



# **D214**

# **STUDENT-ATHLETE**

## **Recruitment Guide**



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Dear High School Student-Athletes:

So, you want to be a college athlete. That's great! You have spent years learning your sport. Now you need to learn the process of becoming a college athlete. The National Collegiate Athletic Association (NCAA) and National Association of Intercollegiate Athletics (NAIA) have developed systems that ensure all participating colleges and universities and their student-athletes compete on a "level playing field," and that all prospective athletes are academically eligible to participate.

This handbook has valuable information about the student athlete admissions process, including:

- Information on NCAA and NAIA eligibility requirements
- An NCAA website guide
- Questions to ask on college visits
- Rules governing the recruitment process
- Sample letters to college coaches and sample athletic resumes
- Checklists for what to do each academic year

You are not going to be accepted by a college, offered a scholarship or recruited by the school just by reading this material. **You, the student-athlete, must take an active role in the recruitment and admissions process!** Even if you think you know where you'd like to go, and you think you know the rules of the recruiting game, you can't wait for your favorite school to contact you. It may never happen. You have to make sure it happens. Unless you are a highly visible superstar in a major sport, you are not visible to recruiters and you probably will not be recruited. Recruiters may want you if they knew about you, but they do not know where you are. You may never get the chance to play if you don't act now. Your counselor, parents, coach and college counselor can help you but the ultimate responsibility rests with you. The following information will help you get on your way.

Good luck!

District 214 Postsecondary Counselors

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# WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING

Take a long hard look at the numbers below. These cold, hard facts clearly show that all college-bound athletes must think beyond their sports. Careers in sports can end abruptly. Injuries are common. Starting spots can evaporate after only one year. Practice schedules are hard on grades so some college athletes can have problems with eligibility. Some players spend more than four years trying to graduate and eventually their eligibility expires. So by all means, use your athletic ability to assist in the admissions process and accentuate your college experience for as long as you can play! But from the outset you will want to keep your priorities straight; you are picking a school based on the college first and sports second!

- There are **37,100** high schools in the United States
- There are nearly **8 million** participants in high school athletics
- **2%** of these participants are contacted by a college coach
- **5%** of these participants actually participate in college sports
- Less than **2%** of high school athletes receive athletic scholarship

ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND HIGH SCHOOL				
	Men's Basketball	Women's Basketball	Football	Baseball
HS Student Athletes	540,769	399,067	1,006,013	482,740
NCAA Athletes	18,816	16,509	73,718	36,011
NCAA Drafted Athletes	603	36	255	791
% HS to NCAA	3.5%	4.1 %	7.3 %	7.5 %
% NCAA to Professional	1.2 %	0.8 %	1.6 %	9.9 %

Estimates are based on figures from the U.S. Department of Education, National Collegiate Athletic Association, and National Federation of State High School Associations.

**Estimated Probability of Competing in College Athletics (Full list: [Link & QR code below](https://ncaaorg.s3.amazonaws.com/research/pro_beyond/2020RES_ProbabilityBeyondHSFiguresMethod.pdf)):**  
[https://ncaaorg.s3.amazonaws.com/research/pro\\_beyond/2020RES\\_ProbabilityBeyondHSFiguresMethod.pdf](https://ncaaorg.s3.amazonaws.com/research/pro_beyond/2020RES_ProbabilityBeyondHSFiguresMethod.pdf)

How do you differentiate yourself from other student athletes?  
 How do you catch the eye of recruiters of the colleges you are interested in? How can you be sure that if you do catch their eye, you are eligible to play?

These questions and others are answered in this guide.



# WHO ARE THE NCAA AND NAIA?

The National Collegiate Athletic Association, or NCAA, is a governing body for over 1,100 colleges, universities, conferences and organizations. The NCAA has created rules to govern competition and student academic eligibility for play. The NCAA schools are divided into three divisions. Division I and II members may offer athletic scholarships. While Division III schools may not offer athletic scholarships, 80% of DIII athletes receive non-athletic aid.

