



What you should be thinking/doing

## Freshman/Sophomore Year

- Set up academics
- Eligible for AP or IB programs?  
Where do most graduates go?
- Get to know your counselor, and let them know your goals (don't worry they can change)
- PSAT or the ACT equivalentConsider SAT/Act Prep classes  
(rule of thumb it is worth 100 pts on the SAT)
- Let your coaches know your goals/map out strategyStart thinking about colleges, and programs of interest
- Whenever possible, take an unofficial visit.  
Particularly easy if we attend meets at/near institutions of interest to you, or accompany a parent on a business trip and make a visit.
- If at a national/sectional meet, you can approach a college coach as long as these two items are true:
  - You have completed your last event for the meet
  - Your Bluefish coach has released you to go talk to that college coach.

### What Colleges can do:

1. Send you a questionnaire or profile in the mail through school or club.  
Fill them out, and return them.  
The school will add you to their mailing list and you will get information about that School and Team.  
You can always let a school know you are no longer interested later.
2. Keeps track of swimmers of interest to them, both locally and nationally.
3. Can talk to swimmer or parent if you initiate, either by phone or in-person.
4. Cannot return a phone message left, you must successfully initiate contact



## Junior Year

- Should have a list of schools that you have whittled down a little bit. No magic number, but something you have been working on.
- Create a swimming resume documenting your improvement in events and any academic statistics/scores.  
This document will be easy to forward to coaches all necessary recruiting information.
- As part of the process, you have researched the conference results for each school of interest, and are comfortable you can compete at that level and above for that school.  
Swimming results are easy to find through websites. Coaches want athletes who can score at the conference level.  
If not scoring the first year, then potential to maintain current improvement level then score in the second year. You may have to sell yourself a little if that is not the case.
- Make sure academics are set and match up with schools you are looking at. It is okay to reach for a school you really want to attend! *Compete!!*
- Register with the NCAA Clearinghouse through your High School Guidance Office. This establishing your academic eligibility for College Athletics.
- You have, to the best of your ability, tried to make an unofficial visit to your Top Choices.  
Communicate to the coaches when you are planning to be on campus, they may be able to meet with you and tour the facilities, and maybe set you up with an academic advisor/admissions person for more information.
- Check out the applications for your Top Choices a year out.  
Do they accept the *Common Application*? Are there essays? What are they like?
- Take ACT/SAT. Take early in the year, so you can consider retaking without going into your senior year.
- Let Bluefish coaches help you by letting the college coach of your Top Choices know of your interest, and act as your advocate.

### What Colleges can do

1. Send you a media guide/questionnaire.
2. Correspond by US Mail and Email (personal and bulk letters), not limited at all.
3. Some colleges will arrange a 'junior' day unofficial visit that you may want to attend.



4. This one is new, tricky and only applies to the top 1-2% of recruits:  
College coach can make one phone call to an athlete in March of their Junior year, in order to set up:
  - One visit in April of the recruits' junior year that must be at the recruits High School.
  - College coaches can meet with Athletes and Parents, as well as school personnel and coaches.
  - A lot of college coaches will take advantage of the call in March, but the visit in April has not become a widespread practice as of yet.



## Senior Year

- Have your list whittled down to 5+/-
- Work with your parents, counselors, our coaches and your Top Choices to determine if you are interested in Fall Decision or Spring Decision.
  - Most schools will have to offer you Fall Decision for it to be an option.
  - Spring Decision (April) may be better situation for most, if you can wait.
- Applications should have been acquired through the summer, completed and submitted in a timely manner.

Most will require your high school to fill out a section, as well as teachers. Give them plenty of time to complete, and monitor their progress in relation to due dates.
- Schools may offer you an 'Official Visit'.

Set up a schedule of visits in the fall. Most visits happen then, regardless of Fall/Spring Decision, and you are limited to 5 official visits to 5 separate Universities. Set up any Unofficial Visits.

### What Colleges can do

1. As of July 1, after junior year, college coaches are allowed to contact a recruit by phone, one call per week.

Not all schools will call once each week.
2. Set up their Official Visits.
3. Walk the athletes through their Applications, and keep apprised of its progress.
4. Set up In-Home visits with some of their recruits.
5. Let the coaches work as your advocate during the process!
6. Unofficial Visit: Visit to campus that is not financed at all by the institution. You can still see coaches and administrators, and athletes.

You may make an unlimited number of Unofficial Visits, though college coaches are limited to a certain number of contacts (face to face) with each recruit.
7. Official Visit: Trip to campus financed by the host school, including transportation, meals and housing.

The trip is limited to 48 consecutive hours.  
Parents may accompany at their own expense. Limit of 5 visits to 5 different Universities

ONE OPPORTUNITY.  
LIMITLESS  
POSSIBILITIES.



Eligibility Center

More than

**480,000** college athletes

from **1,121** colleges and universities

make up the **19,000** teams

that send more than

**54,000** participants

to compete each year in the NCAA's

**90** championships

in **24** sports

across **3** divisions.



Eligibility Center

## GRADE 9

### Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at [eligibilitycenter.org](http://eligibilitycenter.org).

## GRADE 10

### Register

- Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

## GRADE 11

### Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

## GRADE 12

### Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.



FOLLOW  
YOUR  
PATH

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

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

Follow us on Twitter:  
[@ncaa\\_ec](https://twitter.com/ncaa_ec)



eligibilitycenter.org

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org) during your sophomore year.

## Core Courses

*This simple formula will help you meet the Divisions I and II core-course requirement:*

# 4X4=16

4 English courses (one per year)

+ 4 math courses (one per year)

+ 4 science courses (one per year)

+ 4 social science courses (one per year)

16 NCAA CORE COURSES

## Grade-Point Average

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Visit [eligibilitycenter.org](http://eligibilitycenter.org) for a full list of your high school's core courses.

## 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. If you have a low GPA, you need a higher test score to be eligible. Find more information about sliding scales at [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports).

## Test Scores

You may take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you take a test. We can accept official scores only from ACT or SAT and we won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score.



## ACADEMIC STANDARDS

# DIVISION I

To play sports at a Division I school, you must graduate from high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
  - 4 years of English
  - 3 years of math (Algebra 1 or higher)
  - 2 years of natural/physical science (including one year of lab science if your high school offers it)
  - 2 years of social science
  - 1 additional year of English, math or natural/physical science
  - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.
3. Earn at least a 2.3 GPA in your NCAA core courses.
4. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division I sliding scale.



# DIVISION II

To play sports at a Division II school, you must graduate from high school and meet ALL the following requirements:

## Before August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.0 GPA in your NCAA core courses.
3. Earn an ACT sum score of 68 or an SAT combined score of 820.

## After August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.2 GPA in your NCAA core courses.
3. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division II sliding scale.

## Core Courses for Division II

To play sports at a Division II school, you must complete these NCAA core courses:

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if your high school offers it)
- 2 years of social science
- 3 additional years of English, math or natural or physical science
- 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy.

# DIVISION III

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit- or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions standards.