

A Guidebook for the College-Bound Panther Athlete



St. Vincent Pallotti High School
Revised 5/07

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A NOTE TO PARENTS

What an exciting time in your child's life! Yet, the college selection process for a student-athlete can become very overwhelming as the student sorts out his or her priorities while making the decision. Contacts from not only admission offices but from athletic coaches flood the phone lines and mailboxes. The phone calls, letters, campus visits, rules, procedures, and attention your child receives can become overwhelming, frustrating and confusing! Many times the recruitment of an athlete starts with high emotion as your son/daughter will feel very wanted by the coaches. While coaches will remain very optimistic about your son/daughter playing for them, each coach wants to get the best player possible to join his/her team. This is often why a coach may not commit to a student until well into the recruitment process which can take months. Helping your child to keep it all in perspective may be the most significant and beneficial assistance you can provide.

This guide has been prepared to help you as much as possible. Please read it thoroughly and ask any questions you may have.

You are encouraged to remain supportive of your child, assisting him/her to stay focused on priorities during the entire college selection/recruiting process. Maintenance of college folders containing overall information about the college, a checklist of priorities in preferential order (i.e. how important is playing athletics? how important is size? location? will your child give up one for the other? etc.) can keep the information organized and your child focused throughout the process. So, when your son/daughter receives that phone call from the coach and Admission Office, he/she will be well-organized in thought and interests.

Also, students and parents are encouraged to have a plan. Many times you will feel like you are “left hanging” and alone. Unfortunately, this can happen. However, a list of priorities or a plan will keep the family focused as to what the next move will be when new information and developments become available (i.e. the coach calls to inform the student that the position has been filled).

Students are encouraged to have a “non-athletic safety” school on the list. As a recruited athlete, it becomes increasingly important to have a “safety” school on the list as athletic recruitment and the possibility of playing at a particular institution can change both frequently and unexpectedly!

What an exciting time for not only your child, but for you! Students and parents often see playing for a college athletic team as payment for all the hard work and dedication the student (as well as parent) has put into the sport. We hope your child will receive the rewards he/she and you are seeking.

Good luck!

A NOTE TO STUDENTS

High school student-athletes often dream of being a "blue-chip" recruited athlete, a high profile collegiate athlete, and then a professional athlete. This dream of becoming a professional athlete often becomes disappointing reality, as few student-athletes will make it to that level. For example, there are approximately 156,000 high school senior male basketball players and 273,600 senior male football players in the United States, of which 50 basketball players and 310 football players will become professional rookies. The percentage of high school athletes who become professional athletes, therefore, is approximately .03% and .11% respectfully.

As the dream of becoming a professional athlete quickly vanishes, simply earning an athletic scholarship becomes the next dream. Often, this intent of earning an athletic scholarship can also become disappointing to student-athletes. The competitiveness of earning a scholarship is created by the actual number of scholarships that are (or are not) available. For example, there are 107 Division I football teams that are allowed 85 scholarships each, creating 9,095 total football scholarships. After subtracting 6,800 scholarships that are maintained for returning athletes, there are 2,295 available for the 273,600 high school seniors. The figures on page 5 list each sport and the number of allowed scholarships.

It is for these reasons that you should select a college/university for academic and social reasons as well. There are no guarantees in athletics. In fact, even if you are one of the few awarded a scholarship, something might occur, such as an injury, which might end your athletic career. You are, therefore, encouraged to keep your options open. Select a school that will serve you academically and personally and will provide you with numerous opportunities that prepare you for life after college!

While searching for colleges/universities that match your interests, you are reminded, as all college bound students are, to have one or two "safety" schools on your list for admission and financial purposes. If collegiate athletic participation doesn't develop for any number of reasons, having a "safety" school will leave you with a choice to fall back on.

WHAT ARE THE ODDS OF PLAYING PRO BALL?

	Boys' Basketball	Boys' Football
Number of high school players	545,600	957,500
Number of high school senior players	156,000	273,600
Number of pro rookies each year	50	310
Percent high school to pro	.03%	.11%

Based on participation figures for the 1995-96 school year provided by the National Federation of State High School Associations and pro rookie figures provided by the National Collegiate Athletic Association.

HOW MANY ATHLETIC SCHOLARSHIPS ARE THERE?

Example: NCAA Football

Number of Division IA programs	107
Scholarships allowed per school	<u>x 85</u>
Total NCAA D-1 A football scholarships nationally	9,095
Approximate number of returning players nationally	<u>-6,800</u>
Available scholarships for about 273,600 high school senior football players	2,295

Example: NCAA Men's Basketball

Number of Division I programs	298
Scholarships allowed per school	<u>x 13</u>
Total NCAA Div. I basketball scholarships nationally	3,874
Approximate number of returning players	<u>-2,885</u>
Approximate number of scholarships for 156,000 high school senior basketball players	989

WHAT ARE THE SCHOLARSHIP LIMITS BY SPORT AT VARIOUS INSTITUTIONS?

