

**GUIDE TO THE  
COLLEGE BOUND  
ATHLETE**



**WEST ISLIP  
HIGH SCHOOL**

## INTRODUCTION

Dear Student Athlete:

The best advice we can pass along to you if you plan to compete athletically at the college level is to start asking questions early and prepare yourself academically.

Ask yourself the following questions:

- ❖ Are you on track to meet NCAA academic requirements?
- ❖ What is the graduation rate of athletic programs and the athletes in your sport at the colleges in which you are interested?
- ❖ Does your academic and athletic skill fit the schools you are interested in?

Instead of focusing on which college can lead to a career in the pros, consider the following:

- ❖ The odds of a high school football player making it to the pros are about 6,000 to 1.
- ❖ The odds of a high school basketball player making it to the pros are about 10,000 to 1.

Take a hard look at those numbers and think about what will matter the most...

**A COLLEGE EDUCATION!**

This guide is intended to help you and your family begin to understand the college athletic recruiting process and the rules that apply. All prospective college athletes and parents must review the *NCAA Guide for the College-Bound Student Athlete* in addition to this document. The NCAA Guide is updated regularly and has an extensive amount of pertinent information. If you have questions, contact your coach or School Counselor at 504-5831.

Choosing a college is difficult. Choose wisely to take the first step to that road of success.

*Some people dream of success... while others wake up and work hard at it.*  
~Author Unknown

*As you climb the ladder of success, be sure it's leaning against the right building.*  
~ H. Jackson Brown, Jr.

## SO YOU WANT TO ATTEND COLLEGE AND PLAY INTERCOLLEGIATE ATHLETICS?

Selecting a college requires careful thought and planning on your part. What are you looking for?

- School size
- Curriculum or major
- Geographic location
- Strength/competitiveness of athletic teams
- Conference affiliation
- Scholarships/Divisions
- Playing time

Believe it or not, there is a college that can meet nearly all of your academic and athletic needs. The challenge is finding that institution. It will take some effort on your part, but it is worth the effort.

Talk with your coaches, parents, teachers, and counselors about your academic and athletic goals. Keep an open mind, listen to the viewpoints of everyone you talk to, but remember you are the one who has to decide because you are the one that will be spending the next 4-5 years of your life at the chosen college.

Where do you start?

Compile a list of schools that interest you.

Write to several schools, not just your first choice.

Start early—preferably the spring of your junior year.

Obtain addresses of colleges from your school counselor or collegeboard.com.

Write the coach of each institution.

Visit as many colleges as possible.

Your initial contact should include a typewritten letter and short resume. The letter should be brief and to the point; its purpose is to make the coach aware of you, your interest in the school, and the athletic program.

The resume should be an inventory of your academic and athletic accomplishments (see Appendix A). Include:

- Personal Information: Name, address, telephone number, age, height, weight.
- Education: Grade point average, ACT or SAT scores, class rank.
- Athletic Honors: Awards earned, stats, camps attended, and references.
- Season Schedule: Send a game schedule of your upcoming season.
- Videotape: if possible, send a videotape or let the college coach know one is available upon request.

## STUDENT ATHLETE FOUR-YEAR ACTION PLAN

### Freshman and Sophomore Year

- Plan a challenging academic schedule that will meet **NCAA requirements and core courses**.
- Maintain at least a 2.3 Grade Point Average (GPA) out of 4.000 in core courses.
- Take the PSAT in October of sophomore year.
- Participate on high school athletic teams.
- Participate in off-season programs in your sport.
- Attend summer athletic camps at colleges that you might like to attend.
- Keep a record of your athletic achievements.

### Junior Year

- Keep up your academic **core course** schedule.
- Take ACT or SAT Prep Classes.
- Take the ACT or SAT Test in spring.
- Develop a list of colleges with your school counselor. (Appendix)
- Ask your coach for a realistic athletic evaluation.  
Can you play sports at the collegiate level and at which level is appropriate – I, II, III.
- Update your athletic resume with improving results.
- Ask teachers and coaches for letters of recommendation
- Send letter of interest to college coaches with your athletic resume (Appendix ).
- Organize a filing system on all colleges that respond to your inquiry.
- Participate in summer programs such as Empire State Games and summer leagues, as scouts often attend these.

