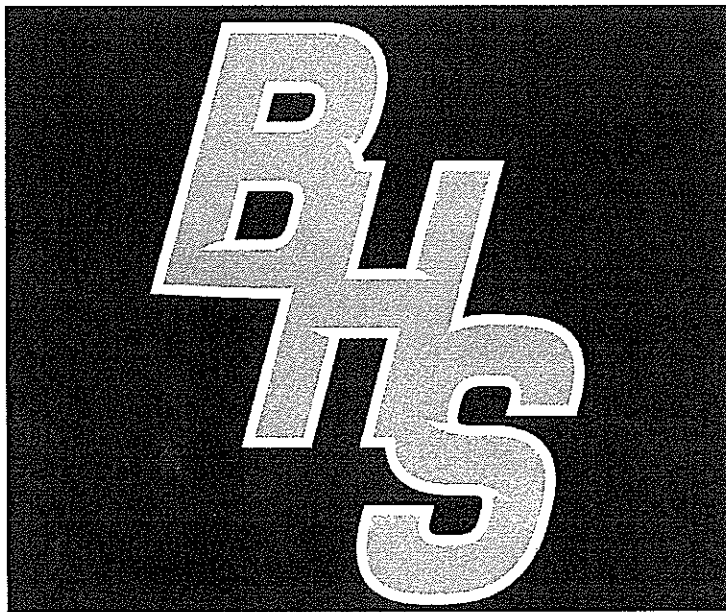


PLANNING GUIDE



FOR THE

**COLLEGE BOUND
STUDENT-ATHLETE**

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BLOOMINGTON PUBLIC SCHOOLS
District 87

300 E. Monroe St. Bloomington, IL 61701
309-827-6031
www.district87.org

Players and Parents,

If you are picking up this packet and reading this letter, it means that either you or your student has expressed interest in pursuing college level athletics. Congratulations! Attending and being part of a college athletic program can be a very rewarding and memorable experience.

Navigating and understanding the path to college athletics and recruiting can be a daunting and confusing process. The purpose of this guide is to provide you with resources, strategies, timelines and tips that will hopefully help you throughout the process.

I cannot stress enough the importance of understanding that each individual student-athlete plays the most critical role in successfully reaching this goal. The athlete themselves must take an active role in pursuing college opportunities. The decisions that student-athletes make, both academically and athletically, beginning the first year of high school can help to open incredible opportunities. However, getting off to a slow start can make the process more difficult and potentially even limit college options.

Along with the information provided in this guide, the Bloomington High School Athletic Department, Guidance Counselors and members of our coaching staff are all resources that can and will help to answer your questions. Please do not hesitate to reach out and ask questions!

The same attributes of determination, hard work, discipline and individual accountability that create highly successful student-athletes will be required throughout this process.

Best wishes and good luck on your college search!

Sincerely,

Tony Bauman

District 87 Director of Athletics



NCAA RECRUITING FACTS

College sports create a pathway to opportunity for student-athletes.

DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.

PARTICIPATION

- 182,681 student-athletes
- 350 colleges and universities

ATHLETICS SCHOLARSHIPS

57% of all student-athletes receive some level of athletics aid.

ACADEMICS

2019 Graduation Success Rate: 88%*

OTHER STATS

Median Undergraduate Enrollment: 8,960
 Average Number of Teams per School: 19
 Average Percentage of Student Body Participating in Sports: 4%
 Division I National Championships: 26

DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

PARTICIPATION

- 122,722 student-athletes
- 302 colleges and universities

ATHLETICS SCHOLARSHIPS

63% of all student-athletes receive some level of athletics aid.

ACADEMICS

2019 Academic Success Rate: 73%*

OTHER STATS

Median Undergraduate Enrollment: 2,428
 Average Number of Teams per School: 16
 Average Percentage of Student Body Participating in Sports: 10%
 Division II National Championships: 25

DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful nonathletics opportunities.

PARTICIPATION

- 193,814 student-athletes
- 439 colleges and universities

FINANCIAL AID

80% of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$17,000 on average.

ACADEMICS

2019 Academic Success Rate: 87%*

OTHER STATS

Median Undergraduate Enrollment: 1,740
 Average Number of Teams per School: 19
 Average Percentage of Student Body Participating in Sports: 17%
 Division III National Championships: 28

Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Divisions I and II schools provide more than \$3.6 billion in athletics scholarships annually to more than 180,000 student-athletes. Division III schools, with more than 190,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic grant or need-based scholarship.

Do many high school athletes earn athletics scholarships?

Very few, in fact. About 2% of high school athletes are awarded some form of athletics scholarship to compete in college.

Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport?

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

Do many NCAA student-athletes go on to play professionally?

Fewer than 2% of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than sports.



ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey
High School Student-Athletes	7,200,000	540,800	399,100	1,006,000	482,700	35,300
NCAA Student-Athletes	499,000	18,800	16,500	73,700	36,000	4,300
Percentage Moving from High School to NCAA	7%	3.5%	4.1%	7.3%	7.5%	12.3%
Percentage Moving from NCAA to Major Professional*	2%	1.2%	0.8%	1.6%	9.9%	7.4%

*NCAA is a trademark of the National Collegiate Athletic Association. Latest data as of August 2019.