- 350 active Division I schools
- 310 active Division II schools
- 438 active Division III schools

The National Association of Intercollegiate Athletics (NAIA) is a governing organization for almost 250 smaller college and university athletics programs dedicated to character-driven intercollegiate programs. A list of participating colleges may be found on their website, [www.playnaia.org](http://www.playnaia.org) (QR code to the right). If you are interested in smaller schools, the NAIA has several advantages. These schools offer maximum opportunity to participate in regular season contests and national championships. The NAIA recruitment process has fewer restrictions on the contact a student-athlete and coach can make, ensuring a good academic and athletic “fit.” Plus most NAIA colleges offer athletic scholarships.



## NAIA ELIGIBILITY



NAIA eligibility is very clear-cut. If entering college during the 2023-24 school year, a student must graduate from an accredited high school and meet the following requirement:

- Achieve a minimum cumulative high school GPA of 2.300 on a 4.0 scale.
- For the most up-to-date info, visit the High School Students section of the NAIA website at:

<https://www.naia.org/findyourpath/highschool/index> (QR code to the left)

These standards may change moving forward. Make sure to refer directly to the website for the most accurate info.

Students who want to play NAIA sports will need to be certified by the NAIA Eligibility Center. More information on the NAIA registration process is available at: [www.playnaia.org](http://www.playnaia.org).

# NCAA DIVISION I AND II ACADEMIC ELIGIBILITY REQUIREMENTS

The NCAA has established requirements that high school students must meet in order to practice, compete and receive scholarships at Division I and II colleges:

1. Graduate from high school
2. Successfully complete the academic core course distribution requirements. The NCAA has changed academic core course distribution requirements several times in the last decade. It is important to work with your counselor, as you progress through high school, to be sure you are on track to complete the current requirements.
3. Having a qualifying grade-point average (GPA). As of January 2023, SAT or ACT scores are not required. The required core coursework and grades vary by division, as shown below:

## Core Units Required for NCAA Certification (Subject to Change!)

	Division I	Division II
<b>English Core</b>	<b>4 years</b>	<b>3 years</b>
<b><u>Mathematics Core (Algebra I or higher)</u></b>	<b>3 years</b>	<b>2 years</b>
<b>Natural or Physical Science Core</b> (Including at least 1 year or lab science)	<b>2 years</b>	<b>2 years</b>
<b>Social Science Core</b>	<b>2 years</b>	<b>2 years</b>
<b>Additional English, math, or natural/physical science</b>	<b>1 year</b>	<b>3 years</b>
<b>Additional Core</b> (From any area above, foreign language or comparative religion or philosophy)	<b>4 years</b>	<b>4 years</b>

**TOTAL CORE UNITS REQUIRED 16\* 16** \*10 of the 16 required core courses must be completed by the end of junior year to qualify for Division I athletics

To learn more about which of your courses are NCAA approved, when they need to be completed and whether your current grades suggest you are on track to play in college, download and review the **2023-24 Guide For The College-Bound Student-Athlete** [http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf) (or QR code to the right). If you have any questions about the process, see your postsecondary counselor.



# NCAA Division III Eligibility

Division III is the NCAA's largest membership division, with more than 192,000 student-athletes and 442 member schools. Division III schools focus on striking a balance between rigorous academics, competitive athletics and the opportunities to develop other interests on campus. According to the NCAA, Division III also has the highest Academic Success Rate (ASR), with just below 90% of athletes graduating. While Division III student-athletes do not receive athletic aid, 80% of all Division III athletes receive some form of institutional merit or need-based aid. NCAA Division III does not use the NCAA Eligibility Center to certify their athletes. Instead each Division III school sets their own admissions standards. Contact your Division III College for policies on admission requirements, financial aid, practice and competition.

## NCAA WEBSITE GUIDE

### **For general information on:**

- Academic Eligibility for Divisions I, II, and III
  - Recruiting Policies for Divisions I, II, and III
  - Information on NCAA Initial-Eligibility
1. Go to <http://www.eligibilitycenter.org> and click on "Help" in the upper right-hand corner.
  2. Scroll down and under "Resources" select the "Guide for the College-Bound Student Athlete." We recommend that you print out this Guide for future reference.



### **For a list of Your High School's Approved Core Courses:**

1. Go to <http://www.eligibilitycenter.org> and click on "Help" in the upper right-hand corner.
2. Scroll down and under "Resources" select "Find your core courses".
3. Enter Your high school's 6-digit CEEB code listed on the inside cover of this brochure and click on "Search" below.
4. You may select a specific core area or "All Subject Areas". (Courses are listed by subject area: English, Social Science, Mathematics, Natural/Physical Science, and Additional Core Courses, which includes Foreign Language, and select Social Studies courses.)
5. Students interested in playing athletics in college want to be sure they are taking high school courses that meet NCAA eligibility.

