

# SportsHopes

## Highlights

a Tiny Publishing

Summer 2011

### *High School to College Pathway Student-Athlete Support*

[www.sportshopes.org](http://www.sportshopes.org)

Hello Community!

A hot topic in the news of late is that of increasing the “value” of athletic scholarships to help collegiate student-athletes cover the costs of items not normally included in athletic scholarship dollars, such as travel home, laundry and other incidentals as per a 7/22/2011 USA Today article noting the NCAA:

<http://content.usatoday.com/communities/campusrivalry/post/2011/07/ncaa-president-mark-emmert-big-ten-conference-commissioner-jim-delany-sec-commissioner-mike-slive/1>

**"There's certainly consensus around a notion that we need to make sure we're providing our student-athletes with a fair shake." - Mark Emmert, President, NCAA, 7/22/2011**

The idea to increase the value of athletic scholarships is a reasonable one, as many student-athletes (especially those from low-income households) cannot afford to travel home, nor have dress clothes and shoes for special college functions, nor a computer, cell phone or movie night out with friends.

Colleges can help by providing student-athletes with Work Study opportunities should they be eligible for Work Study dollars, however with many high-level sports programs requiring up to 20 hours a week of a student-athlete's time (or more) as noted in a January 2011 USA Today article, the student-athletes have their hands full with academics and athletics, and little time to work except in off-season periods that may be better used for rest and recuperation.

[http://www.usatoday.com/sports/college/2011-01-14-ncaa-survey\\_N.htm](http://www.usatoday.com/sports/college/2011-01-14-ncaa-survey_N.htm)

In order to compete in a collegiate sport a student-athlete is required to be a fulltime student with a full load of courses. At many four-year colleges this translates to 12 units or more.

A question to ask is whether all collegiate student-athletes, not just the athletic scholarship ones, should receive some type of compensation for putting in the same hours, energy, effort and passion? Collegiate sports are filled with skilled, unpaid, willing workers, our student-athletes. Most collegiate student-athletes are not receiving any athletic scholarship dollars. The majority fund their own educations through student and/or parent loans, hopefully combined with other grants or scholarships they have applied for or been awarded by the college, but outside of athletics. What is created by a lack of equitable compensation is a system of various tiers and castes of collegiate student-athletes.

A few years ago the head football coach at a U.S. Service Academy mentioned the importance of the “stipend” program that the U.S. Service Academies provide monthly to all of their students: The ability for all to be on the same level, not have's and have not's where one student can go out for pizza every Friday night and one can't, but a sense of equity and fairness, something for ALL. A thought to ponder is would you be willing to work 20 hours a week for free at a college while at the same time pay for your own college education? It will be interesting to see what the NCAA and colleges decide to do, maybe a W2?

- J.O. SportsHopes

## SportsHopesSnapshots

*You have to want it ~ I want to go to college ~ Get busy!*

Sitting on the curb waiting, paper heart exposed, wrinkled and ink blotched from the vain words of unfinished poems  
 Sitting on the curb skimming the pages of a novel marked "Eyes of a Poet" as if what they see is any different  
 "Poetry is a deal of joy and pain and wonder, with a dash of the dictionary"  
 So I sit on this curb meditating on the literary trying to manufacture a piece that separates me from the ordinary  
 "A poet can survive everything but a misprint," I've sent what I've written and haven't heard a reply since  
 Sitting on the curb wondering if poetry is germane to my existence  
 I watch everyone fade in the distance  
 Time moves just as slowly as the pen I write with does on the paper.