PLAYNAIA

NAIA participation experience

In the NAIA, a student-athlete can compete during four "seasons of competition" within the first 10 semesters (or equivalent) in college. A season of competition is charged when you participate in one or more intercollegiate contests whether at the varsity, junior varsity or freshman level, or in elite-level, non-collegiate competition. To compete, student-athletes must be enrolled in at least 12 hours every semester or quarter and be making normal progress toward a bachelor's degree. They must also meet freshman and/or continuing eligibility rules.

What's different about NAIA recruiting?

The NAIA recruiting process for both freshmen and transfers is less cumbersome, with few restrictions on the contact between a student-athlete and a coach. More frequent communication allows the student to become more comfortable with the school and athletics staff.

Once you have started your college experience by enrolling and/or attending classes, representatives from another NAIA school cannot initiate contact with you. This no-contact policy applies even if you have not started classes yet, but have drawn equipment and begun organized practice.

What if you're interested in transferring to an NAIA institution? Because NAIA coaches cannot contact you, you'll need to take that initiative by calling or emailing them. Once contacted, within 10 days the NAIA institution must notify in writing the athletics director or faculty athletics representative at the school where you are currently enrolled. They don't need permission to respond to you, but your current school must be notified that the contact has been made.

Can I visit a campus for a tryout?

Students are permitted a maximum of two days of tryouts throughout their entire career. If a school has a policy for reimbursing all students for such visits, the same can be applied to you as a prospective student-athlete.

What about letters of intent?

As an association, the NAIA does not have a letter of intent program in which students sign a binding agreement to participate in athletics at a particular institution. Student-athletes may sign letters of intent with an individual NAIA school, however, they aren't obligated to attend that institution. That said, some NAIA conferences require their member schools to recognize letters of intent that are signed with other institutions within the conference. Please check with your prospective school to see if any conference programs apply.

NAIA Eligibility Center at PlayNAIA.org determines eligibility of all first-time NAIA student-athletes

The NAIA Eligibility Center, at PlayNAIA.org, is responsible for determining the NAIA eligibility of first-time student-athletes. Students must receive an eligible decision by the NAIA Eligibility Center prior to competing for the first-time in the NAIA, and all NAIA schools are bound by the center's decisions.

Every student interested in playing sports at NAIA colleges for the first time needs to register online with the NAIA Eligibility Center and receive an eligible determination. This applies to high school seniors and transfers from both two- and four-year colleges.

What information will I need to provide? You'll create a personal profile with the basic facts about your academic history and sports participation to date.

- You'll need your current contact information, previous residences and addresses, high schools attended and history of your sports participation during and after high school graduation.
- **9876** When you register for the ACT or SAT, include the NAIA Eligibility Center (9876) on the list of places test scores should be sent.
- Ask your high school counselors to send a final, official transcript that verifies high school graduation, class rank and cumulative grade point average to the eligibility center through the NAIA High School Portal.

Register with the NAIA Eligibility Center at PlayNAIA.org.

Do I meet the freshman eligibility requirements?

If you will graduate from a U.S. high school this spring and enroll in college this coming fall, the requirements are simple. An entering freshman must:

- Be a graduate of an accredited high school.
- Meet **two of the three** following requirements. If as an entering freshman you do not meet at least two of the three standards.

MUST MEET TWO OF THE THREE

1. TEST SCORE REQUIREMENT	2. HIGH SCHOOL GPA REQUIREMENT	3. CLASS RANK REQUIREMENT
Achieve a minimum of 18 on the ACT or 970 on the SAT	Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale	Graduate in the top half of your high school class
Tests must be taken on an international testing date prior to the start of the term in which you intend to participate in athletics and scores must be achieved on a single test date. The minimum SAT must be achieved on the Evidence-Based Reading & Writing and Math sections only; the Writing score cannot be used.	The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.	If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, vice principal or guidance counselor written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted.
Minimum score requirements for tests taken prior to May 1, 2019 varied. <ul style="list-style-type: none">• For tests taken prior to March 1, 2016: 18 ACT, 860 SAT (reading, math)• For tests taken between March 1, 2016 and May 1, 2019: 16 ACT, 860 SAT (evidence-based reading & writing, math)		Exception: Completion of nine institutional credit hours prior to identification at any institution of higher education can be used if no class rank appears on the final official high school transcript. The credit hours must be completed with a grade of "C" or better.

Mid-Year Eligibility Opportunity. If you do not meet requirements for an entering freshman, you can satisfy one of the initial requirements in addition to earning 12 institutional credits hours with a grade of "C" or better during your first term of attendance at your NAIA school to be eligible.

Learning disabilities. Students with diagnosed learning disabilities, who do not meet the freshman eligibility requirements, may have their academic profiles reviewed by the NAIA Learning Disability Advisory Committee at the request of an NAIA institution. The LDAC will then provide recommendations to the National Eligibility Committee to assist with a final decision.

What about financial aid, scholarships, grants, loans?

NAIA rules on financial aid are straightforward. Each school determines how much aid it awards to an individual student-athlete. Under no conditions may anyone else provide direct financial assistance to any student-athlete. Scholarships, grants-in-aid or student loans are controlled by each institution through the same committee that handles all student loans and scholarships.