Men's Sports

	<u>NCAA Div. I</u>	<u>NCAA Div. II</u>	<u>NCAA Div. III</u>	<u>NAIA</u>	<u>NJCAA</u>
Baseball	11.7	9.0	0	18.0	24.0
Basketball	13.0	12.6	0	15.0	n/a
Bowling	0	4.5	0	0	8.0
Cross Country	12.6	12.6	0	1.4 (CC and T&F)*	
Fencing	4.5	4.5	0		
Football	85.0 (63.0 Div. I AA)	36.0	0	38.0	85.0
Golf	4.5	3.6	0	5.0	8.0
Gymnastics	6.3	5.4	0	0	0
Ice Hockey	18.0	13.6	0	0	0
Lacrosse	12.6	10.8	0	0	14.0
Rifle	3.6	3.6	0	0	0
Skiing	6.3	6.3	0	0	0
Soccer	9.9	9.0	0	15.0	18.0
Swimming & Diving	9.9	8.1	0	9.0	15.0
Tennis	4.5	4.5	0	6.0	8.0
Volleyball	4.5	4.5	0	0	0
Water Polo	4.5	4.5	0	0	0
Wrestling	9.9	3.6	0	9.0	16.0

* 30 scholarships-cross country, indoor/outdoor track, marathon combined

Women's Sports

	<u>NCAA Div. I</u>	<u>NCAA Div. II</u>	<u>NCAA Div. III</u>	<u>NAIA</u>	<u>NJCAA</u>
Archery	5.0	5.0	0	0	0
Badminton	6.0	8.0	0	0	0
Bowling	5.0	5.0	0	0	8.0
Crew	20.0	20.0	0	0	0
Cross Country/Track	18.0	12.6	0	5.0	
Gymnastics	12.0	6.0	0	0	0
Fencing	5.0	4.5	0	0	0
Field Hockey	12.0	6.3	0	0	18.0
Golf	6.0	5.4	0	5.0	0
Ice Hockey	18.0	18.0	0	0	0
Lacrosse	12.0	9.9	0	0	0
Skiing	7.0	6.3	0	0	0
Soccer	12.0	9.9	0	15.0	18.0
Softball (Fast/Slow Pitch)	12.0	7.2	0	18.0	24.0
Squash	5.0	9.0	0	0	0
Swimming & Diving	14.0	8.1	0	9.0	15.0
Synchronized Swimming	5.0	5.0	0	0	0
Team Handball	10.0	12.0	0	0	8.0
Tennis	8.0	6.0	0	6.0	8.0
Volleyball	12.0	8.0	0	12.0	14.0
Water Polo	8.0	8.0	0	0	0

*30 scholarships-cross country, indoor/outdoor track, marathon combined

OVERVIEW

A student interested in participating in athletics at a Division I or II college or university is required to meet academic guidelines as established by the **National Collegiate Athletic Association (NCAA)**, an organization that governs and enforces rules on athletic eligibility, recruiting, and financial aid. The NCAA has three divisions for participation - Division I, Division II, and Division III. Colleges and universities are placed in a division according to size, scope of athletic programs, and availability of funds for scholarships.

Another governing association is the **National Association of Intercollegiate Athletics (NAIA)**, which primarily serves smaller schools. To be eligible for athletic participation at an NAIA member institution, you must meet two of the following requirements: 1) earn a minimum 2.0 on a 4.0 scale; 2) earn a minimum score of 18 on the ACT or 860 on the SAT; 3) be in the top half of your high school graduating class.

The three NCAA divisions break down as follows:

Division I: Division I consists mostly of bigger schools and is divided into conferences, i.e. Big Ten – Ohio State, etc.; Pac-10 – UCLA, etc.; Atlantic Coast Conference – Maryland, etc., Big East Conference – Syracuse, etc. Mid American - Miami University (OH), etc.; Patriot League - Lehigh University, etc.. Some schools will elect to remain independent, such as Notre Dame. Full scholarships including tuition, fees, room, board, books, and supplies can be awarded to athletes dependent upon athletic ability of the student-athlete or the need/desire of the institution to have that student on the squad. **Remember: there is no such thing as a four-year athletic scholarship.** Coaches may "take away" any amount of awarded athletic money at any time during the college years, depending upon the circumstances, i.e. student-athlete becomes injured, another athlete comes along, etc. Each scholarship is awarded and renewed annually.

