come to me. I should make myself be noticed by writing letters and sending tapes in accordance with NCAA guidelines.
- I need to learn and practice time management skills before starting college...
- I need to develop and practice my communication skills both as a team member and a student...
- I should understand that athletic careers can end abruptly... and I need to make sure that I wasn't depending solely on athletics...
- I should know where I can go when I need help... and know how to ask for it...

The Spartan-Athlete's Four Year Plan

As a Freshman...

Student	Parent/Guardian
<ul style="list-style-type: none"> • Talk to your counselor about core requirements – do they meet NCAA standards? 	<ul style="list-style-type: none"> • Review your student's schedule – do classes meet core requirements and NCAA standards?
<ul style="list-style-type: none"> • Work hard, get good grades 	<ul style="list-style-type: none"> • Challenge your student to work hard and get good grades, check in with teachers as needed
<ul style="list-style-type: none"> • Follow school rules, stay out of trouble 	<ul style="list-style-type: none"> • Talk with your student about the importance of appropriate behavior in and out of school
<ul style="list-style-type: none"> • Get to know all of the coaches for your chosen sport 	<ul style="list-style-type: none"> • Get to know all of the coaches for your student's chosen sport
<ul style="list-style-type: none"> • Attend sports camps whenever possible 	<ul style="list-style-type: none"> • Encourage your student to attend sports camps whenever possible
<ul style="list-style-type: none"> • Analyze your ability 	<ul style="list-style-type: none"> • Have a discussion with your student to analyze their ability
<ul style="list-style-type: none"> • Set goals: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic 	<ul style="list-style-type: none"> • Work with your student to set goals: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic

As a Sophomore...

Student	Parent/Guardian
<ul style="list-style-type: none"> • Check in with your counselor to monitor progress and understand core requirements – do they meet NCAA standards? 	<ul style="list-style-type: none"> • Review your student's grades and schedule – do grades and current classes meet core requirements and NCAA standards?
<ul style="list-style-type: none"> • Work hard, keep your grades up 	<ul style="list-style-type: none"> • Challenge your student to work hard and maintain good grades, check in with teachers as needed
<ul style="list-style-type: none"> • Take the PLAN test 	<ul style="list-style-type: none"> • Talk with your student about the purpose and importance of the PLAN test, interpret results together
<ul style="list-style-type: none"> • Follow school rules, stay out of trouble 	<ul style="list-style-type: none"> • Talk with your student about the importance of appropriate behavior in and out of school
<ul style="list-style-type: none"> • Talk to the coaches for your chosen sport about your ability and ambitions 	<ul style="list-style-type: none"> • Talk with the coaches for your student's chosen sport
<ul style="list-style-type: none"> • Attend sports camps whenever possible 	<ul style="list-style-type: none"> • Encourage your student to attend sports camps whenever possible
<ul style="list-style-type: none"> • Analyze your ability 	<ul style="list-style-type: none"> • Have a discussion with your student to analyze their ability
<ul style="list-style-type: none"> • Make preliminary inquiries about schools that interest you 	<ul style="list-style-type: none"> • Start having college talks with your student and ask about schools that may interest them
<ul style="list-style-type: none"> • Analyze your goals and readjust if necessary: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic 	<ul style="list-style-type: none"> • Work with your student to maintain goals: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic

The Spartan-Athlete's Four Year Plan, continued

As a Junior...

Student	Parent/Guardian
<ul style="list-style-type: none"> • Check in with your counselor about: <ul style="list-style-type: none"> ○ PSAT, ACT, and SAT prep ○ Career goals ○ Core course requirements – do they meet NCAA standards? 	<ul style="list-style-type: none"> • Review with your student the importance of: <ul style="list-style-type: none"> ○ PSAT, ACT and SAT prep ○ Setting career goals • Review your students grades and current classes – do they meet NCAA standards?
<ul style="list-style-type: none"> • Work hard, keep your grades up 	<ul style="list-style-type: none"> • Challenge your student to work hard and maintain good grades, check in with teachers as needed
<ul style="list-style-type: none"> • Create a calendar/schedule of deadlines 	<ul style="list-style-type: none"> • Work with your student to develop a calendar and schedule to promote time management
<ul style="list-style-type: none"> • Take the PSAT and ACT • Include the NCAA on the list of places to send scores, using code 9999. 	<ul style="list-style-type: none"> • Talk with your student about the purpose and importance of the PSAT and ACT tests, interpret results together
<ul style="list-style-type: none"> • Follow school rules, stay out of trouble 	<ul style="list-style-type: none"> • Talk with your student about the importance of appropriate behavior in and out of school
<ul style="list-style-type: none"> • Work with your parent/guardian to apply for a FAFSA PIN number. 	<ul style="list-style-type: none"> • Work with your student to apply for a FAFSA PIN number.
<ul style="list-style-type: none"> • Talk with your coaches and collaborate on a realistic assessment of what level of college athletics you can play. 	<ul style="list-style-type: none"> • Talk with the coaches for your student's chosen sport
<ul style="list-style-type: none"> • Take the last summer before senior year to attend sports camps 	<ul style="list-style-type: none"> • Encourage your student to take the last opportunity to attend sports camps
<ul style="list-style-type: none"> • Refine your list of schools of interest 	<ul style="list-style-type: none"> • Talk with your student about schools that are realistic for your family's situation
<ul style="list-style-type: none"> • Look up admissions information for schools of interest 	<ul style="list-style-type: none"> • Work with your student to look up admissions information for schools of interest.
<ul style="list-style-type: none"> • Begin to create your <ul style="list-style-type: none"> ○ sports resumé ○ letters to college coaches 	<ul style="list-style-type: none"> • Work with your student to help them create their <ul style="list-style-type: none"> ○ sports resumé ○ letters to college coaches
<ul style="list-style-type: none"> • Enter the NCAA Clearinghouse 	<ul style="list-style-type: none"> • Work with your student to help them enter the NCAA Clearinghouse
<ul style="list-style-type: none"> • Review your transcript at the end of the year to ensure compliance with NCAA bylaw 14.3 (Freshman Academic Requirements) 	<ul style="list-style-type: none"> • Review your student's transcript at the end of their junior year to ensure compliance with NCAA bylaw 14.3 (Freshman Academic Requirements)
<ul style="list-style-type: none"> • Analyze your goals and readjust if necessary: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic 	<ul style="list-style-type: none"> • Work with your student to maintain goals: <ul style="list-style-type: none"> ○ Academic ○ Career ○ Athletic

The Spartan-Athlete's Four Year Plan, continued

As a Senior...

