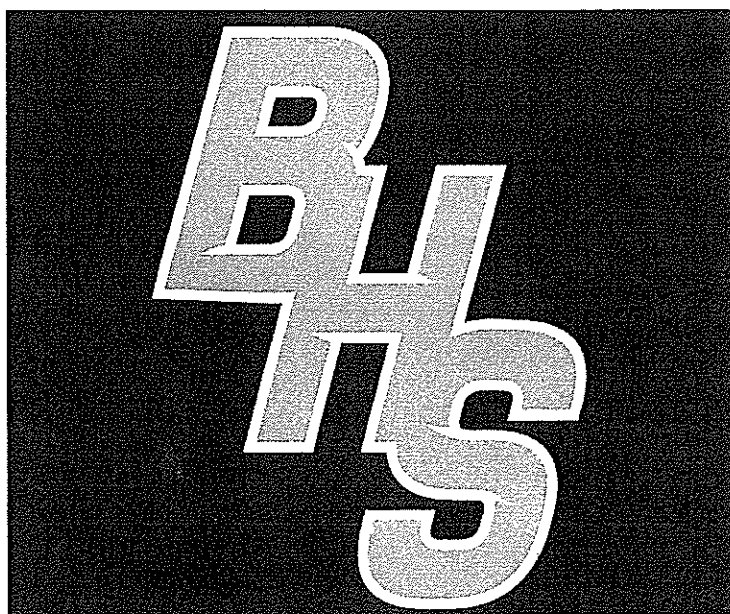


# PLANNING GUIDE



FOR THE

**COLLEGE BOUND  
STUDENT-ATHLETE**



**BLOOMINGTON PUBLIC SCHOOLS**  
**District 87**

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300 E. Monroe St. Bloomington, IL 61701  
309-827-6031  
[www.district87.org](http://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

# The College Athletic Game Plan

## Freshman Year

- Course selection - tell your Counselor you want to be a college athlete
  - NCAA eligibility requires 16 credits in "core courses"
  - Classes such as PE, art and music are not considered core courses
  - Take as challenging a schedule as you can handle
    - Consider a foreign language course
- 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
  - 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
- 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 (academic or athletic)

## 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
- 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
- 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?
  - Calculate your core class GPA from your first two years: Goal of >2.3
- 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!
  - Create and send letters of interest and athletic resumes
    - See examples included with this guide
  - Complete online college recruiting questionnaires
  - Keep track of your contacts with each school and/or coach
- 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 (after October 1)
- Register with the NCAA and/or NAIA Eligibility Center
  - Submit school transcripts to Eligibility Center at completion of junior year
- 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
  - Determine your core content GPA - Goal of >2.3
  - Determine if you have met SAT/ACT requirements
    - Schedule a second test as needed and desired
- If not done yet, register and submit transcripts to the NCAA/NAIA Eligibility Centers
  - 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"
- Continue to market yourself and reach out to colleges of interest
  - Update your player resume
  - Update your video highlights and game footage
  - Send a follow up letter to coaches you have contacted
- 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 for potential financial aid.
- 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 open, HONEST and sincere
- Respond promptly if message are left
- Be prepared with questions - (example list of possible questions is included)
- 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.

Remember, the first step in your journey as a college-bound student-athlete is to register with the NCAA Eligibility Center.

[Register with the NCAA Eligibility Center](#)

### 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.

*What other players may be competing at the same position?*

The response could give you an idea of when you can expect to be a starter.

*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.

*If I am seriously injured while competing, who is responsible for my medical expenses?*

*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

### Academics

*How good is the department in my major? How many students are in the department? What credentials do faculty members hold? What are graduates of the program doing after school? What percentage of players on scholarship graduate?*

The response will suggest the school's commitment to academics. You might want to ask two follow-up questions:

- 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).

***What scholarship money is available after eligibility is exhausted to help me complete my degree?***

It may take longer than four years to complete a college degree program. Some colleges assist student-athletes financially as they complete their degrees. Ask how such aid is awarded. You may have to work with the team or in the athletics department to qualify for this aid.

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

Not every institution continues to provide an athletics scholarship to a student-athlete who can no longer compete because of a career-ending injury.

***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.

# ADDITIONAL RESOURCES

**NCAA** 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** NAIA Website: <https://play.mynaia.org/>  
and/or <https://www.naia.org/student-athletes/future-student-athletes/index>

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

## 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.

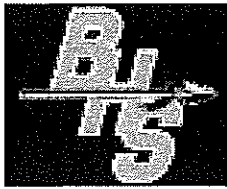
I hope you have had the opportunity to review my athletic resume and welcome any feedback you may be able to provide on my potential fit within your football program. I remain very interested in Illinois State University and look forward to hearing from you. Please feel free to contact my coach (see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





# Bloomington H.S. Athletics

This form is available electronically on the BHS Athletic website.

<insert name>

Bloomington High School

English								

Math								

Science								

Addit. E, M, or Sci								

Social Science								

Other								

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
Number of Grades	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
	X 4	X 3	X 2	X 1
Quality Points	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

0  
Quality Point Total

0  
Grade Total

**#DIV/0!**

  
Core GPA

Has completed 10 core courses prior to start of 7th semester?

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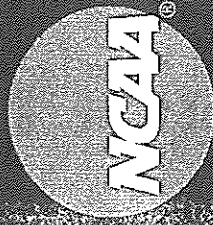
Has completed 7 core courses in ENG, MATH, and/or SCI prior to start of 7th semester?

