

Lakeland High School



# GUIDE

to the

# NCAA

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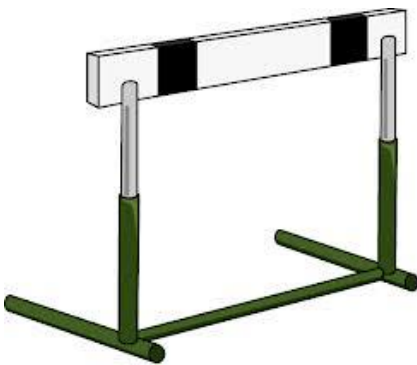
Go Dreadnaughts!

# Table of Contents

What Every High School Athlete Should Know About Recruiting.....	3
Student/Athlete’s High School Plan.....	4
Questions to Ask Your Recruiter.....	6
Questions to Ask of Other Players at the School.....	6
Questions to Ask School Officials/Admission Officers.....	6
Checklist for High School Athletes Making Initial Contacts with College Coaches.....	7
Sample Letter from High School Athlete to College Coach.....	8
Sample Student/Athlete Resume.....	9
NCAA Website Guide.....	10
How to Apply for NCAA Academic Eligibility.....	11
NCAA Division I Initial-Eligibility Requirements.....	12
Division I Core GPA/Test Score Index (prior to August 1, 2016).....	14
Division I Core GPA/Test Score Index (beginning August 1, 2016).....	15
NCAA Division II Initial-Eligibility Requirements.....	16
Division II Core GPA/Test Score Index- Competition/Full Qualifier (beginning August 1, 2018).....	17
Division II Core GPA/Test Score Index- Partial Qualifier (beginning August 1, 2018).....	18
Academic Outcomes.....	19
Walk-On Athletes.....	20
How to Contact the NCAA Clearinghouse.....	21
How to Complete the NCAA Eligibility Worksheets.....	22
NCAA Division I Worksheet.....	24
NCAA Division II Worksheet.....	25
Additional Resources.....	26

So, you want to be a college athlete. That's great! Now, you have to learn the process to actually be a college athlete. The National College Athletic Association (NCAA) has developed a process that ensures that all participating colleges and universities and their student-athletes are competing on a "level playing field," and that all prospective athletes are academically eligible to participate.

## WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING



When a high school athlete daydreams about playing sports at college, does he/she see him/herself sitting humbly on the bench waiting for the coach to send him/her in? Probably not. Instead he/she sees him/herself acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, he/she has the same fantasies that thousands of other young men and women have- that college will be a springboard to fortune and the big leagues.

Here are some things to consider:

- There are more than 460,000 NCAA student-athletes, and fewer than 2% will go pro in their sports.
- Only 2 out of every 100 college basketball players make it to the pros.
- The average pro football career lasts only three years.

These realities indicate that the college-bound athlete must think ahead to when the cheering stops. Careers in sports can end abruptly. Starting spots can evaporate after only one year. More often, college athletes have problems with eligibility. Practice schedules are hard on grades. Some players spend more than four years trying to graduate and eventually their eligibility expires.

If you are a high school athlete who wants to play college-level sports, keep two priorities in mind: **COLLEGE FIRST, SPORTS SECOND.** Avoid situations that might leave you without a degree or even a team to play on.

## Student-Athlete's High School Eligibility Timeline

\*\*This timeline is focused for student-athletes planning to attend a NCAA Division I or II institution. Certainly all student-athletes can benefit from this information, but the NCAA Eligibility Center pertains to DI or DII student-athletes.

