

GET IN THE GAME!

Student Athletes & the
College Admission Process

NACAC

TAKE RIGOROUS COURSES, STUDY HARD

- Take college-prep courses
- Keep your grades up
- Remember student athletes need to meet academic eligibility requirements -- for colleges and for athletic organizations

BE PROACTIVE – GET NOTICED

- Contact coaches at colleges of interest
- Create highlight video and resume
- Attend sports camps

TAKE AND RETAKE TESTS TO MEET TARGET SCORES

- Take the ACT or SAT
- International students may need to take TOEFL or IELTS tests
- Send scores to college admission offices and to NCAA or NAIA

CONSIDER A RANGE OF COLLEGES

- Work with your counselor
- Set high goals, but also apply where you are likely to get in
- Have a backup plan

FILE THE FAFSA, APPLY FOR SCHOLARSHIPS

- Full scholarships and “full rides” are rare
- Submit the FAFSA as soon as possible
- CSS profile might also be required
- Work with your counselor to identify scholarships

FIND THE RIGHT “FIT”

- Research academic and athletic programs, majors, etc.
- Visit the campus, talk to students, coaches, faculty, attend a game in your sport
- Consider expectations for playing time
- Use the “broken leg” test

APPLY TO COLLEGES

- Follow instructions and meet all application requirements
- Meet all deadlines
- Know that the final decision comes from the admissions office and not athletics

KNOW WHAT YOU'RE SIGNING

- Review all official paperwork with a trusted adult
- Read Letters of Intent carefully
- Check with colleges to determine their rules

FINAL DETAILS

- Work with your counselor to ensure transcripts and proof of graduation are submitted
- Keep eligibility center account up to date

College Search Timeline

FRESHMAN YEAR

- ✓ Familiarize yourself with eligibility information.
- ✓ Plan a four-year class schedule that meets core course requirements.
- ✓ Explore college websites and talk with student-athletes.
- ✓ Develop a resume and highlight video.
- ✓ Consider attending a summer sports camp at a college of interest.

College Search Timeline

SOPHOMORE YEAR

- ✓ Continue college exploration. Start a list of prospective schools
- ✓ Stay focused on academics and keep your grades up.
- ✓ Register with the NCAA or NAIA eligibility center, if applicable.
- ✓ Update your resume and highlight reel.
- ✓ Consider making initial contact with college coaches.
- ✓ Consider attending a summer sports camp at a college of interest.

College Search Timeline

JUNIOR YEAR

- ✓ Narrow your college list. Visit schools you are interested in attending.
- ✓ Take the ACT or SAT. Send the scores to college athletic associations and college admissions offices
- ✓ Check with school counselor to ensure your senior year courses align with requirements.
- ✓ Demonstrate your interest by contacting coaches, completing questionnaire
- ✓ Update your resume and highlight video.
- ✓ Consider attending sports camps, ID camps, showcases

College Search Timeline

SENIOR YEAR

- ✓ Submit a quality application to colleges,
- ✓ If applying Early Action or Early Decision, work with your counselor to meet deadlines.
- ✓ Retake the ACT or SAT if necessary.
- ✓ File the FAFSA as soon as possible, and file the CSS Profile, if applicable.
- ✓ Research scholarship opportunities.
- ✓ Learn about letters of intent, ask questions before signing official paperwork.

College Search Timeline

SENIOR YEAR continued

- ✓ Contact coaches at the colleges in which you are interested, and give them an opportunity to see you compete.
- ✓ Work with your school counselor to make sure that necessary documentation—final transcripts and proof of graduation—are forwarded to the college admissions offices as well as appropriate college athletic association.



**National Collegiate Athletic
Association (NCAA)**

NCAA Eligibility Center

www.eligibilitycenter.org



**National Association of
Intercollegiate Athletics (NAIA)
NAIA Eligibility Center**

www.playnaia.org/eligibility-center



**National Junior College Athletic
Association**

www.njcaa.org



NACAC

National Association for
College Admission Counseling

www.nacacnet.org