- By Marvin Towles, Class of 2011, Tennyson High School, Hayward, CA

### On Their Way....



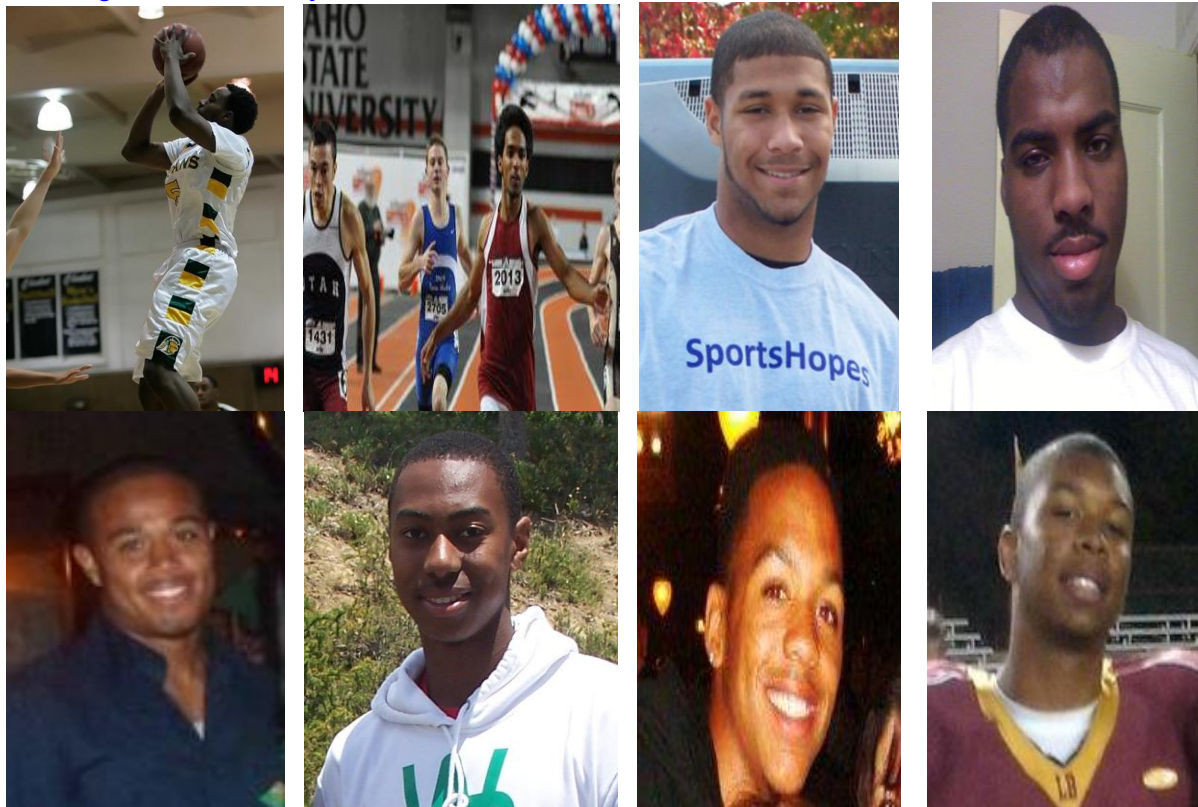
(L-R) **Marvin Towles** (Tennyson HS > Georgia Highlands) The trackster/jumper is heading to college in Georgia to focus on his music and poetry; **Celeste Martore** (SR, Castro Valley HS) is a standout soccer player who will sign her LOI with UC Berkeley in February. Older brother **Anthony Martore** (Castro Valley HS > UCLA) will compete in cross country and track and major in Economics; **Elham "Ellie" Dehdari** (Castro Valley HS > CSU San Jose) plans to study kinesiology and hopes to walk-on to the soccer program; **Dominic Revelez, Jr.** (Dublin HS > Willamette University, Oregon) is heading to fine academics and football at this DIII college; **BriAnna Miller** (Castro Valley HS > CSU Sacramento) will compete in track and field and work hard towards a career in Criminal Justice; **Ben Eversole** (Castro Valley HS > Columbia University, NY) shown with mother, Jane, and father, Ron, is a brilliant mind with a future of political studies ahead of him; **Rhomel Clarke** (Mt. Eden > CSU East Bay) is a 100m-800m trackster and soccer player who will compete at the collegiate level for his own backyard; **Taofeqat "Tobi" Alii** (Castro Valley > Lehman College, NY) just completed her first year of college and is already making a name for herself as a track and field competitor in the CUNY Athletic Conference. Tobi was named the 2011 CUNYAC "Women's Rookie of the Year" and here's the link:  
[http://www.lehmanathletics.com/news/2011/5/25/WOTRACK\\_0525112134.aspx](http://www.lehmanathletics.com/news/2011/5/25/WOTRACK_0525112134.aspx)

## On Their Way....



(L-R) Castro Valley High School 2011 graduates head to college: **Ben Davis**, 400m/jumps (Stanislaus State); **Sulayman "Solo" Diomande**, decathlete/multis (Stanislaus State); **Juan Berman**, mid/distance runner (Chabot College); **Damion Rosby**, 100-200m sprinter (Stanislaus State) are upstanding young men who take the time to regularly volunteer in their community.