### Freshman Year

- ❖ Learn more about the process of becoming a student-athlete in college at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- ❖ Keep your grades high and work on your study habits
- ❖ Talk to your counselor about NCAA core class requirements; make sure you take classes that match your high school's list of approved core courses (available online at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) under Resources)
- ❖ Get to know all the coaches in your sport
- ❖ Attend sports camps
- ❖ Realistically analyze your ability
- ❖ Start thinking about academic and career goals

### Sophomore Year

- ❖ Keep up your grades
- ❖ Take the PLAN and/or PSAT test
- ❖ Take classes that match your high school's List of NCAA Courses. The NCAA Eligibility Center will use only approved core courses to certify your initial eligibility. You can access and print your high school's List of NCAA courses at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). Click the NCAA College Bound Student-Athlete link to enter and then navigate to the "Resources" tab and select "U.S. Students" where you will find the link for the List of NCAA Courses.
- ❖ At the beginning of your sophomore year, complete your online registration at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- ❖ If you fall behind, do not take short cuts. Classes you take must be four-year college preparatory and must meet NCAA requirements.
- ❖ Talk to your coaches about your ability and ambitions
- ❖ Make preliminary inquiries to colleges that interest you (a brief e-mail to the college coach is appropriate)
- ❖ Lift weights and stay in shape in the off-season
- ❖ Attend sports camps
- ❖ Start developing your sports resume

## Junior Year

- ❖ Keep working on your grades!
- ❖ Talk with your counselor about career goals and, again, about the NCAA core course requirements
- ❖ Talk with your coach about a realistic assessment of which college level/division you can play
- ❖ Take the PSAT, ACT, and SAT
- ❖ When taking the ACT or SAT, request test scores to be sent to the eligibility center (code is 9999)
- ❖ Refine your list of possible college choices and know their admission requirements
- ❖ Refine a sports resume
- ❖ Prior to registration for senior year classes, check with your counselor to determine the amount of core courses that you need to complete for senior year
- ❖ Send emails to coaches expressing your interest & begin making unofficial visits to colleges
- ❖ Obtain letters of recommendation from core-academic teachers (be sure to provide teachers your resume with academic, athletic, extra-curricular credentials along with any awards)
- ❖ Attend sports camps in the summer
- ❖ Ask your counselor to send (upload) an official transcript to the NCAA Eligibility Center at the end of junior year.

## Senior Year

- ❖ Senior year grades are important!
- ❖ Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements
- ❖ Sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
- ❖ Review your amateurism questionnaire responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees)
- ❖ Attend college fairs and financial aid workshops
- ❖ Retake the ACT and/or SAT, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score
- ❖ Refine your college list and apply for admission
- ❖ Be aware of recruiting rules regarding campus visits
- ❖ Complete Free Application for Federal Student Aid (FAFSA) after January 1 (income may be estimated—remember financial aid is awarded until \$ runs out)
- ❖ Sit down with your parents and coach to list the pros and cons of each school you are considering
- ❖ Be sure of your final choice before signing any papers
- ❖ Have your high school guidance counselor send (upload) a final transcript with proof of graduation to the NCAA Eligibility Center
- ❖ Let coaches know when their school is no longer in the running. Thank them!
- ❖ Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!

## QUESTIONS TO ASK YOUR RECRUITER

- ❖ What is the recruiter's relationship to the school? Is he or she the head coach, assistant coach, an alumnus, or an admission representative? (Assurances may carry different weight)
- ❖ 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. Fire away with specific questions about majors and courses in your field.
- ❖ At what level does your sport compete? NCAA Division I schools offer athletic scholarships; most Division II schools offer scholarships; no Division III schools offer scholarships.
- ❖ Ask for details about athletic scholarships- any strings? Typically, athletic scholarships (or grants, as they are sometimes called) are for one year, renewable at the coach's discretion. If you get benched, do you start paying your own way from then on?
- ❖ How many athletes were kept on scholarship after their eligibility had expired? What is the college's graduation rate for athletes? Because of heavy demands on their time, some college athletes take five years to graduate. By their final year, they are usually ineligible to play.
- ❖ Is tutoring or counseling available? Beware of remarks like, "Don't worry. We haven't lost a player yet because of academics," which could imply that your education will be allowed to suffer before your value to the team will.
- ❖ What will happen if you are placed on academic probation? Do you lose part or all of your benefits?
- ❖ Ask the coach what he expects of his players: time commitment, behavior, appearance, etc., and decide whether you can work with him or her.
- ❖ What is expected of players during the off-season?
- ❖ Has drug use been an issue at your school or in your athletic program?
- ❖ 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?
- ❖ Approximately how many hours a night do you study?
- ❖ How do you like the living arrangements?
- ❖ What assistance is available if you have academic problems?
- ❖ Were changes made to any promises once you committed/enrolled? Is The program what you expected based on your recruiting experience?



