

STUDENT-ATHLETE & PARENT COLLEGE INFORMATION



PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL

Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	491,790	34,980	7.1%	2.1%	2.2%	2.8%
Basketball	550,305	18,712	3.4%	1.0%	1.0%	1.4%
Cross Country	266,271	14,350	5.4%	1.8%	1.4%	2.2%
Football	1,057,382	73,063	6.9%	2.7%	1.8%	2.4%
Golf	141,466	8,527	6.0%	2.1%	1.7%	2.2%
Ice Hockey	35,210	4,199	11.9%	4.8%	0.6%	6.5%
Lacrosse	111,842	13,899	12.4%	2.9%	2.3%	7.1%
Soccer	450,234	24,986	5.5%	1.3%	1.5%	2.7%
Swimming	138,364	9,691	7.0%	2.7%	1.1%	3.1%
Tennis	158,171	7,957	5.0%	1.6%	1.1%	2.3%
Track & Field	600,136	28,595	4.8%	1.8%	1.2%	1.7%
Volleyball	57,209	2,007	3.5%	0.7%	0.7%	2.0%
Water Polo	21,286	1,013	4.8%	2.7%	0.7%	1.3%
Wrestling	244,804	7,175	2.9%	1.0%	0.8%	1.1%
Women						
Basketball	430,368	16,532	3.8%	1.2%	1.1%	1.5%
Cross Country	226,039	15,966	7.1%	2.6%	1.8%	2.7%
Field Hockey	60,549	6,066	10.0%	3.0%	1.3%	5.7%
Golf	75,605	5,372	7.1%	2.9%	2.1%	2.2%
Ice Hockey	9,599	2,355	24.5%	8.8%	1.2%	14.5%
Lacrosse	93,473	11,752	12.6%	3.7%	2.7%	6.2%
Soccer	388,339	27,638	7.1%	2.4%	1.9%	2.8%
Softball	367,405	19,999	5.4%	1.7%	1.6%	2.1%
Swimming	170,797	12,684	7.4%	3.3%	1.2%	2.9%
Tennis	187,519	8,736	4.7%	1.5%	1.1%	2.1%
Track & Field	494,477	29,907	6.0%	2.7%	1.5%	1.8%
Volleyball	444,779	17,387	3.9%	1.2%	1.1%	1.6%
Water Polo	20,826	1,159	5.6%	3.4%	0.9%	1.3%

Sources: High school figures from the [2016-17 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations; data from [club teams](#) not included. College numbers from the NCAA [2016-17 Sports Sponsorship and Participation Rates Report](#).



*NCAA participation levels include Division I, II, and III college and universities.

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.



PART I: COLLEGES COME IN MANY SHAPES AND SIZES

HOW DO I CHOOSE THE RIGHT ONE?

Factors include:

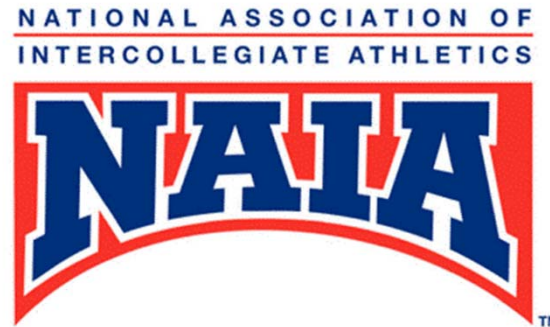
- Levels of Athletic Competition
 - Academic Program
 - Financial Feasibility
 - Other factors



FACTOR 1: LEVELS OF ATHLETIC COMPETITION



DISCOVER | DEVELOP | DEDICATE



NCAA

DIVISION I

- 170,000 student-athletes at over 350 institutions.
- Partial and full athletic scholarships offered up to 4 years
 - Which can cover tuition and fees, room and board, course related books, and up to \$250 in required supplies each academic year.
- Highest level of collegiate athletics.