Student	Parent/Guardian
<ul style="list-style-type: none"> • Check in with your counselor about: <ul style="list-style-type: none"> • Meeting all graduation requirements and core courses – do they meet NCAA standards? • College admissions – deadlines, process, requesting transcripts, etc. • Financial Aid 	<ul style="list-style-type: none"> • Review with your student the importance of: <ul style="list-style-type: none"> • Meeting all graduation requirements and core courses – do they meet NCAA standards? • College admissions – deadlines, process, requesting transcripts, etc. • Financial Aid
<ul style="list-style-type: none"> • Keep your grades up... don't fall victim to the Senior Slide, coaches will notice! 	<ul style="list-style-type: none"> • Challenge your student to work hard and maintain good grades, check in with teachers as needed
<ul style="list-style-type: none"> • Create a calendar/schedule of deadlines 	<ul style="list-style-type: none"> • Work with your student to develop a calendar and schedule to promote time management
<ul style="list-style-type: none"> • Retake the ACT or SAT, if desired or needed • Include the NCAA on the list of places to send scores, using code 9999. 	<ul style="list-style-type: none"> • Encourage your student to retake the ACT or SAT, challenge them to a higher score and discuss possible outcomes of a higher score
<ul style="list-style-type: none"> • Attend College Fairs, Career Nights, Financial Aid seminars 	<ul style="list-style-type: none"> • Attend College Fairs, Career Nights, Financial Aid seminars with your senior student
<ul style="list-style-type: none"> • Make sure you are in the NCAA Clearinghouse, maintain status 	<ul style="list-style-type: none"> • Make sure your student is active in the NCAA Clearinghouse
<ul style="list-style-type: none"> • Review NCAA Recruitment Guidelines – better to be aware than sorry! 	<ul style="list-style-type: none"> • Review NCAA Recruitment Guidelines – better to be aware than sorry!
<ul style="list-style-type: none"> • Narrow your choice of schools to two or three 	<ul style="list-style-type: none"> • Talk with your student about schools that are realistic for your family's situation, help them narrow choices to two or three schools.
<ul style="list-style-type: none"> • Submit applications and supplemental materials to schools of interest, keep copies for personal record <ul style="list-style-type: none"> • General admissions • Athletic admissions 	<ul style="list-style-type: none"> • Work with your student to help them submit applications and supplemental materials to schools of interest, keep copies for personal record <ul style="list-style-type: none"> • General admissions • Athletic admissions
<ul style="list-style-type: none"> • Visit schools of interest, following NCAA Recruitment Guidelines regarding campus visits 	<ul style="list-style-type: none"> • Visit schools of interest with your student, following NCAA Recruitment Guidelines regarding campus visits
<ul style="list-style-type: none"> • Work with your parent/guardian to complete Free Application for Federal Student Aid (FAFSA) as early as possible and submit for analysis, keep copies for personal record 	<ul style="list-style-type: none"> • Work with your student to complete Free Application for Federal Student Aid (FAFSA) as early as possible and submit for analysis, keep copies for personal record
<ul style="list-style-type: none"> • Sit down with parents, coaches and counselors to weigh the pros and cons of each school being considered 	<ul style="list-style-type: none"> • Sit down with your student to weigh the pros and cons of each school being considered
<ul style="list-style-type: none"> • Be sure of your final choice before signing any papers 	<ul style="list-style-type: none"> • Talk with your student and be sure of their final choice before allowing them to sign any papers
<ul style="list-style-type: none"> • Let coaches know when their school/team is not your choice, and thank them for their time and consideration 	<ul style="list-style-type: none"> • Let coaches know when their school/team is not your student's choice, and thank them for their time and consideration
<ul style="list-style-type: none"> • Make a final decision for school based on: <ol style="list-style-type: none"> 1. Meaningful, quality college education 2. Career preparation 3. Comfortable college environment 4. Satisfying athletic experience 	<ul style="list-style-type: none"> • Make a final decision for school based on: <ol style="list-style-type: none"> 1. Meaningful, quality college education 2. Career preparation 3. Comfortable college environment 4. Satisfying athletic experience
<ul style="list-style-type: none"> • Keep your grades up... even second semester of senior year matters! 	<ul style="list-style-type: none"> • Challenge your student to work hard and maintain good grades, check in with teachers as needed
<ul style="list-style-type: none"> • Celebrate your graduation and transition to college! 	<ul style="list-style-type: none"> • Celebrate your student's graduation and transition to college!

What to Know about College Recruiting

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

1. College first
2. Sports second

This will be especially important when talking to recruiters. Keeping your priorities in this order will help you avoid a situation where you are left without a degree or a team to play for.

Learn all you can about the rules governing recruitment before contacting college coaches or players.

Depending on which level of competition you are considering, specific rules are in order for each level of the NCAA, NAIA, and the NJCAA. Violating any of these rules may result in your being banned from competition. The sections following will outline specific rules and regulation per level, however, the most updated information can be found on the NCAA website at www.ncaa.org.

The 2008-09 NCAA Guide for College Bound Student Athletes identifies areas that student-athletes and parents should be aware of:

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

When meeting with a recruiter, asking questions in important, and appreciated by the college staff.

For a home visit, plan to spend 1-2 hours talking with the recruiter. The following questions will be important to ask:

- What is the role of the recruiter?
 - Head coach, asst. coach, scout, etc.
 - Beware that many top Division I and Division II schools buy names from recruiting services... but some of these services can actually make the student ineligible because of the fee they collect (thus making them an agent).
- What are the academic programs of interest like at your school?
 - A good recruiter is informed about various program and is trained as an admissions officer.
 - Ask specific questions about majors and courses in your field of interest.
- What level of competition is this school involved in?
- Are athletic scholarships available?
 - What are the eligibility requirements? Maintenance requirements?
 - Are these scholarships renewable?
 - Are there limitations on terms? (i.e. Is scholarship money good during summer?)
- What are the academic requirements for an athlete at your school?
 - Is tutoring/counseling available?
 - What defines academic probation?
 - What other services and accommodations are available?
- What positions will I play on your team?
 - This may seem obvious to you, but most coaches want to be flexible, so you may not get a definite answer. Just because you played a position in high school does not mean you will stay there at the college level.

- What other players may be competing at the same position?
 - The response to this may give an idea as to when you can expect to be a starter.
- Will I be redshirted during my first year?
 - How will this impact me academically? Financially? Athletically?
- What are the expectations for training and conditioning?
- How would you best describe your coaching style?
 - Motivational techniques, discipline policies
 - Does this coach's teaching style match your learning style?
- When does the head coach's contract end? How long does he/she intend to stay?
 - Never make assumptions that a coach will always be there
 - If the coach leaves, does this change your mind about the school/program?
 - Will my scholarship be maintained if there is a change in coaching staff?
- What are preferred, invited, and uninvited walk-on situations?
 - How many compete in this?
 - How many receive scholarships?
- Is medical insurance required for my participation?
 - How does my current coverage accommodate this?
 - Will any coverage be provided by the college?
- If I am seriously injured while competing...
 - Who covers the medical expenses?
 - What happens to my commitment?
 - Who is financially responsible for my remaining education?
- What happens if I want to transfer to another school?
 - Do I need special permission from the athletic administration?
 - Do you have examples of this occurring in the past?
- What percentage of athletes on scholarship graduate?
 - What percentage of incoming freshman graduate (retention/attrition rates)
 - What is the current team's grade point average?
- If I have a diagnosed and documented disability, what kinds of academic services are available to me?
- How many credit hours should I take in and out of season?
- What are the guidelines for scheduling classes around practice?
- Is summer school available?
- What is a typical day like for a student-athlete?
- What are the residence halls like?
 - Is there an on-campus requirement for athletes?
- What are my opportunities for employment while I am a student-athlete?
- Am I eligible for additional financial aid after any applicable athletic scholarships?

A certain amount of self-disclosure and self-reflection is necessary both during and after the recruitment process.

Asking yourself questions and reflecting upon the answers will help you identify a true "right fit" school. Consider:

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

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NCAA
Division I

LIST OF NCAA-SPONSORED SPORTS

Fall Sports

Cross Country (W)
Cross Country (M)
Field Hockey (W)
Football (M)
Soccer (W)
Soccer (M)
Volleyball (W)
Water Polo (M)

Winter Sports

Basketball (W)
Basketball (M)
Bowling (W)
Fencing (M&W)
Gymnastics (W)
Gymnastics (M)
Ice Hockey (W)
Ice Hockey (M)
~~Rifle (M&W)~~
Skiing (M&W)
Swimming and Diving (W)
Swimming and Diving (M)
Indoor Track and Field (W)
Indoor Track and Field (M)
Wrestling (M)

Spring Sports

Baseball (M)
Golf (W)
Golf (M)
Lacrosse (W)
Lacrosse (M)
Rowing (W)
Softball (W)
Tennis (W)
Tennis (M)
Outdoor Track and Field (W)
Outdoor Track and Field (M)
Volleyball (M)
Water Polo (W)

COLLEGE-BOUND STUDENT-ATHLETE 21

Copied from the **NCAA 2008-09 Guide for the College-Bound Student Athlete**
retrieved from www.ncaaclearinghouse.net

Monitoring Your Initial Eligibility – Division I

This guide will assist you in tracking completed core courses, units, grades, credits received, and your on-going GPA, **according to NCAA standards.**

Credits/Units

The number of credits issued by OLCHS differs slightly from the number of credits recognized by the NCAA for core classes. The following defines the differences:

Length of Class	OLCHS credits	NCAA credits
1 year/2 semesters	2 credits	1.0 unit
½ year/1 semester	1 credit	0.5 unit

Grade Points

The grade points for grades earned in classes is the same for both OLCHS and NCAA standards. The following outlines the grade points issued:

Grade	Regular Class	Honors Class	AP Class
A	4	5	5
B	3	4	4
C	2	3	3
D	1	1	1
F	0	0	0

Neither OLCHS nor the NCAA calculates “plus” or “minus” grades when figuring GPA. Therefore, grades of B+, B, and B- will all equal 3 grade points in a regular class.

Core Courses

The following is a matrix of core requirements for graduation from OLCHS, compared to which classes are accepted by the NCAA to be eligible. According to NCAA standards, each student graduating after 2008 must have a minimum of 16 core classes.