### Senior Year

- Begin the checklist for Student Athletes and Parents Form (Appendix ).
- Meet with counselor to make sure you meet current NCAA academic requirements and complete the College Athlete Profile Sheet (Appendix ).
- File Form 48-H with NCAA Clearinghouse. [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- Complete college applications.
- Get a copy of your transcript from your School Counselor.
- Complete Financial Aid forms after January 1<sup>st</sup>.
- Re-take ACT or SAT Test (if needed).
- Update your resume and contact your list of college coaches.
- Produce your own video, or have your coach send game films to the college coach.
- Respond immediately to any college coach who shows interest in you.
- Provide your coach and counselor with your list of colleges, with coach's name, address, and phone number.
- Arrange for official school visits..

## COLLEGIATE SYSTEM

### **NCAA Division I**

Large Universities such as Stony Brook and Hofstra. They may grant athletic scholarships in 23 sports (13 men, 10 women).

### **NCAA Division II**

Smaller Universities such as CW Post and Adelphi. They may grant athletic scholarships in 23 sports (13 men, 10 women).

### **NCAA Division III**

Small Colleges and most SUNY Colleges such as St. Josephs and SUNY Cortland. They cannot give any athletic scholarships.

### **NAIA**

National Association of Intercollegiate Athletics

### **NJCAA**

Junior Colleges like Suffolk and Nassau.

### **Athletic Scholarships are offered in the following sports:**

Scholarships for men are offered in one or more divisions in baseball, basketball, cross country, football, golf, gymnastics, ice hockey, lacrosse, soccer, swimming and diving, tennis, indoor track, outdoor track, volleyball, water polo, and wrestling.

Women's athletic scholarships are offered in basketball, cross country, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming and diving, tennis, indoor track, outdoor track, and volleyball.

### **Full Scholarship**

Are sometimes referred to as **Grants-in-Aid** (does not have to be paid back) which pays all costs: Tuition and Fees – Room and Board – Books.

### **Partial Scholarship**

This type of scholarship will pay part of: Tuition and Fees – Room and Board – Books.

### **Walk-On**

**NO FINANCIAL AID** is received by the student for his/her athletic participation as a Walk-On athlete.

## NEW YORK/ LONG ISLAND ATHLETIC CHOICES

	DIVISION I	DIVISION II	DIVISION III
BASEBALL	HOFSTRA M MARIST M STONYBROOK SUNY BINGHAMTON CORNELL	ADELPHI CW POST SUNY ALBANY DOWLING PACE	SUNY CORTLAND SUNY OLD WESTBURY ST. JOSEPH'S COLLEGE ITHACA
BASKETBALL	HOFSTRA MW MARIST MW STONYBROOK MW CORNELL MW COLGATE MW	ADELPHI MW CW POST M SUNY ALBANY MW\ DOWLING MW PACE MW	SUNY CORTLAND MW SUNY OLD WESTBURY MW ST. JOSEPH'S COLLEGE MW ITHACA MW
BOWLING		ADELPHI W	
CROSS COUNTRY	HOFSTRA MW MARIST MW STONYBROOK MW SUNY BINGHAMTON MW CORNELL MW COLGATE MW	ADELPHI MW CW POST MW SUNY ALBANY MW DOWLING MW PACE MW	SUNY CORTLAND MW SUNY OLD WESTBURY MW ST. JOSEPH'S COLLEGE MW ITHACA MW
FIELDHOCKEY	HOFSTRA W CORNELL W COLGATE W	ADELPHI W CW POST W	SUNY CORTLAND W ITHACA
FOOTBALL	MARIST STONYBROOK CORNELL COLGATE BROWN	CW POST SUNY ALBANY PACE NY TECH	SUNY CORTLAND ITHACA ALFRED UNIVERSITY HARTWICK COLLEGE ST. JOHN FISHER COLLEGE UTICA COLLEGE SUNY BROCKPORT BUFFALO STATE COLLEGE HOBART COLLEGE ST. LAWRENCE UNIVERSITY UNION COLLEGE HAMILTON COLLEGE
GOLF	HOFSTRA MW SUNY BINGHAMTON M CORNELL M COLGATE M	SUNY ALBANY W DOWLING M	SUNY CORTLAND W SUNY OLD WESTBURY M ST. JOSEPH'S COLLEGE M ITHACA W
GYMNASTICS			SUNY CORTLAND W ITHACA W SUNY BROCKPORT W
ICE HOCKEY	COLGATE M		SUNY CORTLAND M
LACROSSE	HOFSTRA MW MARIST MW CORNELL MW STONYBROOK MW SUNY BINGHAMTON MW COLGATE MW	ADELPHI MW CW POST MW DOWLING MW	SUNY CORTLAND M W ITHACA MW
ROWING	MARIST W CORNELL W COLGATE W	DOWLING W	ITHACA W
SOCCER	HOFSTRA MW MARIST MW STONYBROOK MW SUNY BINGHAMTON MW CORNELL MW COLGATE MW	ADELPHI W CW POST MW DOWLING MW PACE M	ADELPHI M SUNY CORTLAND MW SUNY OLD WESTBURY MW ST. JOSEPH'S COLLEGE MW ITHACA MW

