

# College Athletics

Information for the High School Student-Athlete



Free  
college planning  
service located  
in Concord, NH

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The NHHEAF Network Organizations  
Center for College Planning

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# Levels of Competition

- Division I-A
- Division I-AA
- Division II
- Division III
- Junior College/NAIA
- Intramurals & Recreational Sports



The NCAA  
awards  
88 championships  
in 23 sports

# The Demands of a Student-Athlete

- Physically Straining
- Mentally Challenging
- Extensive Travel
- Academic Eligibility
- Time Management



- Class schedule & course work
- Practice, game, and conditioning schedule
- Other sports or clubs
- Work Study

Only 3 in 10,000  
high school  
basketball  
seniors will play  
in the NCAA  
and get drafted  
by the NBA

# What is a Recruit?

- Coaches send out form letters to thousands of athletes. Just because your on the mailing list doesn't mean they are going to recruit you. Be careful.
- Coach calls you directly
- Personal cards and letters
- Has contacted your coach and talked about interest
- The coach has contacted your school to get official transcript

Only 5% of  
HS Athletes  
play sports in  
College



# What are College Coaches Looking For?

- Athletic Ability
- Sportsmanship
- Desire to improve
- Willingness to learn
- Commitment
- Leadership
- Consistency
- Work Ethic
- Potential



Michael Jordan  
was cut from  
his high school  
varsity basketball  
team

# How Do I Get Recruited?

- Send a Recruiting Packet Including
  - Letter of Interest
  - Athletic Resume
  - Sports Schedule
- Fill out Questionnaires
- Visit Colleges & Meet With Coaches
- Get your HS/Club Coach Involved
- Send Video
- Attend Camps, Showcases, or Combines



40,000  
student/athletes  
participate in  
NCAA competition  
each year

# Recruiting Tips

- Be proactive
- Return questionnaires promptly to coaches
- Show excitement
  - Coaches want the athletes to express interest
- Submit Recruiting Packet
  - Include video upon request of the coach.

Keene State College  
ranks # 1  
amongst public  
institutions  
in New England



# Make a Recruiting Video Work for You...

- NEVER send unsolicited video to coaches (only send if requested)
- Coaches won't watch a 2 hour video, keep it short
- Start with short highlights followed by game footage
  - Make sure it's a game against other recruited athletes
- Include your resume and a sleeve with game information
  - Just remember that getting your video is the first step, they probably still want to see you play in person

# How do I Choose the Right College?

- 2-2-2 Approach
- Self-Assessment of Goals
- Ability Level
- Commitment Level
- Athletic Facilities
- Current Roster
- Financial Aid & Scholarship Packages
- Talk to Coaches and Players (Questions Page 23)
- Ask HS Coach to call and find out status



**33%**  
of freshman  
do not return  
to the same  
institution

# College Athletics Timetable



## JUNIOR YEAR

- Begin campaign of recruiting packets, letters, and emails to coaches
- Attend college fairs, informational nights, and meet with your guidance counselor/Center for College Planning
- Register to take the SAT/ACT
- During the summer months continue to play and compete
- Register with the Eligibility Center (Formally NCAA Clearinghouse) at the end of your junior year

[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

There were 26  
College Football  
Bowl games  
played this year

# College Athletics Timetable

## SENIOR YEAR

- Follow-up with letters, emails, or calls to college coaches
- Meet with guidance counselor
- Ask high school coach to send letters of recommendation to coaches
- Mail coaches your senior schedule
- Have video ready to send to coaches
- File for financial aid



# What is the NCAA Eligibility Center?

- A registration process for high school students as an eligibility requirement for college athletics
- Students looking to participate in a Division I or Division II sport must register with the NCAA after their junior year of HS
- Eligibility criteria includes 14/16 core-course requirements, GPA average, and SAT/ACT exam scores.

It ensures  
that your  
competition  
didn't come  
off the street

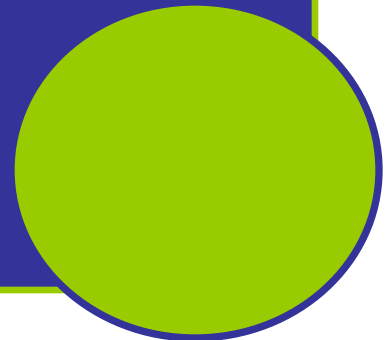
# How do I Register?

- Obtain an application from your guidance counselor, The Center for College Planning, or at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- Have all SAT/ACT scores sent to the Eligibility Center
  - NCAA SAT code (9999)
- Confirm with guidance counselor that transcript has been sent
- Apply for certification after junior year of HS
- Pay \$60 Fee (Changed for 2008-2009)

You can't  
play or practice  
without it

# Myths of the Athletic Recruiting Process...

- All colleges offer athletic scholarships
- If you're good enough, coaches will find you
- All Division I and Division II schools have big recruiting budgets
- Most athletes get full scholarships
- I shouldn't go Division III if I need scholarship money
- Division III schools are weaker athletically
- Division I schools don't offer walk-on tryouts
- College coaches will help you get into school
- College coaches only recruit top players



# Common Mistakes of Students and Parents

- Parents believe that their child is better than they actually are. They wait around for letters and calls
- Anything less than Division I is unacceptable
- Underestimate or overestimate their athletic ability
- Looking at other players and assume they will get recruited because they are “Better” or just as “Good”
- Don’t realize how rare a full scholarship is
- They think they are a big recruit if they receive letters in the mail

# College Resources

- NCAA [www.ncaa.org](http://www.ncaa.org)
- NCAA Clearinghouse [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- College Search Engines:
  - [www.bridges.com](http://www.bridges.com)
  - [www.campustours.com](http://www.campustours.com)
  - [www.petersons.com](http://www.petersons.com)
- Financial Aid [www.fafsa.ed.gov](http://www.fafsa.ed.gov)  
[www.collegeboard.com](http://www.collegeboard.com) (CSS Profile)

Questions?  
Call NHHEAF at  
(800) 525-2577  
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