Division II: Division II consists mostly of medium-sized schools which are also divided into conferences, i.e. Great Lakes Intercollegiate Athletics Conference - Grand Valley State University, etc.; North Central Intercollegiate Athletic Conference - U of Northern Colorado, etc.; South Atlantic Conference - Elon College, etc.; Chicagoland Collegiate Athletic Conference - College of St. Francis, etc.. **Athletes receive grants (sometimes referred to as scholarships) for tuition and fees, but not for room and board and supplies. As with Division I, there is no such thing as a four-year athletic scholarship.** Coaches may "take away" any amount of awarded athletic money depending upon the circumstances, i.e. student-athlete becomes injured and coach recruits another athlete for the position, etc. Each scholarship is awarded and renewable annually.

Division III: Division III consists mostly of smaller schools also divided into conferences, i.e. College Conference of Illinois and Wisconsin – Wheaton College, etc.; North Coast Athletic Conference - Allegheny College, etc.; University Athletic Association – Brandeis, etc.; **No athletic scholarships are allowed. The ONLY aid that can be given is through academic awards, performance awards (non-athletic) or need-based financial aid that might include work study, loans, and/or grants.** Many of the specific NCAA requirements for athletes do not apply to Division III schools, as no athletic scholarships are awarded.

ATHLETIC ELIGIBILITY

The process of becoming academically eligible to participate in collegiate athletics begins with course registration for freshman year in high school. Throughout high school you will need to take courses that are St. Vincent Pallotti core courses approved by the NCAA. The process of course approval begins with the submission of course titles by St. Vincent Pallotti High School to the NCAA Clearinghouse. The NCAA Clearinghouse is a separate organization established by the NCAA to ensure consistent evaluation and interpretation of athletic eligibility at participating NCAA institutions. All NCAA St. Vincent Pallotti High School approved courses will be listed on the NCAA Approved Core Courses for Initial Eligibility at www.ncaaclearinghouse.net/ncaa/NCAA/common/f3_48h.jsp (SVP High School code: 210695). If you have any questions, please contact your college counselor.

In order to complete the required curriculum, you will need to take the number of courses listed below. This table compares NCAA Division I & II required courses with Pallotti required courses. **Pallotti graduation requirements more than satisfy NCAA academic course requirements.**

<u>Subject</u>	<u>Division I</u>	<u>Division II</u>	<u>Pallotti Graduation Requirements 09</u>
English	8 semesters (4 credits)	6 semesters (3 credits)	8 semesters (4 credits)
Mathematics	6 semesters (3 credits)	4 semesters (2 credits)	6 semesters (3 credits)
Social Science	4 semesters (2 credits)	4 semesters (2 credits)	7 semesters (3.5 credits)
Natural/Physical Science	4 semesters (2 credits)	4 semesters (2 credits)	6 semesters (3 credits)
Additional English, Math, or Natural/Physical Science	2 semesters (1 credit)	4 semesters (2 credits)	
Remaining units, from any above, or foreign language, philosophy, or non-doctrinal religion	8 semesters (4 credits)	6 semesters (3 credits)	
TOTAL	16 credits	14 credits	13.5 credits
Foreign Language			6 semesters (3 credits)
Religious Studies			8 semesters (4 credits)
Health/PE			2 semesters (1 credit)
Technology			2 semesters (1 credit)
Fine Arts			1 semester (.5 credit)
Electives			8 semesters (4 credits)
TOTAL			<u>27 credits</u>

See qualifier worksheets on pages 23-24 to keep track of courses, grades earned, and quality points.

Division I Core GPA and Test Score Sliding Scale

Core GPA	SAT	ACT
3.550 & above	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	59
2.700	730	60
2.675	740-750	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	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

What are core courses?

For a definition of core courses, see information on page 11. See your high school's core-course list at www.ncaaclearinghouse.net.

Academic-Eligibility Requirements

Division I

2006 - 2007

If you enroll in a Division I college between 2006 and 2007 and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 14 core courses:
 - 4 years of English
 - 2 years of math (algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 1 extra year of English, math or natural or physical science
 - 2 years of social science
 - 3 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale on this page (for example, a 2.400 core-course grade-point average needs a 860 SAT).

Note: Computer science courses can be used as core courses only if your high school grants graduation credit in math or natural or physical science for them, and if the courses appear on your high school's core-course list as a math or science courses.

You will be a qualifier if you meet the academic requirements listed above. As a qualifier, you:

- Can practice or compete for your college or university during your first year of college;
- Can receive an athletics scholarship during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

You will be a nonqualifier if you do not meet the academic requirements listed above. As a nonqualifier, you:

- Cannot practice or compete for your college or university during your first year of college;
- Cannot receive an athletics scholarship during your first year of college, although you may receive need-based financial aid; and
- Can play only three seasons in your sport if you maintain your eligibility from year to year (to earn a fourth season you must complete at least 80 percent of your degree before beginning your fifth year of college).