Financial aid to student-athletes is limited to the actual cost of:

- Tuition
- Mandatory fees, books and supplies required for courses in which the student-athlete is enrolled
- Room and board based on the official room and board allowance listed in the institution's catalog

Each sport has an overall limit on the amount of financial aid it can award as full or partial grants to students in that sport. For example, the overall limit in baseball is 12. Baseball scholarships can be awarded to any number of students (for example, 1 full scholarship, 10 half awards and 24 quarter awards) as long as the combined total does not exceed 12.



Mission

It is the mission of the NJCAA to foster a national program of athletic participation in an environment that supports equitable opportunities consistent with the educational objectives of member colleges.

▼ Who can participate in the NJCAA?

The NJCAA's mission is to promote and foster two-year college athletics. Unlawful discrimination is incompatible with this mission and detracts from the organization's goal of promoting health and fair competition. The NJCAA prohibits unlawful discrimination based on sex, race, color, national origin, ancestry, disability, religion, creed, sexual orientation, age or any other characteristic protected by applicable law in the NJCAA's governance, programs, regulations and employment practices.

▼ How do I determine my initial eligibility?

Due to the unique academic and athletic situation of each individual, and the complexity of the NJCAA eligibility rules, it is recommended that each potential student-athlete discuss their athletic eligibility with the athletic personnel at the NJCAA college where they have chosen to attend. Should the athletic staff have any questions in determining an individual's eligibility, the college may contact the NJCAA National Office for assistance.

▼ Must I have graduated from high school?

Yes, a student-athlete must be a graduate of a high school with an academic diploma, general education diploma or a state department of education approved high school equivalency test.

▼ I am a recent high school graduate and coaches have started to recruit me to play. What is allowed?

The following is permitted under NJCAA recruitment rules:

1. No institution shall permit an athlete to be solicited to attend by the promise of a gift or inducement other than an athletic grant-in-aid.
2. An institution may pay for one visit to its campus by direct route, for a stay not to exceed two days and two nights. The paid visit must be limited to the campus and local community where the college is located. A student-athlete must have completed his/her junior year in high school in order to receive an official recruiting visit by a member NJCAA college.
3. While recruiting a potential athlete on campus, a college representative may purchase meals for the athlete. The value of the meals may not exceed the amount provided to a college employee while traveling on college business.
4. A college official must authorize all funds utilized for recruitment purposes.

▼ What is the NJCAA Letter of Intent?

The NJCAA Letter of Intent is used to commit an individual to a specific institution for a period of one academic year. The form is only valid for NJCAA member colleges and has no jurisdiction over NCAA or NAIA colleges.

▼ One NJCAA school can offer me a full scholarship, and one school can't offer me anything. Why?

Each institution belonging to the NJCAA chooses to compete on the Division I, II or III level in designated sports. Division I colleges may offer full athletic scholarships a maximum of tuition, fees, room and board, course related books, up to \$250 in course required supplies, and transportation costs one time per academic year to and from the college by direct route. Division II colleges are limited to awarding tuition, fees, course related books, and up to \$250 in course required supplies. Division III institutions may provide no athletically related financial assistance. However, NJCAA colleges that do not offer athletic aid may choose to participate at the Division I or II level if they so desire.

The RAIDER College Athlete Game Plan

Freshman Year

- Course selection - tell your Counselor you want to be a college athlete
 - NCAA eligibility requires 16 credits in "core courses" (pp 22-23)
 - Classes such as PE, art and music are not considered core courses (pp 17-18)
 - Take as challenging a schedule as you can handle
 - Consider a honors, advanced placement and foreign language courses
- Do well in your classes - Set a goal of "C" or higher in all classes
 - NCAA eligibility requires a minimum 2.3 GPA in core classes (p 23)
 - Grades your first semester of high school count toward this GPA!
 - Every "D" grade will take a grade of a "B" to raise your GPA above 2.3
- Begin building strong relationships with your teachers and coaches
 - Teachers and coaches can provide important references to colleges
- Make good decisions both in and outside of school
 - College coaches recruit character and consider personal behaviors (p 9)
- Continue to work on your sport skills and techniques
 - Seek out opportunities to practice and play on your own
 - Play at the highest level possible and against the best players
 - Playing multiple sports can enhance overall athleticism and prevent burnout
- Keep track and record any awards you earn (use form on p 20)
 - Create a "profile" account with the NCAA Clearinghouse (instruction on p 25)

Sophomore Year

- Course selection - meet with your counselor and make sure you are on track
 - Calculate your core class GPA from your first year - Goal of >2.3 .
 - Use the course and GPA tracking form included - (pp 16-17)
- Continue to do well in all your classes and build relationships with your teachers
- Continue to make good choices both in and outside of school
- In the summer or off season, consider attending a camp on a college campus
- If playing at the varsity level, become familiar with HUDL and begin to collect game film
- Schedule an individual meeting with your coach to discuss your development
- Again record and document any awards (p 20)
- Keep working on your game!

Reflect - Some of the most common questions college coaches ask coaches are;

"What type of person is <your name>?"

"How is <your name> like in practice and in school?"

"What kind of teammate is <your name>?"

College coaches can see and evaluate talent on their own, but they want and need to know about the character of the person they are recruiting. College coaches will recruit personal characteristics of work ethic, determination, unselfishness and resilience as much the ability to play!

