

**So You Want To Be A
COLLEGE ATHLETE...**



Round Lake High School

The National Collegiate Athletic Association (NCAA) has developed a process that ensures that all participating colleges and universities and their student-athletes are competing on a “level playing field,” and that all prospective athletes are academically eligible to participate.

What Every High School Athlete Should Know About Athletics after High School

When a high school athlete daydreams about playing sports in college, do they see themselves sitting humbly on the bench waiting for the coach to send them in? Probably not, instead they see themselves acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, they have the same fantasies that thousands of other young athletes have: that college will be the springboard to fortune and the big leagues.

Here are some things to consider (per the NCAA website):

- There are three divisions – educate yourself on them, and be realistic in choosing the best fit for you. Keep in mind that fewer than 2% of all college athletes go to the pros. (<http://www.ncaa.org/sites/default/files/Recruiting%20Fact%20Sheet%20WEB.pdf>)
- Of 1,860 male high school basketball players, only 1 will make it to the NBA and out of 1,756 female soccer players, only 1 will make it to the NWSL.
- The professionals for any major sport are usually drawn from big institutions, which are treasure troves of first-rate athletes playing on outstanding teams.
- The average pro football career lasts only three years.

These realities indicate that the college-bound athlete must think ahead to when the cheering stops. Careers in sports can end abruptly. Starting spots can evaporate after only one year. More often, college athletes have problems with eligibility. Practice schedules are hard on grades. Some players spend more than four years trying to graduate and eventually their eligibility expires.

If you are a high school athlete who wants to play college-level sports, keep two priorities in mind: **COLLEGE FIRST, ATHLETICS SECOND**. Avoid situations that might leave you without a degree or even a team to play on.

For more information on the “Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level”, check out

<http://www.ncaa.org/about/resources/research/probability-competing-beyond-high-school>

The NCAA Eligibility Center website web3.ncaa.org/ecwr3 offers great information about the eligibility process, how to work with coaches, finding information on sports and divisions, and much more.

Download or read online the current *Guide for the College-Bound Student-Athlete* at:

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

For Division I and II Initial Eligibility Requirements, go to:

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/IE_Brochure.pdf

For the most up-to-date list of your high school's Approved Core Courses:

- Go to web3.ncaa.org/ecwr3
- Click on "Help" in the upper right-hand corner
- Click on "Find Your Core Courses"
- Enter your school's 6-digit CEEB/ACT code (143760) or school name and click on "Search" below
- You may select a specific course core area or all approved courses

To find information on what schools sponsor your sport, as well as access athletic contacts at individual schools:

- Go to web3.ncaa.org/ecwr3
- Click on "Search NCAA schools" under the box "Not Sure Which Division Your School Is In?" in the lower right-hand corner. You can sort each division by state.

For students with disabilities, go to:

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

To apply for NCAA Academic Eligibility:

- Go to web3.ncaa.org/ecwr3
- Click on "Register" in the center of the page
- Complete the online form. The NCAA encourages you to allow 15 minutes to register.

You will need the following to register for eligibility:

- A valid email address (don't use your RLAS one!). The NCAA Eligibility Center will email you a Verification Code to get you started.
- 6-digit school code number (RLHS's number is 143760)
- BEFORE you pay, see if you qualify for a fee waiver Please see your counselor.
- Both student and parent (if student is less than 18 years old) must check box certifying that they have read and understood NCAA agreement.

*When you have completed your registration, please let Mr. Bruno know so he can submit your transcript and apply the fee waiver if applicable!

Prospective College Student-Athlete Suggested Timeline

When	What to Do
FRESHMAN YEAR	
All Freshman Year	Make sure to pass all of your classes to be on track to graduate!
All Freshman Year	Get to know all the coaches in your sport. Try-out for teams, attend camps, and realistically analyze your ability.
January of Freshman Year	Talk to your counselor during course registration to make sure you are choosing approved NCAA classes.
SOPHOMORE YEAR	
September of Sophomore Year	Attend the NCAA Eligibility Night (hosted by an NLCC school)
January of Sophomore Year	Talk to your counselor during course registration to make sure you are choosing approved NCAA classes.
February of Sophomore Year	Sign-up to attend the "College Knowledge" presentation at RLHS.
By end of Sophomore Year	Register with the NCAA Eligibility Center at web.ncaa.org/ecwr3 Ask your counselor to apply a fee waiver and upload your transcript.
By end of Sophomore Year	If you fall behind, ask your counselor for help with finding approved courses or programs you can take.
JUNIOR YEAR	
Start of Junior Year	Check with your counselor to make sure you are on track to graduate on time and complete the required number of NCAA approved courses.
September	Attend the NCAA Eligibility Night (hosted by an NLCC school)
January	Talk to your counselor during course registration to make sure you are choosing approved NCAA classes.
February/March	Research what schools you want to apply for that are the best fit for your academic and athletic goals. Join the College Prep Group and/or attend the "Junior College Search" Presentation
March	Thinking NAIA? Register and complete your profile at PlayNAIA.org . Ask your counselor to apply a fee waiver.
Spring	Begin making unofficial visits to colleges (Spring break is a great time!)
April	Take the SAT and submit your scores to the NCAA by using code 9999 & NAIA by using code 9876. (SAT scores are not required for class of 23' and 24')
End of Junior Year	Have talked to your coaches about your ability and ambitions.
End of Junior Year	Have reached out to college coaches at schools you are interested in applying to next year, either by filling out the Prospective Student-Athlete Questionnaire on the college's website and/or by sending the coach an email. (See SAMPLE Email and SAMPLE Resume below.)
June	At the end of the year, ask your counselor to upload your official six-semester transcript to the NCAA Eligibility Center and/or NAIA Eligibility Center.