SOFTBALL	HOFSTRA W STONYBROOK W MARIST W SUNY BINGHAMTON W COLGATE W	ADELPHI W CW POST W SUNY ALBANY W PACE W DOWLING W	SUNY CORTLAND W ST. JOSEPH'S COLLEGE W ITHACA W
SWIMMING	MARIST MW STONYBROOK MW SUNY BINGHAMTON MW CORNELL MW COLGATE MW	ADELPHI MW CW POST W PACE MW	SUNY CORTLAND MW SUNY OLD WESTBURY MW
TENNIS	HOFSTRA MW MARIST MW STONYBROOK MW SUNY BINGHAMTON MW COLGATE MW	ADELPHI MW CW POST W SUNY ALBANY DOWLING MW PACE MW	SUNY CORTLAND W ST. JOSEPH'S COLLEGE W ITHACA MW
TRACK	MARIST MW STONYBROOK MW SUNY BINGHAMPTON MW CORNELL MW COLGATE MW	ADELPHI MW CW POST MW SUNY ALBANY MW PACE MW	SUNY CORTLAND MW ST. JOSEPH'S COLLEGE MW ITHACA MW
VOLLEYBALL	HOFSTRA W MARIST W COLGATE W STONYBROOK W SUNY BINGHAMTON W CORNELL W	ADELPHI W CW POST W SUNY ALBANY W DOWLING W PACE W	SUNY CORTLAND W SUNY OLD WESTBURY W ST. JOSEPH'S COLLEGE W ITHACA W
WATER POLO	MARIST W		
WRESTLING	HOFSTRA M SUNY BINGHAMTON M CORNELL M		SUNY CORTLAND M ITHACA M

<b>ACADEMIC STANDARDS NEEDED TO OBTAIN AN ATHLETIC SCHOLARSHIP</b>
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**National Collegiate Athletic Association (NCAA)**

- ❖ If you plan on competing in college sports, **you must register with the NCAA Clearinghouse.**
- ❖ It is the student's responsibility to fill out and submit the registration form.
- ❖ Online registration is available at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- ❖ Register by the end of your junior year of High School.
- ❖ Review the latest version of the NCAA 'Guide for the College Bound Student-Athlete.'

**NCAA Division I & II Freshman –Eligibility Standards**

\* Note - Division III does not use NCAA Initial Eligibility Clearinghouse.

**1. All student athletes must register with the NCAA Initial-Eligibility Clearinghouse.  
To register, visit the NCAA Clearinghouse Web site at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)**

2. Complete the following core courses in high school: Check your student handbook to see if your course meets the Core Course Requirement.

