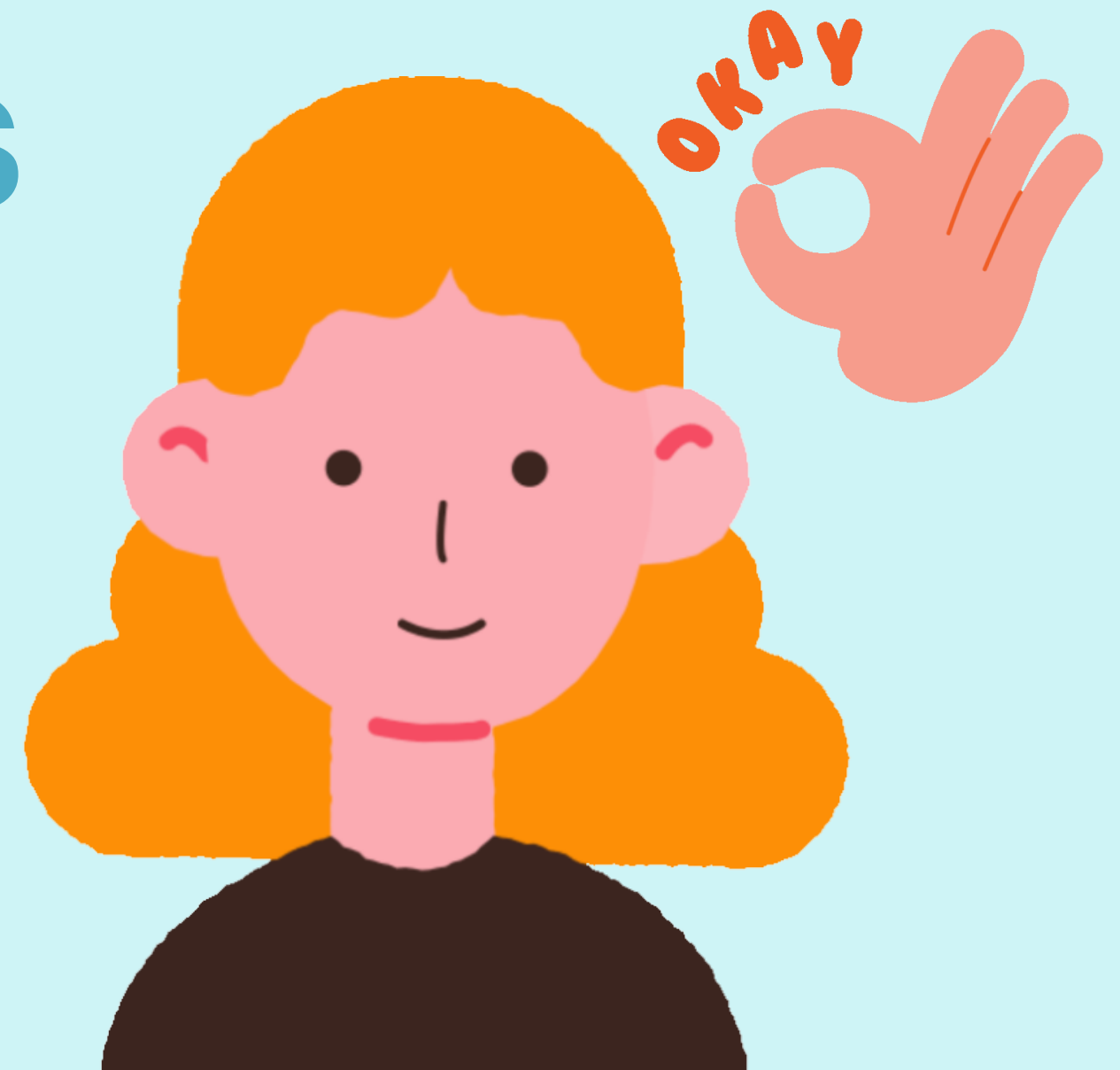




The College Application Process For Student Athletes

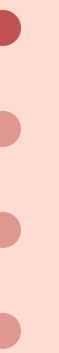




Hello, students & parents!

