

The College Insider Series

STUDENT

ATHLETES



The NHHEAF Network Organizations'
Center for College Planning (CCP)

2017-2018 Edition

TABLE OF CONTENTS

Page 1: Introduction

Page 2: Start With The NCAA Eligibility Center

Page 3: Communicating With The Right People

Page 4: College Admissions & Financial Aid Requirements

Page 5: Tips For Getting Noticed

Page 6: Get To Know The Program/A Final Note/
Conclusion

Page 7: Helpful Definitions

Page 8: Sample Cover Letter

Page 9: Sample Résumé

About NHHEAF's Center for College Planning

The Center for College Planning (CCP) at The NHHEAF Network Organizations is dedicated to providing students and families with free valuable information about the college planning process. College Outreach Specialists travel statewide annually presenting in 100% of the state's public high schools. CCP offers an array of early awareness, college and career planning, and financial aid programs for K-12 students, parents and school counselors.

nhheaf.org

NHHEAF YouTube Channel

Check out our *Best Recruiting Advice* videos on the NHHEAF YouTube Channel for helpful insight about the NCAA Eligibility Center, National Letter of Intent, and more.

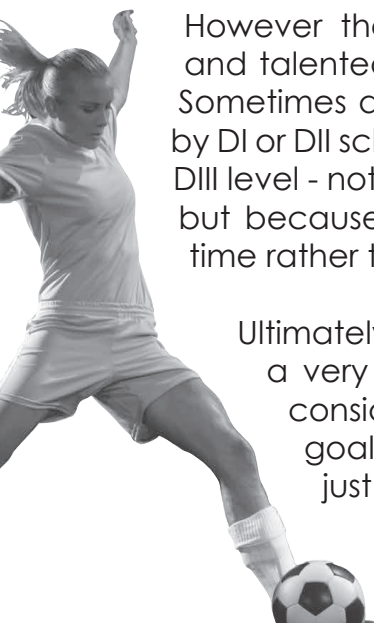
Introduction

Applying to college can be an overwhelming process for anyone. Add in the possibility of playing sports in college and it can become even more complicated. Part of the process involves understanding how things work at the collegiate level, knowing the differences between athletic divisions, and understanding the rules and culture in each division. Just like each sport, each team will be unique. You must find the best college “fit” for your academic needs and overall well-being, not just your athletic talent. ***Always ask yourself: Would I be happy here if I wasn't playing sports?***

A lot of people assume that Division I (DI), by virtue of being number one, is the best, Division II (DII) second best, and Division III (DIII) as the division where most decent student-athletes can play. But that's not the case; there are many competitive conferences and teams within each division. The time commitment is one way in which the divisions differ greatly. Participating in athletics at Division I and many Division II schools should be considered a full-time job. Student-athletes maintain a full schedule year round, including summer.

Division III is designed specifically to provide students with more time for classwork in addition to other outside interests. However there are many dedicated, competitive, and talented athletes and coaches at the DIII level. Sometimes athletes that are being actively recruited by DI or DII schools will make the decision to play at the DIII level - not because of the lesser time commitment, but because they will be more likely to see playing time rather than sitting on the bench.

Ultimately, if and where you play college sports is a very personal decision that should take into consideration your academic, long-term life goals, finances, and overall well-being - not just the amount of athletic talent that you have.



Start With The NCAA Eligibility Center

Whether you are thinking you might be interested in DI, DII or DIII athletics, downloading the NCAA's guide for college-bound athletes is a great place to start!

(ncaapublications.com/productdownloads/CBSA17.pdf)

The NCAA Eligibility Center certifies the academic and amateur credentials of all students who want to play sports at NCAA Division I or II institutions. You can register with the Eligibility Center at any time, but it is recommended that you register early in your junior year by visiting **eligibilitycenter.org**. The NCAA needs to ensure students meet all requirements in order to practice, compete, and receive athletic scholarships.

You are responsible for monitoring your NCAA eligibility. It is important to keep track of your course work throughout high school to make sure that you are on track to meet all of the NCAA requirements. Check the NCAA website early and often to find out which classes, grades, SAT scores, and other requirements you may need to meet in order to play Division I or II sports.

