

NORTH SHORE HIGH SCHOOL

THE COLLEGE-BOUND STUDENT- ATHLETE



**A Guide to assist the Student-Athlete with
Recruitment and the NCAA Clearinghouse**

450 Glen Cove Avenue

Glen Head, NY 11545

516 – 277 - 7000

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THE GAME PLAN

I. Freshman/Sophomore Years

Academic Tasks

1. Take a strong academic course load so that you will meet the NCAA eligibility regulations. You must complete specific courses that have been approved by the NCAA. See North Shore High School's list of approved courses at www.eligibilitycenter.net.
2. Maintain acceptable grades in all courses. (Grades below 80% may affect eligibility).
3. Request transcript from the counseling center to evaluate academic status for participation in Division I or II athletics.
4. Begin to research and visit colleges.

Athletic Tasks

1. Develop a sports record of athletic accomplishments.
2. Attend summer camps:
 - a. For exposure
 - b. To improve skills
 - c. To experience independent living
 - d. To compare your current skills with others
3. Videotape games
4. Begin to research and visit college campuses.
5. Browse college athletic websites. Most have a simple questionnaire you may fill out and email to the coach.
6. Confer with your coach to thoroughly and honestly evaluate your athletic skills.

II. Junior Year

Academic Tasks

1. Continue to take strong academic courses.
2. Make certain you are taking the required core academic courses.
3. Register and take the necessary standardized tests
 - PSAT/SAT/ACT – Designate NCAA to receive SAT scores when registering for test (NCAA code is #9999 on SAT reg. form)
4. Meet with your school counselor to develop a list of possible schools based on your academic achievement.
5. Attend college fairs and read literature sent to you by schools.
6. Continue to visit college campuses.
7. Develop an athletic resume.
8. Register with the NCAA Clearinghouse online (eligibilitycenter.net) in the spring of junior year. Notify your counselor.

Athletic Tasks

1. Familiarize yourself with the rules and regulations governing recruiting, eligibility, and financial aid.
2. Develop a sports portfolio of athletic accomplishments.
3. Include a schedule of games and record of awards.
4. View college games to assess their level of play and compare it to your level.

5. Meet with your coaches for a thorough evaluation of your athletic ability, and hopefully, a recommendation on the appropriate level of competition. Be realistic! Also discuss with your coaches their involvement in your recruitment process. Ask your coach to be proactive on your behalf by responding to questionnaires sent by recruiting coaches.
6. Write initial letters of interest or emails to college coaches.
7. Videotape games. Send videos to prospective coaches at the end of your junior year. Include your name, jersey number and position.
8. Continue to attend sports camps.
9. Develop a list of pertinent questions to ask.
10. Be proactive! Take initiative!
11. Visit schools that you are serious about attending.
12. Keep a file of each college/university that shows an interest in you.

III. Senior Year

Academic Tasks

1. Continue to work in your academic courses.
2. Register for SAT and/or ACT exams.
3. Obtain college applications.
4. Write a personal statement and include with your application.
5. Meet with your school counselor to review application materials.
6. Apply to several colleges. Even if you are going to apply early decision to one college, there is never a guarantee of admittance.
7. Complete financial aid forms early, as soon after October 1st as possible.
8. Continue to visit campuses of those schools you are interested in attending.

Athletic Tasks

1. Continue to write, call or email college coaches expressing interest in their school.
2. Respond to college questionnaires online.
3. Update athletic profile sheet.
4. Take campus visits. There is a limit to the number of 'official' (paid) visits.
 - When on a visit use the players you are staying with as a resource. Ask them about classes, off season work outs, practices, and the coaches.

Recruiting Strategies

- 1. You may be the best athlete at your school, but if a coach has never heard of you, the chances of being recruited are slim! Do not take an attitude of “I’ll wait and see who shows interest in me.” It is critical that coaches are made aware of your ability. Remember that by being proactive and showing initiative, you may be looked at more favorably by a coach.**
- 2. Send a letter or email of interest and resume to the college coach. Include your athletic profile.**
- 3. Send a separate follow-up mailing or email including your game schedule. Remember to include your jersey number on all correspondence.**
- 4. Prepare a video that may include a full game, part of a game, highlights and/or skill work (throwing, passing, catching, shooting, etc...).**
- 5. Obtain letters of recommendation from past and present coaches from school and club teams, an opposing coach, athletic director, school counselor and teachers. The purpose of the letters is to attest to your character and conduct as well as your level of play. Attach these letters to the resume and send them to the colleges where you are applying and would like to play.**
- 6. Keep a folder of local and school newspaper clippings or other articles written about you and/or your team. Clippings should be photocopied or scanned onto a clean sheet of paper. Do not include the actual newspaper clipping. These articles should also be mailed along with your athletic profile to the colleges of your choice.**
- 7. Attend summer sports camps, showcases, combines, and participate on travel teams. It shows a serious commitment to your sport and will also enhance your skill level. You will gain valuable exposure as many coaches attend camps and outside games, tournaments and competitions.**
- 8. Meet with high school and travel coaches to evaluate ability and also to determine appropriate level of play (Division I, II, III). Ask your coaches to contact the coach on your behalf.**
- 9. Scrutinize the NCAA.org website and be certain that you have met all academic requirements as they apply to the NCAA regulations. You can also register with the NCAA Initial-Eligibility Clearinghouse online (end of junior year).**