So you want to play in College?

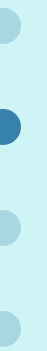
There are a number of steps and important factors to consider when thinking about entering the world of college athletics.





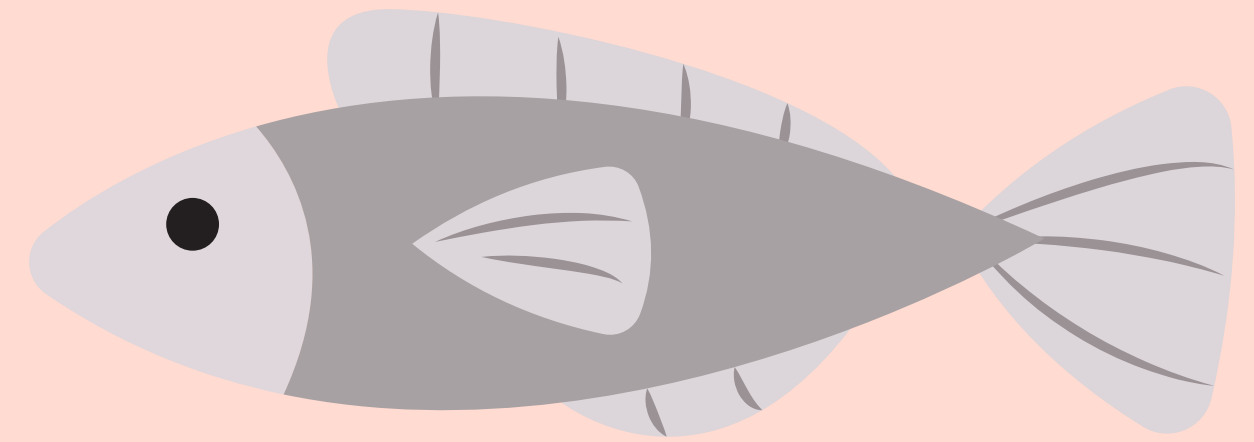
So how do you decide where to go to school to be a student athlete?

1. What the school has to offer **ACADEMICALLY!** Does the institution have the major or career path you want to pursue? Does the athletic program prioritize academics through study halls and tutoring options?
2. The amount of scholarship money offered to you
3. The athletic program, the team, and the coach. Can you see yourself for four years at the school? It's important to find yourself a program that fits you athletically!



≡ Let's Get Real

It's important to be honest about your abilities as a student athlete when selecting what school is right for you



BIG FISH IN A LITTLE POND

If you're a "big fish in a little pond" the school might be a little lower in athletic ability compared to you as a student athlete. This would be like Tom Brady playing football for a school that never makes the playoffs.

LITTLE FISH IN A BIG POND

If you're a "little fish in a big pond" then the school you're looking at may be a little out of reach. You may have a chance of being a walk on (non scholarship student athlete with restrictions on competing) but you wouldn't be the top dog.

ONE FISH AMONG MANY

A student athlete at a school where they're "one fish among many" would be considered a good fit for the school. They're not Tom Brady, but they're also not going to be considered a walk on either

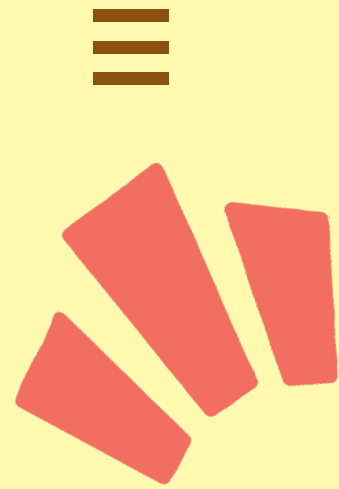


≡ Other things to Consider

How to narrow your search!