Although DIII athletes do not need to register with the NCAA, you can visit **ncaa.org/D3** for general eligibility requirements.



Work With Your High School Counselor

Want to know if a class you are planning to take is NCAA compliant? Need to know how to access your high school transcript? Whether your high school counselor is a sports fan or not, chances are they have dealt with the NCAA in the past and can help you navigate the process. The NCAA will want to see your high school transcript at different points during your high school career. Your counselor can help you stay on track academically and choose the appropriate classes if they are aware that you are interested in college athletics.

Talk With Your High School Coach/ Athletic Director Or Club Coach

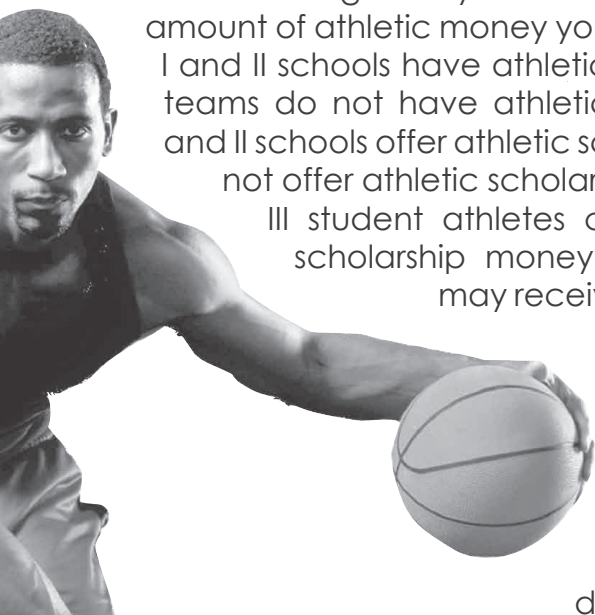
Your current coach, whether it's in high school affiliated or club sports, is probably one of your biggest supporters. This person is also a good resource when trying to judge your athletic ability. Have conversations with them about the realistic expectations of getting recruited. Keep in mind that some coaches are excellent coaches because of their love of the game. Many do not have a great deal of experience with the college recruiting process while others might be very well versed in NCAA regulations and have many contacts in college athletics.

Communicate With College Coaches, Scouts, And Recruiters

Coaches may already be contacting you. Keep in mind that being on a coach's radar and being actively recruited can **feel** the same, but are very different. A coach is always looking for talent. The coaching staff may be actively scouting many students every year. It is imperative to recognize the difference between form letters and emails that are sent to thousands of prospective college athletes and communication that comes directly from a coach or staff member that may be actively recruiting you.

College Admissions & Financial Aid Requirements

The ultimate admission decision lies with the admissions office and NOT the coach. Verbal promises of financial aid from the coach and official award letters/offers may differ. You need to fill out ALL admissions and financial aid paperwork and meet the same deadlines as non-athletes.



The NCAA has specific guidelines on how many scholarships are available per school, per sport and per team. The availability of athletic scholarships in each division or even a school's individual budget may not be a good indicator of the amount of athletic money you will be offered. Division I and II schools have athletic scholarships. Division III teams do not have athletic scholarships. Division I and II schools offer athletic scholarships. Division III do not offer athletic scholarships. Although Division III student athletes cannot receive athletic scholarship money, like all students, they may receive need-based financial aid. There is no such thing as a full-ride, four-year scholarship in any division. All scholarships have to be renewed annually **AND** at the coach's discretion.

The level of interest that a coach has in you does not directly correlate to the amount of money that you will be awarded. School budgets and NCAA rules are a large factor in determining that amount.

