



**THE COLLEGE PROCESS**  
*Creating a personal road map to find your ideal College fit*

**DECEMBER 19, 2014**

## *High School Academic Checklist*

### **Freshman Year**

1. Meet with your high school counselor and inform them that you want to play college athletics. They will then make sure you are taking the proper courses.
2. Go to [www.ncaa.org](http://www.ncaa.org) and look up information regarding information on eligibility and recruiting. [http://www.ncaa.org/wps/portal/ncaahome?WCM\\_GLOBAL\\_CONTEXT=/ncaa/NCAA/Legislation+and+Governance/Eligibility+and+Recruiting/](http://www.ncaa.org/wps/portal/ncaahome?WCM_GLOBAL_CONTEXT=/ncaa/NCAA/Legislation+and+Governance/Eligibility+and+Recruiting/) . I suggest that you download a copy of the “NCAA Guide for the College-Bound Student-Athlete.”
3. Prepare yourself to attend an NCAA Division I program. Even if you are not planning to play D-I, it is better to be prepared and have the option then to prepare for D-II, D-III or NAIA and be missing a requirement.

### **Sophomore Year**

1. Meet with you high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
2. Look up national testing dates to take Pre-ACT (PLAN) and/or Pre-SAT (PSAT).
3. Check [www.ncaa.org](http://www.ncaa.org) for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the “NCAA Guide for the College-Bound Student-Athlete.” (Remember, rules can change from year to year.)

### **Junior Year**

1. Meet with you high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
2. Check [www.ncaa.org](http://www.ncaa.org) for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the “NCAA Guide for the College-Bound Student-Athlete.” (Remember, rules can change each year.)
3. Register with the NCAA Eligibility Center (formerly know as NCAA Clearinghouse) [http://eligibilitycenter.org/ECWR2/NCAA\\_EMS/NCAA.html](http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html)
4. Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center and the end of your Junior Year.
5. Look up national testing dates to take ACT and/or PSAT.
6. Prepare for the ACT and/or SAT by taking a prep class.
7. When you take the ACT and/or SAT, make sure you request that your scores are sent directly to the NCAA Eligibility Center.
8. Take the SAT II, if you are considering a school that requires it.

## **Senior Year**

1. Meet with you high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
2. Check [www.ncaa.org](http://www.ncaa.org) for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the “NCAA Guide for the College-Bound Student-Athlete.” (Remember, rules can change from year to year.)
3. If you have not already done so, Register with the NCAA Eligibility Center (formerly know as NCAA Clearinghouse) [http://eligibilitycenter.org/ECWR2/NCAA\\_EMS/NCAA.html](http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html)
4. Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center and the end of your Junior Year.
5. At the end of your Senior Year, make sure your high school counselor sends your Final Transcript and Proof of Graduation to the NCAA Eligibility Center.
6. If needed, Re-take the ACT and/or SAT, make sure you request that your scores are sent directly to the NCAA Eligibility Center.
7. Ask your college coach/ potential colleges where you are considering attending about applications, application deadlines, application waivers and anything else on how to apply to the school and for financial aid.
8. Submit all applications to all colleges that you are considering.
9. Research and apply for Financial Aid at all colleges that you are considering attending.
10. Complete and submit FAFSA (Free Application for Federal Student Aid). <http://www.fafsa.ed.gov/>

Even if you do not think you will qualify, submit an application because many other scholarships require that you have filled this out as a starting point.

11. Research and apply for outside scholarships. The internet is a great tool for this research.

## ***THE COLLEGE PROCESS BE PREPARED, PROACTIVE AND PERSISTANT***

No two children are alike and their dreams are as unique as their goals. So as thousands of high school students across the nation start school many will begin the exciting -- and at times overwhelming -- process of preparing for college.

With 5,800 two- and four-year universities to choose from and nearly 3,000 collegiate soccer programs, finding the right fit can seem like a daunting task.

A question we are often asked is, how do you choose the right college? In short, it begins with creating a personal roadmap. To help, we have prepared a few guidelines to get your family started:

***If you are a junior in high school***, start with a list of 10-20 universities and consider factors such as geographic location, enrollment size, program of study, degrees offered, athletic program, campus life, and the community surrounding the campus.

You can add other factors you feel are important to your college search. The goal is to consider aspects of college life -- being happy and prepared is essential. Money also plays a vital role, but don't let money be the only reason you choose one school over another. One thing we tell all families and students is **GRADES = Money**

***Each year more than \$100 million*** in academic scholarships, grants and aid will go un-taken at many universities. Why? Athletes seem to think the only way to pay for college is an athletic scholarship. The best opportunity to earn money for college is good grades. It's that simple.

Academic scholarship money far outweighs what most student-athletes will receive via athletic scholarship dollars. As you narrow your college list, do your homework on the university and see if Presidential, Provost, Merit and or Academic scholarships are available and if so, check the deadlines to apply.

***Consider taking practice SAT and ACT tests*** in the fall, and then make a point of taking the official test in the spring. Not only will this help determine if you are meeting admissions standards, it's a great opportunity to find out where you stand.

***Reach out to schools*** you like, ask for more information or a media package, contact admissions/financial aid, connect with the coach, and begin to think about an unofficial campus visit.

