

SportsHopes

High School to College Pathway Student-Athlete Support July 2009

Hello, Community!

From the hearts of student-athletes come words of reflection, future and hope. Academics and athletics, they should never walk alone, as all aspire to be.

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Poem by Danielle L. Sharkey
2009 Oakland Police Activities League (OPAL) Track & Field graduate

"Prayer"

Dear God,
All the things that happen, all the days that go by
I still remain out of harm's way, and I ask myself why
Sometimes I feel like trouble, just an ordinary problem child
Like a lion that vanishes into the jungle, I'm that vicious and wild
I ask and pray, forgive me for my sin, forgive me for my wrong
Cause I can't do nothing when all love and trust is gone
I realize the mistakes that I made and the chances that I take
I define strongly the words love and hate
So push all wrong to the side and walk the right path
To know I have many chances, one life is all I have.

Danielle will attend Laney College in Oakland, CA. She hopes to publish her poetry one day. She is one of 14 student-athlete OPAL Track and Field graduates moving forward to college. Laney College is an accredited California community college, and is the flagship campus of Peralta Community College District, based in Oakland, CA.

Oakland PAL encourages and supports local youth in numerous programs to participate and progress in a positive manner in life. Thank you to Head Track Coach and Oakland Police Officer, Margaret Dixon, and Officer M. Oliver, Executive Director, Oakland PAL, for leading the way. Thank you to Chief Howard Jordan, Oakland Police Department, for supporting community. For OPAL T & F information contact Coach Dixon: DIXSMARGAR@aol.com

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"I had to learn how to learn," stated Reese Hamilton, a 1997 graduate of Wabash College in Crawfordsville, IN. Reese, a former Indiana academic all-state selection in wrestling his senior year of high school spoke at a January 2009 Wabash student-recruit and parent program.

"Wabash expects students to think critically. I couldn't just go into the classroom and tell the professor what he had already told me. I had to learn how to learn. I had to learn how to absorb information, process it, formulate an opinion and justify it. **By doing this I changed."**

“It was no longer acceptable to only have a singular view. Gaining many perspectives and hearing other’s opinions and thoughts challenged me, and I challenged them. This is what learning is all about. Wabash also provided me the opportunity to challenge myself, which I did every chance I could.”

Reese earned a Bachelor of Arts degree (double major) in English Literature and Psychology from Wabash College, a Master of Science in Management from Oakland City University, IN, and a MBA - Concentration: Organizational Leadership from University of Michigan. Reese is employed at Mead Johnson Nutrition headquartered in Evansville, IN. He continues to have a passion for learning and ongoing education, and believes in giving back to community.

Wabash is a NCAA Division III liberal arts college for men and a member of the North Coast Athletic Conference. Wabash is listed in Loren Pope’s *Colleges That Change Lives*.

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“Knowledge is a wonderful thing. But *learning* means we take that raw knowledge and put it to work. When we learn and mature in knowledge, something takes place inside us that opens us up to a world of new possibilities.”

Excerpt from *The Winners Manual: For The Game Of Life* (Chapter 12 “Hope”) by Ohio State Head Football Coach Jim Tressel (with Chris Fabry), copyright 2008 by Jim Tressel, Tyndale House Publishers, Inc.

Thank you to Wabash College Head Football Coach, Erik Raeburn, for recommending this book and firmly believing that academics are of the utmost importance in the lives of student-athletes.