[More about Division I](#)



NCAA

DIVISION II

- More than 300 institutions.
- Offers a “partial-scholarship” model funded through a mix of athletics scholarships, academic aid, need-based grants and/or employment earnings.
 - Which can cover tuition and fees, course related books and up to \$250 per year for course related supplies.
- Seeks balance between academics and athletics, looks to minimize missed class time
- At least 5 men’s and 5 women’s athletic teams

[More about Division II](#)



NCAA

DIVISION III

- 180,000 student-athletes at more than 450 institutions
- Do not offer athletic scholarships
- Place special importance on the impact of athletics on the participants rather than on the spectators
- Allows for opportunities to play more than one sport
- At least 5 men's and 5 women's athletic teams

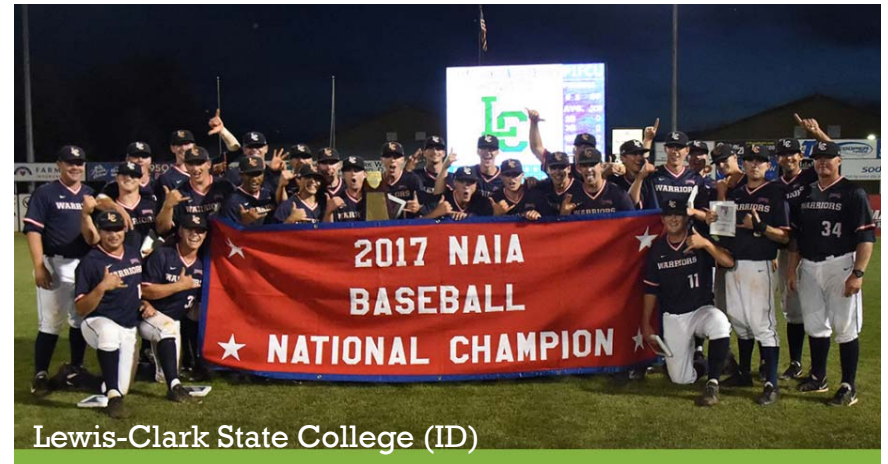
- [More about Division III](#)



NAIA COLLEGES

- 65,000 student-athletes at over 250 institutions
- \$500 million in athletic scholarships
- Flexible recruiting and transfer regulations
- Student-athletes in the NAIA may get more playing time and more opportunities to compete on a championship level

- [More on NAIA](#)



NJCAA (COMMUNITY/JUNIOR COLLEGES)

- 55,000 student-athletes from over 500 member colleges compete in 28 different sports.
- The nation's second-largest national intercollegiate sports organization (second to the NCAA).
- Specifically for two-year college student-athletes pursuing an Associates Degree.
- Athletic scholarships are available.
- Limited athletic options.
- Varying levels of competition.
 - [More on NJCAA](#)

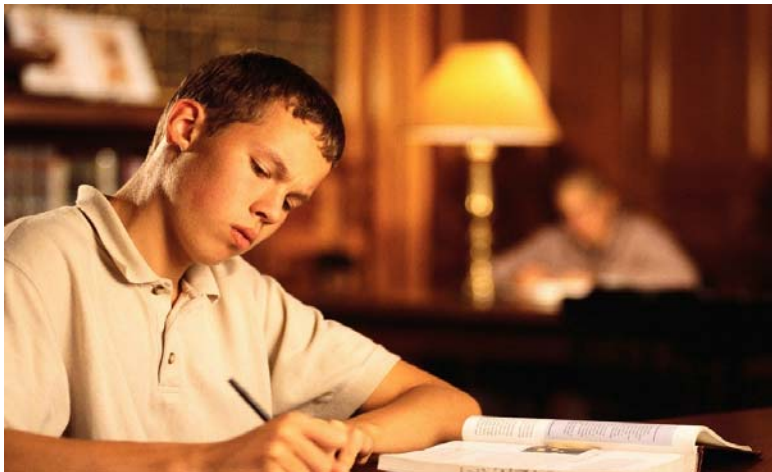


FACTOR 2...

ACADEMIC PROGRAM



- Selection of majors
- Reputation (overall and/or a particular field of study)
- Advanced degree opportunities (M.B.A., Ph.D.)
- Class size



FACTOR 3...