## QUESTIONS TO ASK SCHOOL OFFICIALS/ADMISSION OFFICERS

- ❖ What are different graduation rates for athletes? In your sport?
- ❖ How long does it take someone in your sport to earn a degree from this school?
- ❖ What is the placement rate and average starting salary for graduates in your field of study?
- ❖ What financial aid is available?

## CHECKLIST FOR HIGH SCHOOL ATHLETES MAKING INITIAL CONTACTS WITH COLLEGE COACHES

**STEP 1:** Research the colleges that fit your academic and athletic needs. College reference books and search engines on the Internet can assist you. Establish a tentative list of colleges that you'd like to contact. Make sure you are academically eligible for admission to each school on the list. Also make sure that your grades, ACT/SAT scores, and class rank will allow you to be eligible athletically, as well. Your high school counselor, Athletic Director or the worksheet in this guide can help you if you are not sure.

**STEP 2:** Show your list to your coach and ask for feedback on how realistic your chances would be for 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 the following information:

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

Optional

- ❖ A copy of your college/career goal statement
- ❖ Copies of your letters of recommendation from other adults

These documents will allow your high school coach to advocate for you knowledgeably. It is important to have his/her support.

**STEP 3:** Send an introduction letter- either from yourself or your coach- and your athletic resume to each college coach. (The samples that follow are designed to serve as guides. You will need to provide statistics that are appropriate to your sport.) Spring of junior year or fall of senior year can be good times to send these. You can also send a skills tape or game tape with this initial information, or you can offer to send them "upon request."

**STEP 4:** Make sure to take the ACT and/or SAT in the spring of your junior year. Most college coaches will insist on knowing your score before considering you.

**STEP 5:** If you are pursuing NCAA Division I or II programs, file a completed NCAA Clearinghouse release form at the end of your junior year or beginning of senior year. You can find the release form at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

**STEP 6:** Colleges will often respond by asking you or your coach to complete an athletic questionnaire. 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.

**STEP 7:** 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 can provide information booklets from various athletic associations to assist you. Not knowing the rules is not an excuse for a recruiting violation.

## SAMPLE LETTER FROM HIGH SCHOOL ATHLETE TO COLLEGE COACH

Date

Coach's Name  
College/University  
Address  
City, State Zip Code

Dear (Insert Coach's Name):

I would like to introduce myself. I am currently a junior at Lakeland High School located in Lakeland, Florida. I have played high school football for three years, starting as a wide receiver for the last two years. I am 6'3" and weigh 175 pounds. I have been All-County for the past two years and All-State this year. I was selected for the North/South All Star Team this year.

My coach's name is Bill Castle. His contact information is included on the attached information page. He has indicated to me that he would welcome calls. E-mail is a reliable way to reach him as well.

My cumulative GPA is a 3.7 on a 4.0 scale. I am in the top ten percent of my class of 357 students. My SAT score is a 525 in critical reading and 575 in math. I intend to retake it in October. I am interested in pursuing a four-year degree in engineering. I also hope to continue playing football at the college level. Your program especially interests me. I have followed your team's season in the *New York Times* and have attended three games.

