

Getting yourself recruited for college sports

Do you feel that you have “what it takes” to participate in collegiate athletics? Perhaps the program of your dreams doesn’t even know that you exist! The starting point is to send information about yourself to prospective colleges. Here are some tips to help you get started:

- Have an honest talk with your coach about your athletic ability. Your coach can give you some suggestions as to the size and type of program for which your talents are best suited.
- Treat this like a job search. Write a cover letter and résumé.
- Be certain to obtain the name of the college coach to whom you are writing. Most colleges have Web sites that will provide the information. Do not send impersonal mass mailings or information that is false or misleading.
- Research the colleges’ athletic and academic programs. Do not contact colleges for which you cannot meet the stated athletic and academic standards.
- If you receive profile forms or questionnaires from coaches, complete and return them as soon as possible.
- Send a letter with athletic and academic information to coaches at schools that interest you, and let them know you have a video available.
- Follow up with a telephone call from you, not your parents.
- Be patient.

Source: Rich East High School, Park Forest, Illinois

Handout 10D

Questions for student athletes to ask during the college visit

Before you make your first visit to a college campus, you should think carefully about the kind of information you will need during the college admissions process. Once you have decided what information you need, you'll be able to ask the right kinds of questions. The following are some good ones to get you started.

Ask the recruiter:

1. What position (event) do you want me to play (perform), and how many students are you recruiting for the same position?
2. What is your philosophy of offense? Defense? Are you considering any changes?
3. Will I be redshirted (that is, held out of competition for a season in order to remain eligible for a fifth year)?
4. If I need a fifth year, will the college finance it?
5. What happens to my scholarship if I'm injured or become ineligible?
6. Who do I see if I have academic problems?
7. Has drug use been an issue at your school or in the athletic program?
8. Are all injuries handled by a team insurance policy?
9. If injured, may I use my family doctor? Who determines my fitness to compete after an injury?
10. What is expected of players during the off-season?

Ask the players at the school:

1. What does your typical daily schedule look like? In-season? Off-season?
2. Approximately how many hours a night do you study?
3. What are the attitudes of professors in different fields of study? In my field of study? Toward athletes?
4. How do you like the living arrangements?
5. Do you have an academic adviser? Is he or she helpful?
6. Are the coaches available to help if you have academic problems?
7. Has drug use been an issue at your school or in the athletic program?

Sample thank-you note to the college coach after a college visit

Steve Downs
Soccer Coach
Athletics Department
Strong College
Springfield, MA 00000

Dear Coach Downs,

Thank you very much for meeting with me last Tuesday and going over the academic and athletic programs at Strong College. My parents and I were very impressed with the campus, the athletic facilities, and you as a coach. Your ambitions for the upcoming season are awesome—we were swept up in victory fever just walking those grounds with you. Needless to say, the trip was everything I expected it to be, and more. I'm not surprised that your school and athletic program enjoy such widely recognized reputations.

Although you seemed familiar with my credentials, I have enclosed a brief résumé outlining my academic and athletic accomplishments to date. If you have any questions, don't hesitate to ask.

Thank you again, Coach Downs, for the opportunity to meet with you and see the Strong College campus. Go Nighthawks!

Sincerely,

Source: The College Board.

The student athlete's résumé

The résumé should have all pertinent data, including your grade point average, SAT® or ACT scores, the sport you play, awards and honors received, personal statistics, and references (such as your high school coach, who will either call or e-mail the college coach to offer a recommendation). Where appropriate, include your time for sprints and longer distances. A field hockey coach, for example, may be impressed to know that you can handle a stick, but the coach may be even more impressed to learn how well you move—and how long you can continue moving.

The idea behind the résumé is to give coaches a quick idea of who you are, what you've done, and what your potential may be. If you play a sport such as tennis, by all means include your ranking. A college coach who is unfamiliar with the caliber of your competition probably won't be impressed to know that in your junior year you won most of your matches. The same coach will be impressed, however, to know that you were highly ranked and made it to the county or the state finals.

Statistics to include in a résumé, listed by sport

Baseball and Softball

Batting average
Fielding average
Earned run average, or ERA
(pitchers)
Win-loss record (pitchers)
Runs batted in (RBI)
Stolen bases

Basketball

Assists (per game)
Rebounds
Free-throw percentage
Field-goal percentage (2 point and 3 point)

Cross-Country, Track and Field

Distance in field events: Shot put, discus, long jump, triple jump
Height in field events: high jump and pole vault
Time and distance
Conference, invitational, or state places