Remember

Meeting the NCAA academic rules does not guarantee your admissions into a college. You must apply for admission.

Division I

2008 and Later

If you enroll in a Division I college in 2008 or later and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
 - 4 years of English
 - 3 years of math (algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 1 extra year of English, math or natural or physical science
 - 2 years of social science
 - 4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a minimum required grade-point average in your core courses; and
- Earn a combined SAT or ACT sum score that matches your core-course grade-point average and test score sliding scale on page 9 (for example, a 2.400 core-course grade-point average needs a 860 SAT).

Note: Computer science courses can be used as core courses only if your high school grants graduation credit in math or natural or physical science for them, and if the courses appear on your high school's core-course list as a math or science courses.

Division II

2005 and Later

If you enroll in a Division II college in 2005 or later and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 14 core courses:
 - 3 years of English
 - 2 years of math (algebra 1 or higher)
 - 2 years of natural or physical science (including one year of lab science if offered by your high school)
 - 2 extra years of English, math or natural or physical science
 - 2 years of social science
 - 3 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy);
- Earn a 2.000 grade-point average or better in your core courses; and
- Earn a combined SAT score of 820 or an ACT sum score of 68. There is no sliding scale in Division II.

Note: Computer science courses can be used as core courses only if your high school grants graduation credit in math or natural or physical science for them, and if the courses appear on your high school's core-course list as a math or science courses.

You will be a qualifier if you meet the academic requirements listed above. As a qualifier, you:

- Can practice or compete for your college or university during your first year of college;
- Can receive an athletics scholarship during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

You will be a partial qualifier if you do not meet all of the academic requirements listed above, but you have graduated from high school **and** meet one of the following:

- The combined SAT score of 820 or ACT sum score of 68; OR
- Completion of the 14 core courses with a 2.000 core-course grade-point average.

As a partial qualifier, you:

- Can practice with your team at its home facility during your first year of college;
- Can receive an athletics scholarship during your first year of college;
- Cannot compete during your first year of college; and
- Can play four seasons in your sport if you maintain your eligibility from year to year.

PROCESS

The NCAA Clearinghouse creates the procedure for certifying that athletes meet the NCAA academic requirements. The process for becoming certified should start immediately at the beginning of your senior year. You will need to complete the following responsibilities and steps in order to register with the NCAA Clearinghouse.

1. Complete the **Student Release Form (SRF)**, after your junior year, online, and send the clearinghouse the registration fee (\$50 for domestic, \$75 for international students). This SRF does two things:
 - It authorizes each high school you have attended to send the Clearinghouse your transcript, test scores, proof of graduation and other necessary academic information.
 - It authorizes the Clearinghouse to send your academic information to all colleges that request your eligibility status.
2. **Online registration:** The only method is to register online. Go online to www.ncaaclearinghouse.net. Select Prospective Student-Athletes and click on Domestic Student Release Form (or Foreign Student Release Form). Complete the SRF form online, and include your credit card information to pay the fee. Follow the directions to complete your registration.
 - Section I: Student Information
 - Section II: High school You Currently Attend (SVPHS Code: 210695)
 - Section III: School(s) You Previously Attended (if applicable)
 - Section IV: Select a Personal Identification Number (PIN)
 - Section V: Clearinghouse communication method (e-mail or U.S. mail)
 - Section VI: Pay Your Fee (or submit fee waiver)
 - Section VII: Authorization / Signature
 - Section VIII: SRF completion by your high school
3. Print a copy of your completed registration form and both Copy 1 and Copy 2 of the transcript release form. Sign the transcript release forms, and give both to the high school registrar, Mrs. Marton. We will complete your registration by sending Copy 1, along with your high school transcript, to the Clearinghouse. After graduation, the high school must send Copy 2 to the clearinghouse, along with a copy of your final transcript confirming your high school graduation
4. You **must** request ACT or SAT to mail your official scores directly to the Clearinghouse. The College Code used to designate scores to the Clearinghouse is 9999. The writing component of the ACT or SAT will not be used to determine initial eligibility
5. **If you have questions:** contact the Clearinghouse toll-free at 877-262-1492; or check the Clearinghouse Web site www.ncaaclearinghouse.net

RECRUITING

You become a "prospective student-athlete" when ninth grade classes begin. You become a "recruited prospective student-athlete" at an institution when a coach or representative of the institution's athletic program approaches you or any family member to discuss the possibility of your attending and/or playing athletics at that institution. As established by the NCAA, activities defined as "approaches" would include: providing you with an official visit, placing more than one telephone call to you or family member, visiting you or a family member anywhere other than the college campus.