I have included a skills tape and a game tape. My jersey number is #15 and is the same in the dark and light-colored uniforms. Also included is a schedule of our 2014-2015 football season. Please let me know if there is additional information that my coach or I may provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

*Dreadnaught Athlete*

Dreadnaught Athlete



## SAMPLE STUDENT-ATHLETE RESUME

### DREADNAUGHT ATHLETE Football Information

*1234 Any Street Lakeland, Florida 33801*  
*Telephone: (863) 987-6543 or (863) 987-1234*  
[DreadnuaghtsRule@gmail.com](mailto:DreadnuaghtsRule@gmail.com)

**High School Coach:** Bill Castle  
2005 National Championship Way  
Lakeland, Florida 33801  
Telephone: (863) 123-4567  
E-mail: [unstoppable@polk-fl.net](mailto:unstoppable@polk-fl.net)

**High School:** Lakeland Senior High School  
726 Hollingsworth Road  
Lakeland, Florida 33801  
Telephone: (863) 499-2900

**Football Division:** Class 7A, Region 2, District 5

**Position:** Wide Receiver

**Jersey:** #15

**Offense Used:** Spread/Power I

**Years Starting Varsity:** 2 years

**Awards/Honors:** Most Improved Receiver (2012)  
Most Valuable Player (2013)  
All County (2012, 2013)  
All State (2013)  
North/South All Star Team (2013)

**Experience:** Down & Dirty Football Camp  
Any University Summer Camp

**Height:** 6'3"  
**Weight:** 175 lbs.  
**Vertical:** 40"  
**GPA:** 3.7 on a 4.0 scale  
**Rank:** Top 10% in class of 357  
**Graduation Date:** June 2016

## NCAA Eligibility Website Guide



### **For General Information On:**

- ❖ Academic Eligibility for Divisions I, II, III
- ❖ Recruiting Policies for Divisions I, II, and III
- ❖ Information on Approved Core Courses
- ❖ Information on Initial-Eligibility Clearinghouse
- ❖ And much more!

1. Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Click on NCAA College-bound Student-Athlete- “Enter Here”.
3. Click on “Resources” in the bar across the top.
4. Click on “U.S. Students” then “Guide for the College Bound Student”.
5. We recommend that you are familiar with this publication and the other information offered here.

### **For The Most Up-to-date List of Lakeland high School’s Approved Core Courses:**

1. Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Click on High School Administrators- “Enter Here”.
3. Click on “List of NCAA Courses” in the bar across the top.
4. Enter 100890 in “NCAA High School Code”.
5. We recommend that you are familiar with the List of approved Courses for Lakeland Senior High School

### **To Find Information On What Colleges Sponsor Your Sport, And Access Athletic Contacts At Individual Schools:**

1. Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Click on NCAA College-bound Student-Athlete- “Enter Here”.
3. Click on “Sports” in the bar across the top.
4. In the notebook, turn the pages to find your sport and click on it.
5. You will be able to sort the list by conference, Division, State, Region.

### **To Apply For NCAA Academic Eligibility:**

1. Go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
2. Click on “New Account” in the upper right hand corner.
3. Fill in your email address. The NCAA will send you instructions for registering.

**Be prepared for the following:**

- ❖ Valid email address- You need a valid email address that you check regularly for any possible updates that the eligibility center might send. If you do not currently have one, there are several providers who provide free accounts (e.g., AOL, Gmail, Hotmail, Yahoo, etc.).
- ❖ Basic Personal Information- This includes information such as your name, gender, date of birth, contact information and a list of any other countries in which you have lived.
- ❖ Basic Educational History- This includes a list of high schools or secondary schools you have attended and the dates during which you attended them.
- ❖ Additional Coursework- This includes details pertaining to any coursework you may have taken in addition to your normal high school or secondary education (e.g., courses taken to improve a grade, summer school courses taken at a location other than your high school or secondary school, courses taken at a college or junior college (dual enrollment), or any type of correspondence or internet courses (virtual)).
- ❖ Sports Participation History- This includes details for any teams with which you have practiced or played or certain events in which you may have participated, as well as information about any individuals that have advised you or marketed your skills in a particular sport.
- ❖ Payment- The cost is \$70.00. The Eligibility Center accepts Visa, MasterCard, Discover and American Express. If you are a U.S. resident, you can choose to pay by electronic check. Some individuals *may* qualify to apply for a fee waiver. If you qualify for a fee waiver (used a waiver for SAT or ACT), please see your School Counselor on how to register with the NCAA Clearinghouse for free.
- ❖ **IMPORTANT!** Not every student-athlete will have a preliminary certification done after they send their transcripts to the NCAA Clearinghouse at the end of their junior year. Preliminary Certifications will only be done by the NCAA Eligibility Center if a student-athlete is being actively recruited. The recruiting institution has a process to follow to request a preliminary certification on a student-athlete.

