

# NCAA/Student Athlete Packet

*What happens after you are a Tornado?*



**HF Guidance Department**

## Introduction

Do you want to continue to pursue your sport in college? Then this packet is for you! Terminology will be reviewed and some helpful links will be provided.

## Eligibility

You must register with the NCAA clearinghouse/eligibility center

This certifies your eligibility to participate in college level varsity sports

### **Eligibility Brochure:**

[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/IE\\_Brochure.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/IE_Brochure.pdf)

## What is the difference between Division 1, 2 and 3?

1. Scholarships offered, can offer multi-year scholarships
2. Scholarships offered, slightly different academic requirements from Division 1, fewer sports teams offered
3. No scholarships offered, required to have a day off

## Some important things to know:

- If you receive a letter from a coach, it does not necessarily mean you are being recruited
  - A coach needs to call you, invite you on a visit or make a formal offer for you to join the team
- Be wary of social media
  - Coaches might reach out to you on social media-this does not mean you are being recruited
  - Social media can be a great tool to promote yourself but be very careful what you put up online. Coaches have been known to stop recruiting athletes if they see inappropriate content from students
- Advocate for yourself
  - If there is a school that you are interested in, reach out to the coach. There are millions of high school athletes, just because a coach does

not reach out to you, that does not mean you couldn't make the team.

## **Committed does not mean admitted..**

Even if you are offered a spot on a team and a scholarship, you still need to meet the requirements of the school for admissions. This means your test scores and GPA still matter!

## **Academics**

If you are considering playing a college sport, there are certain classes that the NCAA requires you to take. Consult with your counselor and the course catalogue to ensure you are taking NCAA approved courses. In addition, for Division 1 and 2, there is a minimum GPA requirement. (See the Academic Requirements pamphlet from the NCAA attached to this packet)

## **Scholarships**

Scholarships can include covering the cost or partial cost of room and board, tuition and fees, and course-related books.

## **What does “Walk-On” Mean?**

This is an opportunity for a High School athlete to continue their sport if they were not recruited. If a student were to “walk on,” this would mean that they would have an opportunity to try out for the team for a non-scholarship position. If you are considering trying to walk on to a team, you will still have to complete all academic requirements stated by the NCAA.

## **What is the National Letter of Intent?**

This is signed when a college-bound student athlete agrees to attend a division 1 or 2 school for one academic year. This also means that the school will provide financial aid as long as the student is eligible under NCAA rules. This is a voluntary process and it is NOT required for the student to receive financial aid or to participate in their given

sport. Signing this letter ends the recruiting process.

**Keep in mind:** if a student signs a National Letter of Intent with one school but then decides to attend a different school, they will lose one year of eligibility. They will also need to complete one full academic year at their new school before being able to compete.

### When you need your transcript...

Pick up a yellow form from guidance that says “Transcript Request Form.”

### Fit matters!

Make sure that you get the chance to meet the coach and your potential teammates. You want to ensure that being on this team will be a positive experience for you. Teams and their coaches spend many hours together practicing, traveling and competing. It is very important for you to take the time and make sure you will be comfortable and happy.

## Checklist

- Work with your counselor to be sure you take all required courses by the NCAA
- Establish a relationship with your coach
- Keep a record of all your athletic achievements
- Ask your coach about any opportunities outside of school to stay involved in you sport during the off season
- Keep your grades up!
- Talk with your coach about what Division you could possibly participate in
- Attend college fairs to make a list of colleges that interest you and research their sports program
- At the beginning of Junior year, complete your NCAA registration
- When taking standardized tests, list the NCAA (#9999) to send your scores
- For schools on your list, complete any online athletic questionnaires required
- Send an official transcript by the end of your junior year
- Visit the school: have a meeting with the coach, look at the athletic facilities, tour the rest of campus and get to know the team!
- Be sure to follow the admissions process and be conscious of deadlines

## Helpful Links:

Definitions of periods: <http://www.ncaa.org/student-athletes/resources/recruiting-calendars>

National Letter of Intent: <http://www.nationalletter.org/>

Resources for Division 1: <http://www.ncaa.org/d1>

Resources for Division 2: <http://www.ncaa.org/d2>

Resources for Division 3: <http://www.ncaa.org/d3>

Eligibility Center: <https://web3.ncaa.org/ecwr3/>

### Recruiting Fact

Sheet: [https://ncaaorg.s3.amazonaws.com/compliance/recruiting/NCAA\\_RecruitingFactSheet.pdf](https://ncaaorg.s3.amazonaws.com/compliance/recruiting/NCAA_RecruitingFactSheet.pdf)

<http://www.ncaa.org/student-athletes/future>

Information for future athletes: <http://www.ncaa.org/student-athletes/future>

Guide for the college bound student athlete:

[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf)

Frequently Asked Questions: <https://ncaa.egain.cloud/kb/EligibilityHelp/home>

