

College Preparation International

Educational Options and
Planning

Prepared by College Preparation International for:
Halton Region Volleyball Club

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Educational Options for the Athlete

The Key to being recruited as a college athlete is getting an early start in the process and realizing that the process takes several years of preparation in order to be successful. **Student athletes do not want to make the mistake** of waiting for recruiters to come to them. Student athletes also do not want to wait until their grade 12 year to begin the process of creating options.

Grade 8: Age 12 to 13

- Focus on understanding fundamental mathematics especially those concepts that become part of the grade 9 curriculum
- Read, read, read!!!

Grade 9: Age 13 to 14

- Focus on achieving good grades in Math, English and Science in particular and getting a strong foundation in Math and English as well.
- Start thinking about potential post secondary pathways.

Grade 10: Age 14 to 15

- Focus on educational planning. Remember to concentrate on achieving good grades, especially in your core academic courses, since grade 10 academic courses may be used to calculate grade-point average for admissions to US post secondary schools.
- Start searching entrance requirements for both Canadian and American Colleges & Universities. **It is very important to research your options!**
- Research information about the SAT Admissions Test, including how Canadian students register to write at a Canadian testing location.
- Research the specific recruiting regulations established by the NCAA, the NAIA, the CIS, and the CCAA. Register with the NCAA at **www.collegeboard.com**
- Begin preparing your resume. Consider volunteer and extracurricular activities that would help in attaining financial awards. Also begin to search financial scholarship/awards criteria.

Grade 11: Age 15 to 16

- Monitor and tailor your educational plan. Remember to concentrate on achieving high academic grades, since grade 11 academic courses are used to calculate grade-point average for admissions to US post secondary schools.
- Write the SAT exam. **The higher the grade-point average and SAT score, the more options will be available.**
- Update your resume and begin to market yourself to US & Canadian College & Universities.
- Continue your research on scholarship/awards.

Grade 12: Age 16 to 17

- Rewrite the SAT exam if necessary. Many students write the exam more than once in order to achieve the combined score necessary for admissions.
- Obtain all necessary registration forms and ensure that all documents are completed and submitted prior to deadline dates.

Preparing to be recruited!!

Schools can't recruit you if they don't know you exist. If you follow the steps below, your chances of being recruited will be greatly enhanced.

- **Register with the NCAA clearinghouse:** All student athletes that want to compete in NCAA Division I or III levels in their freshman year must register to determine eligibility.
- **Write the SAT or ACT exam:** Both are standardized exams that are used to determine how suitable a prospective student athlete is to a 1st year program of a post-secondary institution in the US.
- **High School transcript:** Consult your high school counselor. An official copy of your final transcript needs to be sent directly from your high school to the NCAA clearinghouse for eligibility review in order to participate in the US collegiate competition. Canadian post-secondary require an official copy of your transcript in order to determine admission.
- **Write a letter of introduction:** It should be brief and addressed to the coach. It should express the student's interest in both the academic and athletic program at the post-secondary institution and refer to an enclosed resume.
- **Develop a resume:** It should be a complete inventory of academic, athletic, social, extracurricular and community accomplishments and list references.
- **Letters of recommendation:** Consult your coach.
- **Make a video:** This may be the only way a coach can separate one prospect from another. Start filming at the beginning of the season and include a 15-minute portion from a game plus highlights from different games. Begin with an on-camera introduction of you, by you, and just try to be sincere **(Don't try to be funny or outrageous.)**
- **Follow up letters:** These are used to make sure that the coach has received your first letter and also to put you back on top of the pile to remind the coach that you are still interested. Include a copy of your first letter, your resume, and any newspaper clippings, updated stats, etc.

National Collegiate Athletic Association (NCAA)

The National Collegiate Athletic Association is the governing body for all colleges & universities offering athletic programs in the United States. In order to play hockey at any one of the schools competing in Division I or III leagues, students must be deemed eligible by the NCAA and therefore **students must submit their transcripts and SAT exam scored to the NCAA Clearinghouse for review.**

Eligibility Rules

A student has 4 years of participation eligibility, 5 years in which to use up 4 years of participation. A student athlete is considered ineligible if he/she has had:

- 1 or more expense paid visits to a professional team or a visit exceeded 48 hours and any payment or compensation in connection with the visit was in excess of actual and necessary expenses. (The student athlete may stay longer at his own expense and must pay travel expenses home after 48 hours.)
- Receives any compensation for participation in practice sessions with a professional team.
- Enters into any contract or agreement with a professional or sports organization or takes part in any outside competition (game or scrimmage) as a representative of a professional team. (Player's name must not be on an official score sheet.)