Tips For Getting Noticed

- Find out about recruiting events in your area.
- Fill out the recruiting questionnaire on each college's website.
- Email your résumé and cover letter to prospective coaches. Be sure to include your schedules. See a sample cover letter and résumé on pages 8 and 9 of this brochure.
- Create a profile video. Coaches may not have the time or budget to travel to see recruits in person, but would want to see a highlight video. Hiring a professional to record, edit, and market your video can be helpful, but it may also be expensive.
- Parents/guardians definitely have an important role in the process and should feel comfortable asking questions or voicing their concerns. However, as the student, you should be serving as the primary contact with the coach.
You will be playing on the team, not your parents/guardians.
- Be aware of the rules about when and where you can have contact with coaches and their staff. Understand the difference between an official and unofficial visit. Remember; always check with the NCAA or the college itself to fully understand the rules of this process.

See page 7 for some important definitions in the recruiting process.



Get To Know The Program

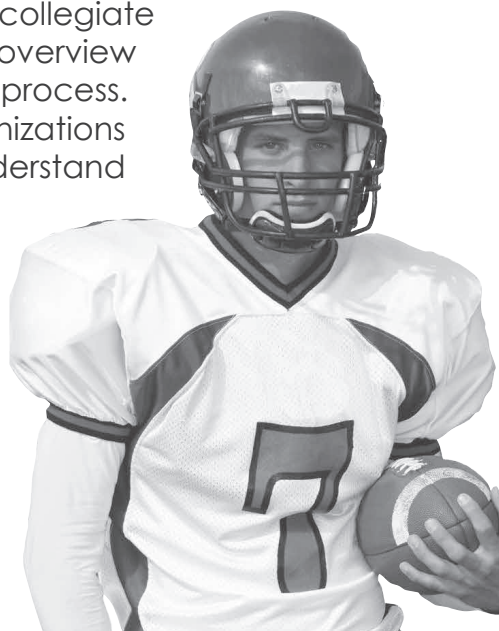
Get a sense of the team culture and ask questions. Take the opportunity to talk with current members of the team who will be your teammates. Make the time to attend a practice and see a game! Not only will you learn about the campus, you will also see the team in action.

A Final Note

Every college with a DI, II or III athletic program also has a compliance officer. The compliance officer is someone whose job it is to make sure coaches, teams, players, potential players, and their parents/guardians are following all of the NCAA and school's mandated rules. Understand that the ultimate authority is the compliance officer - not the team's coach - and that the ultimate admissions decision is made by the admissions office.

Conclusion

This brochure is designed to give a broad overview and general resources for the high school athlete interested in playing sports at the collegiate level and is not a comprehensive overview of the recruiting and eligibility process. The NHHEAF Network Organizations helps **all** students plan and understand financing options for college. For more help with the college admissions or financial aid process, or to set up an appointment with a college counselor, give us a call at **888.7.GRADUATE x119** and visit **nhheaf.org** for other valuable resources.



Helpful Definitions

Contact Period - The period when a coach may have in-person contact with a student and his/her parents on or off the college campus, or permit official/unofficial visits.

Dead Period - A period of time when it is not permissible for a coach to make in-person recruiting contacts, evaluate student-athletes on or off-campus, or permit official or unofficial visits.

Evaluation Period - The period of time during which a college coach may visit the high school and evaluate the students. While there is no in-person contact away from the college campus allowed during this time, the coach may write or call.

Evaluation - A coach's review of a student's athletic or academic ability. A coach typically evaluates a student at his/her high school or during a showcase, practice, competition or camp.

Quiet Period - A period of time during which a coach cannot have in-person contact with a student or his/her parents off of the college campus. The coach cannot evaluate a student during a quiet period, but may write or call.

Official Visits - Visits by prospective students to college campuses paid for by the colleges. You may make official visits starting the first day of classes your senior year in high school. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit on the amount of official visits you may make to Division II colleges.

Unofficial Visits - Visits by prospective students and their parents to college campuses that are paid for by the student or their parents. The only compensation prospects can receive from the college is three complimentary admissions to a home athletic event.

National Letter of Intent (NLI) - A legally binding contract in which a student agrees to attend a college for one academic year. In return, a college agrees to provide the student with athletically-related financial aid for one year.

Verbal Commitment - A student verbally indicating that he/she plans to attend a college or university and play a particular sport. A verbal commitment is not binding, although it is a generally accepted form of commitment.