## NCAA Division I Initial-Eligibility Requirements

### ❖ Core Courses: (16)

#### ○ Initial full-time collegiate enrollment before August 1, 2016:

- Sixteen (16) core courses are required (see chart on Page No. 13) for subject-area requirements).

#### ○ Initial full-time collegiate enrollment on or after August 1, 2016:

- Sixteen (16) core courses are required (see chart on Page No. 13 for subject-area requirements).
  - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
    - These courses/grades are “locked in” at start of the seventh semester (cannot be repeated for grade-point average (GPA) improvement to meet initial-eligibility requirements for competition).
- Students who do not meet the core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see chart on Page No. 13).

### ❖ Test Scores: (ACT/SAT)

#### ○ Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No 14 & 15).

- **SAT:** critical reading and math sections.
  - Best subscore from each section is used to determine the SAT combined score for initial eligibility.
- **ACT:** English, math, reading and science sections.
  - Best subscore from each section is used to determine the ACT sum for initial eligibility.

#### ○ All ACT and SAT attempts before initial full-time collegiate enrollment may be used for initial eligibility.

#### ○ Enter **9999** during ACT or Sat registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. Test scores on transcripts will not be used.

### ❖ Core Grade-Point Average:

#### ○ Only core courses that appear on the high school’s List of NCAA Courses on the NCAA Eligibility Center’s website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)) will be used to calculate your core-course GPA. Use this list as a guide.

#### ○ Initial full-time collegiate enrollment before August 1, 2016:

- Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 14)
- Core-course GPA is calculated using the **best 16 core courses** that meet subject-area requirements.

## NCAA Division I Initial-Eligibility Requirements (cont.)

○ Initial full-time collegiate enrollment on or after August 1, 2016:

- Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 15).
- Core-course GPA calculated using the **best 16 core courses** that meet both progression (10 before seventh semester; seven in English, math or science; “locked in”) and subject-area requirements.



### Reference Chart

<b>Division 1 Core-Course Requirement (16)</b>	<b>Division 1-2016 Qualifier Requirements</b> <i>*Athletics aid, practice, and competition</i>	<b>Division 1-2016 Academic Redshirt Requirements</b> <i>*Athletics aid and practice (no competition)</i>
4 years of English 3 years of math (Algebra I or higher) 2 years of natural/physical science (1 year of lab is offered) 1 year of additional English, math or natural/physical science 2 years of social sciences 4 years of additional courses (any area above, foreign language or comparative religion/philosophy)	<ul style="list-style-type: none"> <li>▪ 16 core courses                             <ul style="list-style-type: none"> <li>○ Ten (10) core courses completed before the start of the seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science. “Locked in” for core-course GPA calculation.</li> </ul> </li> <li>▪ Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 15).</li> <li>▪ Graduate from high school.</li> </ul>	<ul style="list-style-type: none"> <li>▪ 16 core courses                             <ul style="list-style-type: none"> <li>○ No grades/credits “locked in” (repeated courses after the seventh semester begins may be used for initial eligibility)</li> </ul> </li> <li>▪ Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 15).</li> <li>▪ Graduate from high school.</li> </ul>

**DIVISION I CORE GPA/TEST SCORE INDEX***Prior to August 1, 2016***(Sliding Scale A)**

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

CORE GPA	SAT	ACT
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

**DIVISION I CORE GPA/TEST SCORE INDEX***Beginning August 1, 2016*

(Sliding Scale B)