3. Submit the following information to the Clearinghouse:

- Transcript from high school or college attended (mailed directly from the issuing institution)
- Proof of high school graduation, including specific graduation date
- Completed Student Release Form
- Fee Payment
- ACT or SAT test scores (submitted directly from ACT or SAT) <http://www.pfsd.com/uploads/tests.htm>



The NCAA's dramatic changes to DI initial-eligibility academic standards are now in effect for current high school freshman (class of 2016). The changes include a higher minimum GPA, higher SAT/ACT test scores and new credit requirements for juniors. Any student-athlete beginning high school in the fall of 2012 or after, who is even remotely considering the possibility of playing a sport collegiately, needs to fully understand these changes.

The wiggle room to correct academic shortcomings has been greatly reduced.

Here is a summary of the new D1 academic requirements for a **Full Qualifier** that take affect for the class of **2016 and beyond**:

- ☐ The minimum **core course GPA** has increased from **2.00** to **2.30**
- ☐ **10** of the **16** core course requirements must be satisfied **prior to the start of the senior year**
- ☐ **7** of those **10** core courses must be from the **English, Math and Science** subsections
- ☐ **Grades earned** in the **10** core courses are "**locked in**" for the purpose of calculating the final core course GPA
- ☐ Any **retakes** of the first 10 core courses must **be completed prior to senior year**

The NCAA has also introduced a new status for the class of 2016 - the "**Academic Redshirt.**" An "Academic Redshirt" may receive a scholarship and practice with their team, but **may not participate in game competition** as a college freshman. Students with a GPA of 2.30 or above may achieve either "Academic Redshirt" or "Full Qualifier" status, depending on their SAT/ACT test scores. Students with a core course GPA between 2.00 and 2.29 cannot attain "Full Qualifier" status but may achieve "Academic Redshirt" status by meeting minimum sliding scale test score requirements.

The new sliding SAT/ACT scale results in significant changes in minimum test score requirements. The **minimum SAT score** required to compete as a college freshman **increased by 180** points while the **minimum ACT score increased** by an average of **14 points** (sum score).

Here are two examples of the changes to the new sliding scale:

- ☐ **Prior to 2016: 2.000** core course GPA + **1010** SAT or **86** ACT = **Full Qualifier**
- ☐ **2016 and after: 2.475** core course GPA + **1010** SAT or **86** ACT = **Full Qualifier**
  
- ☐ **Prior to 2016: 2.50** core course GPA + **820** SAT or **68** ACT = **Full Qualifier**
- ☐ **2016 and after: 2.50** core course GPA + **1000** SAT or **85** ACT = **Full Qualifier**

Remember, the NCAA does not include the writing component of the SAT or ACT and the ACT score is a sum score (not average) of the English, math, reading and science sections.

Finally, just because a student-athlete meets the minimum NCAA academic standards, it doesn't mean they will be admitted to play sports at the college of their choice. Many universities have academic standards for incoming freshman athletes that are **much higher than the NCAA minimum requirements.**

So what does this all mean? **Student-athletes must start tracking courses early.** A student-athlete should calculate their initial core course GPA at the conclusion of their first semester in high school and continue to do so each semester thereafter.

Now more than ever, every semester counts.

## NCAA Sliding Scale for Class of 2016

Core GPA	SAT	SAT	ACT	ACT
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	<b>Redshirt</b>	<b>Full Qualifier</b>	<b>Redshirt</b>	<b>Full Qualifier</b>
4.000	400	400	37	37
3.975	400	410	37	38
3.950	400	420	37	39
3.925	400	430	37	40
3.900	400	440	37	41
3.875	400	450	37	41
3.850	400	460	37	42
3.825	400	470	37	42
3.800	400	480	37	43
3.775	400	490	37	44
3.750	400	500	37	44
3.725	400	510	37	45
3.700	400	520	37	46
3.675	400	530	37	46
3.650	400	540	37	47
3.625	400	550	37	47
3.600	400	560	37	48
3.575	400	570	37	49
3.550	400	580	37	49
3.525	410	590	38	50
3.500	420	600	39	50
3.475	430	610	40	51
3.450	440	620	41	52
3.425	450	630	41	52
3.400	460	640	42	53
3.375	470	650	42	53
3.350	480	660	43	54
3.325	490	670	44	55
3.300	500	680	44	56
3.275	510	690	45	56
3.250	520	700	46	57
3.225	530	710	46	58
3.200	540	720	47	59
3.175	550	730	47	60
3.150	560	740	48	61
3.125	570	750	49	61
3.100	580	760	49	62
3.075	590	770	50	63
3.050	600	780	50	64
3.025	610	790	51	65
3.000	620	800	52	66
2.975	630	810	52	67
2.950	640	820	53	68
2.925	650	830	53	69
2.900	660	840	54	70
2.875	670	850	55	70
2.850	680	860	56	71
2.825	690	870	56	72
2.800	700	880	57	73
2.775	710	890	58	74
2.750	720	900	59	75
2.725	730	910	60	76
2.700	740	920	61	77
2.675	750	930	61	78
2.650	760	940	62	79
2.625	770	950	63	80
2.600	780	960	64	81
2.575	790	970	65	82
2.550	800	980	66	83
2.525	810	990	67	84

