

The student athlete letter of interest

Your letter can be very simple. A coach needs to know your academic ability and athletic level. Your letter should include this information if you want to receive a realistic response from a coach.

Send the letters during your sophomore or junior year. Get on coaches' recruiting lists early. You can send the same letter to the coaches at all the colleges that seem like a good fit for you academically and athletically. Be sure, of course, to make the appropriate changes in each letter to reflect the correct college and coach name.

Suggested items to include:

1. your test scores (PSAT/NMSQT*, ACT, SAT*, SAT Subject Tests™ and AP*)
2. your GPA and class rank
3. athletic abilities (events, times, positions, stats, etc.)
4. your goals and aspirations (be realistic)
5. current team, coach's name and telephone number
6. birth date, height, weight (optional—depends on the sport)
7. interest in scholarship (if this is a priority for you)
8. whether a videotape is available

Appropriate things to request:

1. application form
2. college catalog
3. media guide or team brochure

Additional things to mention:

1. if a parent or relative is an alumnus/alumna
2. if you are new to the sport
3. other sports you currently compete in and the level you're at

Attachments:

1. résumé
2. recommendation letters (optional)
3. competition schedule

Source: Adapted from material provided by Nancy Nitardy, former NCAA Division I swimming coach

Handout 10C

Resources

Publications

College Board College Handbook. New York: The College Board.
Updated annually. Lists all intercollegiate and intramural sports offered by all two-year and four-year colleges, as well as the relevant conference information.

Guide for the College-Bound Student-Athlete. Available as a PDF at www.ncaaclearinghouse.net.

A 37-page guide offered by the NCAA that is essential reading for counselors, as well as students who may wish to play NCAA sports.

Killpatrick, Frances, and James Killpatrick. *The Winning Edge: The Student-Athlete's Guide to College Sports*. Seventh ed. Alexandria, VA: Octameron, 2002.

A useful, concise book (136 pages).

Koehler, Michael D. *Advising Student Athletes Through the College Recruitment Process: A Complete Guide for Counselors, Coaches and Parents*. Englewood Cliffs, NJ: Prentice Hall, 1996.

Out of print, but contains helpful information.

Lincoln, Chris. *Playing the Game: Inside Athletic Recruiting in the Ivy League*. White River Junction, VT: Nomad Press, 2004.

Provides useful insight into recruiting by some of the most competitive colleges.

The National Directory of College Athletics. Available from www.collegiatedirectories.com. Cleveland, OH: National Association of Collegiate Directors of Athletics.

An annually updated list of all coaches' contact information at more than 2,090 colleges participating in intercollegiate sports.

Shulman, James L., and Bowen, William G. *The Game of Life: College Sports and Educational Value*. Princeton, NJ: Princeton University Press, 2001.

Ivy League deans look at the impact of college athletics on the tenor of Ivy League life. Good source for statistics on the grades and test scores of athletes versus nonathletes.

Web sites

National Association of Intercollegiate Athletics www.naia.org

National Christian College Athletic Association www.thenccaa.org

National Collegiate Athletic Association www.ncaa.org and www.ncaaclearinghouse.net

National Junior College Athletic Association www.njcaa.org

CampusChamps www.campuschamps.org

OTHER IMPORTANT INFORMATION

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	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	59
2.700	730	60
2.675	740-750	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	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86



Eligibility
Center

NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.**

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- **The Division II** grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule

16 Core Courses:

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule

14 Core Courses:

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

Student athlete's high school four-year plan

A. Freshman Year

1. Talk to your counselor about core class requirements.
2. Get to know all the coaches in your sport.
3. Work on your grades.
4. Attend sports camps.
5. Start thinking about a realistic analysis of your ability.
6. Start thinking about your academic and career goals.
7. Start a sports résumé.
8. Know the NCAA rules, regulations, and academic requirements for playing sports.

B. Sophomore Year

1. Keep your grades up.
2. Take the PSAT/NMSQT®.
3. Talk to your coaches about your ability and your ambitions.
4. Check on NCAA requirements and admissions requirements and plan your high school academic schedule accordingly.
5. Research and make preliminary inquiries about colleges that interest you.
6. Update your sports résumé.