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

CORE GPA	SAT	ACT
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
*2.299	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

\*Academic Redshirt Requirements

## NCAA Division II Initial-Eligibility Requirements

### ❖ Core Courses:

- **Division II currently requires 16 core courses.** See chart below.
- **Beginning August 1, 2018**, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

### ❖ Test Scores

- **Division II** currently requires a minimum SAT score of 820 or an ACT sum score of 68. **Beginning August 1, 2018**, Division II will use a sliding scale match test scores and core-course grade-point average (GPA). The sliding scale for those requirements is shown on Page No. 17 (Competition/Full Qualifier) and Page No. 18 (Partial Qualifier).
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and Act scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

### ❖ Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current **Division II** core GPA requirement is a minimum of 2.000. **Division II** core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 18).
- The minimum **Division II** core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 18).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

<b>Division II 16 Core Courses</b>
3 years of English
2 years of math (Alg. I or higher)
2 years of natural/physical science (1 yr of lab is offered by high school)
3 years of additional English, math or natural/physical science
2 years social science
4 years of additional courses (from any area above, foreign language or comparative religion/philosophy)



**DIVISION II CORE GPA/TEST SCORE INDEX**  
**Competition/Full Qualifier**  
*Beginning August 1, 2018*

CORE GPA	SAT	ACT
3.300 & above	400	37
3.275	410	68
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52

CORE GPA	SAT	ACT
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

**DIVISION II CORE GPA/TEST SCORE INDEX**  
**Partial Qualifier**  
*Beginning August 1, 2018*

CORE GPA	SAT	ACT
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51

CORE GPA	SAT	ACT
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

## ACADEMIC OUTCOMES

For students enrolling fulltime at an NCAA Division I college or university on or after August 1, 2016, there are three possible academic outcomes:

- ❖ **Full qualifier-** competition, athletic aid (scholarship), and practice the first year
  - Minimum core-course GPA of 2.300 in 16 core courses required;
  - Core-course GPA and SAT/ACT sliding scale; and
  - Ten core courses required before beginning of senior year
    - Of the 10 core courses completed, seven must be in the areas of English, math, or science
    - These 10 core courses become “locked in” for the purpose of GPA calculations
      - A repeat of one of the “locked in” courses will not be used if taken after the seventh semester begins
  - Graduate from high school
- ❖ **Academic Redshirt-** athletic aid the first year, practice in the regular academic term (semester or quarter)
  - Minimum core-course GPA of 2.00-2.299 in 16 core courses;
  - Core-courses GPA and SAT/ACT sliding scale
  - Graduate from high school
- ❖ **Non-Qualifier-** no athletic aid, practice or competition the first year
  - **Does not** meet either of the above requirements
    - Cannot receive athletic aid during the first year at an NCAA Division I college or university
    - Cannot practice or compete during the first year at a Division I college or university

For students enrolling fulltime at an NCAA Division II college or university on or after August 1, 2018, there are three possible academic outcomes:

- ❖ **Qualifier-** competition, athletic aid (scholarship), and practice the first year
  - Minimum core-course GPA of 2.200 in 16 core courses required;
  - Core-course GPA and SAT/ACT sliding scale
  - Graduate from high school
- ❖ **Partial Qualifier-** athletic aid (scholarship) the first year, practice with team but only at home facilities, not allowed to compete
  - Meets either the SAT/ACT requirement or the core GPA requirement, but not both
  - Graduate from high school
- ❖ **Non-Qualifier-** no athletic aid, practice or competition the first year
  - **Does not** meet multiple requirements listed above

## WALK-ON ATHLETES

A high school athlete who 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 an unscholarshipped member of the team, is allowed to try and earn a position on the team, and is given the opportunity to earn 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 scholarshiped athletes.
- ❖ Do all of the preliminary planning needed to identify a possible career. You may not settle on one, but look into it anyway. The experience is helpful.
- ❖ 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 you 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.”
- ❖ Mail applications, being sure to follow the admission procedures specified by the college coach.

