



THE COLLEGE BOUND

STUDENT ATHLETE

A RESOURCE GUIDE FOR PARENTS AND STUDENTS

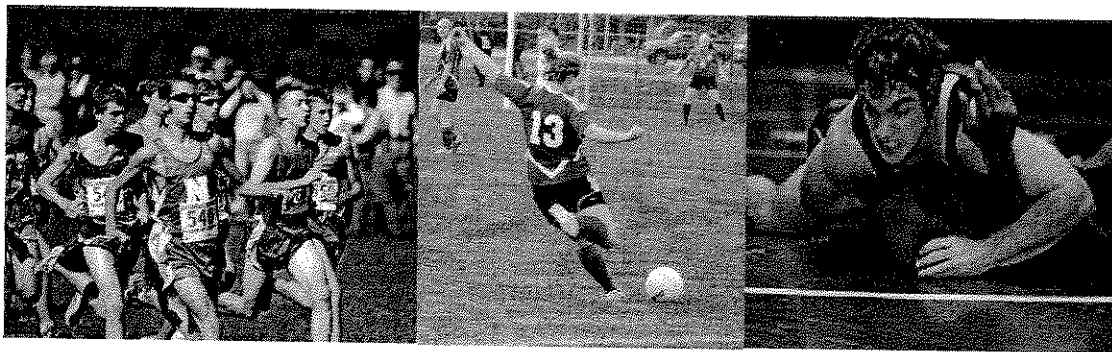


Table of Contents

PAGE 1	Four Year High School Plan for a Student Athlete
PAGE 2	NCAA Eligibility Center Information
PAGE 3	NCAA Approved Core Courses
PAGE 4	NCAA Approved Core Courses Continued
PAGE 5	Division I Academic Requirements
PAGE 6	Division I Qualifier Sliding Scale
PAGE 7	Division II Academic Requirements
PAGE 8	Blank Page
PAGE 9	2018 Division II New Academic Requirements
PAGE 10	2018 Division II Sliding Scales
PAGE 11	Division I Worksheet
PAGE 12	Division II Worksheet
PAGE 13	Become a Division III Student Athlete
PAGE 14	Additional Resources
PAGE 15	Roles and Responsibilities
PAGE 16	Roles and Responsibilities Continued
PAGE 17	Notes

Four Year High School Plan for a Student Athlete

Freshman Year

- Talk to your counselor about core class requirements
- Get to know all the coaches in your sport
- Work hard to get the best grades possible
- Attend sports camps
- Establish a realistic analysis of your athletic ability
- Begin planning academic and career goals

Sophomore Year

- Work with your counselor to maintain core course requirements
- Keep up your grades
- Talk to your coaches about your abilities and your ambitions
- Make preliminary inquiries about colleges that interest you
- Begin developing a sports resume
- Download a copy of the *NCAA Guide for the College-Bound Student-Athlete* from the website www.ncaa.org

Junior Year

- Meet with your counselor to discuss college/career goals
- Check progress toward core course requirements
- Attend College & Career Night in October
- Talk to your coach about a realistic assessment of which college level you can play
- Register to take the ACT/SAT and list NCAA Eligibility Center (code 9999) as a score recipient
- Refine your list of possible college choices; be familiar with admission requirements
- Ask your high school coach for a letter of recommendation
- Register with the NCAA Eligibility Center (\$75 fee)
- Request an official transcript to be sent to NCAA Eligibility Center at the end of junior year
- Attend a college sports camp in the summer (last chance!)

