

<b>The Freshman Student-Athlete's Recruiting Checklist</b>		
<b>Completed</b>	<b>When?</b>	<b>Academics</b>
	Fall	Order or download and print a copy of the NCAA Guide for the College-Bound Student-Athlete and read thoroughly.
	Fall	Use Division I core course worksheet inside NCAA Guide to set specific academic goals and plan core course schedule. Even if you do not expect to play Division I athletics it is still smart to use the Division I worksheet so you are prepared in case things change.
	Fall	Meet with high school guidance counselor to inform him/her of your goal to play college athletics and to review your core course curriculum to make sure it matches with the NCAA approved core courses.
	Fall	Create Target List with 25 colleges you want to pursue (5 DI, 5 DII, 5 DIII, 5 NAIA, 5 Junior College (if applicable)).
	All	Maintain a minimum of a 3.0 grade point average.
	All	Take honors, AP, or Dual Enrollment classes if possible.
	All	Seek help from your teacher or a tutor if you are struggling in any subject area.
		<b>Athletic Competition</b>
	In Season	Ask an objective qualified third-party (such as a high school or club coach) for honest feedback about your strengths and weaknesses.
	In Season	Join a club or team outside of the high school that will provide more competition and better coaching (if applicable for your sport).
	In Season	Alert high school and/or club coach(es) of goal to play in college.
		<b>Recruiting</b>
	Fall	Do spot check of social media and any social networking sites (e.g. Facebook, Twitter, etc.). Make sure you always appear mature and there is no inappropriate information on public display.
	Summer	Prepare for phone conversations by role-playing with your parents or a recruiting coach. Review the questions the coach is likely to ask.
	In Season	Start to accumulate game or skills footage according to sport specific video guidelines.
	In Season	Demonstrate good sportsmanship after every contest/game/match and win or lose shake hands with all opposing coaches and officials. Look them in the eye and say "nice game". Opposing High School Coaches will remember you and you never know when college coaches are at the game.
	All	Email at least ten college coaches from your Initial Target List.
		<b>Summer Activities</b>
	Summer	Attend local camps/combines to see how you compare with other high school athletes.
	All	Steer clear of situations that could jeopardize your goals. Always make responsible choices.

<b>The Sophomore Student-Athlete's Recruiting Checklist</b>		
<b>Completed</b>	<b>When?</b>	<b>Academics</b>
	Fall	Order or download and print a new copy of the NCAA Guide for the College -Bound Student-Athlete and read it thoroughly. Look for any new rule changes
	Fall	Use Division I core course worksheet to review and update specific academic goals and track core course progress. Be sure core course requirements are being fulfilled.
	Fall	Meet with high school guidance counselor to review your academic progress, core course requirements and get national ACT and SAT testing dates.
	Fall	Review and update Target List of schools.
	All	Maintain a minimum of a 3.0 grade point average.
	All	Take honors, AP, or Dual Enrollment classes if possible.
	All	Seek help from your teacher or a tutor if you are struggling in any subject area.
<b>Athletic Competition</b>		
	In Season	Join a club or team outside of the high school that will provide more competition and better coaching (if applicable for your sport).
	In Season	Remind high school and/or club coach(es) of goal to play in college and be sure to inform any new coaches. Maintain positive relationships with all coaches.
<b>Recruiting</b>		
	Fall	Begin to create priority list and rank your Initial Target list.
	Fall	Update social media and networking sites. Update resume.
	Fall	Contact 5-10 college coaches at school syou would like to attend.
	Fall	Screen social networking sites (e.g. Facebook, Twitter, etc.). Make sure you always appear mature and there is no inappropriate information on public display.
	Fall	Create folders in inbox to organize emails from college coaches. Organize folders by division, recruiting category and college
	In Season	Schedule a follow up meeting with your coaches and athletic director to discuss your recruiting progress and ask if there is anything specific they think you should be doing to improve your chances of playing at the next level. Remember, it is important to keep these key people involved in your recruiting process but they may not have all the answers.
	In Season	Start to create a highlight or skills video using sport specific video guidelines, and continue to collect footage.
	In Season	Demonstrate good sportsmanship after ever contest/game/match and win or lose shake hands with all opposing coaches and officials. Look them in the eye and say "nice game".
	All	Keep coaches up to date on your progress through email.
<b>Summer</b>		
	Summer	Determine your Estimated Family Contribution (EFC) to familiarize yourself with the collegiate financial aid process.
	Summer	Consider attending camps and combines to build skills, speed or strength, and see how you compare with other high school athletes.
	All	Steer clear of situations that could jeopardize your goals. Always make responsible choices.