College coaches must follow the rules outlined in this section. It is your responsibility to learn of the policies and procedures that will be enforced during recruitment. Further information can be obtained in the *NCAA Guide for College-Bound Student-Athlete* (we strongly recommend that you print out a copy) available through the Clearinghouse website. If in doubt about any regulations, call the association to which the institution belongs.

National Collegiate Athletic Association (NCAA)
P.O. Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222 www.ncaa.org

National Association of Intercollegiate Athletics (NAIA)
23500 W. 105th Street
P.O. Box 1325
Olathe, KS 66051-1325
(913) 791-0044 www.naia.org

National Junior College Athletic Association (NJCAA)
1755 Telstar Drive, Suite 103
Colorado Springs, CO 80920
(719) 590-9788 www.njcaa.org

RECRUITING TERMS

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than "Hello." A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact Period. During this time a coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you or your parents during this period.

Dead Period. The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you during this period.

Evaluation. An evaluation is an activity by a coach to evaluate your academic and athletic abilities. This would include visiting your high school or watching you practice or compete.

Evaluation Period. The college coach may watch you play or visit your high school but cannot have an in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official Visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college;
- Reasonable entertainment expenses, including three complimentary tickets to a home athletic contest.
- Before a college may invite you on an officialo visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT, or PLAN score.

Quiet Period. The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial Visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead time.

Recruiting Calendars – To look at recruiting calendars for all sports, go to www.NCAA.org.

CONTACTING THE COACH AND ADMISSION OFFICE

Inquiries about the athletic programs at colleges should be made during spring of the junior year. Letters of initial inquiry should be mailed to both the coach(es) and colleges' Admission Offices requesting information. Sample letters to the Admission and Athletic Offices can be found on pages 19 and 21. After the initial inquiry, follow-up contact should be made with both offices (coach and admissions) as appropriate. It is strongly encouraged that you ask if and when an athletic resume and/or tapes of games highlighting your ability should be mailed to the coach.

AGENTS

Individuals or firms may contact you to solicit scouting services or agent representation. We encourage you to speak with your coach, your counselor, Mr. Walker or Mr. Hanchett regarding the necessity or viability of these organizations before subscribing to their sometimes costly and ineffective efforts. You may also contact the NCAA national office at (317) 917-6222 for further information regarding agents and scouting services.

PROFESSIONALISM

You can lose college eligibility by becoming a professional. There are various definitions of what the NCAA considers "professional" behavior. To review Amateur Status rules, consult the *NCAA Guide for College-Bound Student-Athlete* pages 6-8 or visit the NCAA Web site www.NCAA.org.

Summary of recruiting rules for each sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of year. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. Ice Hockey—if you are an international prospect, a college coach may call you once in July after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits.
	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> Allowed. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year. 	<ul style="list-style-type: none"> You may begin receiving September 1 of junior year.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense.
	College coaches may call you	<ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31. 	<ul style="list-style-type: none"> Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July after your junior year. 	<ul style="list-style-type: none"> Once during May of your junior year. 	<ul style="list-style-type: none"> Once per week starting July 1 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. For gymnastics—allowed after July 15 after your junior year.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	<ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. 	

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.
	College coaches may call you	• Twice per week beginning August 1.	• Once per week beginning August 1.	• Once per week beginning September 1.	• Once per week.
	Off-campus contact	• Allowed beginning September 9.	• Allowed beginning September 16.	• Allowed beginning November 27.	• Allowed.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.	• You may make an unlimited number of unofficial visits.
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
How often can a coach see me or talk to me off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	

Summary of recruiting rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	• A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	• You may receive printed materials anytime.
Telephone calls	• A college coach may call you once per week beginning June 15 between your junior and senior 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 can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. • A college coach is limited to three in-person contacts off campus.	• A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	• You may make an unlimited number of unofficial visits any time.	• You may make an unlimited number of unofficial visits any time.
Official visits	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college.

NATIONAL LETTER OF INTENT

The National Letter of Intent serves as the official commitment by the student to attend the institution and play for the athletic team. Each sport has initial signing dates (beginning dates) and final signing dates for signing the letter. The National Letter of Intent is acquired through the coaching staff of the college/university at which you are planning to play. You must remember not to sign a letter of intent before 7:00 a.m. (local time) on the designated signing dates or after the final signing date. If you break this commitment, you may lose a year or two of athletic eligibility. The two main advantages of signing this letter of intent, for you as an athlete, are that it guarantees a one-year commitment from the institution to you and it will prevent other institutions from contacting you. This letter serves the college/university by your committing to play and attend their college.