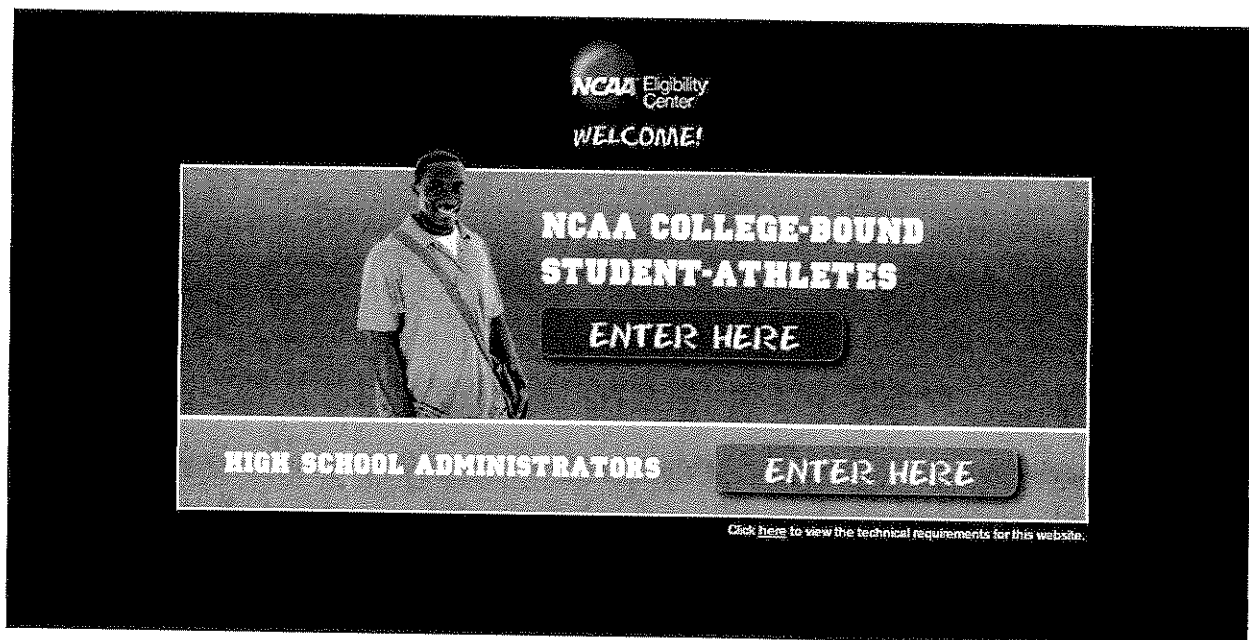
Senior Year

- Make sure you have met all graduation and core course requirements
- Confirm NCAA Eligibility Center registration
- Narrow down your college choices – Include a safety school!
- Be aware of recruiting rules regarding campus visits
- Submit your college applications and send transcripts
- Complete the FAFSA for financial aid
- Sit down with your parents and coach to weigh the pros and cons before signing any papers
- Make sure your final decision is based on a meaningful college education, excellent career preparation, and a satisfying athletic experience



NCAA Eligibility Center Information

www.eligibilitycenter.org



If you want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center.

Register with the NCAA Clearinghouse no later than the end of your junior year in high school.

National Collegiate Athletic Association (NCAA)

Approved Core Courses

The National Collegiate Athletic Association (NCAA) has established initial academic eligibility requirements for participation in college athletics at the Division I and II levels. These requirements are certified through the NCAA Eligibility Center. Student-athletes are recommended to apply online to the NCAA Eligibility Center after sixth semester grades are posted. Students are encouraged to meet with their high school counselor for additional information.



More information can be found at:

www.eligibilitycenter.org or call toll-free at 1-877-262-1492

The NCAA Eligibility Center has approved the following District 99 courses for use in establishing the certification of student-athletes.

ENGLISH

AP English Language & Composition
AP English Literature & Composition
English & Communication I, II, III
English IV: Effective Expression
English & Communication I, II H
English IV: Critical Lenses
English IV: Cultural Transitions
English IV: Dramatic Literature

English IV: Humanities/Critical Expressions
English IV: Journalistic Expression & Media Literacy
English IV: Literary Expression
English IV: Oral Expression
English IV: Realms of Possibility
English IV: Transformation and Triumph
English IV: Voices from the Edge
English IV: Written Expression

MATHEMATICS

Advanced Algebra & Trig 200 & 300
Advanced Algebra & Trig 400 H
Algebra 300
AP Calculus AB & BC
AP Statistics
College Algebra 300
Discrete Mathematics with Statistics

Geometry 200 & 300
Geometry 400 H WT
Math 1
Math 2/Math 2H
Math 3/Math 3H*
Pre-Calculus 300
Pre-Calculus 400 H WT

