THE COLLEGE-BOUND STUDENT- ATHLETE

PRESENTED BY:

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Head Men’s Basketball Coach- New England College

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Head Field Hockey Coach- Limestone University

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Head Women’s Ice Hockey Coach- Plymouth State University
The experiences of college athletes and the life lessons they learn along the way will help them as they pursue careers in many fields.

Education is a vital part of the college athletics experience, and the student-athletes treat it that way.

Overall, student athlete graduate at higher rates than their peers in the student body, and those rates rise each year.
### WHICH DIVISION IS BEST FOR YOU

<table>
<thead>
<tr>
<th></th>
<th>Division I</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schools</td>
<td>346</td>
<td>300</td>
<td>450</td>
</tr>
<tr>
<td>Student-Athletes</td>
<td>173,500</td>
<td>109,100</td>
<td>183,500</td>
</tr>
<tr>
<td>Graduation Success Rate</td>
<td>81%</td>
<td>71%</td>
<td>87%</td>
</tr>
<tr>
<td>Scholarships</td>
<td>53% of all student-athletes receive some level of athletics aid</td>
<td>58% of all student-athletes receive some level of athletics aid</td>
<td>75% of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals $13,500 on average</td>
</tr>
</tbody>
</table>
NCAA ELIGIBILITY CENTER

What do I need to know?
• Division I and Division II must register
• Division III eligibility is determined by the institution
• Fee is associated with registration
  • Fee waived if student is eligible for free or reduced lunch, SAT fee waiver, or Pell Grant.

Most athletes register in their junior year of high school.

Follow the checklist provided to make sure you are meeting the criteria to be an athlete in college.

Check in each year to see if requirements change (i.e. SAT requirement).

RECRUITMENT TIMELINES

What do I need to know?
### Recruiting Method

| Recruiting Materials (i.e. questionnaires, recruiting letters, social media messages, text messages) | • You may receive brochures for camps, questionnaires, NCAA materials and nonathletic recruiting publications at any time.  
• A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore and junior year in high school. |
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone Calls to a Coach</strong></td>
<td>• June 15 between your sophomore and junior year in high school</td>
</tr>
<tr>
<td><strong>Phone Calls from a Coach</strong></td>
<td>• June 15 between your sophomore and junior year in high school</td>
</tr>
<tr>
<td><strong>Off-Campus Contact</strong></td>
<td>• A college coach may have contact with you or your family off the college’s campus beginning Aug. 1 of your junior year in high school</td>
</tr>
<tr>
<td><strong>Unofficial Visit</strong></td>
<td>• You may visit a college at your own expense beginning Aug. 1 of your junior year in high school</td>
</tr>
<tr>
<td><strong>Official Visit</strong></td>
<td>• A college may pay for you to visit the college beginning Aug. 1 of your junior year in high school</td>
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*Dates vary for M&W Basketball, Football, Men’s Ice Hockey, Lacrosse, Softball, and Baseball*

(603) 227-5444 | nhheaf.org | collegeplanning@nhheaf.org
## TIMELINE- DIVISION II & III

<table>
<thead>
<tr>
<th>Recruiting Method</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
</table>
| **Recruiting Materials**| • You may receive brochures for camps, questionnaires, NCAA materials and nonathletic recruiting publications at any time  
• A coach may begin sending you printed recruiting materials June 15 immediately preceding your junior year in high school | • You may receive printed materials any time |
| **Telephone Calls**     | • No limit on number of calls by college coach beginning June 15 immediately preceding your junior year  
• You may make calls to the coach at your expense | • No limit on number of calls or when they can be made by the college coach  
• You may make calls to the coach at your expense |
| **Off-Campus Contact**  | • A college coach may have contact with you or your parents/legal guardians off the college’s campus beginning June 15 immediately preceding your junior year  
• No limit on number of contacts off campus | • A college coach may have contact with you or your relatives or guardians off the college’s campus after your sophomore year  
• No limit on number of contacts off campus |
| **Unofficial Visits**   | • You may make an unlimited number of unofficial visits any time, except during a dead period | • You may make an unlimited number of unofficial visits any time |
| **Official Visits**     | • A college may pay for you to visit the college beginning June 15 immediately preceding your junior year. Between June 15 before your junior year and the end of your senior year in high school, you may make only one official visit per college.  
• There is no limit to official visits to Division II colleges | • A college may pay for you to visit the college beginning Jan. 1 of your junior year in high school  
• There is no limit to official visits to Division III colleges. However, you may only be provided one visit per college. |
HOW TO PROMOTE YOU!