FINANCIAL FEASIBILITY








- State colleges versus private colleges
- In-state colleges versus out-of-state colleges



 ST. BONAVENTURE
UNIVERSITY



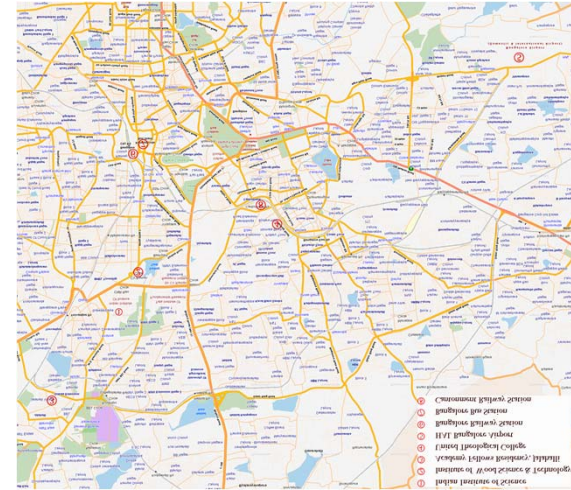
APPROXIMATE ANNUAL COST PER INSTITUTION

Costs reported for year of 2017-18 (Updated July 2018)	Frostburg State  NCAA Div III 4,961 undergraduate (In-state)	University of Maryland College  NCAA DIV I 27,056 undergraduate (In-state) (Out-of-State)		Slippery Rock  NCAA Div II 7,583 undergraduate (Out-of-state)	Virginia Tech  NCAA Div I 25,318 undergraduate (Out-of-State)	Georgetown University  NCAA Div I 7,595 enrolled (Private)
Tuition & Fees	\$9,172	\$10,595	\$35,216	\$14,070	\$31,910	\$54,544
Room & Board	\$10,082	\$12,429		\$10,340	\$9,200	\$15,850
Books	\$1,400	\$1,250		\$1,550	\$1,150	\$1,344
Transportation & Personal	\$1,750	\$2,522		\$2,224	\$3,890	\$2,604
Total	\$22,404	\$26,796	\$51,417	\$28,184	\$46,150	\$74,342



OTHER FACTORS...

- Location – city, suburban, rural
- Distance from home
- Size/enrollment
- Religious/ethnic/gender affiliations
- Degree of athletic commitment required



SOMEWHERE, THERE IS A SCHOOL FOR YOU!

- There are 2,474 four-year and 1,666 two-year colleges in the United States.

But make sure you ask yourself:

How would I feel about the school if I did not play a sport there?



PART II: HOW MUCH DO GRADES & TEST SCORES COUNT?

A LOT!

Academic Eligibility topics:

- NCAA 16 core courses
 - Core course GPA
- SAT and ACT scores
- NCAA sliding scale
- Important resources



NCAA CORE COURSES



- Students must fulfill a foundation of basic, general core requirements regardless of the major they plan to pursue. These high school courses are expected to be on grade level or above.

NCAA Division I 16 Core Courses		NCAA Division II 16 Core Courses	
4	years of grade level English	3	years of grade level English
3	years of Mathematics (Algebra 1 or higher)	2	years of Mathematics (Algebra 1 or higher)
2	years of natural/physical science	2	years of natural/physical science
1	additional year of mathematics, English or natural/physical science	3	additional year of mathematics, English or natural/physical science
2	years of social science	2	years of social science
4	years of additional courses (from any area above, foreign language or religion/philosophy).	4	years of additional courses (from any area above, foreign language or religion/philosophy)



CORE COURSE GPA VS. OVERALL GPA

REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITTEN COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			
Grade Average	B			
Attendance:				
Present	48			
Absent	0			
Tardy	1			
<small>A = Excellent • B = Good • C = Satisfactory • N = Needs Improvement U = Unsatisfactory • I = Insufficient / Incomplete</small>				
<small>Student: _____ Grade: _____ Year: _____</small>				

- Athletic scholarships and eligibility at DI and DII universities are based on core course GPA – not overall GPA.
- **NCAA Division I requires 10 core courses to be completed prior to the seventh semester.**
 - These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement. Student-athletes must take a total of 16 core courses and earn at least a 2.3 average in core-courses.