Junior Year

- Course selection - Are you still on track to earn 16 core course credits? (p 23)
 - Meet with your guidance counselor!
 - Calculate your core class GPA from your first two years: Goal of >2.3
 - Again use the form provided (pp 16-17)
- Schedule and plan to take the ACT or SAT in the spring semester
 - When registering - bubble in 9999 to send score to the NCAA
 - When registering - bubble in 9876 to send score to the NAIA
- Schedule a meeting with your coach, discuss what college levels match your ability
- Begin to compile a list of 20 potential schools
 - Be sure the schools offers a program matching your career or degree goals
- Begin the self-marketing process - Don't sit back and wait for coaches to contact you! (pp 7-8)
 - Create and send letters of interest and athletic resumes
 - See examples included with this guide (pp 13-15))
 - Complete online college recruiting questionnaires
 - Keep track of your contacts with each school and/or coach (p 21)
- Collect and update game film and video options to share with college coaches
 - Create both highlight clips AND extended game footage
- Attend college fairs and informational events hosted locally or by the school
 - It is not too early to start taking college visits
- Complete FASFA form for potential financial aid (opens October 1)
- Register with the NCAA and/or NAIA Eligibility Center (p 25)
 - Submit school transcripts to Eligibility Center at completion of junior year
 - Use the "Parchment" link to request transcripts - <https://www.parchment.com/>
- Be seen! Attend camps, travel and club opportunities, summer leagues, etc...

Senior Year

- Meet with your Guidance Counselor
 - Determine if you remain on track with required NCAA credits (p 23)
 - Determine your core content GPA - Goal of >2.3 (pp 16-17)
 - Determine if you have met SAT/ACT requirements (p 24)
 - Schedule a second test as needed and desired
- If not done yet, register and submit transcripts to the NCAA/NAIA Eligibility Centers (p 25)
 - Not required for NCAA Division 3 or Junior College athletics
- Become familiar with NCAA and/or NAIA recruiting rules and regulations
 - Read NCAA and/or NAIA "Guide for College-Bound Student-Athlete" (link on p 26)
- Continue to market yourself and reach out to colleges of interest
 - Update your player resume (p 14)
 - Update your video highlights and game footage
 - Send a follow up letter to coaches you have contacted (p 16)
- Narrow down your list of 20 schools to a top 5 or 10
- Take college visits - it important to get on campus before making a final decision
- If not done already, complete the FASFA application (BHS graduation requirement!)
- Complete and submit college applications
- If offered a sport scholarship be sure to compare all offers closely before deciding
- Decide - Sign - Celebrate!

Marketing Yourself to Potential Colleges

Unless you are an elite NCAA Division 1 athlete you will need to market and promote yourself to prospective college programs. Most college programs have limited travel and recruiting budgets. You will need to initiate conversations with coaches and create an interest in what you can bring and add to their program.

Spending time in steps 1 and 2 of the process outlined below will maximize your energy and effectiveness in step 3.

Basic Three Step Process:

1 - Assess Your Athletic Ability

This must include open and honest feedback from your coaches

2 - Identify Appropriate Colleges

You must think about what you are looking for in a college.

Consider: location, size, campus life, major offered, etc...

Research: flyers provided, college website, athletic website, etc...

Ask: If I get injured and can't compete, would I remain at that school?

3 - Communicate with College Coaches

Check the college sport website and complete recruiting questionnaires

Email or Mail a written letter of interest (example provided in packet)

Email or Mail an athletic resume (example provided in packet)

Provide your high school or club/travel game schedule

Use and post highlights on via social media

When communicating with a college coach:

- Be aware of NCAA communication restrictions.
 - <http://www.ncaa.org/student-athletes/future/recruiting>
 - [NCAA recruiting calendars and timelines](#)
- Be open, HONEST and sincere
- Respond promptly if message are left
- Be prepared with questions - (appendix -
- Never accept any gifts or money

Social Media:

Monitor your social media posts and DO NOT post inappropriate videos of yourself or questionable content! Coaches will search your social media to learn about you.

Ways to get connected and increase your exposure:

Attend College Camps and Showcase events:

- Research the camp staff and coaches that will be in attendance
 - Prioritize camps that utilize coaches from other colleges
- Email coaches that you will be attending and are interested in their school
- Introduce yourself to the coach at the camp
- After camp ends, send a thank you note for the opportunity to attend camp

Create and Provide Video:

- Be sure to provide information how to identify which player you are in the video
- Don't just create a highlight reel, include segments of continuous game play
- Video can include practice or weight room sessions
- Video can include a recorded personal statement from you
- Film should not just zoom in or follow your movements, use a wider angle
- Only save and share high quality film that is clear and easy to follow

Professional Recruiting Services:

- College coaches prefer to hear from players directly
- Services can be expensive for work that you can do yourself
- Service does not take into account for player ability and appropriate level
- Good questions to ask the company before proceeding:
 - Does the service contact coaches and colleges directly?
 - Does the service provide a direct shareable website link to your athlete?
 - Can you receive a print copy of what is published and shared with coaches?

