Participating in College Athletics

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Presenters

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Agenda

- Identifying Athletic and Academic Programs
- Initial and Continuing Athletic Eligibility
- Transfer Portal
- Walking on to a College Team
- Participating in Intramurals
- Name, Image, Likeness (NIL)
- Managing Time
- Day in the Life of a College Student-Athlete
- Q & A

Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	491,790	34,980	**7.1%**	2.1%	2.2%	2.8%
Basketball	550,305	18,712	**3.4%**	1.0%	1.0%	1.4%
Cross Country	266,271	14,350	**5.4%**	1.8%	1.4%	2.2%
Football	1,057,382	73,063	**6.9%**	2.7%	1.8%	2.4%
Golf	141,466	8,527	**6.0%**	2.1%	1.7%	2.2%
Ice Hockey	35,210	4,199	**11.9%**	4.8%	0.6%	6.5%
Lacrosse	111,842	13,899	**12.4%**	2.9%	2.3%	7.1%
Soccer	450,234	24,986	**5.5%**	1.3%	1.5%	2.7%
Swimming	138,364	9,691	**7.0%**	2.7%	1.1%	3.1%
Tennis	158,171	7,957	**5.0%**	1.6%	1.1%	2.3%
Track & Field	600,136	28,595	**4.8%**	1.8%	1.2%	1.7%
Volleyball	57,209	2,007	**3.5%**	0.7%	0.7%	2.0%
Water Polo	21,286	1,013	**4.8%**	2.7%	0.7%	1.3%
Wrestling	244,804	7,175	**2.9%**	1.0%	0.8%	1.1%
Women						
Basketball	430,368	16,532	**3.8%**	1.2%	1.1%	1.5%
Cross Country	226,039	15,966	**7.1%**	2.6%	1.8%	2.7%
Field Hockey	60,549	6,066	**10.0%**	3.0%	1.3%	5.7%
Golf	75,605	5,372	**7.1%**	2.9%	2.1%	2.2%
Ice Hockey	9,599	2,355	**24.5%**	8.8%	1.2%	14.5%
Lacrosse	93,473	11,752	**12.6%**	3.7%	2.7%	6.2%
Soccer	388,339	27,638	**7.1%**	2.4%	1.9%	2.8%
Softball	367,405	19,999	**5.4%**	1.7%	1.6%	2.1%
Swimming	170,797	12,684	**7.4%**	3.3%	1.2%	2.9%
Tennis	187,519	8,736	**4.7%**	1.5%	1.1%	2.1%
Track & Field	494,477	29,907	**6.0%**	2.7%	1.5%	1.8%
Volleyball	444,779	17,387	**3.9%**	1.2%	1.1%	1.6%
Water Polo	20,826	1,159	**5.6%**	3.4%	0.9%	1.3%

Estimated Probability of Competing in Professional Athletics

	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	BASEBALL	MEN'S ICE HOCKEY
High School Student-Athletes	540,769	399,067	1,006,013	482,740	35,283
NCAA Student-Athletes	18,816	16,509	73,712	36,011	4,323
NCAA Student-Athletes Drafted	52	31	254	791	71
*Percentage High School to NCAA	3.5%	4.1%	7.3%	7.5%	12.3%
*Percentage NCAA to Professional	1.2%	0.8%	1.6%	9.9%	7.4%

Percentages based on estimated data.

- 8 MILLION+ HIGH SCHOOL STUDENT-ATHLETES
- 500,000+ STUDENT-ATHLETES IN THE NCAA
- Less than 2% will go pro

Beginning your College Search

MAKE A LIST OF SCHOOLS THAT INTEREST YOU

Starting visiting school early – summer after your sophomore year or sooner

QUESTIONS TO CONSIDER:

- Do they have your major? If you know you want to get a master's/advanced degree, do they have a direct entry/accelerated degree program option?
- Do they offer your sport?
- How long as the coaching staff been there?
- How many seniors are on their team? Look back at the roster and see how many transfers they usually have.
- Location: How far are you willing to go from home? Distance to an airport from campus? Urban v Rural campuses?
- Be realistic about the level where you can (actually) play – Look a level above and below. Talk to your coach/support system.

NCAA Guide for the College Bound Student-Athlete

Comprehensive Guide designed to help you, your family, and your high school counselors understand initial eligibility process.