The following information was retrieved from the NCAA Clearinghouse website in November 2008, specifically cited from Form 48H. To look up the most updated information, visit the NCAA Clearinghouse website

1. www.ncaaclearinghouse.net
2. click on Administration
3. Next to View Core-Course List, click View Here
4. Enter School Code 143230

OLCHS Requirement	NCAA Requirement	NCAA Eligible Courses	Honors Credit Eligible Courses	Special Ed Eligible Courses
4 years (8 credits) English	4 years (8 credits) English	AP English American Literature American Studies College Prep Writing Creative Writing English 1 English 2 English 2H English 3 English 3H English 4 English 4H English Literature Mass Media Writing Speech	AP English English 2H English 3H English 4H	n/a
3 years (6 credits) Math	3 years (6 credits) Math	Algebra H Algebra I Advanced Algebra AP Calculus FST Geometry Geometry H Intermediate Algebra Statistics Trig/Precalculus H	Algebra H AP Calculus Geometry H Trig/Precalculus H	n/a
2 years (4 credits) Science <ul style="list-style-type: none"> • 1 year (2 credits) Biological Sci. • 1 year (2 credits) Physical Sci. 	2 years (4 credits) Science <ul style="list-style-type: none"> • 1 year (2 credits) Biological Sci. • 1 year (2 credits) Physical Sci. 	Advanced Biology AP Biology Biology Biology H Chemistry Chemistry H Conceptual Physics Intro to Anatomy/Physiology Physics Physics H	Advanced Biology AP Biology Biology H Chemistry H Physics H	n/a
	1 additional year of either: <ul style="list-style-type: none"> • English • Math • Science 	See categories above	See categories above	n/a

OLCHS Requirement	NCAA Requirement	NCAA Eligible Courses	Honors Credit Eligible Courses	Special Ed Eligible Courses
2.5 years (5 credits) Social Science <ul style="list-style-type: none"> • 1 year (2 credits) World History • 1 year (2 credits) US History • 1 semester (1 credit) Govt. 	2 years (4 credits) Social Science	American Studies AP Govt. & Politics AP Macroeconomics AP US History Economics Economics H Global Studies I Global Studies IH Global Studies II Global Studies IIH Government & Politics International Relations Law in American Society Psychology Sociology US History World History World History H	AP Govt. & Politics AP Macroeconomics AP US History Economics H Global Studies IH Global Studies IIH World History H	
2 years (4 credits) Additional Electives	4 years (8 credits) Additional Electives <ul style="list-style-type: none"> • Foreign Language • Nondoctrinal religion/philosophy 	French 1 French 2 French 3 French 3 H French 4 French 4H Spanish 1 Spanish 2 Spanish 3 Spanish 4	French 3H French 4H Spanish 3H Spanish 4H	
4 years (8 credits) Physical Education				
1 semester (1 credit) Consumer Education				
1 semester (1 credit) Intro to Technology				
Pass Constitution Test				
24 hours of Service Learning (Class of 2011 and beyond)				



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.

NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.

Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.

The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.

All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

Only core courses are used in the calculation of the grade-point average.

Be sure to look at your high school's list of NCAA -approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.

Division I grade-point-average requirements are listed on page two of this sheet.

The Division II grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule	
16 Core Courses:	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule	
14 Core Courses:	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
2	years of additional English, mathematics or natural/physical science.
2	years of social science.
3	years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

OTHER IMPORTANT INFORMATION

Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.

14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.

16 core courses are required for Division I.

The SAT combined score is based on the verbal and math sections only. The writing section will not be used.

SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used. Use code 9999.

Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Eligibility Center
05/07/08 LK:cr

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	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

Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA Initial-eligibility standards. The NCAA Eligibility Center will determine your official status after you graduate. Remember to check your high school's list of approved courses for the classes you have taken. Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		(.5 x 4) = 2
Total English Units					Total Quality Points

Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		(1.0 x 3) = 3
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core-Course GPA (16 required)

Total Quality Points	Total Number of Credits	Core-Course GPA (Total Quality Points/Total Credits)
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Academic Eligibility Frequently Asked Questions

When should a student register with the NCAA Eligibility Center?

Students should register with the Eligibility Center at the beginning of their junior year in high school. At the end of the student's junior year, a transcript, which includes six semesters of grades, should be sent to the Eligibility Center from the high school. Additionally, students should have their SAT or ACT scores forwarded directly to the Eligibility Center (by using code "9999") whenever they take the exam.

What requirements do I need to be able to practice, play and get a scholarship at a n NCAA Division I or II college or university?

You need to complete the following:

1. Graduate from high school;
2. Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses;
3. Present the required grade-point average (GPA) (see the sliding scale in the [Guide for the College-Bound Student-Athlete](#) for Division I or a minimum 2.0 GPA for Division II);
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the [Guide for the College-Bound Student-Athlete](#)); and
5. Complete the amateurism questionnaire and request final amateurism certification.

How do I know if the courses I am taking will count as core courses?

You need to look at your high school's NCAA List of Approved Core Courses. Follow these steps:

1. Go to the NCAA Eligibility Center Web site at www.ncaaclearinghouse.net;
2. Click on "General Information";
3. Click on "List of Approved Core Courses";
4. Input your high school's CEEB code (if you know it) or search by your high school's name and state; and
5. Review the list.

***Very important:** If a core course you took is not on the list, it will not be used in your eligibility determination. Courses that appear on your transcript must exactly match what is on the list.

What do I do if a core course I took is not on the list?

See your high school counselor immediately. Someone at your high school is responsible for keeping your high school's list updated. It is important your high school does this each year to make sure the core courses you are taking appear on the list.

What is the lowest grade that will be used for a course to count as a core course?

Follow your high school's policy regarding its lowest passing grade. If the Eligibility Center does not have this policy, the lowest passing grade that will be used is D.

Will credit-by-exam courses meet core-course requirements?

No. Courses completed through credit-by-exam will not be used.

Are vocational courses acceptable?

No. Traditional vocational courses (e.g., typing, auto mechanics, driver's education and health) are not acceptable.

Do pass/fail grades count?

Yes, these grades may satisfy your core-course requirements. The Eligibility Center will assign your high school's lowest passing grade for a pass/fail class.

May courses taken in the eighth grade that are high school core courses (e.g., Algebra I, Spanish 1, Freshman Composition) be used to meet the core-course requirement?

A high school course taken in the eighth grade may be used if the course is on the high school transcript with a grade and credit and if the course is on the high school's NCAA List of Approved Core Courses.

May independent-study, Internet and correspondence courses count as core courses?

Yes, if the following four conditions are met:

1. The course meets core-course requirements;
2. You and the instructor have access to each other during the course so that the instructor can teach, evaluate and provide assistance to you;
3. Appropriate academic authorities evaluate your work according to the high school's academic policies; and
4. The course is acceptable for any student to take and is placed on your high school transcript.

May college courses count as core courses?

College courses may be used to satisfy core-curriculum requirements if the courses are accepted and awarded credit by the high school for any student and meet all other requirements for core courses. For NCAA Division I only, such courses must be placed on the student's high school transcript. Courses taken at a college will NOT appear on the high school's NCAA List of Approved Core Courses. The high school's NCAA List of Approved Core Courses will include only those courses taught/offered by the high school.

How are courses taken over two years counted?

A one-year course that is spread over a longer period of time is considered one course and will receive a maximum of one core-course credit. (Example: Algebra 1, spread over two years, would receive one unit of credit.)

May my study in a foreign country help me meet core-course requirements?

If you attended a secondary school outside the United States for all or part of grades nine through 12, different evaluation procedures will be applied to your international education documents. You must submit original-language documents with certified translations for Eligibility Center evaluation.

How is my core-course GPA calculated?

Your core-course GPA is the average of your best grades achieved for all required core courses. If you have taken extra core courses, those courses will be used in your GPA, only if they improve your GPA.

Can weighted grades for honors or advanced-placement courses be factored into the calculation of the student's core GPA?

A school's normal practice of weighting honors or advanced courses may be used, as long as the weighting is used for computing GPAs. Weighting cannot be used if the high school weights grades for the purpose of determining class rank. Additionally, in no instance may the student receive greater than 1.000 additional quality points for purposes of calculating the GPA for initial eligibility.

How is the NCAA core GPA different from a student's overall GPA?

The NCAA core-course GPA is calculated using only NCAA-approved core courses in the required number of core units. High school GPAs generally include the grades from most or all courses attempted in grades nine through 12.

Will courses taken after my senior year meet core-course requirements?

For Division I, maybe. Only courses completed in grades nine through 12 will qualify as core courses for Division I. If you graduate from high school on schedule (in eight semesters) with your incoming ninth grade class, you may use one core course completed in the year after graduation (summer or academic year). You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

For Division II, yes. All core courses completed before your full-time enrollment at any college may be used by the Eligibility Center.

For Division I students with diagnosed disabilities, yes. If you have a properly diagnosed and documented disability, you may use one or more core courses completed after high school but before full-time enrollment in college.

How does the NCAA treat courses similar in content?