### **To find which schools sponsor your sport:**

1. Go to <http://www.eligibilitycenter.org>. Under "Want to Play College Sports?" and "Not Sure What Division Your School Is In," click "Search NCAA Schools."
2. Select School Home Pages and then search for schools by name, state, division or conference. Click on the school name to get further information on that school.



## **To Register For an NCAA Account:**

1. Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Scroll down and choose whether you wish to create an Academic and Amateurism Certification Account for Division I or II (**Option 3**) or the Free Profile for Division III student athletes or those who are uncertain about their level of play (**Option 1**). You can always transition from a profile to certification account later.
3. Creating a profile is free and takes little time. Creating a certification account will take about 45 minutes and you will need:
  - a. Valid student email
  - b. Personal information, such as name, address, date of birth, and contact information
  - c. School history
  - d. Sports participation history
  - e. Non-refundable registration fee of \$100 (Option 3), although fee waivers are available for those on Free and Reduced Lunch or ACT/SAT test fee waivers.
4. Follow email directions to create an account and password.

**2022-2023 Update:** For student-athletes registering with the NCAA Eligibility Center, account types now include a new account **Option 2: Amateurism-Only Certification**. This account, which includes a \$70 registration fee, may be the right choice for international students planning to enrolling at an NCAA Division III school during the 2023-24 academic year or certain student-athletes transferring from a two- or four-year school to a Division I or II school. *(NOTE: This option will not be applicable for most D214 high school students!)*

As part of that change, the Certification account has been renamed the Academic and Amateurism Certification account. For students wanting to compete at an NCAA Division I or II school, sign a National Letter of Intent, or who are preparing to take an official visit, this account type is required. This account includes a \$100 registration fee for domestic students/\$160 for international students.

1. For more information, please see the 2023-24 Guide for College-Bound Student-Athletes ([http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf))
2. For those considering a Division III school, see this Division III amateurism flyer: [http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/DIII\\_Amat.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/DIII_Amat.pdf)
3. For more information on which account may be right for you, go to: [http://fs.ncaa.org/Docs/eligibility\\_center/StudentRegistration/ecaccounts.png](http://fs.ncaa.org/Docs/eligibility_center/StudentRegistration/ecaccounts.png)



**IMPORTANT!** After you have submitted your eligibility form online, go to your NCAA online task list and make sure that you click the button authorizing your high school to release your transcript. This permits your school to release transcripts to the NCAA Eligibility Center electronically. Talk to your postsecondary counselor in the College & Career Center to see if they require you to also complete a transcript request.

## **Walk-On Athletes**

A high school athlete who is not recruited by the school and has not received a scholarship but wants to play a sport in college may be given the opportunity to “walk on” at one or more schools. “Walking on” means that he or she becomes a non-scholarship member of the team, is allowed to try to earn a position on the team, and may be given the opportunity to earn a scholarship at some time in the future. Walking-on can be an excellent opportunity for a good athlete who is serious about his or her sport, but it requires careful planning with your counselor and your coach. If you are interested in walking on, follow this advice:

### **With your counselor:**

- Be sure you satisfy the eligibility requirements of the NCAA. Walk-on athletes are subject to the same rules and regulations as scholarship athletes.
- Do all the preliminary planning needed to identify a possible career.
- Find the colleges that provide programs in your area of interest. Develop a list of them. If you are undecided, identify schools that provide a broad range of programs.
- Discuss the list with your counselor and parents.
- Select your top three or four schools from the list.

### **With your high school coach:**

- Discuss your ability to participate on the college level. Be open-minded during this meeting. Remember that your coach has only your best interests in mind.
- Identify any additional schools at which you may have the chance to play. Be sure they, too, satisfy your career and educational goals.
- Contact the school(s) to secure the college coach’s permission to “walk on.”
- Complete applications, being sure to follow the admission procedures specified by the college coach.

## **How To Contact The NCAA Eligibility Center**

NCAA Eligibility Center

Certification Processing

P.O. Box 7136

Indianapolis, IN 46207-7136

Toll Free (877) 262-1492 between 9 a.m. and 5 p.m. Eastern Standard Time.