2.500	820	1000	68	85
2.475	830	1010	69	86
2.450	840	1020	70	86
2.425	850	1030	70	87
2.400	860	1040	71	88
2.375	870	1050	72	89
2.350	880	1060	73	90
2.325	890	1070	74	91
2.300	900	1080	75	93
2.275	910	Ineligible	76	Ineligible
2.250	920	Ineligible	77	Ineligible
2.225	930	Ineligible	78	Ineligible
2.200	940	Ineligible	79	Ineligible
2.175	950	Ineligible	80	Ineligible
2.150	960	Ineligible	81	Ineligible
2.125	970	Ineligible	82	Ineligible
2.100	980	Ineligible	83	Ineligible
2.075	990	Ineligible	84	Ineligible
2.050	1000	Ineligible	85	Ineligible
2.025	1010	Ineligible	86	Ineligible
2.000	1020	Ineligible	86	Ineligible

Visit the NCAA Web site at [www.ncaa.org](http://www.ncaa.org)

## NCAA INITIAL ELIGIBILITY CLEARINGHOUSE

In January 1993, NCAA Divisions I and II voted to establish an Initial-Eligibility Clearinghouse to simplify the initial-eligibility certification process. In accordance with NCAA academic requirements, the Clearinghouse will certify Student-Athletes to participate in Division I and II sports during their freshman year in college. The Clearinghouse's responsibilities began with the students who enrolled as freshmen during 1994-1995. In the past, each institution offering Division I or Division II sports have been responsible for certifying the initial eligibility of enrolling student-athletes – a cumbersome process that involved much duplication of effort by high school counselors and campus administrators. As a central point for receiving, processing, and evaluating data pertinent to initial-eligibility certification, the Clearinghouse will eliminate this duplication and streamline the certification process. The new process will provide for a "level playing field" because only one Form 48-H will exist for each high school and trained, unbiased certification decisions will be made for each prospective student-athlete.

There is a fee that must accompany the 48-H form after your Junior year grades have been posted (approximately August of your senior year).

### HELPFUL WEBSITES

- ❖ [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- ❖ ACT: [www.act.org](http://www.act.org)
- ❖ SAT: [www.collegeboard.com](http://www.collegeboard.com)
- ❖ [www.ncaa.org](http://www.ncaa.org)
- ❖ [www.corecoursegpa.com](http://www.corecoursegpa.com)
- ❖ West Islip High School ID 335900
- ❖ School Code 724700999

## CORE COURSE WORKSHEET

SUBJECT	COURSE TAKEN	SCHOOL YEAR	GRADE
ENGLISH			
ENGLISH			
ENGLISH			
ENGLISH			
MATH			
MATH			
MATH			
SCIENCE			
SCIENCE (WITH LAB)			
ADDITIONAL CHOICE ENGLISH MATH OR SCIENCE			
ADDITIONAL CHOICE ENGLISH MATH OR SCIENCE			
SOCIAL STUDIES			
SOCIAL STUDIES			
ADDITIONAL CHOICE ENGLISH MATH SCIENCE SOCIAL STUDIES OR FOREIGN LANGUAGE			
ADDITIONAL CHOICE OF: ENGLISH MATH SCIENCE SOCIAL STUDIES OR FOREIGN LANGUAGE			
ADDITIONAL CHOICE OF: ENGLISH MATH SCIENCE SOCIAL STUDIES OR FOREIGN LANGUAGE			

## QUESTIONS TO ASK DURING YOUR COLLEGE VISITS

Before you decide to make your first visit, carefully think about the kind of information you are going to need to eventually make a decision. Once you do, you will be able to ask the intelligent questions.