Some approved core courses might be considered duplicates. That is, the content of one course is the same as that of another, even though the classes might have different titles. If you have taken two classes considered to be duplicates, you will receive only one core-course

credit (typically for the course with the higher grade). Please ask your high school counselor if you have questions about duplicate courses.

May courses taken at high school "A" be accepted if they appear on high school "B's" transcript?

No. High school "A" may provide the Eligibility Center with an official copy of high school "B's" transcript, but grades from one high school cannot be accepted on another high school's transcript.

Does the prohibition against special education, remedial or compensatory courses apply to students with education-impacted disabilities?

No. In order for courses designated for students with education-impacted disabilities to be approved, the course must be substantially comparable, qualitatively and quantitatively, as a regular core course offered in that academic area.

Can students with a diagnosed education-impacted disability use courses that are designated for students with an education-impacted disability to meet NCAA core-course requirements?

Students with appropriately diagnosed education-impacted disabilities may use courses for students with education-impacted disabilities for the purpose of meeting NCAA core-course requirements. Courses for students with education-impacted disabilities must appear on the high school's NCAA List of Approved Core Courses in order for a student to receive NCAA credit for the course.

May a nonstandard ACT/SAT exam be used for initial eligibility?

Yes. Students with diagnosed education-impacted disabilities may take a nonstandard ACT or SAT exam. The test score must be provided to the Eligibility Center from the testing agency, just as any other test score.

How are students prioritized for processing at the Eligibility Center?

Students who have their status requested by an NCAA institution are prioritized by the Eligibility Center for processing. If a student's eligibility status is never requested by a member institution, the Eligibility Center may not process such a student's status.

*If you have additional questions or need further assistance, please contact the Eligibility Center's customer service staff at 877/262-1492.

Your Amateurism and You

If you want to participate in NCAA Division I or II athletics, you **must also be certified as an amateur student-athlete**. The Eligibility Center will determine the amateurism eligibility of all freshman and transfer college-bound student-athletes for initial participation at an NCAA Division I or II member institution. In Division III, **certification of an individual's amateurism status is completed by each institution, not the Eligibility Center**.

When you register with the Eligibility Center, you will be asked questions about your athletics participation. The information you will provide will be reviewed and a determination will be made **as to whether your amateurism status should be certified or if a penalty should be assessed before certification**. If a penalty is assessed, you will have an opportunity to appeal the decision.

The following precollegiate enrollment activities will be reviewed:

1. Contracts with a professional team.
2. Salary for participating in athletics.
3. Prize money.
4. Play with professionals.
5. Tryouts, practice or competition with a professional team.
6. **Benefits from an agent or prospective agent.**
7. Agreement to be represented by an agent.
8. Delayed initial full-time collegiate enrollment to participate in organized sports competition.

Additional information regarding NCAA amateurism rules is available on the Eligibility Center's Web site by logging on to www.ncaaclearinghouse.net, then clicking on "General Information" and then "Information and Resources for Prospective Student-Athletes."



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Definition of a Professional Team.

In Divisions I and II, a team is considered professional if it declares itself to be professional or provides any player more than actual and necessary expenses for participation on the team.

Actual and necessary expenses are limited to the following:

- (a) Meals and lodging directly tied to competition and practice held in preparation for competition;
- (b) Transportation (i.e., expenses to and from practice and competition, cost of transportation between home and the training/practice site at the beginning and end of the season);
- (c) Apparel, equipment and supplies related to participation on the team;
- (d) Coaching and instruction, use of facilities and entry fees;
- (e) Health insurance, medical treatment and physical therapy; and
- (f) Other reasonable expenses (e.g., laundry money).

Definition of Organized Competition.

In Division I, athletics competition is considered organized if any one of the following conditions exists:

- (a) Competition is scheduled and publicized in advance;
- (b) **Official score is kept;**
- (c) Individual or team standings are maintained;
- (d) **Official timer or game officials are used;**
- (e) Admission is charged;
- (f) Teams are regularly formed or team rosters are predetermined;
- (g) Team uniforms are used;
- (h) A team is privately or commercially sponsored; or
- (i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

In Division II, athletics competition is considered organized if any one of the following criteria is met:

- (a) Any team or individual competition or training in which payment (including expenses) is provided to any participant;
- (b) Any competition as a result of signing a contract for athletics participation;
- (c) Any competition as a result of involvement in a professional draft;
- (d) Any competition funded by a professional sports organization;
- (e) Any competition funded by a representative of an institution's athletics interest that is not an open event;
- (f) Any practice with a professional athletics team (excluding a 48-hour tryout);
- (g) Any competition or training with a team that declares itself to be professional; or
- (h) Any competition or training with a team that provides compensation to any of the participants (including actual and necessary expenses).



OVERVIEW OF NCAA DIVISIONS I AND II PRE-ENROLLMENT AMATEURISM BYLAWS

	Permissible in Division I? (Student-athletes first enrolling on or after August 1, 2002)	Permissible in Division II? (Student-athletes first enrolling on or after August 1, 2001)
Enters Into a Contract with a Professional Team	No	Yes
Accepts Prize Money	Yes. If it is an open event, and does not exceed actual and necessary expenses.	Yes
Enters Draft	Yes	Yes
Accepts Salary	No	Yes
Receives Expenses from a Professional Team	No	Yes
Competes on a Team with Professionals	No	Yes
Tryouts with a Professional Team Before Initial Collegiate Enrollment	Yes. May receive actual and necessary expenses for one visit (up to 48 hours) from each professional team. Self-financed tryouts may be for more than 48 hours.	Yes
Receives Benefits from an Agent	No	No
Enters Into Agreement with an Agent (oral or written)	No	No
Delays Full-Time Collegiate Enrollment and Participates in Organized Competition [If you are charged with season(s) of competition under this rule, you will also have to serve an academic year in residence at the NCAA institution.]	Tennis and Swimming & Diving: Have one year after high school graduation to enroll full time in a collegiate institution or will lose one season of intercollegiate competition for each calendar year during which you continue to participate in organized competition. All Other Sports: Any participation in organized sports competition during each 12-month period after your 21st birthday and before initial full-time enrollment in a collegiate institution shall count as one year of varsity competition.	All Sports: Must enroll at the next opportunity (excluding summer) immediately after the date that your high school class normally graduates (or the international equivalent) or you will use a season of intercollegiate competition for each calendar year or sports season (subsequent to that date) in which you have participated in organized competition.

The chart above summarizes the Divisions I and II pre-enrollment amateurism rules.

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face **contact with you or your parents off the college's campus and says more than hello.** A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have **in-person contact with you and/or your parents on or off the college's campus.** The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person **contact with you or your parents on or off campus at any time** during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person **conversations with you or your parents off the college's campus.** You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives **or your friends any financial aid or other benefits that the college does not provide to students generally.**

Quiet period. During this time, a college coach may not have **any in-person contact with you or your parents off the college's campus.** The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to **a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.**

Verbal commitment. This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. **Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.**

Recruiting Calendars

To see recruiting calendars for all sports, go to NCAA.org.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the 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 Web site at www.national-letter.org or call 877/262-1492.

Summary of Recruiting Rules for Each Sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of your sophomore year. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. Women's Ice Hockey—If you are an international prospect, a college coach may call you once in July after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.
	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense.
	College coaches may call you	<ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31 after your junior year. 	<ul style="list-style-type: none"> Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July after your junior year (max. of one call per week). 	<ul style="list-style-type: none"> Once from April 15 to May 31 of your junior year. 	<ul style="list-style-type: none"> Once per week starting July 1 after your junior year. Men's Ice Hockey— Once per month beginning June 15, before your junior year, through July 31 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. For gymnastics—allowed after July 15 after your junior year.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	

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	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.
	College coaches may call you	• Twice per week beginning August 1.	• Once per week beginning August 1.	• Once per week beginning September 1.	• Once per week beginning July 1. • Men's Ice Hockey—Once per week beginning August 1.
	Off-campus contact	• Allowed beginning September 9.	• Allowed beginning September 16.	• Allowed beginning November 30.	• Allowed.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
How often can a coach contact you or visit to you off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	

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NCAA
Division II

LIST OF NCAA-SPONSORED SPORTS

Fall Sports

Cross Country (W)
Cross Country (M)
Field Hockey (W)
Football (M)
Soccer (W)
Soccer (M)
Volleyball (W)
Water Polo (M)

Winter Sports

Basketball (W)
Basketball (M)
Bowling (W)
Fencing (M&W)
Gymnastics (W)
Gymnastics (M)
Ice Hockey (W)
Ice Hockey (M)
~~Ice Hockey (M)~~
Skiing (M&W)
Swimming and Diving (W)
Swimming and Diving (M)
Indoor Track and Field (W)
Indoor Track and Field (M)
Wrestling (M)

Spring Sports

Baseball (M)
Golf (W)
Golf (M)
Lacrosse (W)
Lacrosse (M)
Rowing (W)
Softball (W)
Tennis (W)
Tennis (M)
Outdoor Track and Field (W)
Outdoor Track and Field (M)
Volleyball (M)
Water Polo (W)

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Monitoring Your Initial Eligibility – Division II

This guide will assist you in tracking completed core courses, units, grades, credits received, and your on-going GPA, **according to NCAA standards.**

Credits/Units

The number of credits issued by OLCHS differs slightly from the number of credits recognized by the NCAA for core classes. The following defines the differences:

Length of Class	OLCHS credits	NCAA credits
1 year/2 semesters	2 credits	1.0 unit
½ year/1 semester	1 credit	0.5 unit

Grade Points

The grade points for grades earned in classes is the same for both OLCHS and NCAA standards. The following outlines the grade points issued:

Grade	Regular Class	Honors Class	AP Class
A	4	5	5
B	3	4	4
C	2	3	3
D	1	1	1
F	0	0	0

Neither OLCHS nor the NCAA calculates “plus” or “minus” grades when figuring GPA. Therefore, grades of B+, B, and B- will all equal 3 grade points in a regular class.