YES	NO
-----	----

Best SUM of Scores on ACT:

or Score of SAT:





# 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

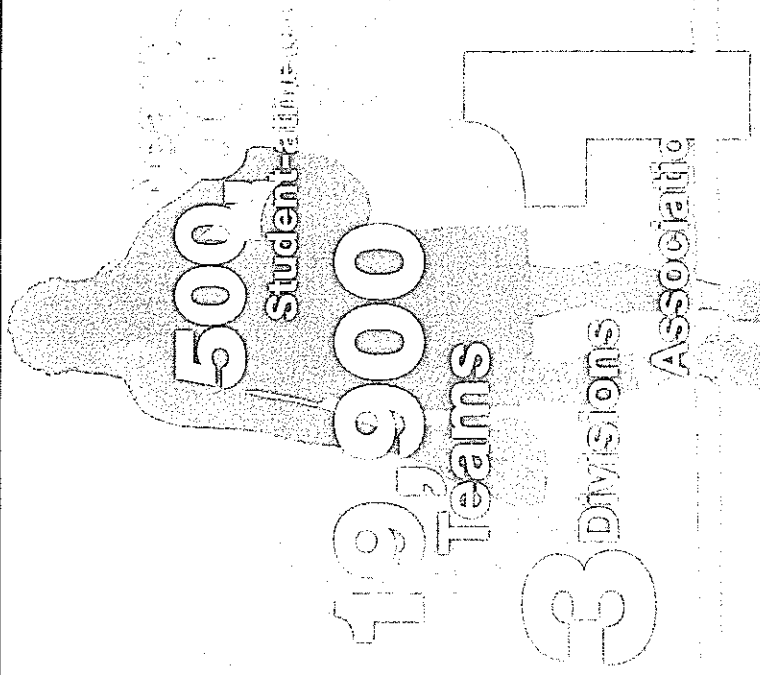
Median Undergraduate Enrollment: 1,740  
 Average Number of Teams per School: 19  
 Average Percentage of Student Body Participating in Sports: 17%  
 Division III National Championships: 28

**Want to play NCAA sports? Visit [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports)**

\*Graduation rate for student-athletes, including those who transfer from one school to another.



# Facts about NCAA sports



### 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.

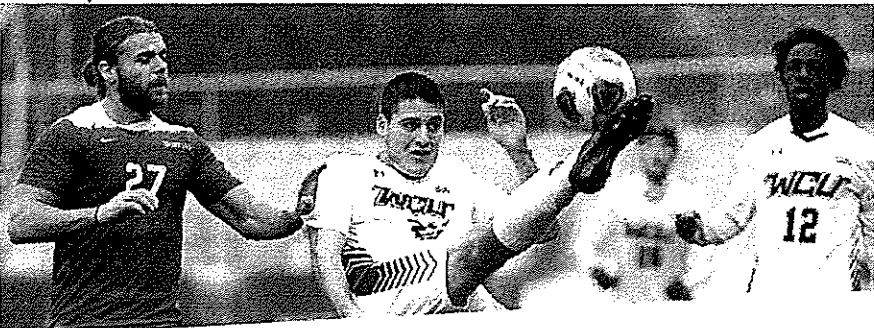
### Do many NCAA student-athletes go on to play professionally?

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	Ice Hockey	Men's 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%

\*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NBA, WNBA, NFL, MLB and NHL drafts.



# HIGH SCHOOL TIMELINE

## 9<sup>TH</sup> 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](http://eligibilitycenter.org/courselist).
- Sign up for a free Profile Page at [eligibilitycenter.org](http://eligibilitycenter.org) for information on NCAA requirements.

## 10<sup>TH</sup> 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](http://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.

## 11<sup>TH</sup> 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.

## 12<sup>TH</sup> 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](http://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:

$$4 \times 4 = 16$$

**9<sup>TH</sup> GRADE**

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

**4 CORE COURSES**

**10<sup>TH</sup> GRADE**

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

**4 CORE COURSES**

**11<sup>TH</sup> GRADE**

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

**4 CORE COURSES**

**12<sup>TH</sup> GRADE**

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

**4 CORE COURSES**

For more information: [ncaa.org/playcollegesports](http://ncaa.org/playcollegesports) | [eligibilitycenter.org](http://eligibilitycenter.org)

Search Frequently Asked Questions: [ncaa.org/studentfaq](http://ncaa.org/studentfaq)

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# 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](http://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](http://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](http://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.

<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ENGLISH</b> </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>4 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>MATH</b> (Algebra I or higher)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>3 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>2 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ADDITIONAL</b> (English, math or natural/physical science)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>1 year</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>SOCIAL SCIENCE</b> </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>2 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>4 years</p>
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### DIVISION II

<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ENGLISH</b> </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>3 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>MATH</b> (Algebra I or higher)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>2 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>2 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ADDITIONAL</b> (English, math or natural/physical science)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>3 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>SOCIAL SCIENCE</b> </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>2 years</p>	<div style="background-color: #333; color: white; padding: 10px; border: 1px solid white; margin-bottom: 5px;"> <b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)                 </div> <div style="background-color: #ccc; width: 100%; height: 10px; margin-bottom: 5px;"></div> <p>4 years</p>
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## 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](http://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.