

MT.VERNON ATHLETICS

Information About High School Athletics and College



Being a High School Athlete

- Weight training and conditioning
- Summer camps, practices, and open gyms
- Multi sport athletes
- Level of competition – from middle school to high school
- In season practice demands, expectations and attendance

Being a High School Athlete Cont.

- IHSAA academic requirements
- Grades 9-12 -- 4 per quarter classes must pass 3 to be eligible – Block 0 weights half credit.
- Your Freshmen year is the beginning of your high school career!
- Study tables
- Tutors
- Academic advisors – counselors

Being a High School Athlete Cont.

- High School Practice
 - Intensity
 - Attendance
 - Attitude
 - Learning to compete as playing time becomes tougher
 - It is not what you get because you play but rather what you become because you play

Role of the Parent

- Be Supportive
 - Encouragement when athlete is struggling
 - Stay on top of their academics
 - Be sure they are studying at night
 - Check Skyward on line to get current info on their grades
 - Contact teachers if they are struggling
 - Contact sport coach to get help with tutoring
 - Contact academic advisors if help is needed
 - DO NOT WAIT UNTIL REPORT CARD IS OUT!

Role of the Parent Cont.

- Do not allow athlete to skip practice
- Do not allow athlete to make excuses
- Do not be a negative force for the athlete
- Support the team regardless of who is playing
- Support the school regardless of who is playing – Booster Club Member
- Support the community regardless of who is playing

Role of the Parent Cont.

- When you have a question or concern
 - Call the coach and ask or set up a meeting
 - Communication will usually solve all problems
 - As coaches we understand that you want the best for your son/daughter
 - As coaches we also want what's best so if we communicate we can usually keep problems from forming

Role of the Parent Cont.

- Stay positive
- Encourage athlete – no excuses
- Communicate with teachers and coaches
- Encourage athlete to communicate and ask questions – stand on their own feet
- Enjoy the time with your son/daughter they will be gone before you know it.

COLLEGE RECRUITMENT

- Game film and highlight film - your high school coach should be able to help you with this – make sure video is of good quality
- D1 start recruiting key players in their Junior year or earlier depending on skill level – still recruit them as seniors – varies among sports
- College letters are just letters – you are on their list. It does not mean you are getting an offer. You may be on a list of 50 and the first 49 must decline to get to your son or daughter.
- Combines or Showcases are good if you perform well
 - Only need to attend one – more is not always better
 - You must pay to attend and provide transportation college can not pay for you

KEY POINTS CONT.

- College camps are great – especially one day camps.
 - You must pay and provide transportation
 - Do not go unless you know they are interested
 - You must perform well at these camps
 - Other coaches from other D2 and NAIA schools work the camps not other D1 coaches
 - You are being interviewed at these camp you must think in the following terms:
 - Attire, jewelry, language, posture, attitude, etc.

RECRUITING SERVICES

- They are going to charge you money for their services
- They can not promise you a scholarship
- Be sure to research the company before paying any money
 - Check former athletes they have helped
 - How many former athletes have received scholarships
 - Do any colleges endorse their services
 - Do they have a money back guarantee
 - Who is going to evaluate my student/athlete

KEY POINT CONT.

- Top things in the recruiting process
 - GRADES – ACT or SAT TEST SCORES
 - GAME FILM
 - CHARACTER – **EVERY COACH ASKS**
 - STRENGTH
 - SPEED and TECHNIQUE
 - CAN **HE/SHE** MAKE PLAYS

ARE THEY INTERESTED

- On school mailing list – little interest
- College calls your high school coach, comes to see you play/compete, emails you or mails you a media guide – interest is growing
- College starts e-mailing or texting you, sets up phone conversations, ask for transcripts – very interested
- College has regular phone conversations, invites you for an official visit – going to offer you a scholarship
- Coach makes home visit

NCAA DIVISION 1

- Academics 16 Core classes
 - 4 years English
 - 3 years math (Algebra 1 or higher)
 - 2 years of natural/physical science
 - 1 year additional English, mathematics, or natural/physical science
 - 2 years social science
 - 4 years of additional courses and or foreign language

NCAA DIVISION 1 CONT.

- Your son/daughter's core GPA are the only courses that count toward NCAA eligibility. An Accounting course, although very good, does not count toward your NCAA eligibility.
- NAIA is different your overall GPA is what they look at not your CORE GPA
- You must take the ACT or SAT and your score is directly related to your CORE GPA. The higher the CORE GPA the lower the test score can be. It is a sliding scale
- NEW – starting August 2016 incoming NCAA Freshmen must have a 2.3 core GPA to compete as a Freshmen

NCAA DIVISION 2

- Academics 2014 it is 16 Core classes
 - 3 years English
 - 2 years math (Algebra 1 or higher)
 - 2 years of natural/physical science
 - 3 year additional English, mathematics, or natural/physical science
 - 2 years social science
 - 4 years of additional courses above and or foreign language

NCAA DIVISION 2 CONT.

- CORE GPA for NCAA D2 must be a minimum of 2.3. Most schools will require a higher core but the NCAA only requires a 2.3 for eligibility.
- ACT and/or SAT must be taken. You must obtain a minimum of 68 on the ACT and a 820 on the SAT to meet NCAA standards. **THIS DOES NOT MEAN YOU HAVE MET THE UNIVERSITY OR COLLEGE STANDARDS.**
- They do give athletic money and marry it with financial aid and grants.