### The Junior Student-Athlete's Recruiting Checklist

Completed	When?	Academics
	Fall	Begin ACT/SAT preparation.
	Fall	Order or download and print a new copy of the NCAA Guide for the College-Bound Student-Athlete and read it thoroughly. Look for any new rule changes.
	Fall	Meet with high school guidance counselor to review your academic progress and core course requirements.
	Fall	Review and update Target List
	Winter	Take the ACT and/or SAT. Request the test scores be sent to the NCAA Eligibility Center by marking "9999" in the code box where indicated.
	Spring	<b>Register with the NCAA Eligibility Center and make sure your high school counselor sends your transcripts at the end of junior year.</b>
	Spring	Begin the "amateurism certification process" questionnaire on the NCAA Eligibility Center's website.
	All	Maintain a minimum of a 3.0 grade point average.
	All	Take honors, AP, or Dual Enrollment classes if possible.
	All	Seek help from your teacher or a tutor if you are struggling in any subject area.
		<b>Athletic Competition</b>
	In Season	Join a club or team outside of the high school that will provide more competition and better coaching (if applicable for your sport). Play at the highest level possible and look for a team that competes at major tournaments and showcases (if applicable for your sport).
	In Season	Remind high school and/or club coach(es) of goal to play in and be sure to inform any new coaches. Maintain positive relationships with all coaches.
		<b>Recruiting</b>
	Fall	Schedule game day visits (if applicable for your sport).
	Fall	Update Target list. Consider how interested the coaches seem in you.
	Fall	Screen social networking sites (e.g. Facebook, Twitter, etc.). Make sure you always appear mature and there is no inappropriate information on public display.
	In Season	Finish highlight or skills video and highlight. Send video to college coaches. Always notify coaches prior to sending video and follow up to see if they have watched it. Once you know they have viewed your video, ask what they thought
	In Season	Meet with coaches and athletic director to assess progress towards goals. Remember, it is important to keep these key people involved in your recruiting process but they may not have all the answers.
	In Season	Demonstrate good sportsmanship after every contest/game/match and win or lose shake hands with all opposing coaches and officials. Look them in the eye and say "nice game".
	All	Keep all coaches up to date on your progress through email.
		<b>Summer</b>
	Summer	Consider attending top showcases if applicable for your sport.
	Summer	Continue ACT/SAT prep and register to re-take test(s) if needed.
	Summer	Get a head start on applications and write first draft of all application essays (if necessary).
	All	Steer clear of situations that could jeopardize your goals. Always make responsible choices.