LINK: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

Levels of College Athletics

- Division I
- Division II
- Division III
- NAIA
- Junior/Community College



Recruiting Timeline

Will look different for depending on the level of play and the sport.

GETTING THE FACTS:
UNDERSTANDING THE RECRUITING PROCESS

PROSPECTIVE STUDENT-ATHLETE (I.E., RECRUIT, PROSPECT or PSA)

- DEFINED AS AN INDIVIDUAL THAT HAS STARTED CLASSES IN THE 9TH GRADE - - A FRESHMAN IN HIGH SCHOOL.
- **"RECRUITED" PROSPECTS** ARE INDIVIDUALS THAT ARE CONTACTED BY COLLEGE COACHES (EITHER BY TELEPHONE OR IN-PERSON) AND/OR ARE PROVIDED WITH AN EXPENSE-PAID VISIT TO A COLLEGE CAMPUS, AND/OR A WRITTEN ATHLETIC SCHOLARSHIP OFFER.

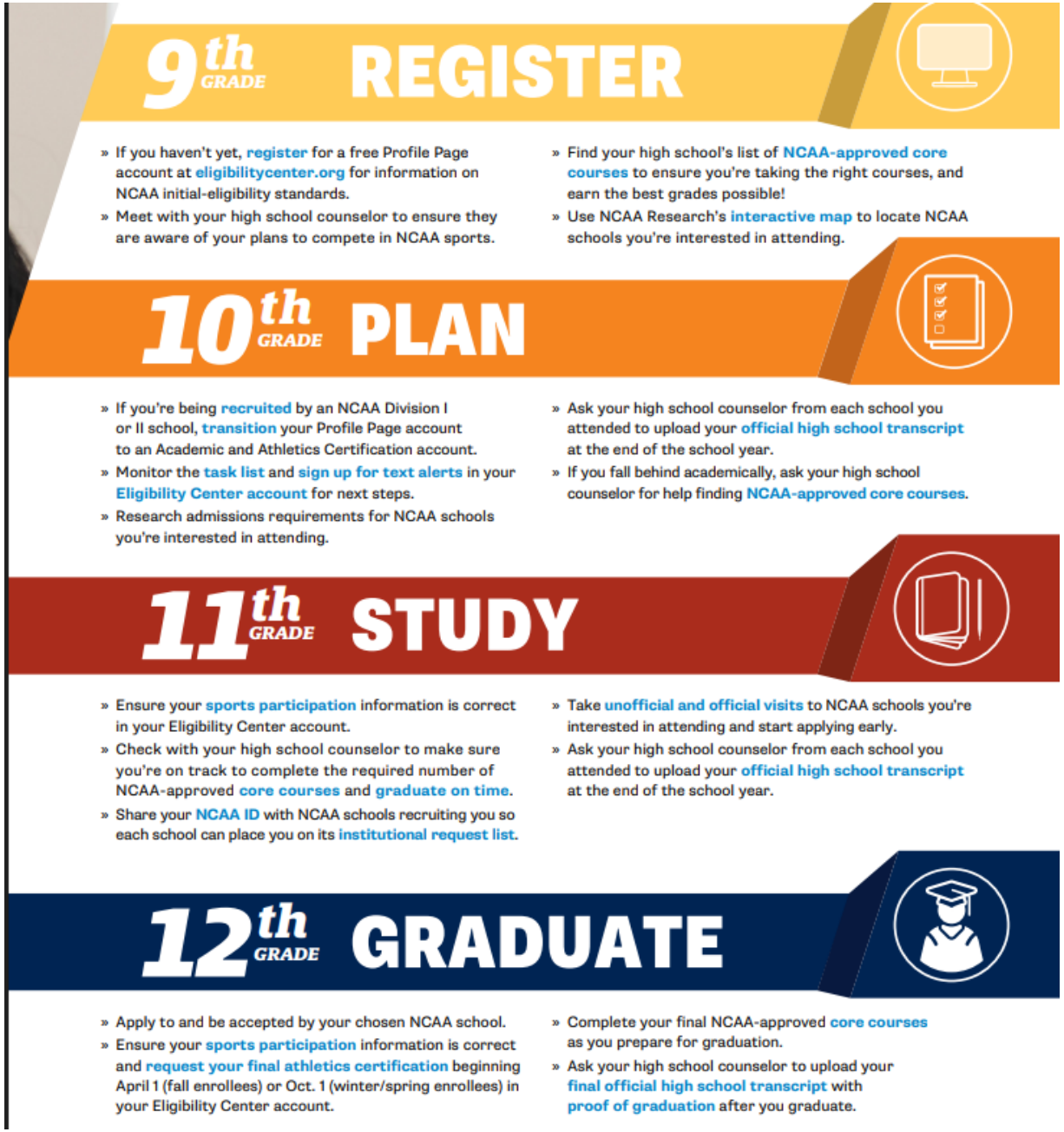
COLLEGE COACHES' RECRUITING TIMELINE

- **FRESHMAN & SOPHOMORE YEARS** – NOT MUCH DIRECT INTERACTION OUTSIDE OF WRITTEN COMMUNICATION. AFTER SOPH. YEAR IS WHEN RECRUITING PICKS UP.
- **JUNIOR & SENIOR YEARS** – SPECIFIC RECRUITING MATERIALS CAN BE SENT TO RECRUITS, TELEPHONE CALLS CAN BE INITIATED AND EXPENSE PAID CAMPUS VISITS CAN BE PROVIDED.
- UNOFFICIAL vs. OFFICIAL RECRUITING CAMPUS VISITS
- RECRUITING CALENDARS – CONTACT, EVALUATION, DEAD PERIODS
- SCHOLARSHIP OFFERS – VERBAL vs. WRITTEN



Initial Eligibility/ NCAA Eligibility Center

High School Timeline



Initial Eligibility/NCAA Eligibility Center

Registering with the NCAA Eligibility Center

- Any student who will attend a NCAA Division I or II institution ***and*** wishes to participate in intercollegiate athletics must register at www.eligibilitycenter.org
- One-Time Registration fee: $110 (US, US Territories, Canada); $170 (international students). Fee waivers accepted from school Guidance Counselors.
- Online Registration Only.
- Takes 30-45 mins.
- Consider the FREE "Profile" Account.



Initial Eligibility/NCAA Eligibility Center

NCAA Core Course requirements (Division I or II)

- 16 core courses (4 English, 3 math, 2 science, 1 additional English, math or science, 2 social science, 4 additional core courses from the schools approved list)
  - 10/7 Requirement: 10 of 16 core credits must be completed before start of 7th semester, including 7 in English, math or science
- GPA requirements in core courses: Division I = 2.30; Division II = 2.20
- As of Jan 2023, test scores are no longer required for NCAA eligibility