NCAA Scholarships/Awards

The scholarship amount is negotiated in consultation between the institution and the student athlete. Scholarships are granted on an annual basis, and not guaranteed for all 4 years. US post-secondary schools competing in Division III and most Ivy League schools offer financial assistance of varying amounts that are dependant on the annual family income of their student athletes. Athletic scholarships are not offered.

What is the NCAA Clearing House? It is the organization that governs all US college and university athletic programs. It determines whether or not a student athlete is eligible to compete in his freshman year at the post secondary level.

What is an SAT exam? The SAT (Scholastic Aptitude Test) is a standardized assessment tool used by the NCAA to determine how suitable a prospective student athlete is to a first year program at a US college or university. The SAT must be written and passed in order to be eligible for NCAA Division I and III level competition. This 3-hour + exam can be written at various locations throughout the province on 6 different dates during the high school year. The exam assesses verbal and math skills.

How important are your grades in school? The better the grade, the better the opportunities that you can create for yourself.

NCAA FRESHMAN – ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

If you plan to enroll in any Division I or Division II college or university, please read this information carefully. The NCAA's dramatic changes to DI initial eligibility academic standards are in effect for high school athletes in the class of 2016 and beyond.

The changes include a higher minimum core course GPA, new credit requirements prior to senior year and limitations on retaking courses.

Any student-athlete beginning their freshman year in high school in the fall of 2012 or after, who is even remotely considering the possibility of playing a sport collegiately, needs to fully understand these changes. The wiggle room to correct academic shortcomings has been greatly reduced. Here is a summary of the new D1 academic requirements that are now in place for the class of 2016 and beyond:

- The minimum core course GPA has increased from 2.00 to 2.30
- 10 of the 16 core course requirements must be satisfied prior to the start of the senior year
- 7 of those 10 core courses must be from the English, Math and Science subsections
- Grades earned in the 10 core courses are "locked in" for the purpose of calculating the final core course GPA
- Any retakes of the first 10 core courses must be completed prior to senior year

The NCAA has also introduced a new status for the class of 2016 the "Academic Redshirt." Students with a core course GPA between 2.00 and 2.29 are ineligible for "Full Qualifier" status but may achieve Academic Redshirt status by meeting minimum sliding scale test score requirements. An Academic Redshirt may receive a scholarship and practice with their team, but may not participate in game competition as a college freshman.

The new requirements could result in athletes being NCAA DI Nonqualifiers before their senior year even begins. In other cases, some athletes who would have been Full Qualifiers in previous years will now only achieve Academic Redshirt status or even be Nonqualifiers.

Here are two examples of the impact of the changes:

- Prior to 2016: 2.299 core course GPA + 910 SAT or 76 ACT = Full Qualifier
- 2016 and after: 2.299 core course GPA + 910 SAT or 76 ACT = Academic Redshirt
- Prior to 2016: 2.125 core course GPA + 960 SAT or 81 ACT = Full Qualifier
- 2016 and after: 2.125 core course GPA + 960 SAT or 81 ACT = Nonqualifier

(The NCAA does not include the writing component of the SAT or ACT and the ACT score is a sum score of the English, math, reading and science sections.)

Finally, just because a student-athlete meets the minimum NCAA initial-eligibility standards, it doesn't mean they will be admitted to play sports at the college of their choice. Many universities have academic standards for incoming freshman athletes that are much higher than the NCAA minimum requirements.

So what does this all mean?

Student-athletes must start tracking courses early. A student-athlete should calculate their initial core course GPA at the conclusion of their first semester in high school and continue to do so each semester thereafter.

The breakdown of core-course requirements for each Division is listed below.

DIVISION I (16 Core Courses):
4 years of English. 3 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 1 year of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II (14 Core Courses):
3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 2 years of additional English, mathematics or natural/physical science. 2 years of social science. 3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION III (16 Core Courses):
3 years of English. 2 years of mathematics (Algebra I or higher). 2 years of natural/physical science (1 year of lab if offered by high school). 3 years of additional English, mathematics or natural/physical science. 2 years of social science. 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

PLEASE NOTE: Computer science is being eliminated as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005, may not use any computer science courses in meeting the core-course requirements, unless the course receives graduation credit in mathematics or natural/physical science, and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION

The NCAA had determined that the writing section should not be required at the present time. The NCAA has noted the importance of reviewing research related to the impact of the writing component. Because the critical reading and math sections will still be scored on a 200-800-point scale, the clearinghouse will still combine those two sections for the combined score.

When registering for the SAT Exam use code 9999 to ensure that SAT and Act scores go directly to the NCAA Eligibility Centre.