### **What to Ask the Coach/Recruiter:**

- How do you qualify for the team? What are your expected time commitments (practice, weights, films, study table, etc.)?
- What are the behavioral expectations of the team?
- Can you participate in more than one sport?
- What position (event) do you want me to play (perform) and how many other athletes are being recruited for the same position?
- What is your philosophy of offense? defense? Are you considering any changes?
- Will I be red-shirted? Will you provide a fifth year of financial help, if I need it?
- Are all injuries handled by a team doctor and by team insurance?

### **What to Ask the Admissions Director/School Officials:**

- Does the school have the academic curriculum I want?
- Can I meet the admission standards and academic requirements?
- Do professors allow tutoring and make-up tests when the team schedule conflicts?
- What is the teacher/student ratio?
- What is the overall attitude of the student body towards athletics?
- How many credits/ GPA will be required to maintain to remain eligible?
- What are the different graduation rates for athletes in my sport?
- What is the placement rate/average starting salary for graduates in my academic field?
- Am I eligible for additional financial aid?

### **What to Ask of the Players at the School:**

- What does your typical schedule look like? In-season? Off-season?
- Approximately how many hours a night do you study, or you have to go to study hall?
- How do the teachers, professors, and students treat you in class?
- How are the living arrangements? Can we live off campus? Fraternity/Sorority?
- Do you have access to an academic advisor and tutor? Is he/she any good?
- Do the coaches care about your academic progress?

### **What to ask about Finances:**

- If I don't get a scholarship, what forms of financial aid are available?
- If a scholarship is offered, what exactly is included? How much will I have to pay?
- Is the scholarship renewable? By term? By year?
- If I am injured and cannot play, will I still have my scholarship?
- If I choose not to play, or my grades drop, will I lose my scholarship?
- Does the school provide a written contract, letter of intent?

## QUESTIONS TO ASK YOURSELF ABOUT YOUR COLLEGE VISITS

You will want to ask yourself several important questions after you have visited your schools in order to ultimately decide on the right school. These questions will provide a good start. Take the time to think about your answers, and be sure to talk to your parents, counselor and coach about answers that might be difficult for you. Remember, you want the right academic and athletic experience, so each question is important.

- Did any of the recruiters have bad things to say about other schools?
- Did any recruiters promise that I would compete right away, even be a starter?
- Would I attend this school if I had no intention of competing in my sport?
- Do the coaches and players seem to genuinely care about each other?
- Will I be academically successful at this school? Athletically? How do I measure up?
- Were the coaches and players I met honest, available to me and others, or did they seem phony?
- Were the coaches interested in academics? Did they question my educational and career interests? Were they knowledgeable about my intended program of study? If not, did they introduce me to someone who was able to answer my question?
- Will I fit in with the rest of the student body at this particular school? Will I be comfortable associating with them for four or more years?
- How will I feel if one or more of the coaches leaves? Will I still be happy with the school?
- Does the school satisfy all the requirements that I identified earlier with my parents, coach and counselor?