SOCIAL SCIENCE

American Economy
American Government
Ancient Medieval History
Anthropology
AP European History
AP Microeconomics (DGS)
AP Macroeconomics (DGN)
AP Psychology
AP US Government and Politics

ESL US History
Essentials of Geography
Multicultural Studies in American Society *
Global Connections 300
Issues/World Cultural Geography
Law in American Society
Modern World History
Psychology
Sociology

National Collegiate Athletic Association (NCAA)

Approved Core Courses - Continued

SOCIAL SCIENCE - Continued

AP US History
Bilingual Global Connections
Contemporary American Issues
ESL Global Connections

Sociology of Gender
U.S. Foreign Policy
U.S. History

NATURAL/PHYSICAL SCIENCE

Anatomy & Physiology
AP Biology
AP Chemistry
AP Environmental Science
AP Physics C: Mechanics
AP Physics C: Mechanics, Electricity & Magnetism
Bilingual Biology
Biology 300
Biology II: Research Question in Biology
Biology 400 H WT

Chemistry 300 & 400
Earth Science 300
Electricity/Electronics
Physical Science 300
Physics 300
Physics 400 H WT
Research Topics in Earth Science

ADDITIONAL COURSES

AP French
AP German
AP Spanish
French 1, 2, 3
French 3 H WT
French 4
French 5 WT

German 3 H WT
German 4
German 5 WT
Spanish 1, 2, 3
Spanish 3 H WT
Spanish 4
Spanish 5 WT

*Pending D99 and NCAA approval



2016 Division I Academic Requirements

Initial-eligibility standards for NCAA Division I college-bound student-athletes are changing.

College-bound student-athletes first enrolling at an NCAA Division I school on or after August 1, 2016, will need to meet the following academic rules to practice, compete and receive athletics scholarships during their first year.

Full Qualifier	Academic Redshirt
<ul style="list-style-type: none"> • Complete 16 core courses: <ul style="list-style-type: none"> ▪ Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school ▪ Seven of the 10 core courses must be in English, math, or science • Earn a core-course GPA of at least 2.300 • Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page) • Graduate high school 	<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.000 • Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page) • Graduate high school

Full Qualifier: College-bound student-athletes may practice, compete and receive athletics scholarship during their first year of enrollment at an NCAA Division I school.

Academic Redshirt: College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

Nonqualifier: College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

After August 1, 2016

1. A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. However, he/she is an **academic redshirt** because only nine of the 10 required courses were completed before the seventh semester. He/she would be permitted to practice and receive scholarships, provided he/she presents 16 core courses and meets the minimum core-course GPA and test-score requirement at the time of graduation.
2. A college-bound student-athlete completes 16 core courses in the required coursework with a 2.300 core-course GPA and a 79 sum ACT. The college-bound student-athlete is **full qualifier** under the new sliding scale because the minimum GPA requirement is 2.300 with an ACT sum score of at least 75.
3. A college-bound student-athlete completes 15 core courses with a 2.500 core-course GPA and an 820 SAT score (critical reading and math). The college-bound student-athlete is a **nonqualifier** because only 15 core courses were completed, not the required 16 core courses.



DIVISION I FULL QUALIFER SLIDING SCALE		
Use for Division I beginning August 1, 2016		
Core GPA	SAT	ACT Sum
	<i>Reading/Math</i>	
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

ACADEMIC REDSHIRT



Division II Academic Requirements

College-bound student-athletes enrolling at an NCAA Division II school need to meet the following academic rules to practice, compete and receive athletics scholarships during their first year.

Full Qualifier	Partial Qualifier
<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.000 	<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.000
<ul style="list-style-type: none"> • Earn an SAT combined score of at least 820 or an ACT sum score of at least 68 • Graduate high school 	<p>OR</p> <ul style="list-style-type: none"> • Earn an SAT combined score of at least 820 or an ACT sum score of at least 68 • Graduate high school

Full Qualifier: College-bound student-athletes may practice, compete and receive athletics scholarship during their first year of enrollment at an NCAA Division II school.

Partial Qualifier: College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

Nonqualifier: College-bound student-athletes may not practice, compete or receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

Division II academic requirements are changing on August 1, 2018.

Please see next page.

Page intentionally left blank



2018 Division II New Academic Requirements

Initial-eligibility standards for NCAA Division II college-bound student-athletes are changing.