- Start tracking as Freshman in high school (should focus on 4 core courses/year)
- Be aware of NCAA approved core courses per school

Division III

- Colleges are responsible for setting their own academic eligibility rules to play a sport

Amateurism Certification

- Prize money, pro contracts, benefits from an agent

Post-High School Graduation:

- Check your NCAA Eligibility Center account to see if you have any outstanding items (amateurism, etc.)
- Have your final transcripts sent to the NCAA Eligibility Center and the school you are attending

Amateurism Certification

- All prospective and enrolled college student-athletes must meet the NCAA's definition of an amateur in order to participate in intercollegiate athletics
  - A student-athlete is not be eligible for participation in an intercollegiate sport if the individual:
    - takes or has taken pay
    - has agent representation, and/or
    - is in any way compensated for their athletic ability.

- Upon registration with the NCAA, students will be asked a series of questions—certain answers may trigger requests for additional information.





5 HELPFUL REMINDERS

1. Students must register with the NCAA Eligibility Center in order to take an "official (recruiting) visit" during your junior/senior year of high school…and to receive a written athletic scholarship offer in the form of a National Letter of Intent.

2. If the student attends multiple high school, they must have official transcripts sent to the NCAA Eligibility Center from each high school separately. Official transcripts can only be sent to the NCAA Eligibility Center directly from the high school.

3. Complete the Amateurism Certification process prior to the end of your Senior Year in high school. The NCAA Eligibility Center provides access to this certification on April 1st of senior year in high school.

4. Consult with and seek the assistance of your guidance counselor throughout the process for updates on your eligibility status, core course planning, fee waivers, submission of information, etc.

5. Frequently check you NCAA Eligibility Center account for updates, reminders and good information.

Athletic Eligibility

How many seasons of eligibility does a student-athlete have?
How long can someone be a student-athlete?
What is a redshirt?