## HOW TO CONTACT THE NCAA ELIGIBILITY CENTER

### U.S. Mail

NCAA Eligibility Center  
Certification Processing  
P.O. Box 7136  
Indianapolis, Indiana 46207-7136  
[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

### Overnight/Express Mail

NCAA Eligibility Center  
Certification Processing  
1802 Alonzo Watford Sr. Drive  
Indianapolis, Indiana 46202

NCAA Eligibility Center Customer Service: Representatives will be available from 10:00 a.m. to 5:00 p.m., EST. Monday through Friday by calling (877)-262-1492. The Eligibility Center's customer service staff is eager to serve you!



## HOW TO COMPLETE THE FOLLOWING ELIGIBILITY WORKSHEETS

The following two worksheets have been provided to assist you with monitoring your progress in meeting the NCAA initial-eligibility standards. You may want to consult with your parents, guardians, and counselor if you have questions. NOTE: These worksheets are for your personal use and should not be sent to the eligibility center.

**Step 1:** Obtain Lakeland High School's List of NCAA-Approved Core Courses (see page 10 for instructions on downloading the list from the Internet) and a copy of your unofficial high school transcripts.

**Step 2:** Using Lakeland High School's List of NCAA-Approved Core Courses and your transcripts, write the course title, amount of credit earned and grade in the space provided on the worksheet. Only include courses on the list of approved core courses. Generally, you will receive the same credit from the eligibility center as you received from your high school.

**Step 3:** Determine the quality points for each course. Multiply the quality points for the grades by the amount of credit earned. Use the following grading scale:

Letter Grade	Average Grading Scale	Honors Grading Scale	Advanced Placement Grading
A	4.0	4.5	5
B	3.0	3.5	4
C	2.0	2.5	3
D	1.0	1.5	2
F	0.0	0.0	0

**NOTE:** The eligibility center does not use plus or minus grades when calculating your core-course grade point average. For example, grades of "B+", "B", and "B-" will be calculated as "B" and each will earn 3 quality points. The eligibility center will provide a yearly grade by averaging grades achieved during terms within the academic year if the high school has awarded one full unit credit for the course.

**Example:** 1 semester with an "A" equals 2.0 quality points (.50 credit x 4 quality points)  
1 year with an "A" equals 4.0 quality points (1.0 credit x 4 quality points)

**Example:** 1 semester with a "B" in an honors course equals 1.75 quality points (.50 credit x 3.5 quality points)  
1 year with a "B" in an honors course equals 3.5 quality points (1.0 credit x 3.5 quality points)

**Example:** 1 semester with a "C" in an advanced placement course equals 1.5 quality points (.50 credit x 3 quality points)  
1 year with a "C" in an advanced placement course equals 3 quality points (1.0 Credit x 3 quality points)

## HOW TO COMPLETE THE FOLLOWING ELIGIBILITY WORKSHEETS (cont.)

**Step 4:** To calculate your estimated core-course grade point average, simply divide the total number of quality points for all core courses by the total number of course units completed.

**NOTE:** This is for your personal use. The eligibility center will calculate your actual core course grade point average once it has received your final transcript(s).

**Example:** 45 quality points and 13 core-course credits  
 $45/13 = 3.462$  core-course GPA

42 quality points and 14 core-course credits  
 $42/14 = 3.000$  core-course GPA

28 quality points and 12.5 core-course credits  
 $28/12.5 = 2.24$  core-course GPA

**Step 5:** Refer to page 12 (Division I) and/or page 16 (Division II) in this guide to determine if your core-course GPA and test scores meet the NCAA eligibility requirements.