C. Junior Year

1. Talk with your counselor about career goals and core course requirements.
2. Ask your coach for a realistic assessment of which college level you can play.
3. Attend college and career fairs.
4. Take the PSAT/NMSQT and the SAT® or ACT.
5. Refine your list of possible college choices. Know the colleges' entrance requirements.
6. Update your sports résumé.
7. Produce a skills video with the assistance of your coach.
8. Send a letter of interest to college coaches with an unofficial transcript of your grades.
9. Return completed questionnaires to college coaches.
10. Obtain letters of recommendation.
11. Register with the NCAA Clearinghouse at the end of your junior year.
12. Attend sports camps (your last chance).

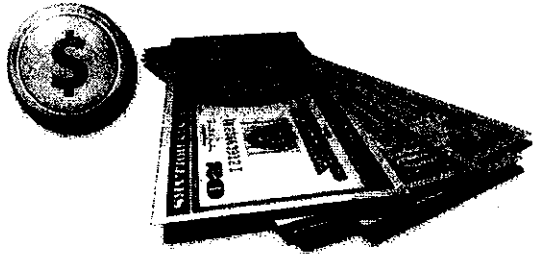
Student athlete's high school four-year plan (page 2)

Senior Year

1. Make sure you will complete all graduation requirements and core courses.
2. Make sure you have registered with the NCAA Clearinghouse.
3. Read the *NCAA Guide for the College-Bound Student-Athlete* available at www.ncaa.org.
4. Retake the ACT/SAT in the fall, if necessary, either to satisfy NCAA eligibility or to improve your chances of receiving an academic scholarship.
5. Attend college/career center nights and financial aid workshops.
6. Narrow your college choices to a manageable list.
7. Make sure your applications for admission and transcripts are sent to the colleges in which you are interested.
8. Apply to at least one school that will meet your needs if you don't participate in athletics.
9. Follow recruiting rules regarding campus visits.
10. Send in the Free Application for Federal Student Aid form (FAFSA) for analysis.
11. Make copies of all forms.
12. Sit down with your parents or guardian and coach and list the pros and cons of each school you are considering.
13. Send an updated letter of interest (with your athletic résumé and the season schedule) to coaches.
14. Be sure of your final choice before signing any papers.
15. Let coaches know when their school is no longer in the running. Thank them for their help.

Sources: Adapted from materials provided by Rich East High School, Park Forest, Illinois, and Deerfield High School, Illinois

ATHLETIC SCHOLARSHIPS/ FINANCIAL AID



Financial Aid

- If you are academically eligible to participate in intercollegiate athletics and are accepted as a full-time student at an NCAA Division I or II institution, you may receive athletics-based financial aid from the school. Division I or II financial aid may include tuition and fees, room and board and books.
- Division III institutions do not award financial aid based on athletics ability. A Division III institution may award need-based or academically related financial aid.

Financial Aid

- All athletics scholarships awarded by NCAA institutions are limited to one year and are renewable annually.
- Athletics scholarships may be renewed annually for a maximum of five years within a six-year period of continuous college attendance.
- Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (including tuition, fees, room and board and books) to very small scholarships (e.g., books only).
- The total amount of financial aid a student-athlete may receive and the total amount of athletics aid a team may receive can be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources.

"Walk-on's"



✓ Letters of Interest

✓ National Letter of Intent (NLI)

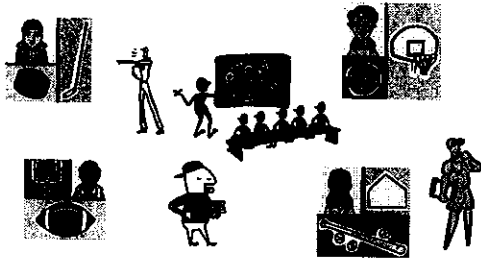
**ATHLETIC SCHOLARSHIP
CORPORATION**



The College Application Process

- Register with the NCAA
- The Athlete's resume
- The Videotape
- Spring sports athletes
- Early Decision
- Coded applications
- Postgraduate year

WORKING WITH COACHES



Q & A





CLEVELAND HEIGHTS HIGH SCHOOL ATHLETIC DEPARTMENT

PROSPECTIVE STUDENT ATHLETES

What Do I Need To Do?

- **Grade 9**

Verify with your small school counselor and the online core-course listing to make sure you are on track.

- **Grade 10**

Verify with your small school counselor and the online core-course listing to make sure you are on track.

- **Grade 11**

Register with the eligibility center.

Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).

After your junior year, have your high school counselor send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.

When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").

Begin your amateurism questionnaire.

- **Grade 12**

When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").

Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)

Have your high school counselor send a final transcript with proof of graduation to the eligibility center.