Please keep in mind that the National Letter of Intent program is not administered by the NCAA. The program is administered by the Collegiate Commissioners Association. If you have questions about the National Letter of Intent please contact the institution's conference office or the National Letter of Intent program.

National Letter of Intent
2201 Arrington Blvd. N.
Birmingham, AL 35203-1103
(205) 458-3013
www.national-letter.org
Email: questions@national-letter.org

Signing Dates for the 2008-2009 Academic Year

Do not sign prior to 7:00 a.m. (local time) on the following dates or after the final signing date listed for each sport.

Sport	Initial Signing Date	Final Signing Date
Basketball (Early Period)	November 14, 2007	November 21, 2007
Basketball (Regular Period)	April 16, 2008	May 21, 2008
Football (Midyear JC Transfer)	December 19, 2007	January 15, 2008
Football (Regular Period)	February 6, 2008	April 1, 2008
Field Hockey, Soccer, Men's Water Polo*	February 6, 2008	August 1, 2008
All Other Sports(Early Period)	November 14, 2007	November 21, 2007
All Other Sports(Regular Period)	April 9, 2008	August 1, 2008

- - These sports do not have an early signing period.

**PLEASE CHECK FOR 2009-2010 ACADEMIC SIGNING DATE
AFTER SEPTEMBER 1,2008**

ROLES AND RESPONSIBILITIES

For the recruited athlete, there are roles and responsibilities specific to the recruitment process that could significantly impact the outcome. The list below illustrates roles and responsibilities that each participant in the process should assume.

The Student's Role and Responsibilities

***Be aware and understand eligibility requirements.**

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

***Be aware of approved core courses.**

The Confirmation of NCAA Approved Core Courses for Initial Eligibility changes each academic year.

***Register with the NCAA Clearinghouse at www.ncaaclearinghouse.net**

Complete and submit the online Student Release Form. Print a copy of your completed registration form and both Copy 1 and Copy 2 of the transcript release form. Sign the transcript release forms, and give both to Mrs. Marton, the high school registrar, along with a \$2.00 processing fee for the transcript.

***Contact coaches and admission offices at colleges.**

It is your responsibility to write the letters or make the 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.**

Your mailbox will be stuffed with college literature. Keeping an organized file of current college literature will help you to keep each college's information separate.

***Keep updated files on coach contacts and information discussed.**

Information, recruiting status, possibilities, etc. can and probably will change through each contact with a coach. Keeping a list of each call and highlights of the discussion will help you know where you "stand" and what the next step will be.

***Keep a list of priorities in selecting a college.**

Remember, there are many reasons for selecting a college. As you look at location, size, governance (public vs. private), cost, athletic participation, etc., keeping a list of your "priorities" will help you stay focused on what YOU want in a college!

***Seek out your counselor and coach for advice.**

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

The Parent's Role and Responsibilities

***Be supportive of your child.**

Knowing that one can turn to his/her parents for help and support can be very reassuring during the process. Although this is a student-based decision, it is a family process.

***Help your child keep college files updated and organized. Allow your child to do the leg work.**

While this is a family-based decision, it should also be student-initiated. This means that the

student needs to be the one doing the work: researching the schools, contacting the admission offices, contacting the coaches, etc.

***Help develop child responsibility.**

Help and promote the student to develop the personal responsibility necessary to become a successful college athlete.

The Counselor's Role and Responsibilities

***Serve as the student's advocate.**

Your counselor serves as your advocate and is your spokesperson to the college admission offices and coaches, if necessary. It is important that you keep him/her updated on your recruitment status.

***Provide a neutral position.**

This can be overwhelming for you as the student-athlete. Pressures to apply "early decision," to sign the letter of intent, coaches not committing to you, etc., can become confusing, frustrating,. Seek your counselor for neutral advice while sorting out emotions.

***Provide necessary Transcript Release request form.**

If you need an unofficial copy of your transcript to make a visit to a college, you will need to see your counselor for the necessary form.

***Provide NCAA Clearinghouse information.**

Your counselor has information about the policies and 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, "fit" 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.

The Coach's Role and Responsibilities

***Provide insight.**

Your coach can share information with you regarding your possible level of participation at each level (Division I, Division II, or Division III) can be extremely helpful.

***Be involved during a college coach's visit to Pallotti High School.**

Coaches from colleges/universities occasionally visit Pallotti, and your coach can be very instrumental in orchestrating these visits. You are encouraged to speak to your coach when these opportunities occur.

***Provide NCAA Clearinghouse information.**

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

***Provide necessary recruitment information to student-athlete.**

Your coach also has information regarding the recruitment process that could be helpful to you. Seek his/her advice throughout the process to help you make an informed decision.