Core Courses

The following is a matrix of core requirements for graduation from OLCHS, compared to which classes are accepted by the NCAA to be eligible. According to NCAA standards, each student graduating after 2008 must have a minimum of 14 core classes.

The following information was retrieved from the NCAA Clearinghouse website in November 2008, specifically cited from Form 48H. To look up the most updated information, visit the NCAA Clearinghouse website

5. www.ncaaclearinghouse.net
6. click on Administration
7. Next to View Core-Course List, click View Here
8. Enter School Code 143230

OLCHS Requirement	NCAA Requirement	NCAA Eligible Courses	Honors Credit Eligible Courses	Special Ed Eligible Courses
4 years (8 credits) English	3 years (6 credits) English	AP English American Literature American Studies College Prep Writing Creative Writing English 1 English 2 English 2H English 3 English 3H English 4 English 4H English Literature Mass Media Writing Speech	AP English English 2H English 3H English 4H	n/a
3 years (6 credits) Math	2 years (4 credits) Math	Algebra H Algebra I Advanced Algebra AP Calculus FST Geometry Geometry H Intermediate Algebra Statistics Trig/Precalculus H	Algebra H AP Calculus Geometry H Trig/Precalculus H	n/a
2 years (4 credits) Science <ul style="list-style-type: none"> • 1 year (2 credits) Biological Sci. • 1 year (2 credits) Physical Sci. 	2 years (4 credits) Science <ul style="list-style-type: none"> • 1 year (2 credits) Biological Sci. • 1 year (2 credits) Physical Sci. 	Advanced Biology AP Biology Biology Biology H Chemistry Chemistry H Conceptual Physics Intro to Anatomy/Physiology Physics Physics H	Advanced Biology AP Biology Biology H Chemistry H Physics H	n/a
	2 additional years of either: <ul style="list-style-type: none"> • English • Math • Science 	See categories above	See categories above	n/a

OLCHS Requirement	NCAA Requirement	NCAA Eligible Courses	Honors Credit Eligible Courses	Special Ed Eligible Courses
2.5 years (5 credits) Social Science <ul style="list-style-type: none"> • 1 year (2 credits) World History • 1 year (2 credits) US History • 1 semester (1 credit) Govt. 	2 years (4 credits) Social Science	American Studies AP Govt. & Politics AP Macroeconomics AP US History Economics Economics H Global Studies I Global Studies IH Global Studies II Global Studies IIH Government & Politics International Relations Law in American Society Psychology Sociology US History World History World History H	AP Govt. & Politics AP Macroeconomics AP US History Economics H Global Studies IH Global Studies IIH World History H	
2 years (4 credits) Additional Electives	3 years (6 credits) Additional Electives <ul style="list-style-type: none"> • Foreign Language • Nondoctrinal religion/philosophy 	French 1 French 2 French 3 French 3 H French 4 French 4H Spanish 1 Spanish 2 Spanish 3 Spanish 4	French 3H French 4H Spanish 3H Spanish 4H	
4 years (8 credits) Physical Education				
1 semester (1 credit) Consumer Education				
1 semester (1 credit) Intro to Technology				
Pass Constitution Test				
24 hours of Service Learning (Class of 2011 and beyond)				



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.

NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.

Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.

The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.

All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

Only core courses are used in the calculation of the grade-point average.

Be sure to look at your high school's list of NCAA -approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.

Division I grade-point-average requirements are listed on page two of this sheet.

The Division II grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule	
<u>16 Core Courses:</u>	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule	
<u>14 Core Courses:</u>	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
2	years of additional English, mathematics or natural/physical science.
2	years of social science.
3	years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

OTHER IMPORTANT INFORMATION

Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.

14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.

16 core courses are required for Division I.

The SAT combined score is based on the verbal and math sections only. The writing section will not be used.

SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used. Use code 9999.

Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Eligibility Center
05/07/08 LK:cr

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE		
New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	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

Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your official status after you graduate. Remember to check your high school's list of approved courses for the classes you have taken. Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional years in English, mathematics or natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points

Core-Course GPA (14 required)



Academic Eligibility Frequently Asked Questions

When should a student register with the NCAA Eligibility Center?

Students should register with the Eligibility Center at the beginning of their junior year in high school. At the end of the student's junior year, a transcript, which includes six semesters of grades, should be sent to the Eligibility Center from the high school. Additionally, students should have their SAT or ACT scores forwarded directly to the Eligibility Center (by using code "9999") whenever they take the exam.

What requirements do I need to be able to practice, play and get a scholarship at a n NCAA Division I or II college or university?

You need to complete the following:

1. Graduate from high school;
2. Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses;
3. Present the required grade-point average (GPA) (see the sliding scale in the [Guide for the College-Bound Student-Athlete](#) for Division I or a minimum 2.0 GPA for Division II);
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the [Guide for the College-Bound Student-Athlete](#)); and
5. Complete the amateurism questionnaire and request final amateurism certification.

How do I know if the courses I am taking will count as core courses?

You need to look at your high school's NCAA List of Approved Core Courses. Follow these steps:

1. Go to the NCAA Eligibility Center Web site at www.ncaaclearinghouse.net;
2. Click on "General Information";
3. Click on "List of Approved Core Courses";
4. Input your high school's CEEB code (if you know it) or search by your high school's name and state; and
5. Review the list.

***Very important:** If a core course you took is not on the list, it will not be used in your eligibility determination. Courses that appear on your transcript must exactly match what is on the list.

What do I do if a core course I took is not on the list?

See your high school counselor immediately. Someone at your high school is responsible for keeping your high school's list updated. It is important your high school does this each year to make sure the core courses you are taking appear on the list.

What is the lowest grade that will be used for a course to count as a core course?

Follow your high school's policy regarding its lowest passing grade. If the Eligibility Center does not have this policy, the lowest passing grade that will be used is D.

Will credit-by-exam courses meet core-course requirements?

No. Courses completed through credit-by-exam will not be used.

Are vocational courses acceptable?

No. Traditional vocational courses (e.g., typing, auto mechanics, driver's education and health) are not acceptable.

Do pass/fail grades count?

Yes, these grades may satisfy your core-course requirements. The Eligibility Center will assign your high school's lowest passing grade for a pass/fail class.

May courses taken in the eighth grade that are high school core courses (e.g., Algebra I, Spanish 1, Freshman Composition) be used to meet the core-course requirement?

A high school course taken in the eighth grade may be used if the course is on the high school transcript with a grade and credit and if the course is on the high school's NCAA List of Approved Core Courses.

May independent-study, Internet and correspondence courses count as core courses?

Yes, if the following four conditions are met:

1. The course meets core-course requirements;
2. You and the instructor have access to each other during the course so that the instructor can teach, evaluate and provide assistance to you;
3. Appropriate academic authorities evaluate your work according to the high school's academic policies; and
4. The course is acceptable for any student to take and is placed on your high school transcript.

May college courses count as core courses?

College courses may be used to satisfy core-curriculum requirements if the courses are accepted and awarded credit by the high school for any student and meet all other requirements for core courses. For NCAA Division I only, such courses must be placed on the student's high school transcript. Courses taken at a college will NOT appear on the high school's NCAA List of Approved Core Courses. The high school's NCAA List of Approved Core Courses will include only those courses taught/offered by the high school.

How are courses taken over two years counted?

A one-year course that is spread over a longer period of time is considered one course and will receive a maximum of one core-course credit. (Example: Algebra 1, spread over two years, would receive one unit of credit.)

May my study in a foreign country help me meet core-course requirements?