NCAA MINIMUM REQUIREMENTS

- Students must complete the NCAA core courses.
- The NCAA requires Division I athletes to have a minimum GPA of 2.300 in their 16 core courses.
- Division II athletes are required to earn a minimum of a 2.200 GPA in their core courses.
- The lower a student's GPA, the higher their SAT or ACT scores must be to qualify for athletics in the NCAA. This is known as the NCAA Sliding scale.



SAT & ACT SCORES



- SAT and ACT scores play a role in gaining acceptance to a college/university
- Students must earn an SAT combined score or ACT sum score matching the core-course GPA on the NCAA sliding scale.
- A low test score, needs a higher core-course GPA to be eligible. A low core-course GPA, needs a higher test score to be eligible.



NCAA SLIDING SCALE

- The higher the student's core course GPA, the lower the SAT/ACT score may be
- This can be helpful for students that have difficulty with standardized tests.

Note:

The sliding scale is only associated with the combination of verbal and math scores for the SAT (1,600 points).

[NCAA Eligibility Center Quick Reference Guide](#)

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT	ACT Sum
Verbal and Math ONLY		
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86





Eligibility
Center

IMPORTANT RESOURCES

- For NCAA and core course information:
www.eligibilitycenter.org – click “Resources”
- **Guide for the College-Bound Student-Athlete**
- **DI & DII Core Course Planning Worksheet**- *This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards.*
- For general eligibility, scholarships, and recruiting –
<http://www.mpssaa.org/college-eligibility--recruiting-webinars-launched/>



PART III: HOW DO I PAY FOR SCHOOL?

Financial aid

Student loans

Types of scholarships

Academic versus athletic

Full & partial scholarships

Gaining admission



PAYING FOR COLLEGE

WHERE DOES THE MONEY COME FROM?



If you haven't saved up for your college expenses (and many people haven't) there are a variety of ways to pay for college.

- Student loans (federal and private)
 - Must be paid back
 - Payments don't start until after graduation from college
- Grants
 - Do not have to be paid back
 - Usually need based
- Work-Study
 - Student works part time to help pay for college
- Scholarships



Bottom line: choose a school you can afford without putting yourself in too much debt!



PAYING FOR COLLEGE

THE COST OF STUDENT LOANS



- The US student loan debt is over \$1.2 trillion.
- *The cost of paying back student loans can be crippling long after graduation.*
- **The average student loan debt** is nearly \$30,000 (and rising!)
- Assuming a 6% interest rate and 10 year repayment schedule, the monthly payment would be about \$312.
 - Cumulative payments: \$42,000, including \$12,000 in interest
- *From a financial perspective, it makes a lot of sense to consider in-state colleges and universities as your first choice.*
- *A good rule of thumb: Don't have more college loan debt than the annual salary you expect to make your first year out of college.* For example, if you plan to be a teacher with a starting salary of \$45,000, that should be the maximum amount you owe upon graduation.

Additional Resources

<http://www.consumerfinance.gov/paying-for-college/>

<https://studentaid.ed.gov/repay-loans>



TYPES OF SCHOLARSHIPS



- **Career-specific**
 - High-need areas often fund scholarships in order to get more people to become professionals in their field
- **College-specific**
 - Given to highly qualified applicants by the individual university
- **Merit-based**
 - Based on academic, athletic, artistic abilities or other accomplishments
- **Need-based**
 - Financial aid is a need-based scholarship – some students may qualify for financial aid based on their family income
- **Student-specific**
 - These scholarships are given to students who qualify based on gender, race, religion, etc.