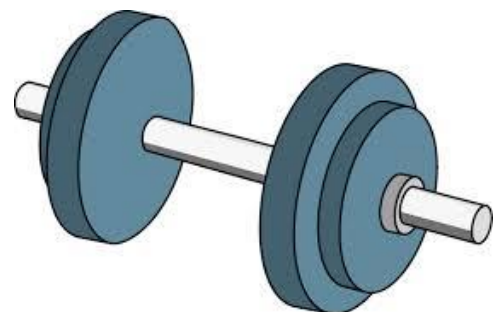
**Step 6:** To monitor your current eligibility status, use the appropriate standards for Division I or II to determine if you are projected to meet the NCAA initial-eligibility requirements for grade point average and core-course credits.

**NOTE:** If you are deficient in meeting all core-course units, which is probable if you have not completed high school, plan to enroll and complete core courses in the area where you are deficient.

**NOTE:** In the event you complete more core-course credits, the eligibility center will select the highest grades that satisfy the initial-eligibility requirements to calculate your core-course grade point average. Please note that it is still necessary to complete the required number of core-course credits in each discipline.

If you have further questions, contact:

Lakeland High School  
Athletic Office  
863-499-2900



## Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's List of NCAA Courses for the classes you have taken. Use the appropriate grading scale for each course (see Page No. 22)

### English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English I	.5		A		$(.5 \times 4)=2$
Example: English I	.5		B		$(.5 \times 3)=1.5$
<b>Total English Credits</b>					<b>Total Quality Points</b>

### Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra I Hon	1.0		A		$(1.0 \times 4.5)=4.5$
<b>Total Math Credits</b>					<b>Total Quality Points</b>

### Natural/Physical Science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: AP Biology	.5		B		$(.5 \times 4)=2$
<b>Total Natural/Physical Science Credits</b>					<b>Total Quality Points</b>

### Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Additional Credits</b>					<b>Total Quality Points</b>

### Social Science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Social Science Credits</b>					<b>Total Quality Points</b>

### Additional Academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Additional Academic Credits</b>					<b>Total Quality Points</b>

**Core-Course GPA (16 required) Beginning August 1, 2016. 10 core courses to be completed prior to the seventh semester and seven of the 10 must be a combination of English, math or natural/physical science. Core-Course GPA (Total Quality Points/Total Credits)**



## Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's List of NCAA Courses for the classes you have taken. Use the appropriate grading scale for each course (see Page No. 22)

### English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English I	.5		A		$(.5 \times 4)=2$
Example: English I	.5		B		$(.5 \times 3)=1.5$
<b>Total English Credits</b>					<b>Total Quality Points</b>

### Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra I Hon	1.0		A		$(1.0 \times 4.5)=4.5$
<b>Total Math Credits</b>					<b>Total Quality Points</b>

### Natural/Physical Science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: AP Biology	.5		B		$(.5 \times 4)=2$
<b>Total Natural/Physical Science Credits</b>					<b>Total Quality Points</b>

### Additional year in English, mathematics or natural/physical science 3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Additional Credits</b>					<b>Total Quality Points</b>

### Social Science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Social Science Credits</b>					<b>Total Quality Points</b>

### Additional Academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
<b>Total Additional Academic Credits</b>					<b>Total Quality Points</b>

### Core-Course GPA (16 required)

### Core-Course GPA (Total Quality Points/Total Credits)

## Additional Resources

The NCAA's outreach and education efforts related to initial eligibility continue to remain a priority. These efforts are centrally focused on the NCAA Division I and II requirements for college-bound student-athletes. The following websites will assist colleges, the high school community, coaches, as well as students and parents with the initial eligibility, recruiting and college selection processes.

- ❖ NCAA Eligibility Center website [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- ❖ Mobile ready website with new academic standards [www.2point3.org](http://www.2point3.org)
- ❖ NCAA Publications [www.ncaapublications.com](http://www.ncaapublications.com)
- ❖ NCAA website [www.ncaa.org](http://www.ncaa.org)
- ❖ NFHS Learning Center [www.nfhslearn.com](http://www.nfhslearn.com)