- All NCAA D1 and D2 student-athletes have a “five-year clock” (10 semesters) of eligibility that starts when you enroll full-time at any collegiate institution.
- During those five years you have four seasons of eligibility in your sport
- If you compete at any point during a season you use one of your four seasons of eligibility
  - That means one minute in a soccer game, run one race in a track meet, etc. = 1 season of eligibility used.
  - There are times you don’t use a season of competition.

Non-Participant Redshirt

- This means you only practiced.
- You did not compete/play in a game at all during your sport’s season.

Medical Redshirt

- You have an injury that is season-ending (prevents you from continuing to participate for the rest of your sport’s season)

Continuing Eligibility

NCAA General Rules of Academic Eligibility

- Pass a total of 24 credit hours (12 per semester) per year based on 120 needed to graduate
  - Full-time enrollment at all times (at least 12 credits)
  - 18 credits must be during the Fall and Spring Terms
  - Pass a minimum of 6 credits each semester
  - Maintain a GPA of at least 2.00:
  - Declare a major by start of 5th term (junior year/third year in college)
  - Can be reevaluated at the end of the following term if you are not eligible

NCAA Transfer Portal

- Transfer database of student-athletes who have decided they want to transfer to a different school
- Each sport has a "window" of time when they can enter the transfer portal
- Schools have 2 days to enter a student-athlete in the Transfer Portal upon request
- Student-athlete can transfer as many times as they would like as long as they remain academic eligible/maintain academic progress toward degree requirements.
- The school the player enters the portal through can cancel or reduce the player's scholarship for subsequent academic terms and has no obligation to take them back.
- Transfer Portal Dates

Name, Image, Likeness (NIL)

The PIAA's NIL rules are :

NIL agreements must not be used "as an incentive for enrollment decisions or membership on a team."

No school, coach, booster clubs, collectives, administrators, or alumni may arrange or pay for a student's NIL deal.

A student is not permitted to use a PIAA school, team name, nicknames, or logos in their NIL agreements.

Students cannot promote anything endorsing adult entertainment products, alcohol products, casinos or gambling operations, tobacco or electronic smoking products, prescription pharmaceuticals, or weapons, firearms, and ammunition.

Name, Image, Likeness (NIL)

- **As of July 1, 2021, a new NCAA policy and Pennsylvania State Law allowed student-athletes to benefit from the use of their NIL.**
- NIL compensation must be for work actually performed.
- As of July 1, 2025, a new NCAA rule requires student-athletes to report all noninstitutional name, image and likeness contracts or payment terms within 5 business days to their school.
- Includes all deals with a total value of $600 or more to the designated name, image and likeness clearinghouse (NILGO) for review.
- Similar to the high school NIL rule, college student-athletes are prohibited from promoting certain products and/or services (e.g., alcohol, gambling, tobacco, etc.)

The Financial Aid "Package"

- Athletic Scholarships
- Academic/Merit Grants
- Institutional Aid
- Federal (Pell), State (PHEAA) and Need-Based Aid
- FAFSA Application Process
- Student Loans
- Work Study Opportunities

Your Academic Credentials Matter!

Walking on a College Team

- Preferred Walk-On
  - Coaching staff is making space for this student-athlete on their roster
  - Not given any athletic aid
  - Coaches feel like this student-athlete has potential to improve and contribute to the team
  - This typically happens during the recruiting process before you arrive on campus
- Tryout
  - Varies by division and sport.
- Walk On
  - Initiated by the student-athlete once they arrive on campus

Participation in Intramurals

- Attend campus activity fairs
- Go to the university rec center
- Look at campus website for information
- Check Instagram/Social Media for clubs and intramurals
- Universities fund club sports and students can compete against other university club teams
- Plan to get involved early in the year

Time Management

High School

- 7 hours of School: 8am – 3pm
- 2 hours of Practice: 3:30 – 5:30pm
- **Minimum of 45 hours of scheduled activity per week**

College

- 15 academic credits ~ 15 hours of class/week
- NCAA Limits time in training to 20 hours per week
- **Minimum of 35 hours of scheduled activity per week**

Even if you are a college student-athlete you will have more free time than you did when you were in high school