<http://www.eligibilitycenter.org>

# Student Athlete's High School Checklist

As you move through high school, work with your counselors and coaches to be sure you are on track both academically and athletically to play in college. This checklist will help you:

## **Freshman Year**

- \_\_\_\_\_ Work with your counselor to be sure you take required core courses.
- \_\_\_\_\_ Work on your study habits and work hard to keep your grades high!
- \_\_\_\_\_ Start thinking about your academic goals.
- \_\_\_\_\_ Participate in high school athletic teams.
- \_\_\_\_\_ Get to know all the coaches in your sport(s).
- \_\_\_\_\_ Keep a record of athletic achievements.
- \_\_\_\_\_ Work out throughout the year for off-season conditioning.
- \_\_\_\_\_ Check with coaches about participating in any non-school lesson, camp, or clinic to be sure it falls within Illinois High School Association (IHSA) rules.

## **Sophomore Year**

- \_\_\_\_\_ At the beginning of sophomore year, complete your NCAA profile page at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- \_\_\_\_\_ Talk to your counselor to be sure you are meeting NCAA or NAIA core course requirements and that your grades are one track for eligibility.
- \_\_\_\_\_ Work hard to keep your grades high! If you do poorly in a class, consider retaking it for a higher grade over the summer. Grades count in your academic eligibility.
- \_\_\_\_\_ Think about your academic and career goals.
- \_\_\_\_\_ Participate in high school athletic teams.
- \_\_\_\_\_ Talk to your coaches about your ability and ambitions.
- \_\_\_\_\_ Keep a record of athletic achievements.
- \_\_\_\_\_ Attend college visits and college fairs to develop a preliminary list of colleges that interest you.
- \_\_\_\_\_ Work out throughout the year for off-season conditioning.
- \_\_\_\_\_ Check with coaches about participating in any non-school lesson, camp, or clinic to be sure it falls within Illinois High School Association (IHSA) rules.
- \_\_\_\_\_ Be proactive and reach out to coaches at schools you are truly interested in.
- \_\_\_\_\_ Complete the online athletic recruitment forms or send an email.

## **Junior Year**

- \_\_\_\_\_ Meet with your counselor to be sure you will meet the NCAA core course requirements. During registration for senior year pick up any missing courses.
- \_\_\_\_\_ **KEEP YOUR GRADES HIGH!**
- \_\_\_\_\_ Take the ACT or SAT in the spring of junior year. While no longer needed for NCAA eligibility, it can be helpful, or required, for admission purposes.
- \_\_\_\_\_ Talk with your coach about his/her role in the recruitment process. Get a realistic assessment of which college level you can play (Division I, II or III). If you will complete at a DI or DII level, complete your NCAA certification account.
- \_\_\_\_\_ Create a list of possible college choices that meet your academic and career interests.
- \_\_\_\_\_ For the schools on your college list, complete any online athletic questionnaires to gain the attention of college coaches.
- \_\_\_\_\_ Be proactive. Draft an email to college coaches expressing interest and create a sports resume to send with your note. (See pages 12 & 13 for examples.)
- \_\_\_\_\_ Make college visits, including a meeting with the coach. Make sure you are aware of recruiting rules regarding campus visits.
- \_\_\_\_\_ Have an official transcript sent to the NCAA at the end of junior year. \_\_\_\_\_
- \_\_\_\_\_ Participate in summer sports including tournaments and summer leagues, where college coaches may spot you.

## **Senior Year**

- \_\_\_\_\_ Make sure you have met all graduation and NCAA core courses requirements.
- \_\_\_\_\_ **KEEP WORKING ON THOSE GRADES** to meet academic eligibility and graduate on time (in eight academic semesters)!
- \_\_\_\_\_ Finalize your college choices.
- \_\_\_\_\_ Send letter of interest to college coaches with a resume and season schedule.
- \_\_\_\_\_ Make sure you are aware of recruiting rules regarding campus visits.
- \_\_\_\_\_ Make sure you have applications for admission, transcripts and any needed recommendations sent to colleges you are interested in. Watch for deadlines.
- \_\_\_\_\_ Complete your amateurism certification on or after April 1<sup>st</sup>.
- \_\_\_\_\_ Talk through the pros and cons of each school with your parents and coach.
- \_\_\_\_\_ Make your final decision based on a meaningful college education, excellent career preparation, and a satisfying athletic experience – IN THAT ORDER!
- \_\_\_\_\_ Be sure of your final choice before signing any papers.
- \_\_\_\_\_ Let college coaches know when you are no longer interested in their school.
- \_\_\_\_\_ Thank them for their time and interest in you!!!
- \_\_\_\_\_ Send your final transcript to the college of your choice and the NCAA.