If you attended a secondary school outside the United States for all or part of grades nine through 12, different evaluation procedures will be applied to your international education documents. You must submit original-language documents with certified translations for Eligibility Center evaluation.

How is my core-course GPA calculated?

Your core-course GPA is the average of your best grades achieved for all required core courses. If you have taken extra core courses, those courses will be used in your GPA, only if they improve your GPA.

Can weighted grades for honors or advanced-placement courses be factored into the calculation of the student's core GPA?

A school's normal practice of weighting honors or advanced courses may be used, as long as the weighting is used for computing GPAs. Weighting cannot be used if the high school weights grades for the purpose of determining class rank. Additionally, in no instance may the student receive greater than 1.000 additional quality points for purposes of calculating the GPA for initial eligibility.

How is the NCAA core GPA different from a student's overall GPA?

The NCAA core-course GPA is calculated using only NCAA-approved core courses in the required number of core units. High school GPAs generally include the grades from most or all courses attempted in grades nine through 12.

Will courses taken after my senior year meet core -course requirements?

For Division I, maybe. Only courses completed in grades nine through 12 will qualify as core courses for Division I. If you graduate from high school on schedule (in eight semesters) with your incoming ninth grade class, you may use one core course completed in the year after graduation (summer or academic year). You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a collegiate institution at any time after completion of the core course.

For Division II, yes. All core courses completed before your full-time enrollment at any college may be used by the Eligibility Center.

For Division I students with diagnosed disabilities, yes. If you have a properly diagnosed and documented disability, you may use one or more core courses completed after high school but before full-time enrollment in college.

How does the NCAA treat courses similar in content?

Some approved core courses might be considered duplicates. That is, the content of one course is the same as that of another, even though the classes might have different titles. If you have taken two classes considered to be duplicates, you will receive only one core-course

credit (typically for the course with the higher grade). Please ask your high school counselor if you have questions about duplicate courses.

May courses taken at high school "A" be accepted if they appear on high school "B's" transcript?

No. High school "A" may provide the Eligibility Center with an official copy of high school "B's" transcript, but grades from one high school cannot be accepted on another high school's transcript.

Does the prohibition against special education, remedial or compensatory courses apply to students with education-impacted disabilities?

No. In order for courses designated for students with education-impacted disabilities to be approved, the course must be substantially comparable, qualitatively and quantitatively, as a regular core course offered in that academic area.

Can students with a diagnosed education-impacted disability use courses that are designated for students with an education-impacted disability to meet NCAA core-course requirements?

Students with appropriately diagnosed education-impacted disabilities may use courses for students with education-impacted disabilities for the purpose of meeting NCAA core-course requirements. Courses for students with education-impacted disabilities must appear on the high school's NCAA List of Approved Core Courses in order for a student to receive NCAA credit for the course.

May a nonstandard ACT/SAT exam be used for initial eligibility?

Yes. Students with diagnosed education-impacted disabilities may take a nonstandard ACT or SAT exam. The test score must be provided to the Eligibility Center from the testing agency, just as any other test score.

How are students prioritized for processing at the Eligibility Center?

Students who have their status requested by an NCAA institution are prioritized by the Eligibility Center for processing. If a student's eligibility status is never requested by a member institution, the Eligibility Center may not process such a student's status.

*If you have additional questions or need further assistance, please contact the Eligibility Center's customer service staff at 877/262-1492.

NCAA-EC/9/29/08/LJK:crr

Your Amateurism and You

If you want to participate in NCAA Division I or II athletics, you **must also be certified as an amateur student-athlete**. The Eligibility Center will determine the amateurism eligibility of all freshman and transfer college-bound student-athletes for initial participation at an NCAA Division I or II member institution. In Division III, **certification of an individual's amateurism status is completed by each institution, not the Eligibility Center.**

When you register with the Eligibility Center, you will be asked questions about your athletics participation. The information you will provide will be reviewed and a determination will be made **as to whether your amateurism status should be certified or if a penalty should be assessed before certification. If a penalty is assessed, you will have an opportunity to appeal the decision.**

The following precollegiate enrollment activities will be reviewed:

1. Contracts with a professional team.
2. Salary for participating in athletics.
3. Prize money.
4. Play with professionals.
5. Tryouts, practice or competition with a professional team.
6. **Benefits from an agent or prospective agent.**
7. Agreement to be represented by an agent.
8. Delayed initial full-time collegiate enrollment to participate in organized sports competition.

Additional information regarding NCAA amateurism rules is available on the Eligibility Center's Web site by logging on to www.ncaaclearinghouse.net, then clicking on "General Information" and then "Information and Resources for Prospective Student-Athletes."



COLLEGE-BOUND STUDENT-ATHLETE 9

Definition of a Professional Team.

In Divisions I and II, a team is considered professional if it declares itself to be professional or provides any player more than actual and necessary expenses for participation on the team.

Actual and necessary expenses are limited to the following:

- (a) Meals and lodging directly tied to competition and practice held in preparation for competition;
- (b) Transportation (i.e., expenses to and from practice and competition, cost of transportation between home and the training/practice site at the beginning and end of the season);
- (c) Apparel, equipment and supplies related to participation on the team;
- (d) Coaching and instruction, use of facilities and entry fees;
- (e) Health insurance, medical treatment and physical therapy; and
- (f) Other reasonable expenses (e.g., laundry money).

Definition of Organized Competition.

In Division I, athletics competition is considered organized if any one of the following conditions exists:

- (a) Competition is scheduled and publicized in advance;
- (b) **Official score is kept;**
- (c) Individual or team standings are maintained;
- (d) **Official timer or game officials are used;**
- (e) Admission is charged;
- (f) Teams are regularly formed or team rosters are predetermined;
- (g) Team uniforms are used;
- (h) A team is privately or commercially sponsored; or
- (i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

In Division II, athletics competition is considered organized if any one of the following criteria is met:

- (a) Any team or individual competition or training in which payment (including expenses) is provided to any participant;
- (b) Any competition as a result of signing a contract for athletics participation;
- (c) Any competition as a result of involvement in a professional draft;
- (d) Any competition funded by a professional sports organization;
- (e) Any competition funded by a representative of an institution's athletics interest that is not an open event;
- (f) Any practice with a professional athletics team (excluding a 48-hour tryout);
- (g) Any competition or training with a team that declares itself to be professional; or
- (h) Any competition or training with a team that provides compensation to any of the participants (including actual and necessary expenses).



OVERVIEW OF NCAA DIVISIONS I AND II PRE-ENROLLMENT AMATEURISM BYLAWS

	Permissible in Division I? (Student-athletes first enrolling on or after August 1, 2002)	Permissible in Division II? (Student-athletes first enrolling on or after August 1, 2001)
Enters into a Contract with a Professional Team	No	Yes
Accepts Prize Money	Yes. If it is an open event, and does not exceed actual and necessary expenses.	Yes
Enters Draft	Yes	Yes
Accepts Salary	No	Yes
Receives Expenses from a Professional Team	No	Yes
Competes on a Team with Professionals	No	Yes
Tryouts with a Professional Team Before Initial Collegiate Enrollment	Yes. May receive actual and necessary expenses for one visit (up to 48 hours) from each professional team. Self-financed tryouts may be for more than 48 hours.	Yes
Receives Benefits from an Agent	No	No
Enters into Agreement with an Agent (oral or written)	No	No
Delays Full-Time Collegiate Enrollment and Participates in Organized Competition [If you are charged with season(s) of competition under this rule, you will also have to serve an academic year in residence at the NCAA institution.]	Tennis and Swimming & Diving: Have one year after high school graduation to enroll full time in a collegiate institution or will lose one season of intercollegiate competition for each calendar year during which you continue to participate in organized competition. All Other Sports: Any participation in organized sports competition during each 12-month period after your 21st birthday and before initial full-time enrollment in a collegiate institution shall count as one year of varsity competition.	All Sports: Must enroll at the next opportunity (excluding summer) immediately after the date that your high school class normally graduates (or the international equivalent) or you will use a season of intercollegiate competition for each calendar year or sports season (subsequent to that date) in which you have participated in organized competition.

The chart above summarizes the Divisions I and II pre-enrollment amateurism rules.

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face **contact with you or your parents off the college's campus and says more than hello.** A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person **contact with you and/or your parents on or off the college's campus.** The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person **contact with you or your parents on or off campus at any time** during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person **conversations with you or your parents off the college's campus.** You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives **or your friends any financial aid or other benefits that the college does not provide to students generally.**

Quiet period. During this time, a college coach may not have **any in-person contact with you or your parents off the college's campus.** The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a **home athletics contest.** **You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.**

Verbal commitment. This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. **Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.**

Recruiting Calendars

To see recruiting calendars for all sports, go to NCAAA.org.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the 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 Web site at www.nationalletter.org or call 877/262-1492.