College-bound student-athletes first enrolling at an NCAA Division II school on or after August 1, 2018, need to meet new academic rules to practice, compete and receive athletics scholarships during their first year.

Full Qualifier	Partial Qualifier
<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.200 • Earn the ACT/SAT score matching your core-course GPA on the Division II sliding scale (see back page) • Graduate high school 	<ul style="list-style-type: none"> • Complete 16 core courses • Earn a core-course GPA of at least 2.000 • Earn the ACT/SAT score matching your core-course GPA on the Division II sliding scale (see back page) • Graduate high school

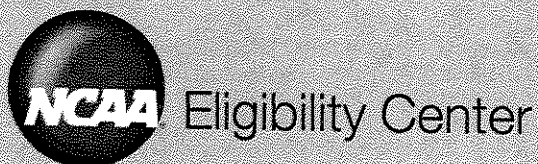
Full Qualifier: College-bound student-athletes may practice, compete and receive athletics scholarship during their first year of enrollment at an NCAA Division II school.

Partial Qualifier: College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

Nonqualifier: College-bound student-athletes may not practice, compete or receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

After August 1, 2018

1. A college-bound student-athlete completes 15 core courses, earns a 2.200 core-course GPA and earns an 840 SAT score. He/she would be a **nonqualifier** because he/she did not complete the 16 required core courses. He/she would not be permitted to practice, compete or receive scholarships during his/her first year of full-time enrollment at an NCAA Division II school.
2. A college-bound student-athlete completes 16 core courses, earns a 2.000 core-course GPA and earns a 68 sum ACT score. He/she would be a **partial qualifier** because he/she did not meet the minimum core-course GPA to match the ACT score on the Division II sliding scale (see back page).
3. A college-bound student-athlete completes 16 core courses with a 2.500 core-course GPA and earns an 820 SAT score. He/she would be a **full qualifier** because he/she meets the minimum core-course GPA to match their SAT score on the Division II sliding scale (see back page).



DIVISION II FULL QUALIFIER SLIDING SCALE

Use for Division II beginning August 1, 2018

Core GPA	SAT	ACT Sum
	Reading/Math	
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE

Use for Division II beginning August 1, 2018

Core GPA	SAT	ACT Sum
	Reading/Math	
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Core-Course GPA (16 required) Beginning August 1, 2016, 10 core courses must be completed before the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science for competition purposes. Grades and credits may be earned at any time for academic redshirt purposes.

Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional years in English, math or natural/physical science (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Become a Division III Student Athlete

Information for Prospective Student Athletes and Parents

What Division III Has to Offer

- Division III athletics provides a well-rounded collegiate experience that involves a balance of rigorous academics, competitive athletics, and the opportunity to pursue the multitude of other co-curricular and extra-curricular opportunities offered on Division III campuses.
- Division III playing season and eligibility standards minimize conflicts between athletics and academics, allowing student-athletes to focus on their academic programs and the achievement of a degree.
- Division III offers an intense and competitive athletics environment for student-athletes who play for the love of the game, without the obligation of an athletics scholarship.
- Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern.
- Division III athletics departments are dedicated to offering broad-based programs with a high number and wide range of athletics participation opportunities for both men and women.
- Division III places primary emphasis on regional in-season and conference competition, while also offering 36 national championships annually.
- Division III affords student-athletes the opportunity to discover valuable lessons in teamwork, discipline, perseverance, and leadership, which in turn make student-athletes better students and responsible citizens.
- Division III features student-athletes who are subject to the same admission standards, academic standards, housing, and support services as the general student body. The integration of athletics with the larger institution enables student-athletes to experience all aspects of campus life.
- Division III encourages student-athletes to take advantage of the many opportunities available to them, both within and beyond athletics, so that they may develop their full potential as students, athletes, and citizens.



For more information, go to: <http://www.ncaa.org/d3>

Additional Resources

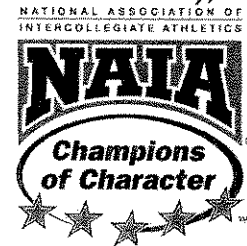
National Association of Intercollegiate Athletics (NAIA)

The National Association of Intercollegiate Athletics (NAIA), headquartered in Kansas City, Mo., is a governing body of small athletics programs that are dedicated to character-driven intercollegiate athletics.