# High School Athlete Checklist for Initial Contacts With College Coaches

\_\_\_\_\_ Establish a tentative list of colleges that you'd like to contact early junior year. Look for colleges that fit both your academic and athletic needs. The NCAA website list of colleges offering your sport, the NAIA college search or your college counselor can assist you. Make sure that your grades will allow you to be eligible academically. Your high school counselor can help determine eligibility. Ask yourself, "If my athletic career ended the first day of practice, would I still be happy at this school?"

\_\_\_\_\_ Show your college list to your coach and ask for feedback on how realistic your chances are to play at each school. Ask if he/she would be willing to make/receive contacts on your behalf. If the answer is yes, provide your coach with:

- A list of the colleges you plan to contact, including each college's coach, phone number, e-mail address, and mailing address
- Copies of the documents you are sending to each college
- A copy of your current high school transcript and sports resume

\_\_\_\_\_ Send to each college coach an email or letter of introduction from you or your high school/travel team coach, along with your athletic resume. The samples of emails/letters and resumes on pages 12 and 13 are designed to serve as guides. Work with your coach to provide statistics appropriate to your sport. You can also upload a skills or game tape to YouTube and send it as a link to coaches.

\_\_\_\_\_ Most college coaches will insist on knowing your current grade point average and scores before considering you. Request transcripts when needed and make sure to take the ACT and/or SAT in the spring of your junior year.

\_\_\_\_\_ Colleges will often respond by asking you or your coach to complete an athletic questionnaire on their website. If you receive a questionnaire from a random school, take the time to fill it out! You never know when an unexpected opportunity might come your way.

\_\_\_\_\_ Keep in mind that summer sports camps and tournaments provide excellent opportunities for networking with college coaches. Just be sure that you are familiar with the rules that regulate such contact. Your coaches or counselors can provide information booklets from the various athletic associations to assist you. Not knowing the rules will not be an excuse for a recruiting violation.

## Questions To Ask A College Recruiter

- Identify the role of the recruiter. Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Any assurance you are given about ability to play will carry different weight depending on who said it).
- Keep your education foremost in your mind by asking about academic programs that interest you. A good recruiter is as informed about programs as an admissions person is. Ask specific questions about majors and courses in your field.
- Is tutoring available? Beware of remarks like, “Don’t worry. We haven’t lost a player yet because of academics,” which could imply education is not taken seriously.
- At what level does your sport compete and are scholarships available? NCAA Division I and most Division II schools offer athletic scholarships; Division III schools cannot offer athletic scholarships. NAIA schools can also offer athletic scholarships.
- Ask for details about athletic scholarships. Is the athletic scholarship for one year? Is it renewable at the coach’s discretion? If you get benched, do you start paying your own way? How many athletes were kept on scholarship after their eligibility had expired?
- What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- How long does it take someone in your sport to earn a degree from this school? Because of heavy demands on their time, some college athletes take five years to graduate and are usually ineligible to play.

## Questions To Ask A Coach

- Decide if you can work with the coach. What is his/her offensive philosophy, defensive philosophy and are they considering any changes? What is expected of players: time commitment, behavior, appearance, and training expectations in and out of season?
- What positions does the coach see you playing? How many returning players are in the same position? How many other incoming freshmen are being recruited for this position?
- Will I be redshirted freshman year? If I need a 5<sup>th</sup> year, will the scholarship cover it?
- Have you seen me play? If so, how do you think my skills fit your program? This will give you a sense of how much you may play.
- What does the returning roster look like? What does this mean for the upcoming season? What expenses does the scholarship cover (books, meals, percent of tuition covered)? Is financial aid available for summer school? If I am hurt, what happens to the scholarship? For what other reasons could I lose the scholarship?
- When does the head coach’s contract end? How long does he/she intend to stay? If the coach were to leave, would that change your impressions of the school?
- What is the role of the assistant coach(es)?
- Most importantly, ask yourself if the school would be right for you even if you weren’t competing in athletics.