## IMPORTANT TERMS

<b>Agents</b>	High school and college athletes are in violation of NCAA rules if they agree (orally or in writing) to be represented by an agent while in high school or college.
<b>All-Star Games</b>	High school athletes are permitted to participate in only two all-star games per sport.
<b>Blue-Chipper</b>	A “blue-chipper” is any exceptionally gifted high school athlete who is being recruited by a significant number of major colleges.
<b>Booster</b>	High school athletes may not be contacted by boosters (persons who represent a school’s athletic interests) or alumni for purposes of promoting their selection of certain schools. This restriction does not apply, however, to alumni who contacted students as part of the college’s regular admission program for all prospective students.
<b>By-Law 14.3</b>	The NCAA legislation for Division I and II colleges (formerly Proposition 48) that requires high school student athletes to satisfy the provisions of a specific core curriculum, a minimum grade point average, and minimum ACT or SAT scores in order to participate in college sports. By-Law 14.3 also specifies graduation from high school.
<b>Clearinghouse</b>	The Clearinghouse is an extension of the NCAA coordinated by ACT to determine the eligibility of high school student athletes to be recruited and ultimately given scholarships by athletic programs in Division I and II colleges and universities.
<b>Contacts</b>	Any face-to-face meeting between a college coach and you or your parents. High school athletes may not be contacted off the college campus on or before July 1, following the completion of his or her junior year. Refer to <i>NCAA Guide for the College-Bound Student/Athlete</i> for information regarding the number of contacts permitted.
<b>Core Curriculum</b>	A provision of By-Law 14.3 that requires student/athletes to complete an academic program of at least 16 academic units, consisting of at least four years of English, two of Mathematics (Algebra 1 or higher), two years of science (one must be a lab), another additional English, Math, or Science, and additional Social Studies, and an additional choice from the areas listed above and Foreign Language.
<b>Drug Policies</b>	Each academic year, student athletes are required to sign a drug testing consent form at the time of reporting for practice or prior to the Monday of the college’s fourth week of classes, whichever occurs earlier. Anyone who tests positive during routine testing is ineligible for further participation, subject to appeal for reinstatement.

<b>Financial Aid</b>	Student athletes who have met the requirements by By-Law 14.3 receive financial aid from the college that includes tuition and fees, room and board, and books. See the <i>NCAA Guide for the College-Bound Student/Athlete</i> regarding the specifics of aid in other circumstances.
<b>Letter of Intent</b>	The National Letter of Intent is administered by the Collegiate Commissioners Association and involves a commitment from the student-athlete to attend a specific school. For detailed information, contact the conference office of the colleges of interest. It is also important not to sign an institutional or conference letter of intent prior to the National Letter of Intent signing date.
<b>Minimum Admission Scores</b>	By-Law 14.3 requires that all student athletes score a minimum combined score of 59 on the ACT or a combined 820 on the SAT with a grade point average 2.5 on a 4.0 scale. See “sliding scale” on page 7.
<b>NAIA</b>	The National Association of Intercollegiate Athletics normally represents smaller schools and does provide financial aid for athletic purposes.
<b>NCAA</b>	The National Collegiate Athletic Association is the primary regulatory for intercollegiate athletics. Information can be secured from them by writing the NCAA, 6201 College Blvd., Overland Park, Kansas 66211-242, or calling 913-339-1906.
<b>Professionalism</b>	High school and college athletes are considered professionals if they are paid to compete in an athletic contest; commit in writing or orally to an agent or a professional sports organization; request that their names be placed on a draft list; use their athletic skills for pay in any form (TV commercials, et al.); play on a professional team; or play on an amateur team and receive any payment or gratuity.
<b>Prospective Student-Athlete</b>	A player is a “prospective student athlete” once he or she starts ninth grade of school. Prior to the completion of the junior year, high school students can meet with college coaches, but only on the coach’s campus.
<b>Red Shirt</b>	An athlete is “red-shirted” when he/she is withheld from actual competition for one year. The athlete may practice with the team during that season but, because of injury or coach’s decision, he/she cannot play in games. Be advised that the athlete must compete his or her athletic eligibility within a six-year period once matriculated at the college level.
<b>Sliding Scale</b>	The most recent provisions of By-Law 14.3 provide a sliding scale for equating grade point average with ACT or SAT scores. Please refer to the section on “Academic Standards Necessary to Obtain an Athletic Scholarship”, page 5.
<b>Visits</b>	Prospective student-athletes are permitted by NCAA requirements only one expense-paid visit to a particular college. Subsequent visits to that college must be paid for by the athlete. Student athletes are allowed a maximum of five such visits. In essence, they can visit only five schools during the senior year on paid visits, regardless of the number of sports they play.