- campus size
- housing/food
- location
- curriculum
- student/faculty ratio
- tuition and other costs





Now let's check what you need in high school to be qualified to compete in college!



Division I

Complete 16 core courses:

4 years of English

3 years of Math

2 years of Science

1 year of additional English, Math, or science

2 years of social science

4 years of additional courses

(foreign language, religion, philosophy, etc.)

2.3 GPA

ACT/SAT score on a sliding scale

Graduate high school

Division II

Complete 16 core courses:

3 years of English

2 years of Math

2 years of Science

3 years of additional English, Math, or science

2 years of social science

4 years of additional courses

(foreign language, religion, philosophy, etc.)

2.2 GPA

ACT/SAT score on a sliding scale

Graduate High School

Division III

You do not need to complete NCAA eligibility to compete at the Division III level. Individual institutions set their own standards for student athlete participation.



≡ Registering with the **NCAA** Clearinghouse

The next step after identifying what kind of school you would like to attend would be to register with the NCAA clearinghouse.

- Visit www.ncaaclearinghouse.net and click on "prospective student-athlete" to start the process
- Student athletes should register at the end of their junior year to allow time for any eligibility issues
- The NCAA clearinghouse will process the eligibility status from the information provided as well as student transcripts





How to get a College Coach's Attention

Now that you know how to pick the best college for you and make sure your eligibility stays right, now comes showing your athletic ability off to schools!

- Make recruiting videos
- Contact athletic programs and coaches via email or athletic resumes (example on next slide)
- Visit colleges





Letter Example:

Coach Thomas Smith
Made Up College
12 Pretend Avenue
Schoolhouse, IL 022113

November 3rd, 2021

Dear Coach Smith:

I'm writing to express my sincere interest in attending Made Up College and becoming a member of your swim team. I am currently a senior at North High School and have maintained a solid 3.0 GPA while taking advanced classes in hopes of pursuing a journalism degree. I swim long distance events and was named MVP for the past two seasons. Please see my attached resume of my best times and qualifications.

My goal for college is to build a solid educational foundation to become a journalist for the Chicago Tribune. I also want to reach my full potential as a swimmer. I am a dedicated student athlete who loves the sport of swimming and is passionate about my career goals.

I'd greatly appreciate the chance to talk with you personally about my qualifications. I can be reached at 555-555-5555 after 5 pm.

Sincerely,
Emma Rogers





Questions to Ask Colleges/ Coaches

Athletics

What role will I play on your team?

Describe the walk on process and scholarship opportunities.

Describe your coaching style.

Academics/Student Life

What is your view on academics?

What is the typical day of a student athlete at your institution?

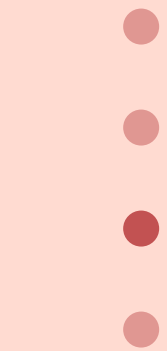
What percentage of athletes graduate in four years?