Sample Cover Letter

September 1, 2017

Mr. Ken Howe
Head Coach
Men's Baseball
Keene State College
229 Main Street
Keene, NH 03435

Dear Coach Howe,

I am a 6'2" second baseman at Anytown Regional High School in Anytown, New Hampshire. I am interested in attending Keene State College when I graduate in the spring of 2018. As a sophomore, I started for our league championship baseball team and batted .447 with 4 home runs, 37 RBI's, and 12 stolen bases, while remaining errorless at second base. This year, our team continues to be very successful and I continue to be a leader on the field as well as in the classroom. I presently have a 3.4/4.0 grade point average at Anytown Regional High School. To date, I have earned all A's in my junior year courses and I plan to take the SAT in November. I will have my college entrance scores sent directly to the NCAA Eligibility Center and my high school will be sending my transcript to the Eligibility Center once grades are posted this summer.

I am very interested in attending Keene State College because of its strong physical education program, internship opportunities and outstanding baseball program. I am very impressed with your reputation for athletics, but just as impressed with your job placement after graduation. I believe that my athletic and academic talents make me a qualified candidate for your program. My baseball coach, John Doe, has offered to discuss my athletic profile and academic standings with you. I have enclosed his contact information on my athletic résumé.

I am eager to learn more about your baseball program. Please send me any information related to Keene State College Athletics.

I have enclosed my athletic résumé for your consideration and I would be happy to send you a video upon your request. Thank you for your consideration, and I look forward to hearing from you in the near future.

Sincerely,

Johnny Baseball
jbaseball@turn2.com
(603) 555-5552
NCAA ID: XXXXXXXXXX

Sport: BASEBALL
Name: Johnny Baseball
Year: SENIOR
Position: SECOND BASEMAN

#15



PERSONAL INFORMATION

Home: (603) 555-5551
Cell: (603) 555-5552
jbaseball@throwstrikes.com
Throws: Right
Bats: Right

CONTACT INFORMATION

School: Anytown Regional High School
1929 Main Street
Anytown, NH 03301
(603) 555-5553
Team Coach: John Doe
(603) 555-5554 ext. 11 | E-mail: john.doe@sports.edu
Legion Coach: Mike Doe
(603) 555-5554 | E-mail: mike.doe@sports.edu
Strength Coach: Jay Doe
(603) 555-5555 ext. 555 | E-mail: jay.doe@sports.edu

ACADEMICS

GPA: 3.4/4.0 **SAT:** 1250/1600 **RANK:** 30/200
Graduation Date: June 2018
Desired Major: Physical Education
NCAA ID: XXXXXXXXXX
Honor Roll: Grades 9,10,11, Member of the National Honor Society, Spanish Club President
AP Bio, AP History

STATISTICS/ ACHIEVEMENTS

2017-2018 (SR) New England Player of The Year, Team MVP, Lakes Region All Star
2016-2017 (JR) New England Player of The Year, Lakes Region All Star, Boston Globe All-State Team
2015-2016 (SO) Lakes Region All Star, New England First Team, Co-Captain
2014-2015 (FR) Lakes Region Rookie of The Year, New England Second Team
2017 (Summer) Team One Junior Showcase
2016 (Summer) Top 96 Baseball Showcase
Visit Team Site: anytownbaseball/springsports/boysvarsity.html (high school website with player statistics and 2018 team schedule)

OTHER EXPERIENCE

2017-2018 (SR) All-New England Honorable Mention, Football/United Way Day of Caring Volunteer
2016-2017 (JR) Volunteer Group Leader/Special Olympics
2015-2016 (SO) Baseball Umpire for Youth Summer League
2014-2015 (FR) Rookie of the Year, Football



Thinking About College?

The NHHEAF Network Organizations' **Center for College Planning**
is Proud to Bring New Hampshire Free College Planning
Programming and Events



- Workshops and College Planning Presentations
- Special Events Including Destination CollegeSM & Discover U
- College Planning Lending Library
- Assistance with FAFSA Filing
- Monthly College Planning e-Newsletters
- Toll-Free College Planning Hotline
- Early College Awareness Programs Featuring our College Planning Bear Mascot