## Focusing On Their Pathways....



(L-R) **Roderick Bobbitt** (Castro Valley HS > Indian Hills Community College, Ottumwa, IA) the 6'2" basketball MVP point guard led CV to a 30-2 record in 2011; **Vivashwan "Viv" Shetty** (James Logan HS > SF City College) has 2011 Simplot stats 6.97 60m, 22.32 200m, 22'9.5" LJ and earlier in season 11.05 100m and 43'4.25 TJ. He is 4-year college eligible; **Ashawndaus "Ash" Woods** (Hayward HS > Chabot College) is a 6'3" 200 lbs. football DB and plans to transfer mid-year to a 4-year college; **Darnell Reed** (Castro Valley/Alameda HS > Laney College) is a 6'2" 205 lbs. football WR/DB who will red-shirt at Laney first season and transfer after second season mid-year; **Cameron Davis** (St. Mary's High > Contra Costa CC) the 6'1" 230 lbs. athletic OLB/ILB plans to transfer mid-year; **Alex Foster** (Castro Valley > S.F. City College) the 6'4" track/basketball athlete will focus on track only. He has a 49.86 400m, 6'2" HJ and has also competed in the hurdles; **Donte Williams** (Los Banos HS > DeAnza College) the 6' trackster has an 11.46 100m, 5'8" HJ and also competes in the 200m and 400m; **Daniel Burkart** (Los Banos High > undecided) The 6' 200 lbs. athlete competed in three sports in high school (football DL/DN, wrestling and track & field - shot putter) and is searching for a local community college to call home for the next two years.



### Working Hard In High School....



(L-R) **Terrence "TJ" Daniel** (SR, Bishop O' Dowd HS, Oakland) The 6'6" 220 lbs. multi-talented football and basketball player is hearing from a lot of colleges and has attended numerous invitational camps for both sports this summer: <http://recruiting.scout.com/a.z?s=73&p=8&c=1&nid=5241944> Track sprinter and jumper **Taylor Hollis** (SR, Newark Memorial HS, Newark) has top academics as well as a 26.20 200m, 56.98 400m and also competes in 800m and LJ. **Taylor Presley** (SR, Newark Memorial HS, Newark) is a 5'4" powerful and quick volleyball libero who can also play outside/right hitter and competes in track. **Jacob Boisse** (SO, Castro Valley HS, Castro Valley) is a black belt in karate and a new mid/distance runner who knows where he wants to go: U.S. Naval Academy. His father, James, was a Marine for 22 years (now retired) and served in Afghanistan.

### Leadership and Community Service Count!



(L-R) SportsHopes Student-Athlete Mentors **Ben Davis**, **Dominic Revelez**, **BriAnna Miller**, **Alyssa Boisse** and **Damion Rosby** volunteer at a local SportsHopes ewaste collection fundraiser held on July 16. **BriAnna Miller**, **Dave Ellington**, **Florence Valentine**, **Ben Davis**, **Jennifer Oliver** and new volunteer, **Jacob Boisse**, are shown at same event in second photo. Dave and Florence are SportsHopes officers. Jennifer is the founder of SportsHopes. Not pictured: Volunteers **Dominic Revelez, Sr.** and **Kyra Rosby**, and **Lynda Foster**, a SportsHopes officer. *Ewaste collections help keep electronic waste out of landfill where it is illegal to dispose of and hazardous. Collections are done in partnership with a licensed and certified ewaste recycling company which allows for proper and safe recycling of leaded glass, plastics, metals and other materials.*

### ~ Welcome New Student-Athlete Mentors ~

Alex Foster: "I Can't is never used in an athlete's vocabulary."  
 Ash Woods: "Hard work has its reward, more hard work and opportunities to succeed."  
 Ben Davis: "It is far better to compete than regret, so give it your all."  
 BriAnna Miller: "Change your work ethic or change your goals!"  
 Damion Rosby: "Whatever you want in life go get it, as it might not come to you."  
 Dominic Revelez, Jr.: "Strong faith never quits under pressure."