Field Hockey

Goals
Assists
Blocked shots

Football

Tackles (defensive player)
Assists (defensive player)
Sacks (defensive player)
Interceptions (defensive/back/linebacker)
Fumbles recovered
Yards rushing (running back)
Receptions—yards, average, touchdowns
Attempts, completions, total yards passing/rushing (quarterback)
Punts—attempts, longest, average
Kickoff returns—attempts, longest, average
Points scored—touchdowns, extra points
Field goals—attempts, longest, average, total points scored

Golf

Scores
Handicap

Gymnastics

Events and scores
Conference, invitational, or state places

Soccer

Goals
Assists and blocked shots

Swimming

Event and times
Dives, difficulty, scores
Major conference, invitational, or state places

Tennis

Record and ranking
Major conference, invitational, or state ranking

Volleyball

Blocks
Assists
Kills
Aces

Wrestling

Individual record and at what weight
Season takedowns
Season reversals
Season escapes
Season 2-point and 3-point near fall points
Falls
Conference, invitational, or state places

Source: Adapted from material prepared by Libertyville High School, Illinois

The student athlete's résumé (page 2)

Sample Résumé

Student's name

1701 Independence Parkway
Plano, TX 75075
972 555-5555
seriousathlete@aol.com

Current School:

Plano Senior High School
2200 Independence Parkway
Plano, TX 75075
469 752-9300

Expected graduation: May 2010

SAT® Scores: 510 (critical reading) 630 (math) 540 (writing)
GPA 3.8 (4.0 scale)
Class Rank: 101/1170
Expected field of study: Engineering

Personal statistics

Date of Birth: November 12, 1992
Height: 5'9"
Weight: 164 lbs.
40-yard time: 4.95 secs.
100-yard time: 10.9 secs.
Mile time: 5.12 mins.

Athletic History:

- Soccer, freshman: left wing, junior varsity; 11 goals, 21 assists. Team finished second in league, 12-4.
- Soccer, sophomore: right wing, varsity; 9 goals, 24 assists. Team finished first in league; named Honorable Mention All-County.
- Soccer, junior: right wing, varsity; 23 goals, 19 assists. Team reached state quarter finals; named to third team All-State. Elected team captain for senior year.
- Track, sophomore year: quarter mile, best time, 52.8

References:

M. Weir
Varsity Soccer Coach
Plano Senior High School

P. Goldwater
Director
All-American Soccer Camp

Sources: Adapted from materials prepared by Plano Senior High School, Texas, and Libertyville High School, Illinois

What's the difference between Divisions I, II and III?

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100 percent of the minimum number of contests against Division I opponents -- anything over the minimum number of games has to be 50 percent Division I. Men's and women's basketball teams have to play all but two games against Division I teams; for men, they must play one-third of all their contests in the home arena. Schools that have football are classified as Football Bowl Subdivision (formerly Division I-A) or NCAA Football Championship Subdivision (formerly Division I-AA). Football Bowl Subdivision schools are usually fairly elaborate programs. Football Bowl Subdivision teams have to meet minimum attendance requirements (average 15,000 people in actual or paid attendance per home game), which must be met once in a rolling two-year period. NCAA Football Championship Subdivision teams do not need to meet minimum attendance requirements. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

Division II

Division II institutions have to sponsor at least five sports for men and five for women, (or four for men and six for women), with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50 percent of their games against Division II or Football Bowl Subdivision (formerly Division I-A) or Football Championship Subdivision (formerly Division I-AA) opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

NCAA Eligibility Center Certification Process

The National Collegiate Athletic Association (NCAA) Eligibility Center (EC) is responsible for the initial academic eligibility and amateurism certification process for prospective college-bound student athletes. All Prospective Student Athletes (PSA's) must register with the Eligibility Center for a determination of their eligibility for participation in athletics at NCAA Division I or Division II colleges and universities.

Application Procedures

- Log on to www.ncaaclearinghouse.net. The application fee is \$60.00. (Use Visa or Master Card). You may see Mrs. McCauley or Mrs. Frank for the eligibility criteria for a fee waiver.
 - ***Use only the Cleveland Heights High School Code: 361445**
 - **Create a personal identification number (PIN).**
 - **Record you PIN for future reference. You will need this number when communicating with the Eligibility Center.**
 - **Print and sign the NCAA Transcript Release Authorization copies 1 and 2.**
 - **Submit both forms to the Registrar, Mrs. Thornton in the Main Office. (You may leave your PIN with Mrs. Thornton to be used solely for the EC).**
 - **Be sure to submit Copy 2 of the Transcript Release Authorization form which authorizes Mrs. Thornton to send you final transcript.**
 - **When taking the ACT or SAT, request test scores to be sent directly to the Eligibility Center by using code "9999". SAT/ACT scores on your high school transcripts will not be accepted as official by the EC.**
- *All small schools use the same high school code.**

If you have further questions, please see your small school counselor or contact Mrs. McCauley, Guidance Liaison for Athletics and the NCAA Eligibility Center, in the Athletic Office.