Financial Aid and Scholarships:

- Not all schools can offer athletic scholarships but all schools can offer academic aid!
- Athletic scholarships are only binding for 1 year and must be renewed.
- If accepting an athletic scholarship, the National Letter of Intent (NLI) is a legally binding agreement.
- Don't be scared off to apply at NCAA Division III schools due to higher tuition costs.
 - Most Div. III schools offer competitive financial aid packages
- Research and apply for local, state and national scholarship opportunities

What College Coaches Look For:

- **Athleticism**
 - **Sport specific skills - strong fundamental base**
 - **Competitiveness and physical/mental toughness**
 - **Physical skills (speed, strength, agility, quickness, etc...)**
 - **Growth and develop potential**

- **Attitude**
 - **Approach situations as an opportunity**
 - **Resilience and ability to bounce back from a set-back or failure**
 - **Ability to accept constructive criticism**

- **Intelligence**
 - **Tactical decision making**
 - **Creativity**
 - **Student of the game**
 - **Willingness to listen and learn**

- **Character**
 - **Work ethic - in season and out of season**
 - **Humility - ability to be a good teammate**
 - **Leadership - Do you make others around you better?**
 - **Integrity - able to accept responsibility for actions**
 - **Discipline - ability to make good decisions**
 - **Time Management and Organizational skill (reliability)**

- **Love of the Sport**
 - **Committed to continually improving**
 - **Enjoys playing**
 - **Passionate**

- **Academic Fit**
 - **Athlete has the academic record to be accepted by the school**
 - **Athlete has the potential to graduate and be successful at the school**

Do you have what it takes?

Choosing a College

Choosing the right college can sometimes seem like an overwhelming process. Below are some important questions to ask staff members at each school as you make your decision.

Questions to ask coaching staff

What positions will I play on your team?

It is not always obvious. Most coaches want to be flexible, so you might not receive a definite answer.

Will I be redshirted my first year?

The school's policy on redshirting may impact you both athletically and academically.

What expectations do you have for training and conditioning?

This will reveal the college or university's commitment to a training and conditioning program.

How would you best describe your coaching style?

Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style matches your learning style.

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

Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school or the program?

What are preferred, invited and uninvited walk-on situations? How many do you expect to compete? How many earn a scholarship?

Who else are you recruiting for my position?

Coaches may consider other student-athletes for every position.

Is medical insurance required for my participation? Is it provided by the college?

You may be required to provide proof of insurance.

What happens if I want to transfer to another school?

You may not transfer without the permission of your current college's athletics department. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.

Questions to ask admissions staff

The response will suggest the school's commitment to academics.

- What percentage of incoming students eventually graduate?
- What is the current team's grade-point average?

What academic support programs are available to student-athletes?

Look for a college that will help you become a better student.

If I have a diagnosed and documented disability, what kind of academic services are available?

Special academic services may help you achieve your academic goals.

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

It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.

Are there restrictions in scheduling classes around practice?

NCAA rules prevent you from missing class for practice.

Is summer school available? If I need to take summer school, will it be paid for by the college?

You may need to take summer school to meet academic and/or graduation requirements.

College life

What is a typical day for a student-athlete?

The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.

What are the residence halls like?

The response should give you a hint of how comfortable you would be in your room, study areas, community bathrooms and at the laundry facilities. Also ask about the number of students in a room, coed dorms and the rules governing life in the residence halls.

Must student-athletes live on campus?

If the answer is "yes," ask about exceptions.

Financial aid

***How much financial aid is available for both the academic year and summer school?
What does your scholarship cover?***

How long does my scholarship last?

What are my opportunities for employment while I am a student?

Find out if you can be employed in season, out of season or during vacation periods.

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

It is important to understand what college expenses your family is responsible for so you can arrange to pay those. Educational expenses can be paid with student loans and government grants, but it takes time to apply for them. Find out early so you can get something lined up.

Am I eligible for additional financial aid? Are there any restrictions?

Sometimes a student-athlete cannot accept a certain type of scholarship because of NCAA limitations. If you will be receiving other scholarships, let the coach and financial aid officer know so they can determine if you may accept additional dollars.

Who is financially responsible if I am injured while competing?

You need to understand your financial obligations if you suffer an injury while participating in athletics.

Under what circumstances could my scholarship be reduced or canceled?

Coaches should be able to give you some idea of how players are evaluated from year to year and how these decisions are made. The college or university may have a policy governing renewal of athletics aid. Ask if such a policy exists and read it.

Are there academic criteria tied to maintaining the scholarship?

Some colleges or universities add academic requirements to scholarships (e.g., minimum grade-point average).

Will my scholarship be maintained if there is a change in coaches?

A coach may not be able to answer this, but the athletics director may.

The questions provided in the manual come from the NCAA website for prospective college-athletes. <http://www.ncaa.org/student-athletes/future/choosing-college>

SAMPLE LETTER OF INTEREST (COVER LETTER)

July, 1 2020

Purple Raider
1202 East Locust
Bloomington, IL 61701

Dear Coach <insert name>

My name is Purple Raider, I just completed my junior year at Bloomington High School and will be graduating in May of 2021. I am writing to you today to express my sincere interest in attending Illinois State University and becoming a member of the Redbird football team. I have included my athletic resume with this letter to provide a brief snapshot of my athletic and academic experiences and achievements.

(The first paragraph should provide a brief introduction and show interest in the school)

I have been a two year starter on the Bloomington football team and this past season I earned All-Conference honors as a linebacker. Our school competes in the Big 12 Conference which is one of the stronger conferences in Central Illinois. In my sophomore season I recorded 12 solo tackles, 4 forced fumbles and 2 pass interceptions. I have been elected by my coach and teammates to serve as a captain next year and look forward to helping to lead our team.