Since 1937, the NAIA has administered programs and championships in proper balance with the overall college educational experience.

The student-athlete is the center of all NAIA experiences. Each year more than 60,000 student-athletes have the opportunity to play college sports at NAIA member institutions.

For more information: www.naia.org



National Junior College Athletic Association (NJCAA)

The NJCAA's mission is to promote and foster two-year college athletics.

It is the mission of the NJCAA to foster a national program of athletic participation in an environment that supports equitable opportunities consistent with the educational objectives of member colleges.

For more information: www.njcaa.org



Roles and Responsibilities

STUDENT

Be aware of and understand eligibility requirements

The requirements established by the NCAA Eligibility Center can be confusing and difficult to understand. Understanding these requirements might save future surprises and/or problems that occur during the eligibility process.

Be aware of approved core courses

The NCAA Approved Core Course List for Initial Eligibility changes each academic year.

Register with the NCAA Eligibility Center

To register, prospective student-athletes should access the registration materials by visiting the Eligibility Center website at www.eligibilitycenter.org.

Contact coaches and admission offices at colleges

It is your responsibility to write letters, go online and/or make phone calls requesting information about each college. Remember you are the one going to college so you should be the one making the contacts.

Keep updated files of college information/coach contacts

Maintain a system to organize college literature and admission information. Be sure to keep updated files on coach contact information, recruiting status, and possibilities. Keep a list of phone calls and highlights of your discussions to help you know where you stand for what the next step will be.

Develop a list of priorities in selecting a college

Look at location, size, public vs. private, cost, athletic participation, college major, etc. Keep your list of priorities to help you stay focused on what YOU want in a college!

Seek out your counselor and coach for advice

You should contact your counselor and coach at the beginning of junior year to discuss possibilities, eligibility, recruiting, etc. Their experience can be a valuable asset during what can be a confusing time.

PARENT

Be supportive of your child

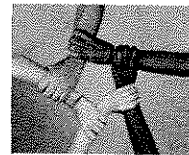
Know that one can turn to his/her parents for support can be very reassuring during the process.

Help your child keep college information organized: Allow your child to do the legwork

While this is a family-based decision, it should be student initiated. That means the student needs to be the one doing the work: researching schools, contacting admissions offices, and the coaches.

Help your child be responsible

Encourage your child to develop the personal responsibility to become a successful student-athlete.



Roles and Responsibilities Continued

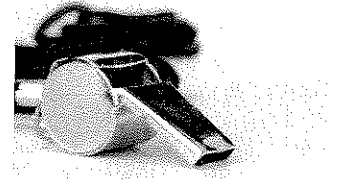
COACH

Provide insight

Your coach can share information with you regarding your possible level of participation (Division I, II, or III). Speaking with your coach about the realities of participating at each level can be helpful with the recruitment process.

Be involved during the college coach's visit

Coaches from colleges/universities will visit Downers Grove North and your coach can be instrumental in orchestrating these visits. You are encouraged to speak to your coach regarding these possibilities.



Provide necessary recruitment information

Seek your coach's advice throughout the process to help you make an informed decision.

COUNSELOR

Serve as the student's advocate

Your counselor serves as your advocate and is your spokesperson to the college admissions offices. It is important to keep your counselor updated on your recruitment status.

Provide a neutral position

This process can be overwhelming to the student athlete. Counselors can help balance the pressures from the college process and their college priorities. Seek your counselor for neutral advice when sorting out emotions.

Transcript Requests

If you need a copy of your transcript to make a visit to a college, come to the Guidance Office to see your counselor.



Provide NCAA Eligibility Center Information

Your counselor has the information about the procedures of the certification process. You should meet with your counselor in EARLY fall to discuss this information.

Give advice on college choices

Your counselor can be helpful to you in categorizing your list of colleges. You are recommended to have a few reach schools, probable schools, and safety schools. Your counselor can offer insight as to which schools fall into each group.

Assist the family in the process

Remember this is a family process. If parents have any questions, they should feel free to contact your counselor for assistance.

Notes