ATHLETIC SCHOLARSHIPS



- Approximately 2% of high school athletes receive full or partial athletic scholarships, totaling \$1 billion per year.
- The average scholarship amount is less than \$11,000.
- Only six sports offer full-ride scholarships.
- More Men Receive Athletic Scholarships than Women
- African-American or Black Students Receive the Greatest Share of Athletic Scholarships among Minority Students
- Minority Students Receive Athletic Scholarships Roughly in Proportion to Non-Minority Students
- Most High School Athletic Scholarship Recipients Hold a B to A- Average
- Source: [CBS Money Watch](#) and [fastweb.com](#)



FULL VERSUS PARTIAL SCHOLARSHIPS

- Full scholarships cover the entire cost of attending a school.
 - Only six sports (Football, Men's and Women's Basketball, Gymnastics, Volleyball and Tennis) offer full-ride scholarships.
- Partial scholarships cover only part of the cost to attend a school.
 - A team has a set number of scholarships and the coach is free to divide those scholarships up as they see fit. For example, they might give three athletes 33% of a scholarship, rather than give only one athlete 100% of a scholarship. They do this so they can bring in more talented athletes.
- Partial scholarships are much more common than full scholarships.



BUT EVEN IF YOU DON'T GET A FULL RIDE...

- Every little bit helps. There are many smaller non-athletic grants and scholarships available to combine with athletic scholarships – look for them! Your College and Career Counselor can help.
- Athletics can be an important factor in gaining admission to a particular college or university.
- Walk-on opportunities – most collegiate programs have tryouts and opportunities for students attending the school to attempt to make the team.
- Student-athletes are more likely to graduate college than non-athletes. Approximately 80% of college athletes graduate compared to 65% of non-athletes.

▪ Source: [NCAA](#)



PART IV: WHEN SHOULD I START PREPARING?

Preparation Timeline:

- Freshman & Sophomore Year
 - Junior Year
 - Senior Year



FRESHMAN & SOPHOMORE YEAR

Academics

- ❑ Meet with counselor to ensure core courses requirements are met
- ❑ Get good grades – 2.0 GPA is not high enough!
 - ❑ Select classes where you can be successful yet challenged.
- ❑ Participate in a variety of activities - colleges look for well-rounded student-athletes.



FRESHMAN & SOPHOMORE YEAR

Athletics

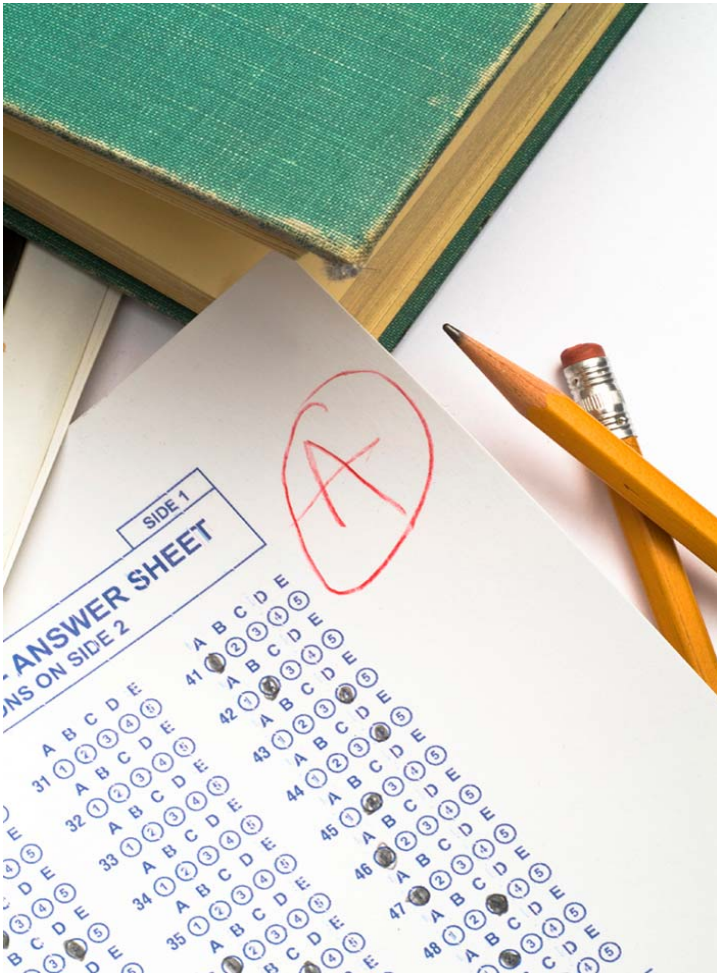
- ❑ Begin building your athletic resume

- ❑ Participate in summer camps
 - ❑ Do schools you are interested in offer summer camps? If so, go to meet the coach, staff and check out the campus.