**CORE GRADE-POINT AVERAGE/TEXT-SCORE SLIDING SCALE
CORE GPA/Test Score Index**

Core GPA	SAT Full Qualifier	ACT Full Qualifier	SAT Redshirt	ACT Redshirt
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	-	-

Core GPA	SAT Full Qualifier	ACT Full Qualifier	SAT Redshirt	ACT Redshirt
2.775	710	58	-	-
2.750	720	59	-	-
2.725	730	60	-	-
2.700	740	61	-	-
2.675	750	61	-	-
2.650	760	62	-	-
2.625	770	63	-	-
2.600	780	64	-	-
2.575	790	65	-	-
2.550	800	66	-	-
2.525	810	67	-	-
2.500	820	68	-	-
2.475	830	69	-	-
2.450	840	70	-	-
2.425	850	70	-	-
2.400	860	71	-	-
2.375	870	72	-	-
2.350	880	73	-	-
2.325	890	74	-	-
2.300	900	75	-	-
2.299	-	-	910	76
2.275	-	-	910	76
2.250	-	-	920	77
2.225	-	-	930	78
2.200	-	-	940	79
2.175	-	-	950	80
2.150	-	-	960	81
2.125	-	-	970	82
2.100	-	-	980	83
2.075	-	-	990	84
2.050	-	-	1000	85
2.025	-	-	1010	86
2.000	-	-	1020	86

NCAA - Ontario List of Approved Core Courses (Form 48H)

School Name: ONTARIO SCHOOLS
Address: NCAA Eligibility Center
1802 Alonzo Watford Sr. Dr.
Indianapolis, IN 46202

School Code: 998003

Instructions:

The NCAA has approved the following courses for use in establishing the initial-eligibility certification status of student-athletes from this school. Some course titles may begin with specific prefixes. Only students who have received proper NCAA approval for their diagnosed learning disability may receive credit for these approved courses. Please note, not all high schools will have courses with this designation. Also, in order for a student to receive credit for a course designed for students with disabilities, the student must have provided verification of his or her disability status by presenting to the NCAA Initial-Eligibility Clearinghouse either: (1) a nonstandard ACT or SAT score; or (2) notice of disability designation by the NCAA Disability Services staff.

NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.

English Course Weight Title

CANADIAN LITERATURE EAT3M
CANADIAN LITERATURE ETC3M
ENGLISH 10 ENG2D/EAE2D
ENGLISH 11 ENG3U/EAE3U
ENGLISH 12 ENG4U/EAE4U
ENGLISH 9 ENG1D/EAE1D
ENGLISH LITERATURE EAL4U
ENGLISH: CONTEMP ABORIGINAL VOICES
NBE3U
FRENCH 10 (NATIVE LANGUAGE) FRA2D
FRENCH 11 (NATIVE LANGUAGE) FRA3U
FRENCH 12 (NATIVE LANGUAGE) FRA4U
FRENCH 9 (NATIVE LANGUAGE) FRA1D
STUDIES IN LITERATURE ETS4U
THE WRITER'S CRAFT EWC4U

Social Science Course Weight Title

ABORIGINAL GOVERNANCE NDG4M
AMERICAN HISTORY CHA3U
ANALYZING CURRENT ECON ISSUES CIA4U
CANADA: HIST, IDENTITY, CULTURE CHI4U
CANADIAN & INT'L LAW CLN4U
CANADIAN & WORLD POLITICS CPW4U
CANADIAN AND WORLD ISSUES CGW4U

CANADIAN HISTORY 20TH CENTURY CHC2D
CHALLENGE & CHANGE IN SOCIETY HSB4M
CIVICS CHV20 (.5 UNITS)
CLASSICAL CIVILIZATION LVV4U
CURRENT ABORIGINAL ISSUES NDA3M
ENVIRON & RESOURCE MANAGEMENT
CGR4M
GEOGRAPHY OF CANADA CGC1D
GEOGRAPHY PATTERNS & ISSUES CGD3M
GEOMATICS CGO4M
IND & FAMILIES IN A DIV SOCIETY HHS4M
INTERNATIONAL BUSINESS BBB4M
INTRO TO ANTHRO, PSYCH & SOC HSP3M
ISSUES OF INDIGENOUS PEOPLES NDW4M
PHYSICAL GEOGRAPHY CGF3M
THE INDIVIDUAL & THE ECONOMY CIE3M
UNDERSTANDING CANADIAN LAW CLU3M
WORLD GEOG: HUMAN PATTERNS CGU4U
WORLD HIST: THE WEST & THE WORLD
CHY4U
WORLD HISTORY 16TH CENTURY CHW3M