### The Senior Student-Athlete's Recruiting Checklist

Completed	When?	Academics
	Fall	Complete FAFSA form.
	Fall	Re-take the ACT and/or SAT if necessary. Request the test scores be sent to the NCAA Eligibility Center by marking "9999" in the code box where indicated. Take the SAT II test if considering highly selective schools. Update improved test scores and grades with the NCAA Eligibility Center.
	Fall	Order or download and print a new copy of the NCAA Guide for the College-Bound Student-Athlete and read it thoroughly. Look for any new rule changes
	Fall	Meet with high school guidance counselor to review your academic progress and core course requirements.
	Fall	Review and update Target List.
	Winter	Finalize and submit all applications.
	Winter	Discuss financial aid with college coaches and fill out aid applications with direction from coaches.
	Winter	Submit FAFSA form on January 1st!
	Spring	Review Student Aid Reports (SAR) to determine best package. Consider appealing through financial aid office.
	Spring	At the end of the school year ask the high school guidance counselor to send a copy of your final transcript and proof of graduation to the NCAA Eligibility Center
	All	Apply for outside scholarships.
	All	Maintain a minimum of a 3.0 grade point average. First semester of senior year grades are critical!
	All	Seek help from your teacher or a tutor if you are struggling in any subject area
		Recruiting
	Fall	Schedule official visits.
	Fall	Prior to signing day, ask top coaches where you stand on their recruiting list. Revise search to include more realistic schools if necessary
	Fall	Begin scholarship negotiation early in senior year.
	Fall	Screen social networking sites (e.g. Facebook, Twitter, etc.). Make sure you always appear mature and there is no inappropriate information on public display
	All	If interested in a specific college who did not send recruitment information, contact the coach, introduce yourself and fill out a questionnaire if you meet the minimum academic and athletic qualifications. Ask if they are still looking for prospects at this stage.
	All	Keep all coaches up to date on your progress through email.
		Summer
	Summer	Congratulations! You are now ready to prepare for your collegiate athletic career! Follow your summer workout schedule closely and meet with a trainer if you need help.
	All	Steer clear of situations that could jeopardize your goals. Always make responsible choices.

# NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

## Divisions I and II Initial-Eligibility Requirements

### Core Courses

- **NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.
  - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

### Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score 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 following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

### Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive **athletics aid and practice on or after August 1, 2016**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for **competition on or after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

#### **DIVISION I 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 comparative religion/philosophy).

#### **DIVISION II 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 comparative religion/philosophy).

#### **DIVISION II 16 Core Courses (2013 and After)**

- 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).
- 3 years 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 comparative religion/philosophy).



Eligibility  
Center

**NCAA Eligibility Center  
Contact Information**

**Toll-Free Phone Number for the Membership**

877/544-2950

**Toll-Free Phone Number for Prospective Student-Athletes and Parents**

877/262-1492

**Phone Number for National Letter of Intent Program**

317/223-0706

**General Fax Number**

317/968-5100

**Eligibility Center Mailing Addresses**

For transcripts, 48H, Core Courses, etc.  
NCAA Eligibility Center  
Certification Processing  
P.O. Box 7136  
Indianapolis, IN 46207-7136

Overnight/Express Mail  
NCAA Eligibility Center  
Certification Processing  
1802 Alonzo Watford Sr. Drive  
Indianapolis, IN 46202

General Eligibility Center Mail  
NCAA Eligibility Center  
P.O. Box 7110  
Indianapolis, IN 46207-7110

National Letter of Intent  
National Letter of Intent  
P.O. Box 7132  
Indianapolis, IN 46207-7132

<b>Sliding Scale A</b>		
<i>Use for Division I prior to August 1, 2016</i>		
<b>NCAA DIVISION I SLIDING SCALE</b>		
<b>GPA</b>	<b>SAI</b>	<b>ACT</b>
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