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With regards to academics and athletics community needs to insure that checks and balances are in place that question and examine whether our student-athletes are indeed learning how to learn, as compared to just making grade, or worse, failing, and we need to do this before the critical high school years which in some instances is too late. In a number of interviews with high school student-athletes recently the whole idea of not knowing how to learn and not knowing how to study came up numerous times, so it makes sense that before the critical high school years the questions need to be asked, “Are our student-athletes learning how to learn and are they doing okay?” If we review student-athlete high school transcripts and see poor grades then we need to go back and review middle school transcripts, and possibly go back and review elementary school transcripts, and ask the questions, “Was the student learning, or were there visible signs that challenges were already occurring?” Do we know the student’s background (family situations, etc.) and what factors affect the student outside of the classroom? Were there red flags earlier on along the educational pathway? What are we doing to understand who the whole student is, and not just a body sitting at a desk, and what are we doing to improve student learning capabilities from the start? All early educational years lead to the college pathway, and all of those years are of tremendous (and telling) importance. By the time these students are juniors and seniors in high school poor or failing grades have a detrimental effect on the student and their future options. We cannot let young people fail, we cannot let them fall through the cracks and we can never give up on them.

Our guest article is by Dr. Raymond J. Huntington, founder, Huntington Learning Center.

In 1977 Dr. Huntington and Eileen Huntington opened their first Huntington Learning Center and in doing so created a new industry. Tutoring centers for children did not exist up to that point, but the Huntingtons saw a need. As a teacher, Eileen often came across high school students who could not read. The Huntingtons wanted to teach children in a new and more effective way. Ray and Eileen had a vision to make a difference in the lives of students, so they left the jobs they had at that time to do just that.

Dr. Huntington's guest article reviews options on how to afford college, a concern of many in these difficult economic times.

Thank you to Huntington Learning Center in San Leandro, CA, for making a special program available to HAAL – Hayward Area Athletic League - teams and coaches, and for helping student-athletes who want to go to college and play sports in college, Get There. Please see at end of guest article for complete information.

Raising the bar for high school student-athletics and creating opportunities for student-athletes takes community.

Sincerely –

Jennifer Oliver
Founder & President
SportsHopes
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www.sportshopes.org
(Under construction)

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Guest Article:

Take Stock of All Options for Making College Affordable By Dr. Raymond J. Huntington

For many students and their parents the arrival of a college acceptance letter is a time to celebrate the years of hard work that it took to prepare for higher education - and a cause for concern over how much it's going to cost.

Year after year at most colleges and universities across the nation expenses for tuition, fees, books and lodging have increased, and according to most experts that trend will continue. Fortunately, the total amount of student aid available, including grants, loans, scholarships, work-study programs and other sources has also increased, making college more affordable than many students and families realize.

Tips for tracking down the support that will put your child's dreams within reach:

Step One:

Talk with school counselors. Advising students on financial aid options is one of the most important roles of school counselors. They should know about the different types of aid available and guide you and your child through the application process, which can be daunting. Counselors can also provide information on grants and loans from your state government, and those offered by the colleges and universities you're considering.

Step Two:

Make sure your child is eligible for most types of available aid. To qualify for financial aid your child must be a U.S. citizen or an eligible non-citizen. Students must also graduate from high school or earn a GED before receiving aid. If you have a son who would like to receive federal aid he will need to register with the U.S. Selective Service when he turns 18 (Selective Service registration is in fact required for all men aged 18 to 25).

Step Three:

Order the FAFSA. Most of the available aid comes from the federal government, and to access it you need to fill out the Free Application for Federal Student Aid (FAFSA). You'll use the information from your tax returns to complete the FAFSA, which you can submit by mail or online at www.fafsa.ed.gov. The FAFSA site is a good source of information about all of the federal aid available, and it includes a link to the financial aid offices for most states as well.

Step Four:

Understand the full range of federal aid options available. Grant options include The Pell Grant and the Federal Supplemental Educational Opportunity Grants, which are offered to students from families in the lowest income brackets. Loan options include the Federal Stafford Loan, which has a variable interest rate, and the Federal Perkins Loan, which has the lowest fixed rate of any federal student loans. You can also consider Federal Work-Study programs, which provide jobs that pay minimum wage or above.