(The second paragraph should provide a brief summary of your athletic highlights)

Academically, I currently have a 3.0 gpa in my core content classes. I have earned a 1150 on the SAT and plan to take the test one more time during my senior year. Beyond the required core curriculum, I have also taken two years of Spanish.

(The third paragraph should provide a brief summary of your academic performance.)

I am very interested in Illinois State University because it has a business management program that ranks in the top 10 for midwestern colleges. I also feel like the size and location of the campus match with what I am looking for in a college. I believe that my academic and athletic skills, combined with my personal drive and work ethic, make me a highly qualified candidate as a prospective student-athlete for the Redbird football program.

(The fourth paragraph should show you have researched the school and athletic program.)

Please let me know what further information I can provide to assist your staff in my player evaluation. I do have game tape that can be provided upon your request. I am interested in setting up an unofficial visit to learn even more about Illinois State University. Thank you for taking the time to read this letter and review my athletic resume. I look forward to hearing from you or a member of your staff in the near future.

Sincerely,

Purple Raider

SAMPLE ATHLETIC RESUME

Purple Raider
1202 East Locust Street
Bloomington, IL 61701

Cell Phone - (309) 828-5201
Email - student@district87.org

Date of Birth - 01-01-2003
Ht. 6'0" Wt. 190

High School: Bloomington High School
1202 East Locust Street
Bloomington, IL 61701
Ph. (309) 828-5201

Core GPA: 3.0/4.0 scale
SAT Score: 1150
Graduation Date: May 2021

School Counselor: Sally Counselor Email: CounselorS@district87.org

Academic Honors: Honor roll (2020)
Big 12 Academic All-Conference (2020)

College Academic Interests: Business Management

Extracurricular Activities: Band (2019, 2020)
Spanish Club (2020)

Athletics: Varsity Football (2019, 2020 and 2021)
Positions played: Linebacker and Offensive line
Bench Press Max:
Squat Max:
40 yd dash Time:

Varsity Track and Field (2018, 2019, 2020 and 2021)
Events: Shot Put and Discus

Athletic Awards: Football: All-Conference (2020)
Captain (2021)

References: Head Football Coach (FootballCoach@district87.org)
Teacher or other school professional
An adult who knows you well outside of school (not a relative)

SAMPLE FOLLOW UP LETTER

**Use after attending a camp, showcase or tournament.
Also use if your academic or athletic profile has significantly changed.**

February 1, 2021

Purple Raider
1202 East Locust
Bloomington, IL 61701

Dear Coach <insert name>

I am writing this letter to provide a brief update on the athletic and academic progress I have made since my last correspondence. Athletically, I just completed my senior high school season and again honored as an All-Conference first team selection. I led our team with 15 tackles and 6 forced turnovers. I have already transitioned into an out of season conditioning program that I believe will help prepare me for a transition to collegiate level football.

Academically, I have re-taken the SAT and have improved my score to a 1220. I continue to work hard in my core classes and have raised my core gpa to 3.2 on a 4.0 scale.

I hope you have had the opportunity to review my athletic resume and welcome any feedback you may be able to provide on my potential fit within your football program. I remain very interested in Illinois State University and look forward to hearing from you. Please feel free to contact my coach (see contact information below) or me if you have any questions or would like additional information.

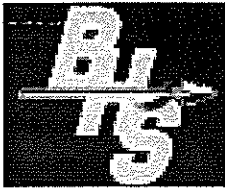
Sincerely,

Purple Raider

Bloomington High School
Head Football Coach
Email - FootballCoach@district87.org
Office Phone - 309-828-5201

Use this form to monitor NCAA approved courses you have taken and track your up to date NCAA grade point average.

The NCAA requires a minimum GPA of 2.30 in the core courses of English, Math, Science and Social Science.



Bloomington H.S. Athletics

<insert name>

Each block is one semester

Top cell - List Course Name

Bottom cell - List Course Grade Received

Fall Semester Spring Semester

example -

Fr. Lit/Comp	Fr. Lit/Comp
B	A

English (4 years)									

Math (3 years)									

Science (2 years)									

Addit. E, M, or Sci (1 year)									

Social Science (2 years)									

Other									

	A	B	C	D
Number of Grades	0	0	0	0
	X 4	X 3	X 2	X 1
Quality Points	0	0	0	0

0
 divided by 0
 equals - #DIV/0!
 Quality Point Total # of core courses Core GPA

Has completed 10 core courses prior to start of 7th semester?	YES	NO
Has completed 7 core courses in ENG, MATH, and/or SCI prior to start of 7th semester?	YES	NO

Best SUM of Scores on ACT/SAT:

Add the scores of each section together.
 If taken either test multiple times - use the BEST score from each section.

NCAA Approved Course List Bloomington High School

The NCAA requires student athletes to earn 16 credits in NCAA approved core courses. The list below is a complete list of current courses at BHS that are NCAA approved courses.

Other courses not on this list may be required for BHS graduation but those courses will not be applied to NCAA athletic requirements or count toward the NCAA grade point average standard.