Summary of Recruiting Rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	<ul style="list-style-type: none"> A coach may begin sending you printed recruiting materials September 1 of your junior year in high school. 	<ul style="list-style-type: none"> You may receive printed materials any time.
Telephone calls	<ul style="list-style-type: none"> A college coach may call you once per week beginning June 15 between your junior and senior year. You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	<ul style="list-style-type: none"> A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. A college coach is limited to three in-person contacts off campus. 	<ul style="list-style-type: none"> A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits any time. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits any time.
Official visits	<ul style="list-style-type: none"> You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges. 	<ul style="list-style-type: none"> You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.

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NCAA
Division III

LIST OF NCAA-SPONSORED SPORTS

Fall Sports

Cross Country (W)
Cross Country (M)
Field Hockey (W)
Football (M)
Soccer (W)
Soccer (M)
Volleyball (W)
Water Polo (M)

Winter Sports

Basketball (W)
Basketball (M)
Bowling (W)
Fencing (M&W)
Gymnastics (W)
Gymnastics (M)
Ice Hockey (W)
Ice Hockey (M)
~~Rifle (M&W)~~
Skiing (M&W)
Swimming and Diving (W)
Swimming and Diving (M)
Indoor Track and Field (W)
Indoor Track and Field (M)
Wrestling (M)

Spring Sports

Baseball (M)
Golf (W)
Golf (M)
Lacrosse (W)
Lacrosse (M)
Rowing (W)
Softball (W)
Tennis (W)
Tennis (M)
Outdoor Track and Field (W)
Outdoor Track and Field (M)
Volleyball (M)
Water Polo (W)

Monitoring Your Initial Eligibility – Division III

Division III does not use the NCAA Clearinghouse Eligibility Center.

Students interested in competing in Division III college athletics should contact the college or university of interest regarding its policies on admission, financial aid, practice and competition.

Specific rules of recruitment still apply, however. These rules are outlined on the following page.

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face **contact with you or your parents off the college's campus and says more than hello.** A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have **in-person contact with you and/or your parents on or off the college's campus.** The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person **contact with you or your parents on or off campus at any time** during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person **conversations with you or your parents off the college's campus.** You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives **or your friends any financial aid or other benefits that the college does not provide to students generally.**

Quiet period. During this time, a college coach may not have **any in-person contact with you or your parents off the college's campus.** The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to **a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.**

Verbal commitment. This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. **Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.**

Recruiting Calendars

To see recruiting calendars for all sports, go to NCAA.org.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the 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 Web site at www.national-letter.org or call 877/262-1492.

Summary of Recruiting Rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	<ul style="list-style-type: none"> A coach may begin sending you printed recruiting materials September 1 of your junior year in high school. 	<ul style="list-style-type: none"> You may receive printed materials any time.
Telephone calls	<ul style="list-style-type: none"> A college coach may call you once per week beginning June 15 between your junior and senior year. You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	<ul style="list-style-type: none"> A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. A college coach is limited to three in-person contacts off campus. 	<ul style="list-style-type: none"> A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits any time. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits any time.
Official visits	<ul style="list-style-type: none"> You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges. 	<ul style="list-style-type: none"> You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.

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Your Amateurism and You

If you want to participate in NCAA Division I or II athletics, you **must also be certified as an amateur student-athlete**. The Eligibility Center will determine the amateurism eligibility of all freshman and transfer college-bound student-athletes for initial participation at an NCAA Division I or II member institution. **In Division III, certification of an individual's amateurism status is completed by each institution, not the Eligibility Center.**

When you register with the Eligibility Center, you will be asked questions about your athletics participation. The information you will provide will be reviewed and a determination will be made **as to whether your amateurism status should be certified or if a penalty should be assessed before certification. If a penalty is assessed, you will have an opportunity to appeal the decision.**

The following precollegiate enrollment activities will be reviewed:

1. Contracts with a professional team.
2. Salary for participating in athletics.
3. Prize money.
4. Play with professionals.
5. Tryouts, practice or competition with a professional team.
6. **Benefits from an agent or prospective agent.**
7. Agreement to be represented by an agent.
8. Delayed initial full-time collegiate enrollment to participate in organized sports competition.

Additional information regarding NCAA amateurism rules is available on the Eligibility Center's Web site by logging on to www.ncaaclearinghouse.net, then clicking on "General Information" and then "Information and Resources for Prospective Student-Athletes."



COLLEGE-BOUND STUDENT-ATHLETE 9

NAIA

Monitoring Your Initial Eligibility – NAIA

The National Association of Intercollegiate Athletics (NAIA) does not have organizational standards for students to be eligible for athletics. The NAIA declares that each individual institution participating in NAIA programs will determine their own standards for admission, financial aid/scholarships, and participation in athletic programs.

Students interested in competing in NAIA college athletics should contact the college or university of interest regarding its policies on admission, financial aid, practice and competition.

Specific rules of eligibility and recruitment still apply, however, most of them are in regards to the student once he or she has begun their post-secondary studies. These rules are outlined on the following pages.

A Guide for the College Bound Student-Athlete

NAIA National Championships

The NAIA offers the student-athlete (men & women) the opportunity to compete at his/her highest level. The NAIA offers national championships for men in cross country, soccer, football, indoor and outdoor track and field, swimming & diving, wrestling, basketball, baseball, tennis & golf. Women's national championships include volleyball, soccer, cross country, indoor and outdoor track and field, swimming & diving, basketball, softball, tennis & golf. Listed below are a few items important to participating as a student-athlete in the NAIA.

Financial Aid, Scholarships, Grants-In-Aid & Student Loans

Assignment of scholarships, grants-in-aid or student loans shall be controlled by the faculty through the regularly constituted committee on student loans and scholarships.

Any financial aid or assistance to prospective students, in money or in kind, except from members of the student's immediate family or from those upon whom the student is legally dependent, shall be administered by the institution under the policies and procedures established by the institution through the regularly constituted committee on student loans and scholarships.

A member institution of the NAIA shall award no more institutionally-controlled financial aid to the student-athlete than the actual cost of: 1) tuition; 2) mandatory fees, books and supplies required for courses in which the student-athlete is enrolled; 3) room and board for the student-athlete only, based on official room and board allowance listed in the institutions catalog. Further financial assistance to a student-athlete, other than listed above, by a member institution shall be prohibited.

NAIA Eligibility Regulations

The following is a short listing of criteria that needs to be met to be eligible to represent a member institution in any manner (scrimmages, intercollegiate competitions). For more information on NAIA Eligibility Regulations, visit www.naia.org.

1. If an entering freshman* be a graduate of an accredited high school or be accepted as a regular student in good standing as defined by the enrolling institution and meet two of the three entry level requirements.

* An entering freshman is defined as a student who upon becoming identified with an institution has not been previously identified with an institution(s) of higher learning for two semesters or three quarters (or equivalent).

- A. Achieve a minimum of 18 on the Enhanced ACT or 860 on the SAT. The ACT/SAT test must be taken on a national or international testing date and certified to the institution prior to the beginning of each term in which the student initially participates (residual tests are not acceptable). The SAT score of 860 or higher must be achieved on the Critical Reading and Math sections of the SAT. The SAT score of 860 or higher must be achieved on the CRITICAL READING and MATH sections of the SAT. Scores must be achieved on a single test.
- B. Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale
- C. Graduate in the top half of your high school graduating class

2. YOU MUST be making normal progress toward a recognized baccalaureate degree and maintain the grade points required to remain a student in good standing, as defined by the institution you are attending.

3. YOU MUST be identified and enrolled in 12 credit hours at the time of participation. Should participation take place between terms, you must have been identified with the institution the term immediately preceding the date of participation.

4. YOU MUST, if a second term freshman, have accumulated a minimum of nine institutional credit hours BEFORE identification for the second term of attendance.

5. YOU MUST have accumulated a minimum of 24 institutional credit hours the two immediately previous terms of attendance. Up to 12 institutional credit hours earned during the summer and/or non-term may be applied to meet the 24-hour rule, provided such credit is earned AFTER one of the two immediately previous terms of attendance.

However, if you are transferring from a two-year institution, and if you have not been identified with an institution of higher learning for more than five semesters or seven quarters, have been identified with a four-year institution, and have met graduation requirements for an associate degree from a junior college, you may be exempt from the 24-hour rule for the first term you are enrolled at an NAIA member institution. You must have passed all hours required for graduation and, in the last two terms of attendance, you must have needed fewer than 24 hours to complete graduation requirements.