Before you visit, contact the dean of the academic department that interests you most, contact admissions and send your player resume to the college coach and ask for a meeting.

Allow 2 to 3 hours per campus tour. Prior to the unofficial visit, evaluate where you are academically and if you can't meet college admissions for NCAA Division I, II or NAIA, you might consider NCAA Division III, NCCAA or NJCAA.

***If your goal is to play*** NCAA Division I or Division II soccer, register with the [NCAA Eligibility Center](#) (not applicable to Division III) the summer prior to your junior year. If you've started your junior year and haven't registered, do so immediately.

The NCAA is responsible for 23 sanctioned sports and ensuring all prospects can meet both academic and athletic requirements. The goal is to ensure core course requirements and amateur status has been met. If you are considering NAIA, [registration](#) is also required to determine eligibility.

***Prior to registering with the NCAA or NAIA***, parents are encouraged to meet with your son or daughters' guidance counselor and make sure transcripts are in order and reflect accurate grading for classes taken. Have the guidance counselor correct any errors to eliminate delays with the eligibility process.

Each year roster spots go un-filled because kids think of schools that are top of mind. In reality, opportunity abounds on all levels of the NCAA, NAIA, NCCAA and NJCAA, with most offering athletic scholarship opportunities.

When it comes to identifying where you fit athletically, be realistic about your abilities. To understand why one player is selected over another, simply look at the team roster. When a college coach evaluates you, he or she will look at your technical, tactical, physical and psychological abilities to determine if you would be a good fit for their program.

Define your strengths and how you can contribute to the program, and why you would be a good fit if offered a roster spot. This is what we call your personal USP -- Unique Selling Proposition.

***Remember***, being prepared, proactive and persistent can make your transition from high school to college a seamless one. Besides, long after soccer has come and gone due to old age, injury, or retirement, your education will last a lifetime!

## ***Your Eligibility and You***

### **Division I**

Remember: Meeting the NCAA academic requirements does not guarantee your admission into a college. You must apply for college admission.

### **Academic-Eligibility Requirements**

If you want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
  - 4 years of English
  - 3 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 1 extra year of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of extra core courses (from any category above, or foreign language, comparative religion or philosophy);
- Earn a minimum required grade-point average in your core courses:
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

Requirement to graduate with your high school class you must complete the 16 core-course requirement in eight semesters, which begins when you initially started high school with your ninth-grade class. If you graduate from high school in eight semesters with your class, you may use one core-course unit completed within one year after graduation (summer or academic year) to meet NCAA Division I initial-eligibility requirements. You may complete the core course at a location other than the high school from which you graduated and may initially enroll full time at a college or university at any time after completion of the core course.

### **Division I Qualifier**

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletics scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

### **Division I Nonqualifier**

As a nonqualifier, you will not be able to:

- Practice or compete for your college or university during your first year of college; or
- Receive an athletics scholarship during your first year of college, although you may receive need-based financial aid. You may be able to play only three seasons in your sport if you maintain your eligibility from year to year. To earn a fourth season you must

complete at least 80 percent of your degree requirements before beginning your fifth year of college.

## **Division II**

### Students Enrolling Prior to August 1, 2014

If you enroll in a Division II college and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 14 core courses:
  - 3 years of English
  - 2 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 2 additional years of English, math, or natural or physical science
  - 2 years of social science
  - 3 years of extra core courses (from any category above, or foreign language, comparative religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68.

### Students Enrolling on or After August 1, 2014

If you enroll full time in a Division II college on or after August 1, 2014, and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
  - 3 years of English
  - 2 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 3 additional years of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of additional core courses (from any category above, or foreign language, comparative religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68.

## **Division II Qualifier**

Being a qualifier enables you to:

- Practice or compete for your college or university during your first year of college;
- Receive an athletics scholarship during your first year of college; and
- Play four seasons in your sport if you maintain your eligibility from year to year.

### **Division II Partial Qualifier**

You will be considered a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school and meet one of the following:

- The combined SAT score of 820 or ACT sum score of 68; or
- Completion of the 14 core courses with a 2.000 core-course grade-point average.

As a partial qualifier, you:

- Can practice with your team at its home facility during your first year of college;
- Can receive an athletics scholarship during your first year of college;
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

### **Division II Nonqualifier**

You will be considered a nonqualifier if you did not graduate from high school, or, if you graduated and are missing both the core-course grade-point average or minimum number of core courses and the required ACT or SAT scores.

As a nonqualifier, you:

- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

### **Division III**

Division III colleges and universities develop student-athlete potential through a holistic educational approach that includes rigorous academics, competitive athletics and opportunity to pursue many interests and passions. Student-athletes are responsible for their own paths and are provided with many opportunities to develop within a comprehensive educational experience.

Division III minimizes the conflicts between athletics and academics through shorter playing and practicing seasons, a lower number of contests, no red-shirting or out-of-season organized activities, and a focus on regional in-season and conference play.

Division III college-bound student-athletes are not certified by the NCAA Eligibility Center because Division III colleges and universities each set their own admissions standards and there are no initial-eligibility requirements in the division. College-bound student-athletes should contact their Division III college or university regarding policies on admission, financial aid and athletics eligibility.