

The Current Covid-19 Pandemic

Advice for Students and Families from College Athletic Advisor

As we enter week 2 of social distancing in a serious way throughout the United States, there is enough clarity to provide guidance to students and families navigating school closings, visit limitations, and ever-changing requirements due to the pandemic. Please stay safe, protect our healthcare system for everyone by following social distancing & shelter-in-place directives, and take advantage of all this unscheduled time to be with loved ones in proximity or alone. Basically, if you can not change it, embrace it!

My general advice to navigating our current environment is as follows:

1. We are confident that colleges and the NCAA will be proactive in “doing the right things” for students impacted by the mass shift to distance learning/extended closure/test cancellations. The process will likely not be smooth or fast and will involve a mind-numbing number of committee meetings, intermediate half measures, and most likely some sub-optimal communication, but it WILL happen. This means, College Athletic Advisor is predicting the following developments going forward.
 - a. Remember that coaches ARE actively recruiting. You can not meet them in person, but you CAN reach them through email, their cell phones, and increasingly via zoom, meet, skype and other (all other?) virtual meeting apps. These will only become more common going forward!
 - b. Expect the April 15 NCAA “dead period” to be extended in terms of in person evaluation and recruiting but lifted for student-athletes to sign NLI’s.
 - c. Expect more schools to go to fully refundable deposits and move the deposit deadline back to June 1st or even later. The most comprehensive and up-to-date list of changes is here: <https://www.nacacnet.org/college-admission-status-coronavirus>
 - d. Expect the NCAA (and NAIA) to create/expand “test-optional” pathways to eligibility AT LEAST for students impacted by the suspension of SAT/ACT testing this spring/summer and quite likely beyond that.
 - e. If the pandemic curve is not successfully “flattened,” expect the fall season, and possibly fall semester, to be delayed as college dorms may become overflow spaces for Covid-19 patients in hard hit areas.
 - f. While there will be a great deal of coverage related to shrinking college endowments given the current stock market slide, this will NOT substantially impact financial aid offers to students. This is because most institutional aid is a form of discounting and not actually supported by any real money, regardless of how it is marketed.
2. Remember, whatever challenges you are facing, a few million other students are facing them with you!! It’s easy to feel isolated right now (because to an extent we are, right?), but we are 100% in this together. You are not alone, and the challenges brought on by this pandemic are

ANYTHING but unique to you. It also means that if you receive directions that do not make sense or requirements that are impossible to fulfill, you have many peers in the same situation and as this becomes clear to decision makers, accommodations will be forthcoming. Patience and grace in your communication with these folks, who are facing just as much uncertainty and change as you are, is also incredibly wise and helpful. Remember your email probably is one of MANY with the same issue.

3. This is an amazing opportunity to separate yourself from the pack, whether you are graduating in 2020 or 2023... you can spend your time binge watching, **or you can be binge DOING!** You can REALLY focus on improving
 - a. individual technique specific to your sport(s)
 - b. aerobic fitness and strength
 - c. your actual learning... the big move to distance/online instruction can be treated as an impediment, or you can decide you will use it to stop formal education from limiting your learning... what a great opportunity to focus on your areas of interest and really explore the world in ways that interest/appeal to you!
 - d. quite literally ANY other area you want to strengthen, academically, creatively, physically... the possibilities are limitless!
 - e. For those of you looking for both general and soccer specific workout programs that you can do without equipment in your home to be ready for college competition (or just be fit like college athletes), check out our Impactful Individual Training workout page at <https://collegeathleticadvisor.com/individualfitness/>

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