## Build a Stadium

by Jennifer Oliver

Long-time Castro Valley resident, San Leandro business owner, youth sports coach and community volunteer, Martin Capron, has done it twice: Let's Build a Stadium. With a love of sports and health, a gift of logical debate and communication, and a never-ending level of high energy, action-taker Capron is a perfect example of the type of person needed to lead the way for change when potential public projects present themselves, such as in the case of dilapidated, aged and unsafe high school stadiums.

Most have sat in them. Some have competed in them. Worn, rickety, wobbly and splintered wood bleacher structures overlooking dusty dirt and pebble tracks that surround lumpy formerly green lawn playing fields now decorated with brown patches, gopher holes and other hazards. Concession stand shacks built long ago, uneven walkways with raised edges, inadequate sound systems and lighting along with a lack of parking all contribute to the cause to make the case for building something new. In the cases of the onsite Castro Valley High School stadium facility and the offsite San Leandro High School stadium facility, Martin Capron was and is the right person for the job to bring change: Total re-builds from the ground up for both with repairs and renovations to additional school district facilities. Capron is the founder of the Castro Valley Sports Foundation and the San Leandro Sports Foundation, Inc.

Per Capron, "You have to have a vision, and one of the harder things to do to reach that vision is getting people on the same page and getting people to want to move forward with the vision. One of the easier things to do is to come up with a better facility and design: This is what we have, this is what we want and need, and this is what we could have and what it would look like."

### **Castro Valley Sports Foundation - <http://www.castrovalleysportsfoundation.org/>**

"In July 2000 I had a first meeting with the Castro Valley Unified School district school board and superintendent to discuss re-building the Castro Valley High School stadium. It took some time to get this meeting as it takes time to raise interest. It is important to be persistent and overcome objections and political interests. Politics pull in all directions and unless people support you there will be no support. You have to create a broad scope of awareness and in the case of a stadium show that the importance is not the facility itself, but the end result of healthier and happier citizens where community pride, safety and revenue-producing opportunities can exist, and where youth can have opportunities to excel."

"Connecting all the powers that be into one bucket is hard to do. The first meeting with CVUSD was not overly eventful, but it did provide a chance to open doors of discussion as well as create a movement and grow community activists: People who want to get things done."

"The Castro Valley Sports Foundation was founded and incorporated in January 2002. The founders included four local citizens, Bob Duey, George Pacheco, Jim Phillips and me. Each founder donated \$500 to fund the cost of incorporation and basic organizational needs. In March 2002 the CVSF filed for 501c3 status as a nonprofit corporation to provide charitable assistance and support for sports and athletics in the town of Castro Valley, CA. The first goal was to replace the 50-year old stadium."

"In the late fall of 2002 the CVSF recruited and elected 13 founding board members (in retrospect seven would have been a more common number) who would also serve as sponsors. Each contributed \$5,000 to assist in the start of a campaign to present to community a vision for a new stadium, and it can't be an abstract vision, it's got to be a specific and fantastic vision. The board members and the funds they contributed provided critical support and breathing room for the cause."

"Throughout 2003 we talked with people in the community and presented Power Point presentations at meetings of various groups such as Chamber, Rotary, businesses, sports clubs and youth organizations, as well as at luncheons, spaghetti feeds, award banquets and school events. We fundraised throughout the year by selling raffle tickets at events and selling CVSF memberships and merchandise. We held donation campaigns and even held a carnival complete with rides and games." CV re-build presentation:

<http://www.sportshopes.org/wordpress/pdfs/CVSF-CV-Sports-Stadium-re-build-presentation.pdf>

"We held luncheons and invited the heavy hitters in community to attend, as you need to bring in the folks who can assist financially and politically. You've got to get people attached to the vision. Even people who didn't use the facility wanted to see improvement, dollars spent at home and not at the state nor federal levels. People who didn't like the initial idea of a new stadium changed their minds. It is critical to form relationships, draw people in, get them attached to the vision and at the ground floor first. Sponsorships and memberships helped to enable that."