<b>Sliding Scale B</b>			
<i>Use for Division I beginning August 1, 2016</i>			
<b>NCAA DIVISION I SLIDING SCALE</b>			
<b>GPA</b>	<b>GPA</b>	<b>SAI</b>	<b>ACT</b>
<i>(Overall and Academic)</i>	<i>(for Competition)</i>		<i>(SAT)</i>
3.550	4.000	400	37
3.525	3.975	410	38
3.500	3.950	420	39
3.475	3.925	430	40
3.450	3.900	440	41
3.425	3.875	450	41
3.400	3.850	460	42
3.375	3.825	470	42
3.350	3.800	480	43
3.325	3.775	490	44
3.300	3.750	500	44
3.275	3.725	510	45
3.250	3.700	520	46
3.225	3.675	530	46
3.200	3.650	540	47
3.175	3.625	550	47
3.150	3.600	560	48
3.125	3.575	570	49
3.100	3.550	580	49
3.075	3.525	590	50
3.050	3.500	600	50
3.025	3.475	610	51
3.000	3.450	620	52
2.975	3.425	630	52
2.950	3.400	640	53
2.925	3.375	650	53
2.900	3.350	660	54
2.875	3.325	670	55
2.850	3.300	680	56
2.825	3.275	690	56
2.800	3.250	700	57
2.775	3.225	710	58
2.750	3.200	720	59
2.725	3.175	730	60
2.700	3.150	740	61
2.675	3.125	750	61
2.650	3.100	760	62
2.625	3.075	770	63
2.600	3.050	780	64
2.575	3.025	790	65
2.550	3.000	800	66
2.525	2.975	810	67
2.500	2.950	820	68
2.475	2.925	830	69
2.450	2.900	840	70
2.425	2.875	850	70
2.400	2.850	860	71
2.375	2.825	870	72
2.350	2.800	880	73
2.325	2.775	890	74
2.300	2.750	900	75
2.275	2.725	910	76
2.250	2.700	920	77
2.225	2.675	930	78
2.200	2.650	940	79
2.175	2.625	950	80
2.150	2.600	960	81
2.125	2.575	970	82
2.100	2.550	980	83
2.075	2.525	990	84
2.050	2.500	1000	85
2.025	2.475	1010	86
2.000	2.450	1020	86
	2.425	1030	87
	2.400	1040	88
	2.375	1050	89
	2.350	1060	90
	2.325	1070	91
	2.300	1080	93

For more information, visit the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

# THE BLUE DISK

# How do Athletic Scholarships Work?

**Does the NCAA award athletics scholarships?** No. Individual schools award athletics scholarships, but athletics grants-in-aid are partially supported through the NCAA revenue distribution. NCAA Division I and Division II members provide more than \$2 billion in athletics scholarships annually to more than 126,000 student-athletes. Division III members do not offer athletically-related financial aid.

**Is an athletics scholarship guaranteed for four years?** Athletics scholarships, like most merit-based scholarships, are limited to one academic year. The school must notify the student-athlete in writing by July 1 whether the athletics scholarship will be renewed for the next academic year. Athletics scholarships may be renewed for a maximum of five years within a six-year period of continuous college attendance. If a student-athlete's aid will be reduced or canceled, the college or university must provide the student-athlete with an opportunity to appeal. In most cases, the coach decides who gets a scholarship, what it covers and whether it will be renewed.

**What do athletics scholarships cover?** Per NCAA guidelines, full scholarships cover tuition and fees, room, board and required course-related books. Many student-athletes receive athletics scholarships that only cover a portion of these costs.