Contact Information for the Eligibility Center:

NCAA Eligibility Center
P. O. Box 7136
Indianapolis, IN 46207-7136

Customer Service
Phone: 877-262-1492
Hours: 8:00 AM to 6:00 PM Eastern Time

Glossary

Blue-chipper. A highly capable student athlete—one who will be recruited by many colleges.

Club sports. Student organizations formed for competitive intercollegiate play. Most of these groups have coaches and do not receive funding. *See also* Intramural sports.

Core courses. Courses that are academic, college preparatory, and meet high school graduation requirements in one of the following areas: English, mathematics, natural/physical science, social science, foreign language, nondoctrinal religion, philosophy.

Core GPA: GPA in the courses the NCAA counts when determining eligibility.

Eligibility requirements. Academic standards that students must meet in order to participate in collegiate sports. See the description of each athletic conference (NCAA, NAIA, NJCAA) for current requirements. Eligibility standards change; an association's most recent requirements can be found on its Web site.

Grayshirt. An individual who is recruited out of high school but who delays enrollment in college for one or more terms.

Impact player: An athlete who is good enough to play during all four years.

Intramural sports. Teams organized by students (or faculty members) for recreational play. Teams are put together by a captain and compete with other teams in the same institution.

National Association of Intercollegiate Athletics (NAIA). A conference of nearly 300 small colleges. The NAIA promotes academic eligibility requirements, and some member colleges provide athletic scholarships.

National Collegiate Athletic Association (NCAA). A conference with more than 1,250 member colleges, offering 23 sports. Students must meet academic eligibility requirements in order to play in Division I or II (not Division III). NCAA Division I teams offer athletic scholarships to some students.

National Junior College Athletic Association (NJCAA). A conference of 510 two-year colleges. Students may transfer from an NJCAA college to a four-year NCAA college with no loss of eligibility or playing time.

National Letter of Intent (NLI): A legally binding contract in which the prospective student athlete agrees to attend a specified college for one academic year. In return, the college agrees to provide the individual with athletics financial aid for the academic year. The NLI is a voluntary program administered by the Collegiate Commissioners Association, not by the NCAA. Information can be found at www.national-letter.org.



Student Athlete _____

ID _____

Small School _____

INSTRUCTIONS:

You will need a 4SH form from your small school counselor or complete this form with your counselor. You will also need your most recent transcript and your ACT/SAT test results.

Section 1

Enter semester grades in the circles.

Section 2

Count the total # of each grade and Enter in appropriate circles. Multiply # of grades by the grade point and enter in appropriate circle. Add down both columns for total grades and total points.

Section 3

Enter point and grade totals from Section 2 in appropriate circles. Divide points by grades to find core G.P.A. Divide grades by 2 to find your total core classes.

Section 4

Enter best score from ACT/SAT tests by area. (Find this on your test result sheet).

Section 5

Find where your core GPA fits in and circle (if in between scores circle lower of 2 scores). Find and circle ACT subscore and/or SAT total score. Draw a line from your core GPA to the test scores. If you line is

SECTION-1

English

4 Units/8 Semesters

Math

2 Units/4 Semesters

(1 - Unit must be Level 3)

Social Science

2 Units/4 Semesters

Natural/Physical Science

2 Units/4 Semesters

(1 - Unit must be Laboratory Class)

Other Courses

2 Units/4 Semesters

(Any of above areas or foreign language, philosophy, or non-doctrinal religion)

Additional Course

1 Unit/2 Semesters

(English, Math, Natural/Physical Science)

SECTION-2

A's × 4 =

B's × 3 =

C's × 2 =

D's × 1 =

Total Grades Points

SECTION-3

Points ÷ Grades = Core G.P.A.

÷ =

Grades ÷ 2 = Core Classes

÷ 2 =

SECTION-4

ACT

English

Math

Reading

Science

Subscore

SAT

Verbal

Math

Total

GPA	SAT	ACT
1.550	400	37
1.525	410	38
1.500	420	39
1.475	430	40
1.450	440	41
1.425	450	42
1.400	460	42
1.375	470	43
1.350	480	43
1.325	490	44
1.300	500	44
1.275	510	45
1.250	520	46
1.225	530	46
1.200	540	47
1.175	550	47
1.150	560	48
1.125	570	49
1.100	580	49
1.075	590	50
1.050	600	50
1.025	610	51
1.000	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

GPA	SAT	ACT
2.750	720	59
2.725	730	59
2.700	740	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	880	71
2.375	870	72
2.350	880	72
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	84

- On Track
- Just Right
- Need Improvement