English - 4 years (8 semester credits required)

Freshman Literature & Composition	Journalism
Honors Freshman Literature & Composition	Journalism II
Sophomore Literature & Composition	Modern Fiction
Honors Sophomore Literature & Composition	College Literature I
Junior Literature & Composition	College Literature II
Speech	AP English Literature & Composition
Creative Writing	AP English Composition
English Language & Composition	

Math - 3 years (6 semester credits required)

Algebra 1	Pre-Calculus
Algebra 2 / Trigonometry	Honors Pre-Calculus
Honors Algebra 2 / Trigonometry	Trigonometry
Applied Statistics	AP Calculus
Geometry	AP Computer Programming
Honors Geometry	AP Statistics

Science - 2 years (4 semester credits required)

Biology I	Environmental Science
Honors Biology	AP Environmental Science
Biology II - Anatomy & Physiology	Physics
AP Biology	Honors Physics
Chemistry I	AP Physics
Honors Chemistry	Introduction to Physical Science
AP Chemistry	

Social Science - 2 years (4 semester credits required)

American History	Multicultural Studies
AP American History	Psychology
World History	AP Psychology
Honors World History	Sociology
American Government	African American Studies
AP American Government	Economics

Additional NCAA Approved Courses

Spanish I	French I
Spanish II	French II
Spanish III	French III
Spanish IV	French IV
AP Spanish V	AP French V

- **The NCAA requires one additional year (2 credits) that can be earned in either Math, Science or Social Science.**

Teams - Awards - Leadership

Freshman Year (include school and outside of school teams/clubs)			
Sport or Activity	Team (level)	Awards	Leadership roles
Sophomore Year (include school and outside of school teams/clubs)			
Sport or Activity	Team (level)	Awards	Leadership roles
Junior Year (include school and outside of school teams/clubs)			
Sport or Activity	Team (level)	Awards	Leadership roles
Senior Year (include school and outside of school teams/clubs)			
Sport or Activity	Team (level)	Awards	Leadership roles



HIGH SCHOOL TIMELINE

**9TH
GRADE**



- *Start planning now!* Take the right courses and earn the best grades possible.

- Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- Sign up for a free Profile Page at eligibilitycenter.org for information on NCAA requirements.

**10TH
GRADE**



- If you fall behind academically, ask your counselor for help finding approved courses you can take.

- Register for a Profile Page or Certification Account with the NCAA Eligibility Center at eligibilitycenter.org.
- Monitor your Eligibility Center account for next steps.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

**11TH
GRADE**



- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved courses and graduate on time with your class.

- Take the ACT or SAT and submit your scores to the NCAA Eligibility Center using code 9999.
- Ensure your sports participation information is correct in your Eligibility Center account.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

**12TH
GRADE**



- Complete your final NCAA-approved core courses as you prepare for graduation.

- Take the ACT or SAT again, if necessary, and submit your scores to the NCAA Eligibility Center using code 9999.
- Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at eligibilitycenter.org.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your NCAA Eligibility Center account.
- *Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

**9TH
GRADE**

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

**10TH
GRADE**

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

**11TH
GRADE**

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

**12TH
GRADE**

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

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

Search Frequently Asked Questions: ncaa.org/studentfaq

Follow us: @NCAEC @playcollegesports @ncaaec

ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

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

ACADEMIC REQUIREMENTS

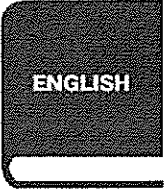
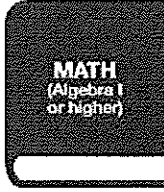
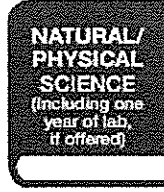
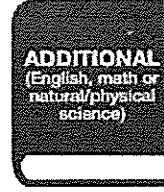

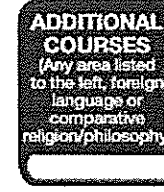
To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

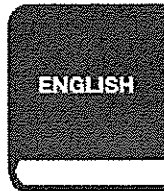
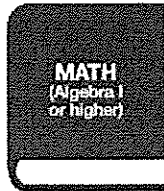
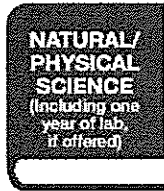
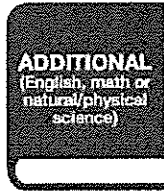

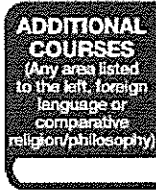
Only courses that appear on your high school's list of NCAA core courses will count toward the 16 core-course requirement; visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

DIVISION I

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

 <p>ENGLISH</p>	 <p>MATH (Algebra I or higher)</p>	 <p>NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)</p>	 <p>ADDITIONAL (English, math or natural/physical science)</p>	 <p>SOCIAL SCIENCE</p>	 <p>ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)</p>
4 years	3 years	2 years	1 year	2 years	4 years

DIVISION II

 <p>ENGLISH</p>	 <p>MATH (Algebra I or higher)</p>	 <p>NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)</p>	 <p>ADDITIONAL (English, math or natural/physical science)</p>	 <p>SOCIAL SCIENCE</p>	 <p>ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)</p>
3 years	2 years	2 years	3 years	2 years	4 years

GRADE-POINT AVERAGE

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

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

SLIDING SCALE

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

TEST SCORES

You may take the SAT or ACT an unlimited number of times before you enroll full time in college. Every time you register for the SAT or ACT, use the NCAA Eligibility Center code 9999 to send your scores directly to us from the testing agency. We accept official scores only from the ACT or SAT, and won't use scores shown on your high school transcript. If you take either test more than once, the best subscore from different tests are used to give you the best possible score.