THE RECRUITING PROCESS

1. It is your responsibility to alert your school counselor of your intent to play collegiate sports (preferably prior to your junior year).
2. Scrutinize the NCAA.org website and be certain that you have met all academic requirements as they apply to the NCAA regulations. You should also register with the NCAA Initial Eligibility Clearinghouse online by the end of junior year and definitely by October of the senior year. (www.eligibilitycenter.net)
3. Meet with high school and travel team coaches to evaluate ability and also to determine appropriate playing level (Division I, II, III).
4. Develop an athletic resume/profile.
5. Create videotapes of the athlete playing the potential college sport.
6. Contact college coaches via email, letter or phone to express your interest in attending and playing for a specific school.
7. Visit Colleges.



ATHLETIC PROFILE

NAME: _____ **SS#:** _____

ADDRESS: _____ **PHONE:** _____

SPORT: Football **TEAM NAME:** Vikings

CONFERENCE: Nassau County Conference III

OFFENSIVE POSITION: WR

DEFENSIVE POSITION: Safety

HEIGHT: 6'2" **WEIGHT:** 185 lbs.
SPEED IN 40: 4.7 **BENCH PRESS:** 190 lbs.

YEAR	GAMES	CATCHES	YARDS	YDS/CATCH	TD
2007	8	11	130	12.6	1
2008	7	24	400	17	4
2009	8	17	350	20.5	2

FOOTBALL HONORS: All-Conference 2008, Unsung Hero 2009

FOOTBALL STRENGTHS: Catch ball in traffic, read defenses accurately, get open well, co-designed plays with coaches

OTHER SPORTS PLAYED: Varsity basketball, lacrosse, baseball

HIGH SCHOOL ACTIVITIES: Newspaper and Key Club

OTHER HONORS: Outstanding Athlete and Outstanding Camper Awards at Camp Wah-nee 2008

FOOTBALL CAMPS ATTENDED: Offense-Defense at Hofstra University
June 2007

GAME JERSEY: 80 **PHONE:** 516-277-7000 - SCHOOL
HEAD COACH: Dan Agovino 516-555-5555 - HOME

GAME FILMS AVAILABLE ON REQUEST

INITIAL LETTER/EMAIL OF INTEREST

Your Name
Your Address
Your email address
Your Phone Number

Date, 20_

Head Coach
Adelphi University
Garden City, NY 11530

Dear Coach,

I am currently a junior at North Shore High School in Glen Head, NY and I am interested in attending Adelphi University to study English.

I am also very interested in playing _____ at Adelphi. I have filled out the online questionnaire to give you my personal information. I am currently a two-year starter at my position. I earned All-Conference Honors as a sophomore and am currently the Captain of my team.

Enclosed are my athletic profile and a videotape that includes a game from my junior year and a summer league game. I look forward to hearing from you in the future so that we can discuss my academic and athletic abilities.

Thank you for your time.

Sincerely,

RECRUITING

OFFICIAL VISITS: None allowed until senior year.

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; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official 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 and register with the NCAA Eligibility Center.

There is also a limit to the number of visits a prospect can take:

Division I

Basketball 5 visits

Football 6 visits

Other sports 4 visits

Division II

5 visits

Division III

1 visit per college

UNOFFICIAL VISITS:

Prospect pays all expenses.

Institution may provide 3 complimentary admissions to an on-campus athletic event.

Prospect may take an unofficial visit at any time.

Prospect may take as many unofficial visits as s/he wishes.

NATIONAL LETTER OF INTENT (NLI):

Binding one-year agreement.

Prospect must attend that institution for one year.

Institution must provide prospect with athletic financial aid in conjunction with the NLI.

Athletic aid is for one year only, renewed on a yearly basis.