"In 2003 local business man, Jim Knuppe, and his wife, Bobby, offered to match whatever funds the CVSF raised up to \$100,000, and it happened. In 2004 a check for \$100,000 was presented to the Castro Valley Unified School District school board to demonstrate the seriousness of the vision and campaign for a new stadium. The CVUSD school board now felt confident that the community would support re-building of the stadium."

"Former CVUSD Deputy Superintendent Jerry Macy (now retired) was instrumental in taking the vision and pulling everything together, the whole process of costs and design, brick and mortar, and what it would take to get the job done well and get the job done the right way."

"In August 2005 the CVUSD school board agreed to put bond Measure B on the November ballot for \$44 million dollars for a new stadium and other district-wide campus improvements that included safety and earthquake retrofits. CVUSD voters had to vote and approve the bond with a 55% approval ratio. The bond was approved by approximately 64%, almost two-thirds, a victory for this type of measure."

"While \$13 million was the original dollar amount planned for the stadium re-build the final amount ended up being closer to \$16 million due to issues beyond local control such as the economy. In addition, in 2005 Hurricane Katrina impacted the availability of building supplies and materials and these costs increased. The \$16 million covered building a brand new stadium from the ground up with an eight-lane all-weather track, multi-sport artificial turf field, stadium seating for 4,000 with spacious standing room for more, a new concessions building and restrooms, new fencing, lighting, sound system, walkway, parking – the whole environment. Also, improvements were made to the nearby baseball fields and tennis courts. The stadium and surrounding environment were 50-years old and too old to consider only renovating. A new stadium should last another 50 years."



**Castro Valley High School facility - old and new (2007 after re-build)**

"All the planning on how to best succeed went on before the bond measure was presented: What areas and items need to be addressed; what are the priorities; put a little something in the bond measure for everyone; include every campus school site in the improvement process; everyone has a stake."



“Before and after the bond was approved community meetings were held to discuss the facility design and usage. Bring all interested parties together: Experts; district connections; and user groups such as the school district, recreation departments, youth and adult sports teams and clubs. Create a design committee. What are the features wanted, needed and how is the facility to be used?”

“Jerry Macy was key to obtaining schematics from numerous architects to draw out plans of what the stadium could look like, and key to obtaining numerous bids from general contractors. The architect chosen was chosen based on their expertise, interest, work detail, past projects and the dollars made sense. Plans were then distributed to numerous general construction contractors for bids. The entire process was overseen by the CVUSD school board. A general contractor was chosen and in June 2006 the old stadium was torn down, the land leveled and new construction began. By September 2007 the new stadium was ready for use in time for football season.”

### **San Leandro Sports Foundation, Inc. - <http://www.slsfi.org/>**

“The San Leandro Sports Foundation was founded and incorporated in June 2009 as a 501c3 with the main objectives of re-building the aging sports stadium and surrounding environment in San Leandro, as well as to support health and fitness activities in the school district and city of San Leandro, CA.”

“The founding officers of the SLSF are David Ellington, Deb Vandiver, Ken Pon, Sheila Young and me. Throughout 2009 similar processes were followed to raise funds, raise awareness and create credibility for the organization. Various events including a Fitness Fair/Teen Challenge have been held.”

“In 2009 it was recognized that the offsite Burrell Field (football stadium and track) and surrounding Pacific Sports Complex, as well as the high school pool facility, were in such a state of disrepair that they were too costly to maintain and limited in their usability. In essence, valuable real estate not being used anywhere near its full potential. As public properties they should be taken care of and viewed much the same as private property: Maximum productivity and maximum results. We should maintain the highest possible standards of our public properties to make best use of our tax dollars. How do we fix public property? We all own it. We need public dollars.”



### **San Leandro’s Burrell Field and Pacific Sports Complex - old and proposed (2010 prior to re-build)**

“In late 2009 and into 2010 the SLSF met with a consultant to discuss prospects of a successful bond measure on the November 2010 ballot. In addition we worked closely with the City of San Leandro and the San Leandro Unified School District. Both entities were very encouraging and enthusiastic about the vision and opportunities to solve decade-long problems of facilities in need of repair,” says Capron.

"The SLUSD and school board held several community meetings to discuss opportunities to raise funds for these projects. There was a lot of soul-searching and prioritizing of what needed to be done and what costs would be determined."

