



SPORTSHOPES

High School to College Pathway Student-Athlete Support

GET STARTED: THE BASICS

School Transcript

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

Review with your counselor/family: Core Courses - Grades - GPA - SAT/ACT Scores

Each semester to determine if you meet NCAA core course academic eligibility and GPA requirements as a student-athlete - 16 core courses - SAT/ACT sliding scale scores.

NCAA Guide: <http://www.ncaapublications.com/productdownloads/CBSA18.pdf>

Summer School / Evening School - Core Courses (Transferable) - Credit Recovery

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

Semester core courses with less than required minimum GPA should be re-taken.

Some core courses may be taken online, however: lab courses such as Chemistry cannot.

Some colleges accept only "teacher led" "specific timeframe" online core courses.

Some colleges do not accept online core courses at all.

SAT and/or ACT Tests

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

Compare sliding scale scores to GPA. 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 (Code 9999)

Register with the NCAA during sophomore year and finalize by spring of senior year.

Sign NCAA Transcript Release form and turn into your school counselor (if required).

(Fee Waiver may be available.)

<http://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 Highlights and One Full "Best" Game on video/DVD

Create a highlights video/DVD (3-5 minutes long), upload to YouTube for college coaches to view via an email link. If requested, make copies of DVD to mail to coaches.

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 10-25 colleges you are interested in across all colleges:

DI, DII, DIII - <http://web1.ncaa.org/onlineDir/exec/divisionListing>

NAIA - http://www.naia.org/ViewArticle.dbml?DB_OEM_ID=27900&ATCLID=205322922

Research Your College

<http://www.cappex.com>

<https://www.collegegreenlight.com>

<https://colleges.niche.com>

<http://collegerealitycheck.com>

<https://www.naviance.com>

<http://collegerealitycheck.com>

Professional Email Address

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

Research/Reach Out to College Coaches Pathway 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 coaches at one college per email):

Introduce yourself by sharing your athletic stats and/or links such as:

MaxPreps

HUDL

Athletic.net

YouTube highlights link

Academic GPA and SAT or ACT scores

NCAA ID #

Community service/leadership work

Then 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 Application Pathway Online

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

Compare college admissions core course requirements to the NCAA core course requirements as they may differ and you want to cover all academic bases.

NCAA DI and **DII** colleges both require 16 core courses but they differ.

CSU's (California State Universities) & **UC's** (University of California) campuses have a Foreign Language requirement (ASL - American Sign Language accepted) and a Visual and Performing Arts requirement however the NCAA requires neither.

CSU (15 core courses): <http://blogs.calstate.edu/college/students/classes/9th-grade/3343>

UC (15 core courses): <http://www.ucop.edu/agguide/a-g-requirements/index.html>

Note: **DIII** and **NAIA** college requirements may differ from **DI**, **DII** and the **NCAA**.

Apply to a minimum of five colleges (or more) to enable college pathway options should recruitment by college coaches not occur for whatever reasons.
(College application Fee Waivers may be available.)

Acceptance to a college via regular admissions application pathway enables an opportunity to try-out and walk-on to a sport at a college.

Official / Unofficial Visits to College Campuses – Try to Obtain

Official Visits (maximum of 5 to DI / unlimited to DII) 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 sports 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 (possibly) three tickets to a campus sports event.

Apply for FAFSA - Free Application Federal Student Aid

Cal Grant / CSS Profile / Other Scholarships / Grants / Loans:

FAFSA: On or ASAP after January 1 of senior year - Have tax docs: <http://fafsa.ed.gov>

Cal Grant: After filing FAFSA - CA students who go to CA colleges: <http://calgrants.org>

California Middle Class Scholarship: <http://www.csac.ca.gov/mcs.asp>

California Dream Act: http://www.csac.ca.gov/dream_act.asp

CSS Profile (Non-federal fin-aid): <http://student.collegeboard.org/css-financial-aid-profile>

NCAA: <http://www.ncaa.org/about/resources/finances/student-athlete-benefits>

Scholarships / Grants

bigfuture.collegeboard.org

collegegrants.org

fastweb.com

jlvcollegecounseling.com/scholarships

scholarships.com

U.S. Department of Education: <https://www.ed.gov/>

FAFSA, Grants and Student/Parent Loans (subsidized/unsubsidized)

Research military and corporate/company scholarships
that may be available through family or guardians

Questions or Assistance (please contact):

Jennifer Oliver, Founder & President, SportsHopes: joliver@sportshopes.org

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

SportsHopes

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