EMAIL, INSTANT MESSAGES, TEXT MESSAGES

In this age of technology, the NCAA does NOT have any regulations for email, Instant Messages or Text Messages. THEREFORE, your BEST method to “Speak” to coaches is to CONTINUALLY EMAIL back and forth, “speak” directly using, IM’s. Remember, they cannot call you on the phone before summer of Junior year and then they are only allowed to call you once a week. However, **YOU** can call then as often as you like.

NCAA Clearinghouse Online Registration Process

To register with the NCAA Eligibility Center:

1. Go online to **www.eligibilitycenter.org**.
2. To create an account, click on **“New Account”** button at the top right.
3. You will need to create an account using a valid e-mail address. Be sure you provide an e-mail address that will be active even after you complete high school.
4. In the ‘About Me’ section you will need to provide information such as your name, date of birth, gender and where you live.
5. In the ‘My Coursework’ section you will need to enter the name and location of the high school you currently attend. **The school code is 332-102.**
 - If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, you will need to have that information ready as well. List all schools you previously attended. Make sure to include all schools, whether you received grades or credits. If you attended ninth grade in a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.
6. In the ‘My Sport’ section you will select the sport(s) you plan to participate in at an **NCAA Division I or II** school. The Eligibility Center will also ask about the high school and/or club teams you have been a part of and events you have participated in during your high school career.
7. Your account will be eligible for processing only with payment of an application fee of \$90. You must pay by debit, credit card or e-check.
 - You are eligible for a waiver of the registration fee only if you have already received a waiver of the ACT or SAT fee. You must have an authorized high school official submit your fee waiver documentation online. If you have not yet been granted a fee waiver by ACT or SAT, you are not yet eligible for a waiver of the registration fee.
8. **You should receive a confirmation email from the NCAA Clearinghouse stating that you have registered. Print a copy of that confirmation and give it to Mr. Doherty in the guidance office. A copy of your transcript will be mailed in December and another after graduation.**
9. **You are not technically cleared until you successfully graduate high school.**

NCAA Division 1– Eligibility Requirements

Division 1 Full Qualifier Status:

- NCAA requires students to complete **16** core courses.
- 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.
- Student must earn a grade point average of **2.3** and the ACT/SAT score matching his or her GPA on the Division I sliding scale.
- Graduate high school.

Division 1 Academic Red shirt Status:

- Complete 16 core courses.
- The student may earn a core course GPA of **2.0** and the ACT/SAT score matching his or her GPA on the Division I sliding scale.
- Graduate high school.

*An academic red shirt may earn athletic scholarships and practice with the team, but cannot compete during their first year of enrollment.

Division 1 Core Courses:

- **4 years of English**
- **3 years of Math (Algebra 1 or higher)**
- **2 years of physical/natural science (1 year of lab)**
- **1 year of additional English, math or physical/natural science**
- **2 years of social science**
- **4 years of additional courses (any area above, foreign language or comparative religion/philosophy)**

Division 1 Full Qualifier abbreviated sliding scale:
(see full scale at www.eligibilitycenter.net)

GPA	SAT (CR and Math)	ACT (Eng. Math, Reading, Science)
3.0	720	52
2.9	750	54
2.8	790	57
2.75	810	59
2.6	860	64
2.5	900	68
2.35	960	73
2.3	980	75
<i>Academic Red shirt</i>		
<i>2.2</i>	<i>1020</i>	<i>79</i>
<i>2.1</i>	<i>1060</i>	<i>83</i>
<i>2.0</i>	<i>1100</i>	<i>86</i>

NCAA Division II– Eligibility Requirements

Division II Full Qualifier Status:

- Complete **16** core courses.
- Earn a core-course GPA of at least **2.2**.
- Earn an SAT combined score of 820 or an ACT sum score of at least 68.
- Graduate high school.

Division II Partial Qualifier Status:

- Complete **16** core courses.
- The student may earn a core-course GPA of 2.0
- Earn an SAT combined score of 900 or an ACT sum score of at least 68.
- Graduate High School.

*Partial Qualifier may earn athletic scholarships and practice with the team, but cannot compete during their first year of enrollment.

Division II Core Courses:

- **3 years of English**
- **2 years of Math (Algebra 1 or higher)**
- **2 years of physical/natural science (1 year of lab)**
- **3 year of additional English, math or physical/natural science**
- **2 years of social science**
- **4 years of additional courses (any area above, foreign language or comparative religion/philosophy)**

*Students enrolling in a Division II college after August 2018 need to meet new academic requirements. The student will need a **2.2** grade point average and the ACT/SAT score matching his or her GPA on the Division II sliding scale (see below).

