

Student-Athlete & Parent College Information Supplement



Academic & Athletic Timeline

FRESHMEN/SOPHOMORE YEARS

- Establish a four-year academic plan to meet all core course requirements.
- Take a strong academic course load.
- Maintain at least a 2.0 grade point average out of 4.0 in core courses.
- Talk with your athletic director or coach about other opportunities to increase your exposure in your sport.
- Attend summer camps
 1. To enhance exposure- select camps at colleges that you might want to attend.
 2. To improve skills.
 3. To compare your current skill with others.
- Videotape games.
- Keep records of your athletic achievements, extracurricular activities, etc.
- View college athletic web sites. Most have a simple questionnaire you may fill out and e-mail to the coach.

JUNIOR YEAR

- Continue to take a strong academic course load.
- Make certain you are taking the required core academic courses.
- Register for and take the required standardized tests (i.e. SAT, ACT).
- Designate the NCAA to receive SAT & ACT scores when registering for test
 - (NCAA- Code is #9999 on SAT & ACT registration form).
- Attend college nights and fairs and read literature sent to you by schools.
- Begin to visit college campuses.
- Submit NCAA Eligibility form in the spring of your junior year.
- Develop a list of prospective schools with the help of counselors and coaches. Consideration should be given to academic achievement and athletic ability.
- Request college applications as early as possible, preferably the summer after your junior year.
- Develop an athletic resume and continue to update records and lists of athletic and extracurricular activities.
- Familiarize yourself with the rules and regulations governing recruiting, eligibility and financial aid.
- Meet with your coach for a thorough evaluation of your athletic ability and, hopefully, you will receive a recommendation for an appropriate level of competition. Be realistic.
- Also, discuss with your coach his/her involvement in your recruitment process. Ask him/her to be proactive on your behalf by responding to questionnaires sent by recruiting coaches.
- Send a letter of introduction along with your athletic resume to coaches of schools you are interested in attending.
- Continue to attend sports camps.
- Keep a file on each college/university that shows an interest in you.
- Continue to videotape games. Send DVD or YouTube link to prospective coaches at the end of the junior year. **For spring sports, consider doing this earlier!**
- View college games to assess their level of play and compare it to your level.

SENIOR YEAR

- Continue to work hard in your academic courses.
- Take and/or retake the standardized tests as needed. Check with your counselor for national testing dates.
- Obtain college applications.
- Meet with your counselor to review application materials.
- Write a personal statement.
- Complete Financial Aid forms early – *Profile* form in the fall (only needed for select colleges), *FAFSA* as soon as possible, after January 1st (required for all colleges).
- Continue to visit the campuses of those schools in which you are interested. It is recommended that you either call or write for an appointment to meet with a coach, admissions officer, financial aid advisor and departmental chairperson.
- Apply to several colleges. Even if you are going to apply “early decision” to one college, there is never a guarantee of admittance.
- Continue to write, call or e-mail coaches expressing interest in their school and athletic programs.
- Update your athletic resume.
- Be prompt in your response regarding college questionnaires or other similar requests.

Students and parents must take the initiative and work on their own behalf. Please do not sit back and wait for someone to do it for you. Staying on top of all the information throughout the high school years makes it easier when the actual time comes to applying for college.

Resources

Financial Aid

Fast Web-Scholarship and Financial Aid Search

www.fastweb.com

Application for Federal Student Aid (FAFSA)

www.fafsa.ed.gov

Financial Aid

www.studentaid.ed.gov

Scholarship Database www.scholarships.com

Academic Review

The Princeton Review College Board

www.review.com

www.collegeboard.com

Test Prep Review ACT

www.tcaprep.com

www.act.org

KAPLAN

www.kaplan.com

College Athletics

www.collegestudentathletes.com

www.ncaa.org

- For NCAA and core course information – www.eligibilitycenter.org – click “Resources”
- For general eligibility, scholarships, and recruiting – www.MPSSAA.org/CollegeEligibilityRecruitingWebinar.asp