# Questions To Ask Of Other Players At The School

- What does your typical daily schedule look like? In-season? Off-season?  
How rigorous is your travel schedule? How does the team travel?
- How many games and tournaments do you play in a season? What tournaments do you play in?
- How many classes will I miss in a season? Am I allowed to make up classes and tests missed for in-season travel?
- Approximately how many hours a night do you study? Is there a team study hall? Are there tutors that travel with the team? What assistance is available if you have academic problems?
- Do you feel the program supports your academic needs first and then your athletic needs?
- How do you like the living arrangements? Do all team players live in the same dorm? Are you required to live on campus all four years? How are roommates chosen? • Where does most of the team come from? What states or regions?
- Are there any unique team building activities for your team? What is your conditioning program like?
- How would you describe the coaching style?
- Were changes made to any promises once you committed/enrolled? Is the program what you expected based on your recruiting experience?
- Are athletics popular on campus? Do students turn out to watch the games?

## Questions To Ask Yourself After A Visit

After a college visit, ask yourself several important questions. Take the time to think carefully and talk with your postsecondary counselor, coach, and parents about your answers. Remember you want the right athletic and academic fit.

- Will you be academically successful at this school? Athletically successful?
- Were the Coaches interested in your academics and career goals? Were they encouraging of your studies?
- How will you feel if one or more of the coaches leaves? Will you still like the school? Were the coaches and players you met honest, available, friendly, and genuinely interested? Do they care about each other?
- Do you like the team? Would you fit in with the rest of the student body too?
- Would you attend this school even if you had no intention of competing in athletics? Does the school satisfy all of the criteria that you established with your parents and counselor? This may be the most important question, so give it serious thought.

# Sample Email From A High School Athlete To A College Coach

Email is the preferred method for introducing yourself to college coaches. Having talent, playing for a travel team, attending showcases or hiring an athletic recruitment service does **NOT** guarantee you will get discovered. Using email and the following tips will help:

- **Personalize each email:** College coaches receive hundreds of emails each week. If you don't take the time to personalize the email to the coach, they won't respond.
- **Include the contact information for your coaches:** If they are interested, they will contact your coach.
- **Include your basic information.** There is no need to list all your awards or statistics.
- **Let them know where you will be competing.** Second to your contact information, the important thing for coaches to know is where/when they can watch you in person.

Dear Coach Smith:

I would like to introduce myself. I am currently a senior at John Hersey High School in Arlington Heights, Illinois. My cumulative GPA is a 3.2 on a 4.0 scale and my SAT composite was a 1160. I am interested in *(Name of the University)* because *(Include why you are interested in their school academically)*.

I also hope to continue playing volleyball at the college level. I have followed your team's season in the Chicago Tribune and have attended two games. Your program especially interests me because < research and state why you like the program>.

I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the North All Star Team this year. I have a skills and game video, which you can find on YouTube at:

[www.youtube.com/AmyAthleteHighlights](http://www.youtube.com/AmyAthleteHighlights)

My jersey number is #10 in the light-colored uniforms and #1 on dark uniforms. Also included is a schedule of our 2021-22 volleyball season and my travel team's tournament schedule. My coach's name is Mary Jones. Her contact information is included on the attached athletic resume. She would welcome your calls or emails.

Please let me know if there is additional information that my coach or I can provide. Thank you for your time. I look forward to hearing from you.

Sincerely,

Amy Athlete



# Sample Student-Athlete Resume

**AMY ATHLETE**

## **Volleyball Information**

*1225 Any Street, Any Town, Any State 81234*

*Telephone: (500) 111-1111 or (500) 222-2222*

*Aathlete3456@stu.d214.org*

**Coach:** Mary Jones  
1010 Training Avenue  
Any Town, Any State 12345  
Telephone: (847) 123-4567  
E-mail: mjones@emailprovider.net

**High School:** John Hersey High School  
1900 East Thomas Street  
Arlington Heights, Illinois 60004  
(847) 718-4800

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

**Position:** Setter

**Jersey:** #1 Dark/#10 Light

**Offense Used:** 5-1 Offense

**Years Starting Varsity:** 3 years

**Awards/Honors:** Best Setter (2021, 2022, 2023)  
Most Valuable Player (2023)  
All Conference (2021, 2023)  
All State (2023)