"Throughout 2010 we met with and presented to various organizations, clubs and businesses to create awareness and provide knowledge of needs. In the summer of 2010 we formed a very competent campaign committee and retained a very good campaign manager who had success in the area of school bonds. By this time the school board trustees had identified the needs and identified the amount of funds needed to move forward with re-building and repairs, and identified what the community was willing to support in a bond measure: A bond measure that would generate \$50 million in revenue."

"A rigorous and well organized campaign followed (despite well-financed opposition) as the citizens of San Leandro recognized the value, urgency and importance of moving forward. The bond, Measure M, was approved by approximately a two-thirds margin (55% was required)."

Per Capron, "A design committee comprised of user groups and interested parties continue to meet now to work out and plan the necessary elements of the projects, the central project being the re-building and repairing of Burrell Field, the Pacific Sports Complex and the swimming pools. Smaller projects are planned as well for almost every campus in the school district."

"As of now the architects have been hired, construction bids will be obtained in the near future, and actual construction is planned to begin in April 2012 with completion anticipated for late 2013."

### **What is a school bond?**

"A school bond is a measure that school districts can place on a ballot to raise revenue for capital projects within a district (district-specific) and stays within the community. Depending on the amount of revenue needed (how big the bond is) will determine the amount a property owner's (homeowner, apartment building owner, commercial building owner) property will be assessed. The assessed property value will determine what a property owner pays annually to pay back a bond. Payoffs can average 20-30 years dependent on variable factors such as home value, interest rates and the economy. Key to passage of a bond is 55% approval by voters within the district."

***Words of Inspiration from Martin Capron: "Just dream, pursue your dream, get there and do it!"***



**Martin Capron -**  
**Martin@MJCBenefits.com**

***Note - The SLSF is holding a Spaghetti Feed on August 11, Thursday in San Leandro. Call 510-895-1980 or order tickets online: [www.slsfi.org](http://www.slsfi.org)***

### **Martin Capron...**

- Is a graduate of Soquel High School in Soquel, CA.
- Graduated from University of California, Davis, with a BS in Environmental Planning and Management.
- Is a cancer survivor. Over 1987-1988 he battled lymphoma.
- Has been married to wife, Gloria, for over 21 years. Gloria owns and manages two local yoga studios.
- They have one child, a son attending a California State University.
- Martin has been a volunteer coach for many local youth sports including baseball, football, soccer and track & field.
- Is currently an assistant track & field coach at San Leandro High School.
- Enjoys back-packing in the wilderness, weight training, cooking, working in the yard and spending time with his family and friends.
- Is a business professional and the owner of an independent insurance brokerage specializing in health insurance for individuals, families and small groups.

***Martin, thank you for all you do for our community. - SH***

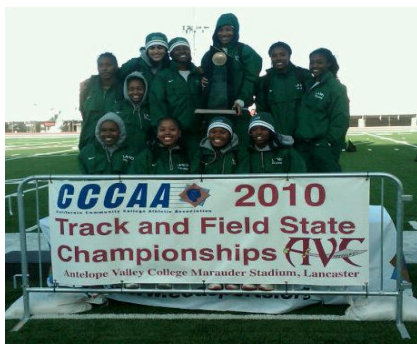


## Curtis Taylor's Summer Training Tips

Summertime is a time for having fun, hanging out, vacations and traveling, barbeques and keeping late nights. But if you aspire to be a high level athlete or you want to continue competing at a high level, there are several things you need to consider during this time:

1. **REST.** Make sure you get enough rest over the summer. This doesn't mean sleeping in all day, but does mean going to bed at a reasonable time and getting up at one. Eight hours of sleep is great for getting the body to regenerate. Too much or too little rest can have a negative effect on the body. Try to get as many days of full rest as you can.
2. **HYDRATE.** Muscles consist of 70% of water. Make sure you don't dehydrate if you're spending a lot of time outside. Since the days are longer you are exposed to more heat and sun which can cause you to dehydrate without even knowing it. You should drink half of your body weight in ounces of water per day. If you weigh 140 lbs. you should be drinking at least 70 ounces of water daily, which is almost nine cups! Remember this rule: If you are thirsty it is probably already too late, so carry water with you!
3. **EAT RIGHT.** Try to avoid the fast foods, particularly the fried foods and sugary and salty snacks such as candy bars, potato chips, donuts and fries, etc. Sometimes you may go to places where you can't avoid these foods (vacations, family reunions, airports, etc.), but when you do indulge just make sure you eat less of it. Don't eat the whole bag of chips or the whole order of fries. Don't super-size your order! Eat about one-third less than you would normally eat. Try to use fresh fruits, yogurt and/or nuts as a snack, and don't be afraid to eat a salad when you can. A multi-vitamin can help to keep you balanced in terms of your vitamin intake.
4. **Last but not least, TRAIN.** Try to get with a regular exercise program. Maybe with a group of people involved in the same sport as yourself. If nothing else, do three things at least three times per week: Sit-ups and push-ups and squats. These things train your core and keep or make it strong, and are necessary for success in any athletic venture. You can do these things at home, in a hotel room, at the park, the beach or practically anywhere. Do 3-5 sets of 10 and progress as tolerated. Then try to run, cycle, swim, or do something for your cardio, 2-4 times per week for at least 20 minutes.

These core exercises should get you through all the adventures of the summer and keep you in some relative shape until you get back into your regular program. *Remember, it is twice as easy to de-train than it is to train and get into shape*, so don't let all of your hard work from this past year go to waste!



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## SB1440 and IGETC -

**Community College pathway programs put students on track to four-year colleges!**

***You have to enroll in a program and the required courses, go to class and pass the courses!***

***Check them out! It is worth it to be prepared and be ready to transfer sooner rather than later.***

SB1440 - Transfer to a Cal State University: <http://www.sb1440.org/>

IGETC - Transfer to a Cal State University or a University of California:

[http://www.csumentor.edu/planning/transfer/ge\\_igetc.asp](http://www.csumentor.edu/planning/transfer/ge_igetc.asp)

<http://www.universityofcalifornia.edu/admissions/transfer/requirements/additional-requirements/igetc/index.html>

# Questions To Ask College Coaches and Colleges

by Jennifer Oliver

## Regarding Athletics:

### ***Why Do They Want You?***

Where do they see you fitting in (which events or positions, now and future).

What does a normal year-round program look like as far as schedule/workouts/travel.

Ask if they are considering red-shirting you (four-year colleges).

Note: The NCAA allows a student-athlete five years of which you can play four and red-shirt one.

The clock starts ticking year one of participation.

Ask if they are considering gray-shirting you (community colleges).

Note: Gray-shirting does not use up one of the five years. Gray-shirting means you take less than a full load of classes, train with the team but don't play in competition with the team at the community college.

Ask to meet the coaches you would work with.

Ask to see the training facility and/or weight room, as well as the sports medicine office and/or facilities.

Ask if they will cover you under their student-athlete medical/dental umbrella, so you may not need to purchase any coverage from the college, and/or possibly may not need your own personal coverage.

Note: You will need to "waive out" of the college coverage in writing or online by a specific deadline date.

The cost per year per student-athlete for many college-provided coverage programs is approx \$1,500.

Ask what gear (clothes/shoes/uniforms) the college provides.

Ask about when the move-in and move-out time frames are.

Ask about housing/dorms and where you will live.

Ask about campus activities and extracurricular activities.

## Regarding Academics:

Ask if you can meet with their program's academic advisor/counselor.

Ask about academic support and tutoring, what is available.

Ask if student-athletes are tending to graduate in 4 or 5 (or 6 years).

Ask what the graduation rate is for athletes in your sport.

Ask if anything needs to be done regarding your current transcript, such as any need for you to go to summer school or summer bridge classes to make up missing or below C grade core courses as per the NCAA: <http://www.ncaapublications.com/productdownloads/CB11.pdf>

## Regarding Funding:

Ask what the total overall cost to attend per year will be.

Ask what that cost includes/does not include.

Ask if there are any athletic scholarships available for you this year.

Ask if there are any athletic scholarships available for future years (can you earn one).

Are they partial or full scholarships as it can vary per sport/per college.

Note: Not all colleges offer athletic scholarships and/or not all colleges offer athletic scholarships in all sports. It can vary per college.

Note: Athletic scholarships are obtained on a single year basis. You can lose a scholarship based on eligibility, performance and/or character issues. Be a good student, athlete and citizen.