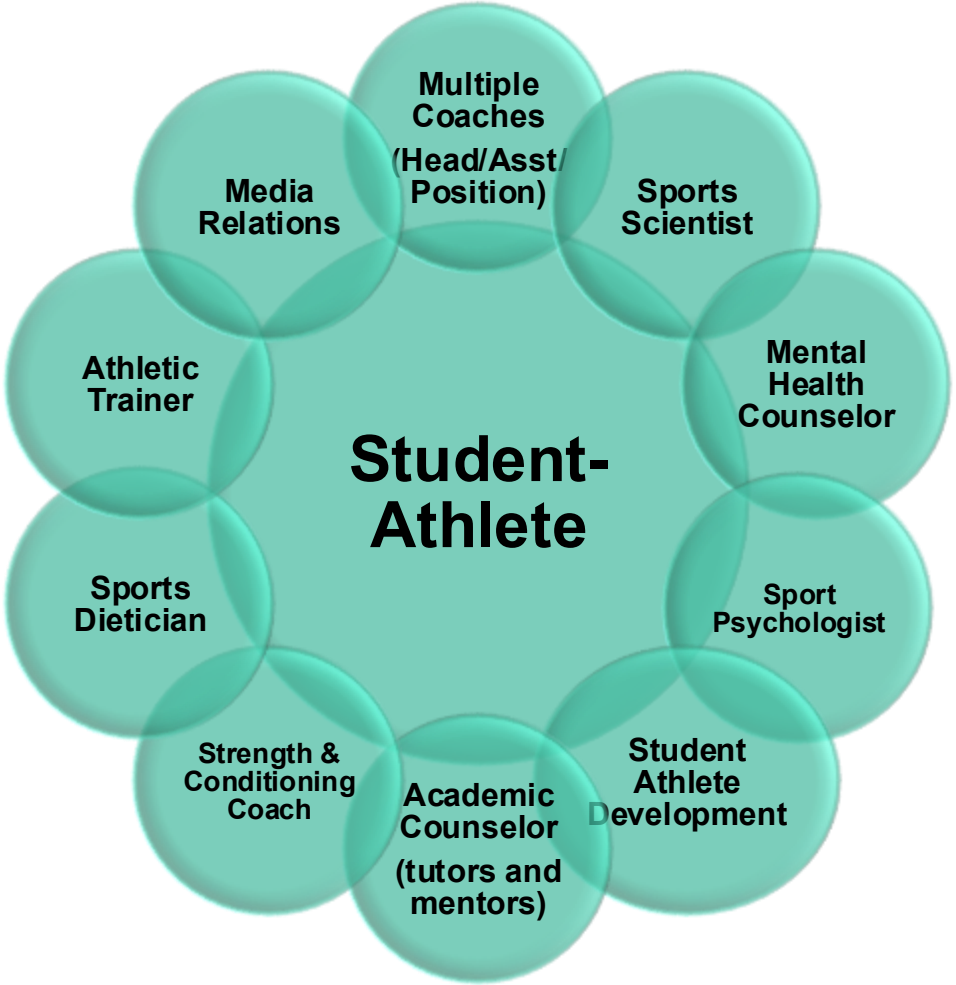
Athletic Expectations and Demands

- Control the "controllables"
  - Being on time, maintaining study hours, class attendance
  - Mental Health
  - Injury Prevention/Rehab
  - Sleep – sleeping at night
  - Maintaining a positive attitude/Be a good teammate
  - Communication with coaches and other support staff
  - Learn to lead yourself (The importance of saying NO/Doing the right things at the right time)
  - Be coachable, listen, care, and connect
- 20 hours per week of countable athletic activity (in season)
  - Practice, Strength and Conditioning, Competition, Team Meetings, Video Sessions
- One required day off per week
  - Study hours do not count as countable hours