Test Scores

If a student plans to attend an NCAA Division I college or university in the 2019-20 or 2020-21 academic years, use the following charts to understand the core-course GPA he or she will need to meet NCAA Division I requirements.

A combined SAT score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of **9999** to send their scores directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts **CANNOT** be used in an academic certification.

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum†
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	580	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum†
2.750	810	59
2.725	820	60
2.700	830	61
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	76
2.250	1000	77
2.225	1010	78
2.200	1020	79
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86

ACADEMIC REDSHIRT

DIVISION II FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum†
3.300 & above	400	37
3.275	410	38
3.250	430	39
3.225	440	40
3.200	460	41
3.175	470	41
3.150	490	42
3.125	500	42
3.100	520	43
3.075	530	44
3.050	550	44
3.025	560	45
3.000	580	46
2.975	590	46
2.950	600	47
2.925	620	47
2.900	630	48
2.875	650	49
2.850	660	49
2.825	680	50
2.800	690	50
2.775	710	51
2.750	720	52
2.725	730	52
2.700	740	53
2.675	750	53
2.650	750	54
2.625	760	55
2.600	770	56
2.575	780	56
2.550	790	57
2.525	800	58
2.500	810	59
2.475	820	60
2.450	830	61
2.425	840	61
2.400	850	62
2.375	860	63
2.350	860	64
2.325	870	65
2.300	880	66
2.275	890	67
2.250	900	68
2.225	910	69
2.200	920	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum†
3.050 & above	400	37
3.025	410	38
3.000	430	39
2.975	440	40
2.950	460	41
2.925	470	41
2.900	490	42
2.875	500	42
2.850	520	43
2.825	530	44
2.800	550	44
2.775	560	45
2.750	580	46
2.725	590	46
2.700	600	47
2.675	620	47
2.650	630	48
2.625	650	49
2.600	660	49
2.575	680	50
2.550	690	50
2.525	710	51
2.500	720	52
2.475	730	52
2.450	740	53
2.425	750	53
2.400	750	54
2.375	760	55
2.350	770	56
2.325	780	56
2.300	790	57
2.275	800	58
2.250	810	59
2.225	820	60
2.200	830	61
2.175	840	61
2.150	850	62
2.125	860	63
2.100	860	64
2.075	870	65
2.050	880	66
2.025	890	67
2.000	900	68 & above

A combined SAT score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

WEBSITE REGISTRATION CHECKLIST

Take your first step to becoming an NCAA student-athlete at eligibilitycenter.org.

Choose from our two account types to get started:

- 1. Certification Account:** You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. You also need to be registered with a Certification Account before you can make official visits or sign a National Letter of Intent in Division I or II.
- 2. Profile Page:** If you plan to compete at a Division III school or are currently unsure in which division you want to compete, create a Profile Page. If at any time you wish to pursue a Division I or II path, you will be able to transition to a Certification Account.

For Certification Accounts, please allow between 30 to 45 minutes to register completely. If you need to exit and come back at a later time, you can save and exit once your account or profile is created.

Reference the Help section located in the top task bar at any time to answer your questions as you work through registration.

Below is a list of items we recommend you have before beginning your registration with the NCAA Eligibility Center:

Valid Student Email

You need a valid email address that you check regularly to register. This is important for updating prospective student-athletes about their account. For more information about accepted emails, please reference our [FAQ](#).

high school team. It also includes information about any individuals who have advised you or **marketed** your skills in a particular sport. This information helps the Eligibility Center certify your amateur status when it is requested by an NCAA school.

Basic Student Personal Information

This includes information such as your name, gender, date of birth, primary and secondary contact information, and address.

Payment

For Certification Accounts, nonrefundable registration fee for U.S., U.S. Territories* and Canadian students: \$90

*U.S. Territories include American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands.

Basic Student Education History

Please include details about all high schools or secondary schools you have attended in the United States or internationally, and additional programs you have attended.

Nonrefundable registration fee for international students: \$150

Check if your school has a list of NCAA-approved courses.

The NCAA Eligibility Center accepts Visa, MasterCard, Discover and American Express. For payment questions, look [here](#). Some individuals may qualify to apply for a [fee waiver](#).

Student Sports Participation History

For Certification Accounts, this includes details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated, including your

Next Steps

Stay on track in high school and understand these [quick tips](#) to help in your eligibility process.

For more information, please visit: www.NCAA.org/playcollegesports.

WEB RESOURCES

NCAA - National Collegiate Athletic Association

Understanding the three divisions - [Divisions \(I, II, and III\)](#)

Locating Colleges: <https://web3.ncaa.org/directory/>

NCAA Future Athlete website: <http://www.ncaa.org/student-athletes/future>
“Guide for the College-Bound Student-Athlete” - updated annually

National Letter of Intent: <http://www.nationalletter.org/>

NAIA - National Association of Intercollegiate Athletics

Benefits of the NAIA - <https://www.naia.org/why-naia/index>

NAIA Website: <https://play.mynaia.org/>
and/or

<https://www.naia.org/student-athletes/future-student-athletes/index>

NJCAA - National Junior College Athletic Association

NJCAA Website: <https://www.njcaa.org/landing/index>