Note: Athletic scholarships do not include items such as paying for personal expenses like travel to/from home, computer purchases, cell phone bills or other personal needs, however, there are some NCAA small scholarships and/or other programs available at some colleges where you can apply once or twice a year for help with these needs and expenses. Inquire with financial aid and/or the athletic department.

Ask if any other financial aid or funding packages can be put together to help you, and do you need to apply for them (and how to apply).

There are often Freshman Scholarships, University Scholarships, Regent Scholarships, Competitive Grants and other funding available under different names/funding sources depending on the college.

**Apply for FAFSA** (Federal) January 1 or asap senior year of high school and each year while you are in college. Use your parent/guardian's income tax return from prior year and update with current tax year info when available. If you are "independent" use your own financial information. Colleges want to see your FAFSA information as it helps them put a financial aid package together for you: [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

**Apply for a Cal Grant** (State of California) after applying for FAFSA "if" you are a California resident and are applying to or attending a California college: [www.calgrants.org](http://www.calgrants.org)

**Apply for CSS Financial Aid Profile** (Private/Institutional) as it is a financial aid program used by many DIII and private colleges and universities. It is on the CollegeBoard website where you register for the SAT tests: <https://profileonline.collegeboard.com/prf/index.jsp>

#### **Education Loans:**

If you don't qualify for certain funding (usually due to high income) FAFSA still allows the opportunity to take parent or student loans out through the Federal Department of Education's "Direct Loans" program. Dependent students often apply for Parent Loans unless parent(s) do not qualify then the student can apply for Student Loans (or a combination): <https://www.dl.ed.gov/borrower/BorrowerWelcomePage.jsp>

(Note: Education Loans are available through other private and public financial providers, including home loan/mortgage/equity providers and banks, so research and compare what is best fit for you.)

#### **Ask about and/or research other scholarships/grants such as through:**

[www.scholarships.com](http://www.scholarships.com)

[www.fastweb.com](http://www.fastweb.com)

[www.grants.gov](http://www.grants.gov)

[www.collegeboard.com/parents/pay/](http://www.collegeboard.com/parents/pay/)

<http://www2.ed.gov/fund/landing.jhtml>

#### **Hardship / Appeal:**

If you or your family are in a Hardship situation where prior year or current year finances don't allow you to meet your financial needs (due to job loss, furlough days, reduction of work hours, death, divorce, separation, illness, etc.) file an Appeal through the college's financial aid office and state your case.

#### **Work-Study:**

Ask about student-athlete Work-Study availability and eligibility where you can work/earn your own pocket money. Many collegiate student-athletes work part-time during their off-seasons. Sign-up at your college.

## **SportsHopes Updates**

SportsHopes now has a **Please Donate** button on the Sportshopes website (transactions via PayPal): <http://www.sportshopes.org/>

SportsHopes is on Facebook: <http://www.facebook.com/people/Jennifer-Oliver/1746949986>

**Thank you to the SportsHopes Officers and Student-Athlete Mentors** who assist with our events, fundraisers and mentoring. Officers: Lynda Foster, Dave Ellington, Florence Valentine, Camila Mendez-Barbour and Jennifer Diaz. Founding Student-Athlete Mentors: Alyssa Boisse, Dash Oliver and Jimmy Woodard. New Student-Athlete Mentors are: Alex Foster, Ash Woods, Ben Davis, BriAnna Miller, Damion Rosby and Dominic Revelez. All have assisted SportsHopes at least twice this year (or more) as is required to be a Mentor and to retain status as a Mentor. SportsHopes has assisted them with their college-pathways. **Thank you also to** Maria Kubitz (links) and Dan Ferreira (photos).



Jennifer Oliver, Founder  
[joliver@sportshopes.org](mailto:joliver@sportshopes.org)

**SportsHopes** is a high school to college pathway student-athlete support all-volunteer nonprofit public benefit corporation organized for public and charitable purposes.

Assistance is provided to local student-athletes free of charge.

***The mission of SportsHopes is to help high school and community college student-athletes move forward to four-year colleges, play the sports they are passionate about in college, stay in college and graduate from college.***

Castro Valley – Hayward – San Leandro – San Lorenzo  
and Neighboring Communities in the Greater San Francisco East Bay Area

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