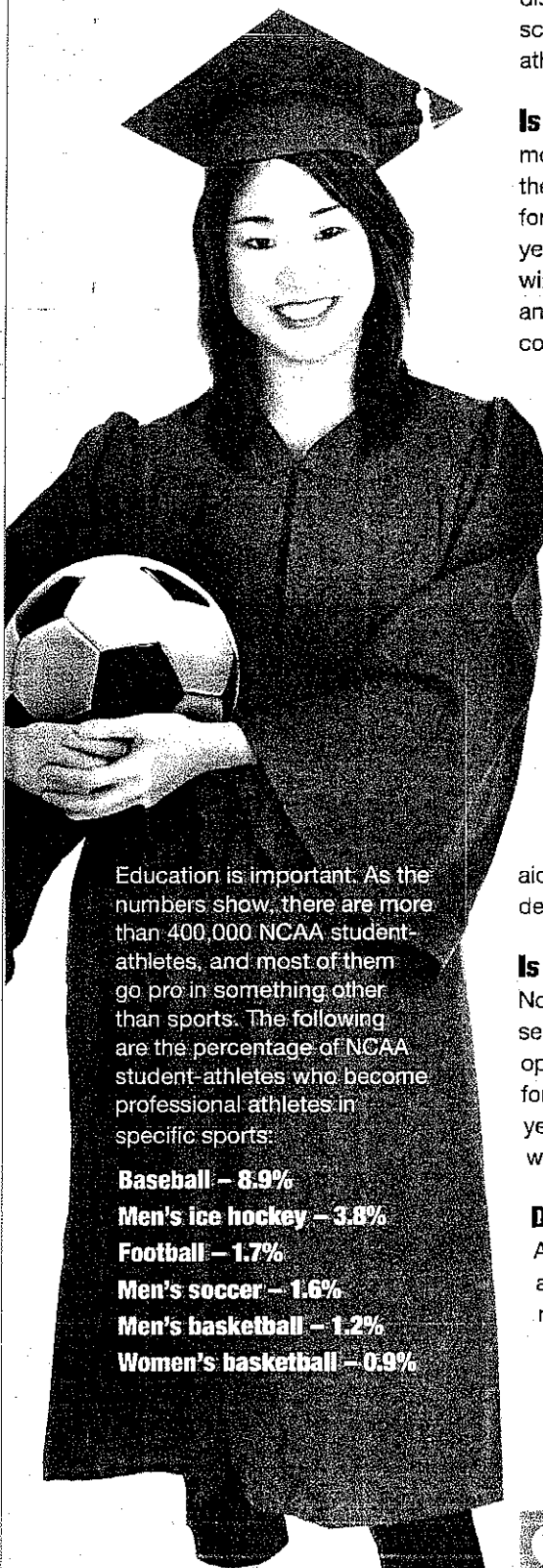
**What is a full athletic scholarship worth these days?** At an in-state, public school in 2009, the NCAA estimates the average yearly value of a full scholarship at just more than \$15,000. For an out-of-state public institution, the average cost is approximately \$25,000 per year. Full scholarships at private schools average slightly more than \$35,000. *USA Today* recently estimated the value of a full athletics scholarship at \$120,000 per year. But the real value of athletics scholarships is intangible. Without them, many student-athletes would be unable to pursue their athletics and academic dreams.

**Can student-athletes receive other non-athletic financial aid?** Yes. Thousands of student-athletes benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and noninstitutional need-based aid such as Federal Pell Grants. Student-athletes and parents should check with their athletics department or college financial aid office regarding permissible sources of financial aid.

**Is an athletics scholarship the same thing as a National Letter of Intent (NLI)?** No, but they are often confused with each other. They actually are separate documents with separate purposes. The NLI seeks to limit recruiting pressure by providing the prospect an opportunity to make a binding commitment to a school, while the athletics scholarship sets forth the amount of financial aid the student-athlete will be receiving for the next academic year. The NLI must be accompanied by an athletics scholarship to be valid. You can visit [www.national-letter.org](http://www.national-letter.org) for more information about the NLI.

**Do many high school athletes earn athletics scholarships?** Very few, in fact. According to recent statistics, about two percent of high school athletes are awarded athletics scholarships to compete in college. Academic, not athletics, achievement is the most reliable path to success in life.

**Do many NCAA student-athletes go on to play professionally?** Even fewer! Of the student-athletes participating in sports that have professional leagues, very few go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college.



Education is important. As the numbers show, there are more than 400,000 NCAA student-athletes, and most of them go pro in something other than sports. The following are the percentage of NCAA student-athletes who become professional athletes in specific sports:

**Baseball – 8.9%**

**Men's ice hockey – 3.8%**

**Football – 1.7%**

**Men's soccer – 1.6%**

**Men's basketball – 1.2%**

**Women's basketball – 0.9%**



For more Behind the Blue Disks, go to [www.NCAA.org/bluedisks](http://www.NCAA.org/bluedisks).