Summer After Junior Year	Continue to visit college campuses.
SENIOR YEAR	
All Senior Year	Complete your final NCAA core courses as you prepare for graduation.
September	Attend the NCAA Eligibility Night (hosted by an NLCC school)
September	Attend SENIOR WEEK and COLLEGE PALOOZA! Events, including Financial Aid presentations.
September	Reach out to/follow up with college coaches at schools you are interested in attending.
August, October, and/or December	Take the SAT again, if necessary, and make sure to submit your scores to the NCAA by using code 9999 and NAIA by using code 9876.
October 1	Submit your FAFSA at www.fafsa.gov (FAFSA Fest is one of the first Friday's in October)
By November 1	Apply to your final list of 5-8 colleges.
Winter/Spring	Review your admission and financial aid decisions. Sit down with parents, counselor, and coach to review these materials in order to make an informed decision.
April	Request your final amateurism certification beginning April 1 (fall enrollees). <i>Only students on an NCAA Division I or II school's certification request list will receive a certification.</i>
Before May 1	Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience - IN THAT ORDER! Be sure of your final choice before signing any papers. Once you do, let the other colleges' coaches know their school is no longer in the running. Thank them for their consideration!
May of Senior Year	Graduate!
June after Senior Year	After you graduate, ask your counselor to upload your final official transcript with proof of graduation into the NCAA or NAIA Eligibility Center.

For information on the National Junior College Athletic Association (NJCAA), go to www.njcaa.org.

For information on the National Association of Intercollegiate Athletics (NAIA), go to www.naia.org.

For questions related to this timeline, or the process in general, please contact

Mr. Bruno, College & Career Counselor, at jbruno@rlas-116.org

Mr. Karolczak, Athletic Director, at ekarolczak@rlas-116.org

SAMPLE EMAIL FROM A HIGH SCHOOL ATHLETE TO A COLLEGE COACH

Dear Coach So & So:

I would like to introduce myself. My name is (first & last name), and I am currently a (senior) at Round Lake High School in Round Lake, Illinois. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year.

My coach's name is Mary Jones. Her contact information is included on the attached information page. She has indicated to me that she would welcome your calls. E-mail is a reliable way to reach her as well.

My cumulative GPA is a 3.7 on a 4.0 scale. My SAT composite was a 1050. I intend to retake it in October. I am interested in pursuing a four-year degree in biology. I also hope to continue playing volleyball on the college level. Your program especially interests me. I have already completed the prospective student-athlete questionnaire on your website. I have followed your team's season in the *Chicago Tribune* and have attended two games.

I have included a skills tape and a game tape. My jersey number is #1 in the light-colored uniforms. Also included is a schedule of our 2022-2023 volleyball season. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

Athlete's Name

Contact Information

SAMPLE STUDENT-ATHLETE RESUME

YOUR NAME Volleyball Information

1225 Any Street Any Town, Any State 81234
Telephone: (500) 111-1111 or (500) 222-2222
Aathlete@msn.com

Coach: Mary Jones
1010 Training Avenue
Any Town, Any State 81234
Telephone: (500) 111-1212
E-mail: mjones@rlas-116.org

High School: Round Lake High School
800 N. High School Drive
Round Lake, Illinois 60073
(847) 270-9300

Volleyball Division: Class 4A (Highest level within the State)

Position: Setter

Jersey: #1 Dark/#10 Light

Offense Used: 5-1 Offense

Years Starting Varsity: 3 years

Awards/Honors: North All Star Team (2021)
All Conference (2020, 2021)
Most Valuable Player (2021)
Best Setter (2021, 2020)

Experience: Any University Summer Camp (2019)
RLHS Volleyball Camp (2019, 2020, 2021)
AAU Volleyball (2020, 2021)

Height: 5'8"
Weight: 145 lbs.
Vertical: 23"
GPA: 3.74 on 4.0 scale
SAT Composite Score: 1050
Graduation Date: May, 2023



RLHS Panthers NCAA Clearinghouse Certification Transcript

Student Name:

Graduation Year:

Sport:

Clearinghouse ID:

Has met the course requirements? Yes: ____ No: ____

NCAA Division 1				
English (4 years)				
Math (3 years)				
Natural/Physical Science (2 years)				
Additional English, Math, Science (1 year)				
Social Science (2 years)				
Additional courses listed above, Foreign Language (4 years)				

NCAA Division 2				
English (3 years)				
Math (2 years)				
Natural/Physical Science (2 years)				
Additional English, Math, Science (3 years)				
Social Science (2 years)				
Additional courses listed above, Foreign Language (4 years)				