***Be available to speak with families.**

Your coach can provide you with necessary information regarding the recruitment process. Use his/her expertise and resources!

SAMPLE EMAIL/LETTER TO THE ADMISSION OFFICE

Date

Office of Admissions
Name of College
Street Address
City, State, Zip

Dear Admissions Office:

I am a student at St. Vincent Pallotti High School and will graduate in June 200__.

Pick a paragraph (or a combination of paragraphs) below that meets your needs:

Paragraph A - Request for Information
Paragraph B - Request for Campus Visit
Paragraph C - Request for Financial Aid Information

A) Please send me an application for admission and information about your college. I would appreciate a general information bulletin or catalog and program descriptions. I am considering _____ as my major. (If undecided, omit last sentence.)

OR

B) I am interested in visiting your campus, taking a tour and meeting with an admissions counselor. Since I am considering _____ as my major, I would also like to meet with someone from that department, if at all possible. Please advise me of a date and time that would be convenient.

OR

C) My parents and I would like to investigate college costs and possible sources of Financial aid. Please send information on your financial aid program and requirements.

THEN

D) I have also contacted your _____ coach requesting information regarding the possibility of participating in athletics at your institution.

For your information, I plan to enroll in your college in the fall of 20_____.

Sincerely,

(Signature)
Type your Name
Street Address
City, State, Zip

QUESTIONS TO ASK ADMISSIONS STAFF AT A VISIT OR AFTER THE INITIAL LETTER OF INQUIRY.

1. What is the average GPA of entering freshmen? ACT? SAT I?
2. What is the faculty-student ratio?
3. What is the average class size for an introductory course? An advanced course?
4. What percentage of faculty members have a Ph.D.?
5. How is the academic calendar year set up - semesters? quarters?
6. How is admission to the college determined?
7. Can I sit in on a class? Have lunch in a dining hall? Stay overnight in a dorm?
8. When is the application deadline? When will I know if I've been admitted? How much is the non-refundable deposit?
9. What is the average drop-out rate? What types of reasons do students give for dropping out?
10. Do you have a career planning program?
11. What is the school's overall placement rate for jobs after a student graduates? What is it in my area of interest? Where do these grads work?
12. What are the school's basic costs (tuition, fees, room and board, supplies, books, transportation, expenses)?
13. What kinds of financial aid programs are available? What forms should I fill out? By when? Are there any special scholarships offered by the school or its alumni? What percentage of financial need is met?
14. Can I have a car on campus during my freshman year?
15. What types of college housing are there? Can I live off-campus? When must the room deposit be paid? Is it refundable if I do not attend?
16. How many students are there per room?
17. What kinds of things should I bring to the campus when I move in?
18. What varsity sports are played? Intramural sports?
19. Do you award athletic scholarships?
20. What kinds of extra-curricular activities are available?
21. What percentage of students are from other states? Other countries?
22. What is the surrounding community like?
23. What percentage of students belong to a fraternity or sorority?
24. What kind of orientation program is there? When is it held?
25. Will I be assigned a faculty advisor? How often will we meet?
26. Is foreign study available?
27. What percent of your graduates continue studies for advanced degrees?
28. What types of campus jobs are available for freshmen? How does one apply for them?
29. What do you consider this school's top three programs?
30. What makes this college special?

SAMPLE EMAIL/LETTER TO THE ATHLETIC OFFICE

Date

Coach's Name
Title
Name of College
Address
City, State Zip

Dear (Coach's Name):

I am a student at St. Vincent Pallotti High School and will graduate in June 200__.

I have emailed (or written a letter of inquiry to) your Admission Office requesting information about your college. I am also interested in learning about your program and the opportunity of participating in athletics at your institution. Listed below is a quick fact and figure profile of my academic and athletic talents.

Student should include:

Personal Information
**pertinent to sport*

Academic Information

Athletic Section
**teams*
**positions*
**honors/awards*
**statistics pertinent to sport*

Reference Section
**coaches' names*

Video: available upon request
(Add this option only if video is available. Do not send at initial inquiry.)

I look forward to hearing from you regarding your athletic program.

Sincerely,

(Signature)
Type Name
Street Address
City, State, Zip

QUESTIONS TO ASK COACHING STAFF AT A VISIT OR AFTER THE INITIAL LETTER OF INQUIRY

How many other students are being considered for my position?

How do you rank prospective athletes?

What is the amount of participation as a freshman?

What is the policy of declaring myself "red-shirted"?

When are athletic scholarships awarded?

Will a scholarship be revoked if another athlete is found?

