The College-Bound Student-Athlete

PRESENTED BY:

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NEC Field Hockey Coach/Former DIII Athlete

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Field Hockey/Lacrosse Student Athlete- New England College
Thinking of Going Pro?

<table>
<thead>
<tr>
<th>High School Student Athletes</th>
<th>Men’s Basketball</th>
<th>Women’s Basketball</th>
<th>Football</th>
<th>Baseball</th>
<th>Men’s Ice Hockey</th>
</tr>
</thead>
<tbody>
<tr>
<td>540,769</td>
<td>399,067</td>
<td>1,006,013</td>
<td>482,740</td>
<td>35,283</td>
<td></td>
</tr>
<tr>
<td>NCAA Student Athletes</td>
<td>18,816</td>
<td>16,509</td>
<td>73,712</td>
<td>36,011</td>
<td>4,323</td>
</tr>
<tr>
<td>NCAA S.A Drafted</td>
<td>52</td>
<td>36</td>
<td>254</td>
<td>791</td>
<td>71</td>
</tr>
<tr>
<td>Percent High School to NCAA</td>
<td>3.5%</td>
<td>4.1%</td>
<td>7.3%</td>
<td>7.5%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent NCAA to Pro</td>
<td>1.2%</td>
<td>0.8%</td>
<td>1.6%</td>
<td>9.9%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>

- 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 athletes graduate at higher rates than their peers in the student body, and those rates rise each year.
### Which Division Is 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>
What Will We Cover?

• NCAA Eligibility Center
• Recruitment
• Self-Marketing/National Letter of Intent
• Academic Requirements
• Demands of the Student-Athlete
• Questions
NCAA Eligibility Center

• Division I (DI) and Division II (DII) require registration

• Division III (DIII) eligibility determined by institution

• Fee associated with registration

• Fee waived if eligible for free or reduced lunch or SAT fee waiver
NCAA Eligibility Center

• Most athletes register in their junior year of high school

• Follow the checklists 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 Timeline: Division I

<table>
<thead>
<tr>
<th>Recruiting Method</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recruiting Materials</strong></td>
<td>(i.e. questionnaires, recruiting letters, social media messages, text messages)</td>
</tr>
<tr>
<td>- You may receive brochures for camps, questionnaires, NCAA materials and nonathletic recruiting publications at any time.</td>
<td></td>
</tr>
<tr>
<td>- A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore and junior year in high school.</td>
<td></td>
</tr>
</tbody>
</table>

| Phone Calls to a Coach     | June 15 between your sophomore and junior year in high school |
| Phone Calls from a Coach   | June 15 between your sophomore and junior year in high school |
| Off-Campus Contact         | 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 |
| Unofficial Visit           | You may visit a college at *your own expense* beginning Aug. 1 of your junior year in high school |
| Official Visit             | A college may pay for you to visit the college beginning Aug. 1 of your junior year in high school |

*Dates vary for M&W Basketball, Football, Men’s Ice Hockey, Lacrosse, Softball, and Baseball*
## Recruitment Timeline: Division II and 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

- Difference between DI, DII, and DIII
- Required GPA’s
- Required core classes
GPA Requirements

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

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

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

**DIVISION I**
- **ENGLISH**: 4 years
- **MATH** (Algebra I or higher): 3 years
- **NATURAL PHYSICAL SCIENCE** (including one year of lab, if offered): 2 years
- **ADDITIONAL** (English, math or natural/physical science): 1 year
- **SOCIAL SCIENCE**: 2 years

**DIVISION II**
- **ENGLISH**: 3 years
- **MATH** (Algebra I or higher): 2 years
- **NATURAL PHYSICAL SCIENCE** (including one year of lab, if offered): 2 years
- **ADDITIONAL** (English, math or natural/physical science): 3 years
- **SOCIAL SCIENCE**: 2 years
- **ADDITIONAL COURSES** (Any area listed to the left, foreign language or comparative religion/philosophy): 4 years

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

*from the NCAA Eligibility Center*
Academic Outcomes

Division I

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

• Qualifier
  • competition, athletic aid, practice

• Academic Redshirt
  • athletic aid, practice

• Non-qualifier
  • no athletic aid, practice or competition
Academic Outcomes

Division II

- Early Academic 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
NAIA, JUCO, Gap Year

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

Junior College
• Pro: Want to 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
• Seen often in Men's Ice Hockey
Demands of 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.

Division III student-athlete's time each week

(numbers listed in hours)

- 40 Academics
- 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. (approximate percentages)

- 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

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.
Demands of a Student-Athlete

• Balancing work, practice, and competition

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

• Staying involved on Campus
Final Questions

• What advice would you give to those who wish to become a college level student-athlete?

• What was your favorite aspect of your college/university?
Thank you!

Please make your way to the next workshop from the Destination College main platform.

nhheaf.org/dc-eventday

The link is posted in the chat for your convenience.