• Videos
• Recruiting Materials
• Questionnaires
• Coaches Preferences
• Social Media
NATIONAL LETTER OF INTENT

- DI and DII institutions choose to join
- Binding Agreement
- Student-Athlete must be registered with the NCAA Eligibility Center
- Resources on NLI site for students, parents, and coaches
  - Nationalletter.org
NCAA ACADEMIC REQUIREMENTS
Differences, and requirements per Division
TEST SCORES?

• In January 2023, NCAA Divisions I and II adopted legislation to remove standardized test scores from initial-eligibility requirements

• Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements
GPA REQUIREMENTS

• Division I
  o Minimum 2.3 GPA, calculated based on core courses only

• Division II
  o Minimum 2.2 GPA, calculated based on core classes only

*All courses to be considered for the NCAA minimum GPA must be from your individual high school’s approved list
# ACADEMICS

## Division I

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<tr>
<th>Course</th>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td></td>
<td>4 years</td>
</tr>
<tr>
<td>Math (Algebra I or higher)</td>
<td></td>
<td>3 years</td>
</tr>
<tr>
<td>Science (Including one year of lab, if offered)</td>
<td></td>
<td>2 years</td>
</tr>
<tr>
<td>Additional (English, math or science)</td>
<td></td>
<td>1 year</td>
</tr>
<tr>
<td>Social Science</td>
<td></td>
<td>2 years</td>
</tr>
<tr>
<td>Additional Courses (Any area listed to the left, world language or non-doctrinal religion/philosophy)</td>
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<td>4 years</td>
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## Division II

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*from the NCAA Eligibility Center*
Division I

• Early Academic Qualifier
  - Meeting specific criteria after 6 semesters of high school, completion, athletic aid, and practice

• Qualifier
  - Competition, athletic aid, practice

• Academic Redshirt
  - Athletic aid, practice

• Non-Qualifier
  - No athletic aid, practice, or competition
Division II

• Early Academics Qualifier
  - Meeting specific criteria after 6 semesters of high school, competition, athletic aid, and practice

• Qualifier
  - Competition, athletic aid, practice

• Partial Qualifier
  - Athletic aid, practice, no competition
• Transfer Portal
• GPA needed to transfer
OTHER OPTIONS

NAIA
- Pro: They do give out athletic scholarships
- Con: Not NCAA affiliated

Junior College
- Pro: Save money or hone your skill to gain entrance to a more competitive college, or entrance to the school in a better recruiting class
- Con: Not NCAA affiliated

Gap Year
- Unsure of what you want to major in
- Give yourself time to mature

Post Graduation Year
DEMANDS ON A STUDENT-ATHLETE

One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

*Based on the 2019 NCAA GOALS study.

67%

67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.

Division III student-athlete’s time each week

(numbers listed in hours)

- 40 Academic
- 168 hours
- 28 Athletics
- 84.5 Other (e.g., sleep, extracurricular)
- 15.5 Socializing

Did you know?

Division III student-athletes note their athletics experience did not hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience.

- 24% Have or will study abroad
- 44% Have a job and work a median of 8 hours per week
- 66% Involved in an internship/externship
- 67% Think it’s likely they will attend graduate school
DEMANDS ON A STUDENT-ATHLETE

• Balancing work, practice, and competition

• Support system
  • Coaches, athletic trainers, academic advisors, etc.

• Staying involved on campus
FINAL QUESTION

What is your one biggest piece of advice students wanting to be athletes in college?
THANK YOU!

Center for College Planning
603.227.5444

collegeplanning@nhheaf.org

Schedule an appointment online:
Calendly.com/nhheaf_ccp

Book an appointment