Mathematics Course Weight Title

ADV FUNCTIONS & INTRO CALCULUS
MCB4U
ADVANCED FUNCTIONS MHF4U
CALCULUS & VECTORS MCV4U
FUNCTIONS & RELATIONS MCR3U
FUNCTIONS MCF3M
GEOMETRY & DISCRETE MATH MGA4U
MATHEMATICS & DATA MANAGEMENT
MDM4U
PRINCIPLES OF MATH 10 MPM2D
PRINCIPLES OF MATH 9 MPM1D

Natural/Physical Science Course Weight Title

BIOLOGY SBI3U
BIOLOGY SBI4U
CHEMISTRY SCH3U
CHEMISTRY SCH4U
EARTH & SPACE SCIENCE SES4U
PHYSICS SPH3U
PHYSICS SPH4U
SCIENCE 10 SNC2D
SCIENCE 11 SNC3M
SCIENCE 12 SNC4M
SCIENCE 9 SNC1D

Additional Core Courses Course Weight Title

CANTONESE 1 LKDAC
CANTONESE 2 LKDBD
CORE FRENCH 1 FSF1D
CORE FRENCH 2 FSF2D
CORE FRENCH 3 FSF3U
CORE FRENCH 4 FSF4U
CROATIAN LBCCU
EXTENDED FRENCH 1 FEF1D
EXTENDED FRENCH 2 FEF2D
EXTENDED FRENCH 3 FEF3U
EXTENDED FRENCH 4 FEF4U

FARSI LYGDU
FRENCH IMMERSION 1 FIF1D
FRENCH IMMERSION 2 FIF2D
FRENCH IMMERSION 3 FIF3U
FRENCH IMMERSION 4 FIF4U
GERMAN 1 LWGAD
GERMAN 2 LWGBD
GERMAN 3 LWGCU
GERMAN 4 LWGDU
GREEK 1 LVGAD
GREEK 2 LVGBU
GREEK 3 LVGCU
HEBREW 11 LYHCU
ITALIAN 1 LWIAD
ITALIAN 2 LWIBD
ITALIAN 3 LWICU
ITALIAN 4 LWIDU
JAPANESE 10 LKJBD
JAPANESE 11 LKJCU
JAPANESE 12 LKJDU
JAPANESE 9 LKJAD
LATIN 1 LVLAD
LATIN 2 LVLBU
LATIN 3 LVLBU
LITHUANIAN 10 LLUBD
LITHUANIAN 11 LLUCU
LITHUANIAN 12 LLUDU
LITHUANIAN 9 LLUAD
MANDARIN 10 LKMBD
MANDARIN 9 LKMAD
PHILOSOPHY HZT4U
POLISH 10 LRPBD
POLISH 11 LRPCU
POLISH 12 LRPDU
PORTUGUESE 10 LWPBD
PORTUGUESE 11 LWPCU
SPANISH 10 LWS2D
SPANISH 10 LWSBD
SPANISH 11 LWSCU
SPANISH 12 LWSDU
SPANISH 9 LWS1D
SPANISH 9 LWSAD
VIETNAMESE 10 LPVBD1
WORLD RELIGIONS HRT3M

NCAA Initial-Eligibility Clearinghouse

The NCAA Initial-Eligibility Clearinghouse, located in Iowa City, Iowa, is the organization that handles **ALL** inquiries regarding an individual's initial eligibility status. The Clearinghouse operates a separate Web site at www.ncaaclearinghouse.net, which maintains and processes all of the initial-eligibility certifications.

To register with the Clearinghouse

Fill out the online form at <http://www.ncaaclearinghouse.net/ncaa/NCAA/common/index.html> or call the NCAA publications hotline at 800/638-3731 and ask for a free copy of the "Guide for the College-Bound Student-Athlete" which contains the registration forms and a Clearinghouse brochure. This guide can also be viewed online in at http://www1.ncaa.org/membership/membership_svcs/eligibility-recruiting/index.html

For information on your Clearinghouse status

For questions about whether your transcript, student release form, etc. were received, or about when you will be cleared, call the automated system at 877/861-3003 (toll free in the USA) or 319/339-3003. (You will need your Personal Identification Number [PIN] and Social Security number.)

Contacting the Clearinghouse

If you've misplaced your PIN or need other information contact the Clearinghouse at:

Customer Service:

877/262-1492 (toll free in the USA) or 319/337-1492

24-hour Voice Response:

877/861-3003 (toll free in the USA)

Fax:

319/337-1556

Mail:

Initial-Eligibility Clearinghouse

301 ACT Drive

P.O. Box 4044

Iowa City, IA 52243-4044

Office Hours:

8 a.m. to 5 p.m. Central Time Monday through Friday