NAIA FOOTBALL

- This is the equivalent of playing NCAA D2 football. They do give athletic money and marry it with financial aid and grants.
- NAIA schools in Indiana – Marian, St. Francis and Taylor University, etc.
- Requirements 2.0 GPA this is overall GPA and not your CORE GPA.
- 18 on your ACT or 860 on your SAT in one sitting
- Top 50% of graduating class
- You must make 2 out of the 3 above
- It varies from institution on requirements for entrance – for example you need about a 2.4 or higher for Marian

NCAA DIVISION 3

- The NCAA D3 does not have admittance rules. The institutions at this level can not give athletic aid to assist incoming athletes. At this level you must meet the institutions requirements for admittance. Most D3 schools try to assist through grants, loans, or academic scholarships to assist incoming athletes. Most D3 schools requirements are high and require success in the classroom. Money is tied to your academic success.

JUNIOR COLLEGE

- If you think you are D1 but have no offers you can go this route
- If you do not meet academic requirements you can go this route
- JUCO is very competitive and you must be very good to play at this level.
- Division 1 JUCO gives full rides
- Division 2 JUCO gives tuition and books only
- Division 3 gives non athletic money

SHOW ME THE MONEY

- Full Ride Scholarships
 - This means that your tuition, books, room and board fees are paid for. They now give you a monthly stipend above all school expenses.
 - The amount of full ride scholarships varies among sports – the number is set by the NCAA on how many scholarships may be awarded per sport. D1 IU Football = 85 fulls, where as D1 IU Baseball = 9 fulls
 - Practice clothing and equipment provided
 - Pressure to perform VERY DEMANDING!

MONEY CONTINUED

- Other sources
 - Partial athletic scholarships
 - Grant money from the school or government
 - Stafford loans – must be repaid
 - Work study – you must work
 - Academic awards

SHOULD I WALK ON

- Preferred walk on reports with scholarship players.
- 1 out of 5 walk-ons make it
- You will start at the bottom and will be thought of as a practice player only
- You will pay for school on your own
- You may not make the team they will keep a limited number of athletes
- You may never play in a game, dress for a game, may not be treated the same, etc.
- You will have to juggle academics and athletics like scholarship players with little rewards

OTHER INFORMATION

- Red shirt – you will participate in all athletic functions but will not play in a game. This means you still have 4 more years of eligibility or a total of 5 years to graduate
- Gray shirt – report to college as a freshmen and pay for 1st semester out of your pocket. Athlete will go on scholarship 2nd semester of freshmen year. You can still be red shirted
- Medical red shirt – injury prevented you from playing more than 30% of games that season. You can petition for a medical red shirt season. Some players have been granted a red shirt and a medical red shirt and have been given a scholarship for 6 years.

FINAL NOTES

- NCAA Clearinghouse information
- NAIA Clearinghouse information
- SAT and ACT testing a must – Junior year
- FAFSA – financial aid documentation
- Can you lose your scholarship – YES
 - Legal troubles, not following rules, not what coach had hoped for, change in coaching, etc.
 - Verbal commit vs. signed NLI
- What is important:
 - School has your intended major
 - You and your family are comfortable with the coaches, academics and facilities
 - You remember that you are going to school for an education

5 Things You Can Do Right Now to Increase Your Grades

1. Be on-time
2. Put your phone away
3. Have a pencil or pen and paper
4. Participate in Class
5. Turn in every assignment

If you do these simple things that require zero talent, your grades will increase

QUESTIONS

- BE SURE TO CALL IF YOU HAVE ANY QUESTIONS ABOUT THE PROCESS
- MIKE KIRSCHNER
 - HEAD FOOTBALL COACH
 - OFFICE 988-7183
 - CELL 513-6839
 - EMAIL mike.kirschner@wayne.k12.in.us

Special To Football

- The following slides pertain to what most division 1 football coaches are looking for in an athlete.

Touchdown Club

- Parent organization in place to support the athletes. Please get involved.
- Ben Davis Cafeteria
- Tell all parents in the program

D1 PLAYER PROFILE

- **Offensive line**

- Height 6 foot 4 or better
- Weight 280lbs. and up
- Bench 300, Squat 450 and Clean 250
- 40 yard dash 5.2 or faster

Running back

- Height 5 foot 8 or better
- Weight 185lbs. and up
- 40 yard dash 4.5 or faster

D1 PLAYER PROFILE CONT.

- **Quarterback**

- Height 6 foot 3 or better
- Weight 190lbs. and up
- 40 yard dash 4.5 or faster

Wide Receiver

- Height 6 for 3 or better
- Weight 190lbs. and up
- 40 yard dash 4.5 or faster

D1 PLAYER PROFILE CONT.

- **Defensive line**

- Height 6 foot 0 or better
- Weight 280lbs. and up
- Bench 300, Squat 450 and Clean 250
- 40 yard dash 5.0 or faster

Linebacker

- Height 5 for 10 or better
- Weight 190lbs. and up
- 40 yard dash 4.7 or faster

D1 PLAYER PROFILE CONT.

Defensive Back

- Height 5 for 10 or better
- Weight 180lbs. and up
- 40 yard dash 4.5 or faster

BEN DAVIS TURNS OUT ON AVERAGE 1.5
D1 PLAYERS PER YEAR. WE ARE IN THE
TOP 1290 HIGH SCHOOLS IN THE U. S.