- ❑ Collect newspaper clippings, video highlights, etc.



JUNIOR YEAR



Academics

- Continue accumulating good grades – maintain strong academic record.
- PSAT, SAT and/or ACT prep classes or study manuals.
- Take PSAT first semester; SAT or ACT second semester.
- Complete the NCAA Eligibility process.



JUNIOR YEAR CONTINUED...

Athletics

- ❑ Continue building resume – athletic and non-athletic

- ❑ Complete your athletic resume - send to coaches with interest letters.

- ❑ Look for opportunities to display your skills
 - ❑ Attend sports camps, showcases, etc.



SENIOR YEAR

Almost there!

- Narrow list of potential colleges
- Letters of recommendation
- Prepare film/finalize resume
- Submit applications
- Keep up with your grades and stay motivated!



Don't let it ruin three years of good planning!



COLLEGE VISITS & RECRUITING INFO

Unofficial College Visits (Junior Year)

Must be paid for with no assistance from college.

Can only talk with college coaches on campus.

You may receive a maximum of three complimentary sporting event tickets.

Contact can be made via email between coach and player throughout junior year.

Click here for [more information](#) on college visits and recruiting.

Official College Visits (Senior Year)

All expenses paid for by college or university.

Only 5 official visits per athlete, only during senior year.

Coaches must have ACT or SAT score and official transcript prior to visit.

Coaches are allowed three in person contacts throughout athlete's senior year.

Coaches can make one phone call per week to you or your parents in students' final year of high school.



PART V: WHAT ELSE DO I NEED TO KNOW?

- **Final Considerations:**
 - Coach's assistance
 - Attitude
 - Recruiting services
 - Social media
 - Recruiting
 - Other resources



COACH'S ASSISTANCE



- **Your high school coach can help!**
 - Meet with coach to evaluate talent and determine appropriate level – be realistic
 - Ask high school coach to contact college coach
 - Ask for letters of recommendation
 - Provide your coach with an athletic and academic resume



ATTITUDE & WORK ETHIC

- Attitude is important – your character speaks volumes.
 - Expect your coaches and AD's to be honest with college coaches.



- Most schools are looking for athletes who are skilled, but also coachable, and work hard.
 - Your letters of recommendation will reflect more than your physical abilities



SOCIAL MEDIA

- Social media can help enhance exposure or ruin your big chance, depending on how you use it.
 - YouTube is an excellent way to share film with coaches.
 - You can follow schools or coaches that interest you.
 - The NCAA has strict policies on the use of social media in the recruiting of prospective student-athletes. Violations of these rules can jeopardize your ability to play college sports.
 - Be mindful of what you post on Facebook, Twitter, and other social media sites, coaches look and make decisions about your character based on posts and pictures.



RECRUITING & RESOURCES



- Letters from schools do not necessarily mean you are being recruited. A “verbal commitment” also means a coach can later change their mind.
- Often times, recruiters will NOT be knocking down your door!
- Professional recruiting services are often a waste of time and money
 - Handwrite your envelopes to college coaches so they know it is from you!
- Create a short (less than two minute) tape to highlight your skills. You do not need to hire a professional.
- Contact coaches at schools you are interested in. Think of it like a job interview and be professional!
- This is what coaches are looking for



ADDITIONAL RESOURCES FOR STUDENT-ATHLETES AND PARENTS

- Check out the [*Student-Athlete & Parent College Information Supplement*](#) for resources and a detailed timeline
- The NFHS provides a free [NCAA Eligibility](#) course for parents coaches and student-athletes





**THANK YOU
&
GOOD LUCK**