**Experience:** AAU Volleyball (2021, 2022)  
Coed Power Outdoor & Indoor Tournaments (2021-23)  
Aspen Volleyball Camp (2021, 2022)  
Any University Summer Camp (2020)

**Height:** 5'8"  
**Weight:** 145 lbs.  
**Vertical:** 23"  
**GPA:** 3.74 on 4.0 scale

# NCAA Recruitment Rules and Regulations

High School athletes are bound by the same NCAA rules and regulations that college players are. Your need to be aware of these recruitment requirements so that you don't jeopardize your athletic future. Read the following NCAA rules carefully and share them with your parents. Be sure to talk with your College Counselor, Athletic Director or Coach if you have any questions.

## **Contacts with College Coaches:**

- In most sports, high school athletes can be contacted by a college only in or after the junior year. A contact is defined as any face-to-face meeting involving even a simple "hello." Check the [NCAA Guide For The College-Bound Student-Athlete](#) for the most up-to-date rules for your sport.
- In most sports, high school athletes can receive letters, brochures or emails from college coaches, faculty members, and students only after September 1 of their junior year. ● Contacts with college boosters are prohibited at any time.
- College coaches may contact a high school athlete at home or at school, but only keeping within the NCAA rules. Refer to the NCAA guide for the "College Bound Student Athlete" for specific information.
- During any contact, you may not receive T-shirts, college mementos, or financial inducements to sign with a particular college.

## **Visits to College Campuses:**

- The NCAA allows "prospective student-athletes" one "official visit" with all expenses paid to each of five different universities. Be sure to select your visits wisely. Remember that this restriction applies even if you are being recruited in more than one sport. In most sports, official visits can not occur until spring of junior year.
- You may not receive an official visit until you provide the college authorities with an official high school transcript (and possibly a score from your PSAT, PACT, plus SAT, or ACT taken on a national testing date).
- Do not forget to register with the NCAA Eligibility Center at the start of junior year and give permission for your high school to send your transcripts.

## **Name, Image, and Likeness (NIL)**

NCAA college athletes now have the opportunity to benefit from their name, image and likeness. All three divisions have adopted a uniform, interim policy suspending NCAA name, image and likeness rules for all incoming and current student-athletes in all sports.

- For the most up-to-date information on NIL, please go to:  
<https://www.ncaa.org/sports/2021/2/8/about-taking-action.aspx>



# APPENDIX: Summary of Important Resources

## 2023-24 NCAA Guide For The College-Bound Student-Athlete

[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf)

### What's here?

- Scholarship Information
- National Letter of Intent
- Breakdown of NCAA Division I, II and III
- Initial Eligibility
- Information on Academic Eligibility Including:
  - Division I Academic Standards, Sliding Scales, and Writeable Worksheet
  - Division II Academic Standards, Sliding Scales, and Writeable Worksheet
  - Division III Requirements
- Amateurism Information
- Important Recruiting Terms and Calendars



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## NCAA Eligibility Center

<http://www.eligibilitycenter.org>

### What's here?

- Academic Eligibility for Divisions I, II, and III
- Recruiting Policies for Divisions I, II, and III
- Information on NCAA Initial-Eligibility



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## National Letter of Intent

<http://www.nationalletter.org/>

### What's here?

- Signing Dates
- NLI Provisions
- NLI Signing Tutorials and FAQs



## National Association of Intercollegiate Athletics (NAIA)

<http://www.playnaia.org>



### What's here?

- Registration for NAIA Eligibility
  - Information for parents
- 



## National Junior College Athletic Association (NJCAA)

<https://www.njcaa.org/>

### What's here?

- Information about junior college athletic opportunities
  - Member directory
- 

## “Get in the Game” A Resource from the National Association of College Admissions Counseling (NACAC)

<https://www.nacacnet.org/get-in-the-game-tips-for-student-athletes-and-their-families/>

### What's here?

- This brochure breaks down the process into 10 steps to help you identify a college where you can pursue both your athletic and academic interests.
- Descargar una copia en español.



## Non-English Language Resources for Future Student-Athletes

<https://www.ncaa.org/sports/2018/3/5/non-english-language-resources-for-future-student-athletes.aspx>

- Information in French, German, Portuguese, and Spanish