Will I be notified of my recruiting status? Will I be a "blue-chip" recruit?

What is the coaching style of the coaching staff?

What role does the coaching staff play in academic support, watch, and guidance?

What makes your athletic program unique?

What percentage of your athletes graduate?

What is a typical day schedule like for your athletes during season? Off season?

STUDENT-ATHLETE QUALIFIER WORKSHEET: EXAMPLE

Student Name: Vincent Panther

2008 and after	SVPHS Course Name	SVPHS Grade		NCAA Quality Point	
		1st Sem	2nd Sem	1st Sem	2nd Sem
English 4 credits (Div. I) 3 credits (Div. II)	Frosh English	A-	A-	4.00	4.00
	Soph English	A-	B+	4.00	3.00
	Junior English	B+	B+	3.00	3.00
	Senior English	A	A	4.00	4.00
Math 3 credits (Div. I) 2 credits (Div. II)	Algebra I	A	A	4.00	4.00
	Geometry	B		3.00	
	Algebra II/Trig		B		3.00
Social Science 2 credits	World History	B	B	3.00	3.00
	US History	A	B	4.00	3.00
Natural or Physical Science 2 credits	Biology	B	B	3.00	3.00
	Chemistry	B	B	3.00	3.00
Additional English, Math or Natural or Physical Science 1 credit (Div. I) 2 credits (Div. II)	Pre/Calculus	B	B	3.00	3.00
	Physics	A	B	4.00	3.00
Remaining units, above areas or foreign language 4 credits (Div. I) 3 credits (Div. II)	Psychology	A		4.00	
	Sociology		B		3.00
	Spanish I	A	B	4.00	3.00
Need 32 total semester units. (32 semester units = 16 full credits)					
			Subtotal	47.00	48.00
		Total NCAA Quality Points			95.00
				NCAA GPA	3.39

NCAA Quality Point Value
 A = 4.00
 B = 3.00
 C = 2.00
 D = 1.00
 F = 0.00

1 unit = 1 semester of course work
 = .5 credit

1 credit = 1 full year of course Work

Instructions for computing grade point average using NCAA Quality Points:

- 1) Write in your course name and the letter grade for each semester. Since the NCAA will only use your highest grades, you should list the courses with the highest grades BY SEMESTER. Therefore, you may use only one semester of a particular course if you choose. Example: The student in the example selected 1st semester Geometry and 2nd semester Advanced Algebra to fulfill one full credit of math requirements. If you use courses for the full year credit, you may have extra lines in each course section.
- 2) Add the total number of semester units. This can be achieved by totaling the number of grades appearing in the "SVPHS Grade" column.
- 3) Add the number of NCAA Quality Points in the two NCAA Quality Point columns.
- 4) Total the two columns to calculate total number of NCAA Quality Points.
- 5) Divide the NCAA Total Quality Point by the total number of semester units to calculate the NCAA GPA.

STUDENT-ATHLETE QUALIFIER WORKSHEET

Student Name: _____

2008 and after	SVPHS Course Name	SVPHS Grade		NCAA Quality Point	
		1 st Sem	2nd Sem	1st Sem	2nd Sem
English 4 credits (Div. I) 3 credits (Div. II)					
Math 3 credits (Div. I) 2 credits (Div. II)					
Social Science 2 credits					
Natural or Physical Science 2 credits					
Additional English, Math or Natural or Physical Science 1 credit (Div. I) 2 credits (Div. II)					
Remaining units, above areas or foreign language 4 credits (Div. I) 3 credits (Div. II)					
Need 30 total semester units. (30 semester units = 16 full credits)			Subtotal		
		Total NCAA Quality Points			
				NCAA GPA	

NCAA Quality Point Value
 A = 4.00
 B = 3.00
 C = 2.00
 D = 1.00
 F = 0.00

1 unit = 1 course work
 = .5 credit
 1 credit = 1 full year of course work

Instructions for computing grade point average using NCAA Quality Points:

- 1) Write in your course name and the letter grade for each semester. Since the NCAA will only use your highest grades, you should list the courses with the highest grades BY SEMESTER. Therefore, you may use only one semester of a particular course if you choose. Example: The student in the example selected 1st semester Geometry and 2nd semester Advanced Algebra to fulfill one full credit of math requirements. If you use courses for the full year credit, you may have extra lines in each course section.
- 2) Add the total number of semester units. This can be achieved by totaling the number of grades appearing in the "SVPHS Grade" column.
- 3) Add the number of NCAA Quality Points in the two NCAA Quality Point columns.
- 4) Total the two columns to calculate total number of NCAA Quality Points.
- 5) Divide the NCAA Total Quality Point by the total number of semester units to calculate the NCAA GPA.