Division 2 Full Qualifier abbreviated sliding scale (August 2018): (see full scale at www.eligibilitycenter.net)

GPA	SAT (CR and Math)	ACT (Eng. Math, Reading, Science)
3.0	580	46
2.9	630	48
2.8	690	50
2.75	720	52
2.6	770	56
2.5	810	59
2.35	860	64
2.3	880	66
2.2	920	70

NCAA WORKSHEET

Name: _____ Counselor: _____

Grade: _____ Sport: _____

Scale: A = 4, B = 3, C = 2, D = 1, F = 0

Core Requirements:

English	Division I (4 years)	Division II (3)	Credit	Grade
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Math	Division I (3 years)	Division II (2)	Credit	Grade
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Science	Division I (2 years)	Division II (2)	Credit	Grade
	_____	_____	_____	_____
	_____	_____	_____	_____

Social Science	Division I (2 years)	Division II (2)	Credit	Grade
	_____	_____	_____	_____
	_____	_____	_____	_____

Additional Year In English, Math, Or Science	Division I (1 year)	Division II (3)	Credit	Grade
	_____	_____	_____	_____
		_____	_____	_____
		_____	_____	_____

Additional Core From Eng., Math, Soc. Sci., Sci., For. Lang. or Religion	Division I (4 years)	Division II (4)	Credit	Grade
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Total Credits	Division I	Division II
	_____ (16)	_____ (16)
Core GPA	_____ (2.3)	_____ (2.0)

SAT Score CR M W ACT Score Total:

North Shore High School NCAA Approved Core-course List

English

English 9
English 9/H
English 10
English 10/H
English 11
IB English Lang and Lit HL 1
IB English Lang and Lit HL 2
English 12
English Literature AP
AP English Lang and Comp
21st Century Literature
Literature and Social Action
Literature of Science Fiction
Journalism
Creative Writing

Social Studies

Global History 1
AP World History 1
Global History 2
AP World History 2
US History
IB History of the Amer 1
IB History of the Amer 2
IB Social & Cultural
Anthropology
Government and Economics
AP Government and Eco
Psychology
AP Psychology

Science

Earth Science
Earth Science H
Living Environment
Chemistry
Chemistry H
Conceptual Physics
Forensic Science
Physics
AP Biology
AP Chemistry
AP Physics
Environmental Science
IB Biology HL 1
IB Biology HL 2
IB Chemistry SL
IB Physics HL 1
IB Physics HL 2
IB/AP Chemistry SL
IB/AP Biology HL 1
Anatomy and
Physiology
Integrated Science

Math

Algebra
Geometry
Geometry H
Algebra 2 R
Algebra 2 H
Algebra 2A
Algebra 2B
College Mathematics
Precalculus
IB Math Studies
IB Mathematics SL
Statistics
AP Statistics
Calculus
Calculus AB AP
Calculus BC AP
Financial Algebra
IB Computer Science SL
Intro

World Language

Spanish 1 IB Spanish HL 2
Spanish 2 IB Spanish SL 1 & 2
Spanish 3 IB Spanish SL/HL
Spanish 4 IB Mandarin 1
Spanish 4 Conv/Cult
Spanish 5 IB Mandarin 2
Spanish 5 AP IB Mandarin AB Initio
French 1 Mandarin Chinese 1
French 2 Mandarin Chinese 2
French 3 Mandarin Chinese 3
French 4 Conv/Cult
French 5AP/H
IB AB Initio French SL
IB AB Init French SL 1 & 2
IB French HL 1 & 2
IB French SL/HL
Italian 1 Latin 1
Italian 2 Latin 2
Italian 3 Latin 3
Italian 4 Conv/Cult Latin 4
Italian 5AP Latin 5
IB Italian SL 1 & 2 Latin AP
IB Italian HL 1 & 2
IB Italian SL/HL

* ENL and Special
Education courses are
not approved, but may
be considered if
necessary.

NCAA Contact Information

NCAA Eligibility Center:

Certification Processing
P.O. Box 7136
Indianapolis, IN 46207-7136

Package or overnight delivery:

Certification Processing
1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202

Web address:

www.eligibilitycenter.org
www.NCAA.org

Eligibility Center customer service
Representatives are available from 8 a.m. to 6 p.m.,
Eastern time, Monday through Friday.
U.S. callers (toll free): 877/262-1492
International callers: 317/223-0700
Fax: 317/968-5100

When to call the NCAA

Please contact the NCAA when you have questions such as these: • What are the rules and regulations related to initial eligibility? • What are the rules and regulations related to amateurism? • What are the regulations about transferring from one college to another? • What are the rules about athletics scholarships and how can they be reduced or canceled? • I have an education-impacting disability. Are there any other requirements for me?

NCAA
P.O. Box 6222
Indianapolis, IN 46206-6222
317/917-6222