6. YOU MAY NOT count repeat courses previously passed in ANY term toward the 24 hour rule.
7. YOU MUST be eligible according to your affiliated conference standards.
8. YOU MUST, if a transfer student from a four-year institution, have eligibility remaining at the institution from which you are transferring to be eligible for further intercollegiate competition. For eligibility purposes, the NAIA does not recognize the NCAA "five year rule" or age-limitations regulations.
9. YOU MUST, if a transfer student having participated in intercollegiate athletics at a four-year institution, reside for 16 consecutive calendar weeks, (112 calendar days), not including summer sessions, at the transferred institution before becoming eligible for intercollegiate competition in any sport in which you participated while attending the previous four-year institution. Exceptions to the 16 calendar weeks' residency will be explained by the institution's faculty athletics representative.
10. YOU MUST be within your first 10 semesters, 12 trimesters, or 15 quarters of attendance as a regularly enrolled student. Beginning August 1, 2004, a term of attendance is any semester, trimester, or quarter in which you enroll for 12 or more institutional credit hours and attend any class. Summer sessions are not included, but night school, extension or correspondence courses are applicable to this ruling.
11. YOU MUST, upon reaching junior academic standing as defined by the institution, have a cumulative grade point average of at least 2.0 on a 4.0 scale as certified by the institutional registrar.
12. YOU MUST, to participate the second season of sport, have accumulated at least 24 semester/36 quarter institutional credit hours.
13. YOU MUST, to participate the third season in a sport, have accumulated at least 48 semester/72 quarter institutional credit hours.
14. YOU MUST, to participate the fourth season in a sport, have accumulated at least 72 semester/108 quarter institutional credit hours. These hours must include at least 48 semester/72 quarter hours in general education and/or your major field of study.
15. YOU MUST, to participate the third and/or fourth season in a sport, have and maintain a total cumulative grade point average of at least 2.0 on a 4.0 scale.
16. YOU MAY NOT participate for more than four season in any one sport. A season of competition is defined as participation in one or more intercollegiate contests, whether as a freshman, junior varsity, or varsity participant or in any other athletic competition in which the institution is represented during a sport season or participation in any competition or training for which the participant receives compensation including remuneration for expenses after September 1 in the year of high school graduation or equivalent.
17. Should you participate for two different institutions in the same sport in the same academic year (example - basketball or fall golf at a junior college and then transfer to an NAIA school and participate in basketball or spring golf), you shall be charged with two seasons of competition in that sport, unless you earned an associate degree at a junior college in the term immediately preceding the transfer.
18. YOU MUST be an amateur, as defined by the NAIA, in the sport(s) in which you participate. See your athletics director or faculty athletics representative for all amateur regulations as printed in the NAIA Bylaws.

**Remember, athletes as well as member institutions are responsible for knowing and abiding by NAIA rules and regulations as outlined in the NAIA Official Handbook. See your athletics director or faculty athletics representative for all NAIA rules and regulations.*

Hardships

Hardships deal only with season of competition. A hardship request is a request for an exception to the season of competition regulation (see item 16 above). Hardship requests will be considered only if the following criteria are met:

1. The injury or illness is beyond the control of the student-athlete and/or coach, and incapacitates that student-athlete from competing further during the sport season as verified by an M.D. or D.O. who must have examined the student during the sport season in question.
2. Participation after being examined by a physician and before receiving written medical clearance shall nullify hardship consideration.
3. The athlete shall not have participated in more than the Association's allowable number of contests or dates, excluding scrimmages, recognized by the NAIA during the sports season. Contact a member institution for the hardships.



NAIA Advantages

There are many advantages to competing in NAIA sports. Beside the benefit of close-knit communities and small class sizes on the typical NAIA campus, NAIA athletics offer:

- ♦ Maximum opportunity to participate in regular season contests and National Championships
- ♦ Greater opportunities to transfer without missing a season
- ♦ Fewer recruiting restrictions
- ♦ Focus on the education and character development of the student-athlete

The NAIA recruitment process is less cumbersome, with fewer restrictions on the contact between a student-athlete and a coach. More frequent communication aids in assuring that the student-athlete is comfortable with the choice of an institution. While NAIA rules hold to strict academic requirements, the process of establishing eligibility is streamlined since there is no clearinghouse. We hope you strongly consider enrolling at an NAIA member institution.

Recruitment of an Enrolled Student-Athlete

Once you have started your overall college experience by enrolling and/or attending classes any postsecondary institution, representatives from an NAIA institution cannot initiate contact with you. Even if you have not started classes yet, but have drawn equipment and begun organized practice, no one representing an NAIA school can initiate any communication with you.

Once you have become identified with a postsecondary institution, there are some things to know should you ever want to consider transferring to an NAIA member institution. Because the NAIA institution cannot contact you, you'll probably want to contact them. If you do, the NAIA institution cannot respond to your contact until the athletics director or faculty athletics representative at that institution has notified, in writing, the athletics director or faculty athletics representative at the school which you are enrolled. The NAIA institution has 10 days from your contact to write that letter. The NAIA institution does not necessarily need to receive permission to respond to your contact, but they must notify your identified school as described.

Champions of Character

The National Association of Intercollegiate Athletics (NAIA) *Champions of Character* program is designed to instill an understanding of character values in sport and provide practical tools for student-athletes, coaches and parents to use in modeling exemplary character traits. The five core values of *Champions of Character* include: *responsibility, respect, servant leadership, integrity and sportsmanship*. For more information on *Champions of Character*, visit www.championsofcharacter.org.

For more information, visit www.naia.org



NAIA National Office
1200 Grand Blvd.
Kansas City, Missouri 64106
P: 816.595.8000 F: 816.595.8200

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Appendices

Appendix A – NCAA Clearinghouse Student Release Form

Appendix B – Sample Cover Letter to Coach

Appendix C – Sample Student-Athlete Resume

Link to the NCAA Clearinghouse student release form:

https://web1.ncaa.org/eligibilitycenter/student/index_student.html

SAMPLE – Cover Letter to Coach

Date

John Spartan
9400 Southwest Highway
Oak Lawn, IL 60453

Dear Coach Smith,

I am a 6'4" junior forward at Oak Lawn Community High School in Oak Lawn, Illinois. I am interested in attending Bradley University after I graduate. As a sophomore, I started for our conference championship basketball team averaging 12 points per game, 8 rebounds and 4 assists. This year in my junior season, I have been elected team captain and currently average 19 points per game. Our team continues to be successful and we are looking to repeat as conference champions.

Academically, I have a 3.25 GPA and have earned a 1200 on my PSAT. I plan to take both the ACT and the SAT this spring. In addition, my course load this year includes all core requirements as well as two Advanced Placement courses. I will have my college entrance scores sent directly to Bradley University and to the NCAA Clearinghouse when completed. My high school will also be sending my 6th semester transcript as it becomes available.

I am very interested in attending Bradley University because of its academic excellence, social opportunities, and outstanding basketball program. I am particularly impressed with the graduation rate of student-athletes at Bradley, as well as the national reputation of the Communication Program. I believe that my academic and athletic skills qualify to be considered for the Braves program.

Please send me information on the Bradley University program at your convenience, and let me know what information I can provide to be evaluated by the basketball coaching staff. Thank you for your consideration. I look forward to hearing from you in the future.

Sincerely,

John Spartan

Sample – Student-Athlete Resume

John Spartan
9400 Southwest Highway
Oak Lawn, IL 60453
708-424-5200
johnspartan@gmail.com

Educational Background

GPA 3.25 on a 4.0 scale
PSAT score of 1200 (610 M – 590 V)
ACT score of 25
SAT score of 1210 (610 M – 600 V)
Honor Roll, grades 9-10
Enrolled in two Advanced Placement courses
Looking to pursue degree in Communications

Extracurricular Activities

Band, grades 9-11
Basketball, grades 9-11
Service Club, grades 9-11
Student Government, grades 9-11
Theater Crew, grades 10-11

Athletic Background

Basketball

Junior Varsity team, grade 9
Varsity team, grades 10-11
Voted MVP, grade 9
Voted “Mr. Hustle” by coaching staff, grade 10
All-Conference Third Team, grade 10
Most Improved, Summer Select AAU

Soccer

Junior Varsity team, grades 9-10
Grade 9: Center halfback, 8 goals
Grade 10: Left wing, 14 goals
First Team All-Conference, grade 10

References

Mr. Kevin Stow, Head Soccer Coach
708-424-5200 x5737 kstow@olchs.org

Mr. Scott Atkins, Head Basketball Coach
708-424-5200 x5667 satkins@olchs.org

Mr. John Smith, AAU Head Coach
708-555-1212 j.smith@aaucamp.org

References

This guide was compiled using information from the following:

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