If you show significant financial need, your child might also qualify for a Subsidized Stafford Loan, which does not start accruing interest until after you graduate from college, saving you a considerable sum. If you don't show enough need, your child may be eligible for an Unsubsidized Stafford Loan, which isn't based on need. Unsubsidized loans begin accruing interest as soon as the money is disbursed, which means the debt will grow while your child attends college, although interest rates on student loans are generally very low.

You can learn more about Stafford Loans at www.staffordloan.com and about many more loan and grant options at the U.S. Department of Education's Federal Student Aid Web site, located at www.studentaid.ed.gov

Step Five:

Pursue the full range of available scholarships. Many scholarships are available to students interested in a particular field of study, which makes them perfect for students who already have careers in mind. Having an athletic or artistic talent can also open the door to scholarships for students who earn special recognition for those talents. Awards are also available for those in underrepresented groups, such as Hispanic and African-American students, and those who will be the first in their family to attend college. Many scholarships are based on academic merit, but others - from businesses, civic and religious groups and corporate and financial organizations - are awarded based on family income or demographic factors. Creating a checklist of your child's talents, interests and demographic factors will help you focus on various angles you can pursue.

Step Six:

Remember the value of high achievement. Many loans and grants are increasingly based more on academic merit than financial need. This is one more reason your child should develop good study skills and get extra help to address any issues that are impacting grades. It is also important to raise the bar as high as possible by taking Advanced Placement, honors or other advanced courses. Good performance in these courses is especially crucial if your child is hoping to receive aid from colleges and universities because it shows decision-makers that the student is well-qualified for college-level work and well positioned to ensure the institution's financial investment pays off.

For more information: 1-800-CAN LEARN or www.huntingtonlearningcenter.com

HAAL - Hayward Area Athletic League - Special Program - 2009/2010

The Huntington Learning Center (HLC) in San Leandro, CA, is making a special program available to all HAAL high school athletic teams. One hour SAT/ACT training and test taking strategy workshops for HAAL teams at their respective school sites are available at no cost during the 2009/2010 high school year.

The one hour training is an exam prep workshop that covers both the SAT and the ACT. This presentation was developed exclusively for college-bound high school students and their parents and is designed to guide them through the college entrance exam process. Today's high school students need to be as prepared as possible. The workshop provides information on how students can achieve higher scores on the SAT or ACT and improves their odds of getting into the college of their dreams.

During the workshop HAAL student-athletes will also have the opportunity if desired to sign up to take a real SAT/ACT and be given a comprehensive evaluation onsite at the Huntington Learning Center in San Leandro. This evaluation produces a 14 page analysis that assesses the student's individual performance and readiness for the SAT/ACT. The evaluation will be provided at a reduced fee of \$75 per student (normally \$195).

The workshop dates and times must be coordinated with HLC by Head Coaches or Athletic Directors representative of each HAAL high school. One workshop will be presented to each school, at which all student-athletes and parents are invited to attend. Athletic Directors and Coaches are urged to schedule a workshop as soon as possible for the 2009/2010 school year.

To schedule a workshop please contact:

**Helene Onaga
Executive Director
Huntington Learning Center®
15071 E. 14th Street
San Leandro, CA 94578**

**510-278-2220
honaga@hlcsanleandro.com**

SportsHopes Updates:

Tiny Scholarship Program - Student-Athlete Mentor Program - Outreach Program

In June and July the Tiny Scholarship Program funded one NCAA registration for a HAAL track and field/football athlete; funded the sending out of SAT scores to colleges for a HAAL track and field/football athlete; funded one BYU Independent Study semester online makeup course and book for a HAAL football player.

In June and July the Student-Athlete Mentor Program and Outreach Program provided lunch meetings / information sessions for two student-athletes (one dancer/track and field athlete and one football athlete); provided two (unofficial) college campus visits; and provided coordination, production and mailing of a highlight video DVD for a football athlete.

The goal of these programs is to help provide the needed nuts and bolts to HAAL high school student-athletes, as well as former HAAL high school student-athletes who are attending Junior College. Assistance is based on financial need and/or knowledge need.

