

SportsHopes

*High School to College Pathway
Student-Athlete Support*

GET STARTED: The Basics

Canyon Middle School

Castro Valley, CA

June 7, 2012





Jimmy Woodard

Founding Student-Athlete Mentor



***UC Berkeley –
Legal Studies major***

***Castro Valley High School
Class of 2009***

***Canyon Middle School
Class of 2005***

Collegiate Study Abroad - Spain

***Varsity 3-sport athlete
throughout high school***

***“Success is something you attract
by the person you become”***

- **Academics and Athletics**
- **Keep your options open**
- **Network and Make Friends**
- **Set Goals**
- **Follow your dreams**

Alyssa Boisse

Founding Student-Athlete Mentor



***Cal State University, East Bay –
Child Development major***

***Las Positas Community College
(Transfer)***

***Castro Valley High School
Class of 2009***

***Canyon Middle School
Class of 2005***

***Collegiate and high school
Dancer and Dance Instructor***

***“It takes an athlete to dance,
but an artist to be a dancer”***

- **My story**
- **Dance**
- **Community college pathway:**
 - **Economical to attend a community college**
 - **Financial aid is available to students in need**
 - **More time to decide on a major and your future**
 - **Option for high school student-athletes recovering from injury**
 - **Option for students with personal/family reasons to stay close to home**

Dash Oliver

Founding Student-Athlete Mentor



***UC Berkeley –
Legal Studies major***

***Castro Valley High School
Class of 2009***

***Canyon Middle School
Class of 2005***

Collegiate Track Athlete

***Varsity 2-sport athlete
throughout high school***

“I would rather someone say I inspire them, then say I am the best”

- **High school sports injuries can change your pathway**
- **Multi-sport athletes have more options**
- **Step up to the plate, persevere and don't give up**
- **Go, grow and mature**
- **Keep the big picture in mind**

School Transcript

**Obtain current transcript
from your school registrar
showing courses/grades/GPA.**

Review with your counselor/family:
Core Courses – Grades – GPA

**Each semester to determine if you meet NCAA
core course academic eligibility requirements
as a student-athlete**

16 core courses (and timelines) - 2.0 grade or above in each

2012-2013 Guide for the College-Bound Student-Athlete

<http://www.ncaapublications.com/productdownloads/CBSA.pdf>

(New rules apply to high school Class of 2013 and beyond)

Summer School / Evening School

Core Course Credit Recovery

If requirements not met seek advice about how to make-up core courses/grades.

Semester core courses with less than a 2.0 grade should be re-taken.

Some core courses may be taken online, however, courses that require a lab (such as Chemistry) cannot.

Also, DI colleges do not accept online core courses.



SAT and/or ACT Tests

Take SAT and/or ACT test at least twice by fall of senior year.

Send scores to colleges and the NCAA.

(Fee waivers may be available.)

Some colleges may also require two SAT Subject Tests.

SAT = www.collegeboard.org

ACT = www.actstudent.org

NCAA Registration – Obtain NCAA ID # **Send Transcripts to NCAA**

**Register with the NCAA by spring of junior year and finalize by spring of senior year.
(Fee waiver may be available.)**

**Sign NCAA Transcript Release form
and turn into your school counselor.**

www.eligibilitycenter.org

http://fs.ncaa.org/Docs/eligibility_center/TranscriptReleaseForm.pdf



Sports Stats

**Collect your best Stats
in your sport(s)
current year and past year.**

Sports Video Highlights

and

One Full “Best” Game on DVD

**Create a highlights DVD
(3-5 minutes long)
to mail to college coaches
and upload highlights to YouTube
for college coaches to view as a link.**



Leadership/Volunteer Work

Perform community service and participate in leadership roles.

This demonstrates to colleges your good character and well-roundedness.

List of Colleges

Build a list of 15-30 colleges you are interested in across all colleges:

DI, DII, DIII

<http://web1.ncaa.org/onlineDir/exec/divisionListing>

NAIA

www.naia.org

Professional Email Address

**Create an email address
you will use only for
college pathway needs.**



Research/Reach Out to College Coaches via Email/Phone/Mail/Recruit Forms

**End of sophomore year and throughout
junior and senior years.**

**Obtain college coach names, positions and email addresses from their websites, write a brief and professional email introducing yourself (to applicable college coaches at one college per email):
Introduce yourself; your athletic stats and/or link; your YouTube highlights link; your academic GPA, SAT/ACT scores; NCAA ID #; your community service/leadership work; thank them for their time; finish with your full name and all of your contact information.**

College coaches recruit Varsity student-athletes but get on radar early!

Research/Apply to Colleges **via Regular Admissions Applications Online**

**Summer/Fall of senior year depending
on college application dates.**

**Apply to a minimum of five colleges to enable
college pathway options should recruitment by
college coaches not occur for whatever reasons.**

(Fee waivers may be available.)

**Acceptance to a college via regular admissions
application pathway enables opportunity
to walk-on to a sport at a college.**



Official / Unofficial Visits to College Campuses

Try to Obtain

Official Visits (maximum of 5):

Difficult to obtain –

**College coaches invite you to visit their campus.
All or some expenses may be paid for by the college
– transportation/room/meals/campus event.**

Unofficial Visits (unlimited):

Easier to obtain, but no guarantees. You can request or college coaches can invite you. NO expenses are paid for except three tickets to a college campus event.

Apply for FAFSA - Free Application Federal Student Aid

Cal Grant – Other Scholarships / Grants / Loans

FAFSA - On or asap after January 1 of senior year - Have tax docs:

www.fafsa.ed.gov

Cal Grant - After filing FAFSA - CA students who go to CA colleges:

www.calgrants.org

Scholarships / Grants

<https://bigfuture.collegeboard.org>

www.scholarships.com

www.fastweb.com

www.collegegrants.org

U.S. Department of Education

Grants and Student/Parent Education Loans

www.ed.gov



**Questions or Assistance
please contact SportsHopes
via [Email](#) or [Facebook](#)**

**Submit online Student-Athlete Application for Assistance:
www.sportshopes.org**

SportsHopes, PO Box 21146, Castro Valley, CA 94546

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