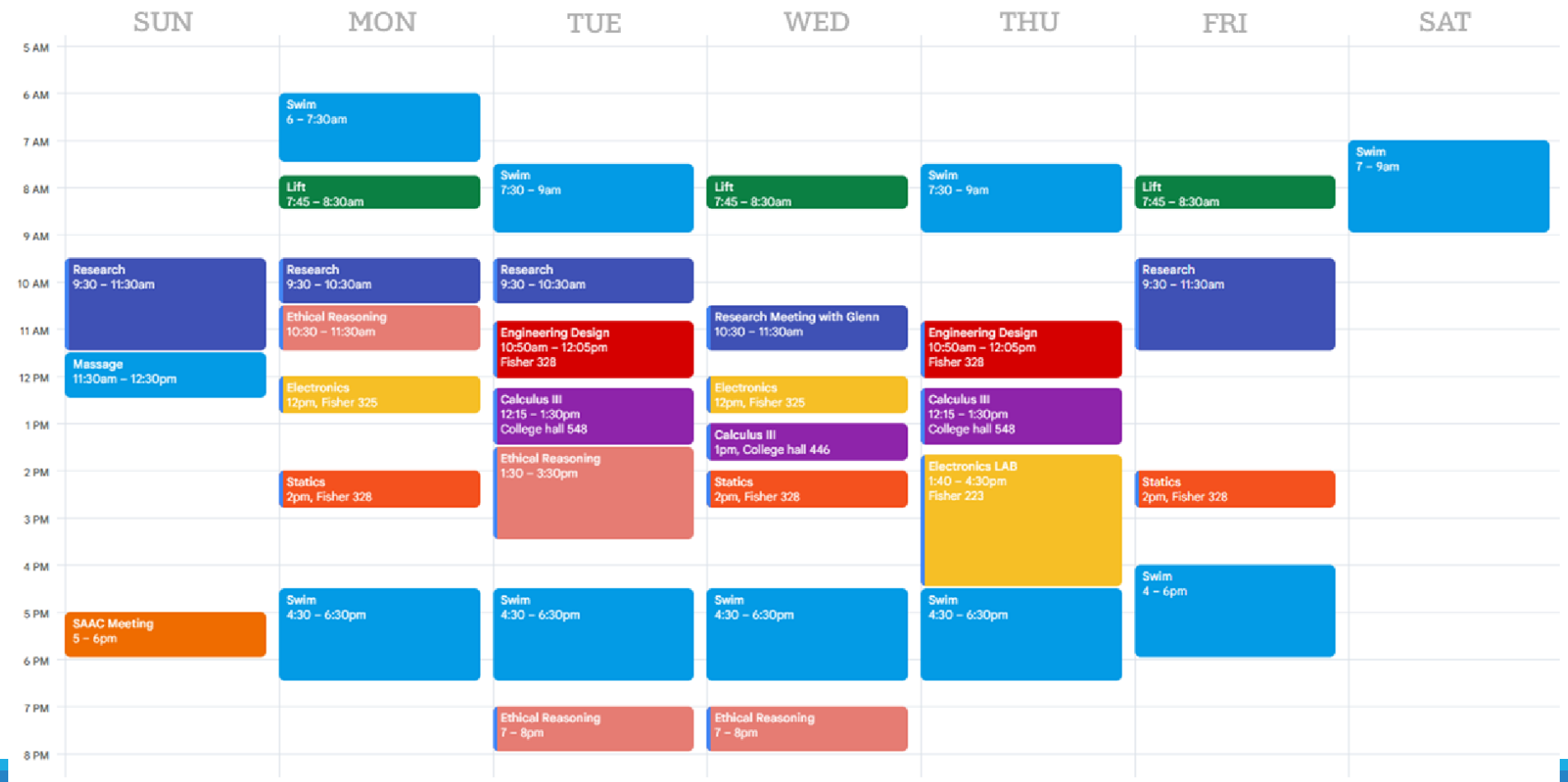
Time Management

- Make a schedule and USE IT
  - INCLUDE Class, Practice, Study, Eating, Cleaning, Social, Personal Time
- Plan ahead – very important for people with tight schedules
- Differentiate WANTS from NEEDS
- Be Realistic/Know your limits
- Build in Breaks
- Communicate with Coaches and Professors early
- ASK FOR HELP

Athletics Staff who will ask for YOUR Time AND offer to help



Day in the Life: Engineering & Swimming Schedule



Discussion

Student Conduct & Resources

- Academic Integrity
- Hazing
- Social Media Monitoring
- Sports Gambling - - Don't Bet On It!
- Drug Testing - NCAA and Institutional
- Sexual Assault/Sexual Violence Prevention & Reporting
- Athletic Training, Nutritionists, Injury Prevention
- Mental Health Counseling, Sports Psychologists