**COLLEGE ATHLETIC PROFILE SHEET**

**PERSONAL DATA**

**Name:** \_\_\_\_\_ **Birth date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Social Security Number:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Graduation Date:** \_\_\_\_\_ **Rank:** \_\_\_\_\_

**ACT** \_\_\_\_\_ **SAT Math:** \_\_\_\_\_ **SAT Verbal:** \_\_\_\_\_ **Total:** \_\_\_\_\_

**Overall GPA (on 4.0 scale):** \_\_\_\_\_ **Core Course GPA:** \_\_\_\_\_

**Financial Air Forms Completed:** \_\_\_\_\_ **FAFSA** \_\_\_\_\_ **Profile**

**NCAA Clearinghouse Form Completed:** \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**

**College Academic Interest:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Hand Use (R or L):** \_\_\_\_\_ **Dominant Foot (R or L)** \_\_\_\_\_

**Athletic Specific Information:** (Times, Scores, Measurements,)

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**Sports Played in High School:**

**Sport:** \_\_\_\_\_

**Position:** \_\_\_\_\_

**Number:** \_\_\_\_\_

**College Sport Interest:** \_\_\_\_\_

**Academic Honors and Achievements:**

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**Personal Best Sports Performances and Stats:**

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**Athletic Honors Received:**

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**Information Verified by:**

**School Counselor Name (please print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**School Counselor Signature:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Varsity Coach Name (please print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Varsity Coach Signature:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

SAMPLE LETTER
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Date

College Coach  
Name of College  
Address of College  
City, State Zip Code

Dear Coach:

I would like to take a moment of your time to introduce myself. My name is \_\_\_\_\_, and I have completed my Junior year at West Islip High School, in West Islip, New York. During the last month, I have spent time doing research on which colleges would be good matches for me both academically and athletically. I am very interested in your college and would appreciate receiving information about your school, as well as the \_\_\_\_\_ program.

I have played \_\_\_\_\_ for West Islip High School since my freshman year. As a sophomore, I was moved up to Varsity and have started every game since then, while playing three different positions. For the past two years, I have led my teammates in scoring and assists and have been voted "Best Defensive Player" by the Varsity coaching staff. Our team has won the \_\_\_\_\_ championship.

You may contact my coach, \_\_\_\_\_, at \_\_\_\_\_, if you are interested in seeing a video of one of our games.

Academically, I have taken the required "Core" courses here at West Islip High School, maintaining a \_\_\_\_\_ average and ranking \_\_\_\_\_ in a graduating class of \_\_\_\_\_ students. My ACT Test score is a \_\_\_\_\_ and my SAT's are \_\_\_\_\_.

Thank you for your time. I look forward to hearing from you in the near future.

Sincerely yours,

Your Name  
Your Address  
Your City, State, Zip Code  
Your Phone Number

## CHECKLIST FOR STUDENT-ATHLETES AND THEIR PARENTS

The following checklist will assist you with the process of making the transition from high school to collegiate sports. Because the transition involves academic as well as athletic issues, several people will be involved in your decision. Be sure to see each of these individuals at the appropriate time.

### **DID YOU?**

- Pick up and read the *Guide for the College Bound Athlete*?
- Pick up and initiate the *College Athletic Profile Sheet*?
- Meet routinely with your school counselor to assure your compliance with the NCAA's By-Law 14.3.
- Complete a Career Search on [www.collegeboard.com](http://www.collegeboard.com)?
- Talk to your coach about your interest in college sport?
- Take the ACT and/or the SAT test?
- Visit some of the schools you might want to attend?
- Schedule meetings with your counselor and coach to discuss the college search and selection process?
- Ask teachers and coaches for letters of recommendation?
- Review the *NCAA Guide for the College-Bound Student Athlete*?
- Mail your college applications?
- Submit your 48-H Form and \$60 fee to the NCAA Clearinghouse?
- Request that your transcripts be sent to the colleges you are interested in?
- Send your ACT and/or SAT test scores to the Clearinghouse?
- Register with NCAA Eligibility Center [www.eligibilitycenter.org](http://www.eligibilitycenter.org) (Division I and II athletes).
- Research information at [www.ncaa.org](http://www.ncaa.org) and [www.corecoursegpa.com](http://www.corecoursegpa.com).