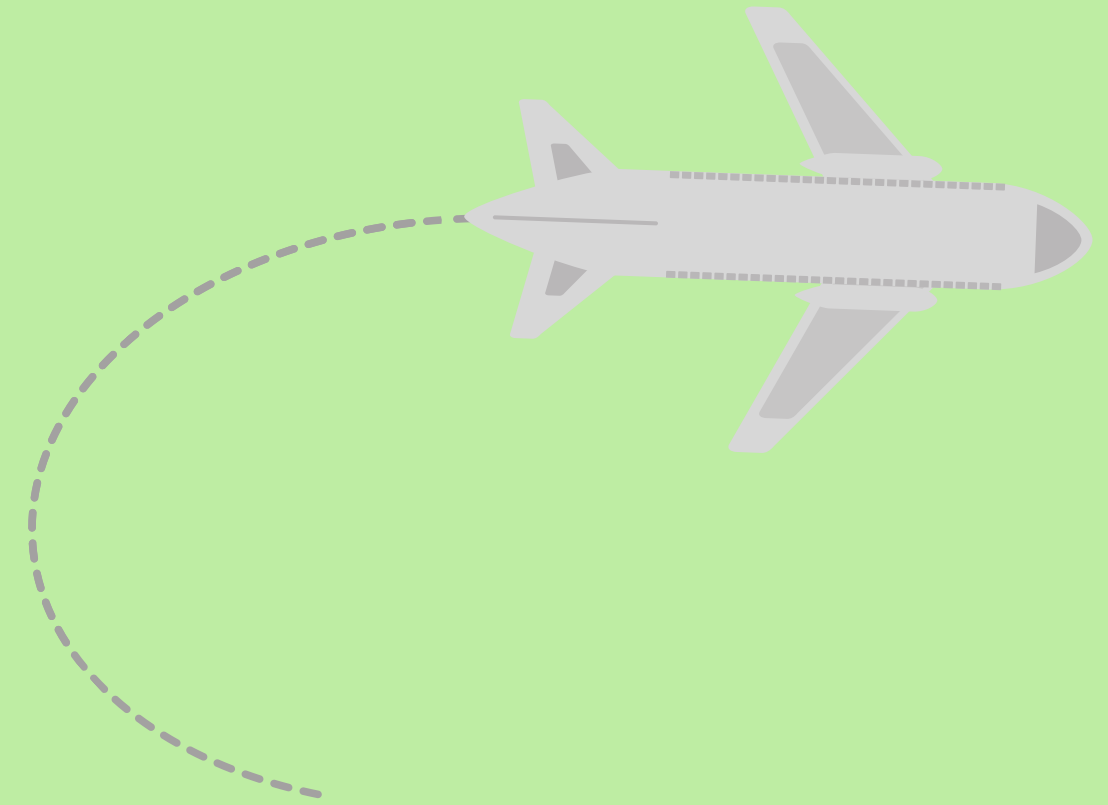
Recruiting

- "Recruiting happens when a college employee or representative invites a high school student-athlete to play sports for their college. Recruiting can occur in many ways, such as face-to-face contact, phone calls or text messaging, through mailed or emailed material or through social media."
(NCAA.org)
- Certain sports have certain times where coaches are and are NOT allowed to contact high school student athletes. It is important to look into the specifics of your sport to maintain your eligibility.





Recruiting Continued



Recruiting involves official and unofficial campus visits

OFFICIAL VISITS

- The institution pays for the student athlete's trip. This can include:
 - transportation
 - lodging
 - three meals a day
 - reasonable entertainment experiences such as home sporting events

UNOFFICIAL VISITS

- The student athlete or their parents pay for their visit
- The only thing colleges can provide on an unofficial visit are three tickets to a home sporting event



Division I official visits are limited to 5, one per school. Division II and III are also limited to one per school, but are unlimited in the total amount



Recruiting Continued

What do you need to know about swimming specifically?

- On June 15 after the swimmer's sophomore year, NCAA D1 and D2 college coaches are permitted to begin proactively contacting recruits. Beginning August 1 before junior year, recruiting trips may begin.
 - college coaches must wait until they can officially contact recruits to engage with their current coaches, as well.
- For more details, visit: <https://www.ncsasports.org/womens-swimming/recruiting-rules-calendar>





The NLI

The National Letter of Intent



- After all of the classes, eligibility hoops to jump through, campus visits, and college phone calls come the most fun part of all: MAKING A DECISION!
- Division I and II programs require a signed NLI
 - Division III or NAIA programs will often do a ceremonial signing for student athletes to indicate their commitment to a certain program.
- Once an NLI is signed, other schools must cease the recruiting process for a student athlete
- The NLI is only for scholarship athletes, meaning a scholarship offer must be provided with it upon signing
- There are specific NLI signing days that make the document valid. If signed at the incorrect time, the NLI is invalid.