The Tiny Scholarship Program funds nuts and bolts related to the NCAA, ACT, SAT, online training, college applications and related tools. Generally these fees are within the \$50-\$100 range each. HAAL high school student-athletes can request a Tiny Scholarship starting in the spring of their sophomore year, or parents/guardians, coaches, high school counselors and administrators can recommend a recipient. **Email:** TinyScholarship@sportshopes.org

ACT/SAT Test Dates for Fall 2009 –

Seniors, please keep in mind that many colleges require that you take your final ACT/SAT test prior to the end of December 2009, and many require two SAT Subject Tests as well.

ACT 2009 - <http://www.actstudent.org/>

Test Date	Registration Deadline	(Late Fee Required)
September 12, 2009*	August 7, 2009	August 8 – 21, 2009
October 24, 2009	September 18, 2009	September 19 – October 2, 2009
December 12, 2009	November 6, 2009	November 7 – 20, 2009

SAT 2009 - <http://www.collegeboard.com/>

U.S. Registration Deadlines		
2009-10 Test Dates	Test	Regular Registration Deadline (postmark/submit by)
October 10, 2009	SAT & Subject Tests	September 9, 2009
November 7, 2009	SAT & Subject Tests	October 1, 2009
December 5, 2009	SAT & Subject Tests	October 30, 2009

NCAA Registrations –

Juniors, by now you should have requested that your high school registrar mail in your end of year Junior transcript to the NCAA: <https://web1.ncaa.org/eligibilitycenter/common/>

SportsHopes is Growing and Building –

We have obtained a Federal Employer Identification Number (FEIN) # 27-0420819.
We are in process of filling out the 501(c)(3) paperwork to obtain not-for-profit status.
We are building our Board and Student-Athlete Mentor Board and Outreach Program.
We are researching and writing our Bylaws, building our Website and much more.
SportsHopes “hopes” to grow and serve more 880 corridor high schools in the future.

1st Fundraiser –

Got e-waste? With the support of local e-waste company, C&T Recycling, SportsHopes is holding a first fundraiser on Saturday, August 1, from 9 am to 4 pm in Castro Valley, CA. The exact location is being confirmed. SportsHopes student-athlete mentors and parents are assisting at the event to raise funds for nuts and bolts for student-athletes in need. For more information email: joliver@sportshopes.org

Thank You –

Much appreciation to Arlene Chaves, founder and owner of Chaves Document Control, a San Francisco and San Leandro, CA, based company. Arlene has assisted SportsHopes in obtaining a FEIN number and has provided helpful feedback with regards to the filing of 501(c)(3) documents: www.chaves-associates.com

Much appreciation to Bob Taylor, Northern California Scouting Director for Recruit, a national student-athlete prospect exposure company. Bob has offered to review and edit three game DVD's per student-athlete and produce a highlight DVD (two copies) for a flat \$100. The DVD can be copied and mailed to college coaches: bob.taylor@recruitzone.com

About SportsHopes –

SportsHopes is a volunteer org based in HAAL, the Hayward Area Athletic League, located in the East Bay outside of San Francisco. HAAL consists of nine northern California high schools: Arroyo, Bishop O'Dowd Catholic, Castro Valley, Hayward, Moreau Catholic, Mt. Eden, San Leandro, San Lorenzo and Tennyson.

SportsHopes was founded in July 2008 by HAAL student-athlete parent, Jennifer Oliver, when a profound need for educational information “knowledge” and support pertaining to the high school to college pathway for student-athletes was discovered. Oliver is a graduate of Cal State University, Hayward (now called East Bay), with a BA in Mass Communications. She is a fourth degree black belt in tae kwon do and taught martial arts to children and teens in the Hayward community for 13 years. Oliver served as president of a HAAL high school Athletic Boosters for two years and has enjoyed long distance running for decades.

If you would like to be removed from future SportsHopes publishings please email:
goodbye@sportshopes.org