GUIDE TO THE COLLEGE BOUND ATHLETE

2019-20

MT. SPOKANE

Mt. Spokane High School
6015 E. Mt. Spokane Park Drive
Mead, WA 99021

TABLE OF CONTENTS

Introduction 3

So, You Want to Attend College and Play Intercollegiate Athletics? 4

Student Athlete Four-Action Plan 5

Collegiate System 6

Academic Standards Necessary to Obtain an Athletic Scholarship 7

NCAA Initial-Eligibility Clearinghouse 8

Realities of Earning an Athletic Scholarship 9

Questions to Ask During Your College Visits 10

Questions to Ask Yourself About Your College Visit 11

Important Terms 12

Appendix A – College Athletic Profile Sheet 14

Appendix B – Athletic Statistics For College Bound Athletes 16

Appendix C – Additional Information 18

Appendix D – Sample Letter 19

Appendix E – Checklist For Student-Athletes and Their Parents 20

NCAA Eligibility Center – Division I and II Initial-Eligibility Requirements

Mt. Spokane High School would like to acknowledge and thank the athletic departments at Post Falls High School, Lyons Township High School, Lake Forest College, Deerfield High School, Hinsdale South High School, and Libertyville High School and the NCAA for their help in the development of this guide.

INTRODUCTION

Dear Student Athlete:

You're at an age when the last thing you probably want is more advice. But there's only one thing to do with good advice – pass it on.

As the Athletic Director of Mt. Spokane High School, the best advice I can pass along to you if you plan to compete athletically at the college level is to start asking questions early and prepare yourself academically.

- Are you on track to meet NCAA academic requirements?
- What are the graduation rates of athletic programs and the athletes in your sport at the colleges in which you are interested?
- What support services are available and how will your academic progress be tracked?

You'll notice that not one of these questions deals with the athletic side of being a student-athlete. Instead of focusing on which college can lead to a career in the pros, consider the following:

- ***The odds of a high school football player making it to the pros are about 6,000 to 1.***
- ***The odds of a high school basketball player making it to the pros are about 10,000 to 1.***

Take a hard look at those numbers and think about what will matter in the long run -

A COLLEGE EDUCATION!

This guide is intended to help you and your family, understand the process in obtaining an athletic scholarship and the rules that apply. If you have questions, contact your counselor at 465-7208 or the Athletic Office at 465-7229.

Choosing a college is difficult. A wise choice will be the first step on the road of success.

Paul Kautzman

Athletic Director
(509) 465-7229 Office
(509) 413-8976 Cell

SO, YOU WANT TO ATTEND COLLEGE AND PLAY INTERCOLLEGIATE ATHLETICS?

Selecting a college requires careful thought and foresight on your part. **What are you looking for**?

- School size
- Curriculum or major
- Geographic location
- Strength/competitiveness of athletic teams
- Conference affiliation
- Scholarship or non-scholarship athlete
- Playing time

Believe it or not, there is a college that can meet nearly all of your academic and athletic needs. The challenge is finding that institution. It will take some effort on your part, but isn't it worth the effort? Don't settle for mediocrity; find what you want and need.

Talk with your coaches, parents, teachers, etc., about your academic and athletic goals. Keep an open mind, listen to the viewpoints of everyone you talk to, but remember you are the one who has to decide because you are the one that will be spending the next 4-5 years of your life at the chosen college. Don't be afraid to ask for assistance in your search.

Where do you start?

Compile a list of schools that interest you. Write to several schools, not just your first choice. ***Start early – preferably the Spring of your Junior Year if not before.*** You can obtain addresses of colleges from the Student Services Office. Write the coach of each institution. Your initial contact should include a typewritten letter and short resume. The letter should be brief and to the point; its purpose is to make the coach aware of you, your interest in the school, and the athletic program. The resume should be an inventory of your academic and athletic accomplishments (see Appendix A). Include:

- **Personal Information:** name, address, telephone number, age, height and weight.
- **Education:** grade point average, ACT or SAT scores, class rank, senior academic program.
- **Athletic Accomplishments:** honors/awards earned, stats, camps/clinics attended, references. (Also include your coach's name, address, and phone number.)
- **Season Schedule:** send a game schedule so that the college coach can possibly attend.
- **Video:** if possible, send a digital copy/video link or let the coach know one is available upon request; not just highlights if possible – full contests – everyone has moments. Colleges are looking for more.

After receiving academic and athletic information from the colleges, you must decide which colleges you would prefer to attend and wish to visit. See as many colleges as possible; coaches will most likely welcome your visit to their school.

STUDENT ATHLETE FOUR-YEAR ACTION PLAN

Freshman and Sophomore Year

- Plan a challenging academic program that will meet NCAA requirements.
- Maintain at least a 2.300 Grade Point Average (GPA) out of 4.000 in core courses.
- Take the PSAT Test in October of you Sophomore year.
- Participate on high school athletic teams.
- Participate in off-season programs in your sport.
- Attend summer athletic camps at colleges that you might like to attend.
- Keep record of your athletic achievements (Appendix B).

Junior Year

- Keep up your academic record.
- Take ACT or SAT Prep Classes.
- Take ACT or SAT Test in spring.
- Develop a list of colleges with counselor for your academic match (Appendix C).
- Ask your coach for a realistic athletic evaluation – can you play sports at the collegiate level and at which level is appropriate – I, II, III.
- Continually update your athletic resume with improving results.
- Ask coaches for their assistance in the recruiting process.
- Send letter of interest to college coaches with your athletic resume (Appendix D).
- Organize a filing system on all colleges that respond to your inquiry.
- Participate in summer programs, i.e., Federation tournaments, AAU teams, State select teams, State games and summer leagues as scouts often attend these.

Senior Year

- Begin the checklist for Student Athletes and Parents Form (Appendix E).
- Meet with counselor to make sure you meet current NCAA academic requirements, discuss your college choices and complete the College Athlete Profile Sheet (Appendix A).
- File Form 48-H with NCAA Eligibility Center at www.ncaaclearinghouse.net (Available from the counselors/deans.)
- Send for and complete college applications.
- Fill out transcript request forms in Student Services.
- Complete Financial Aid forms early (before January).
- Re-take ACT or SAT Test (if needed).
- Update your resume and contact your list of college coaches.
- Produce your own video, or have your coach send game films to the college coach (Appendix C).
- Respond immediately to any college coach who shows interest in you.
- Provide your coach and counselor with your list of colleges, with coach's name, address, and phone number.
- Decide whether or not to use Commercial Recruiting Services (Appendix C).
- Wait to commit to college athletic visit invitations until you are certain of your top five schools.

COLLEGIATE SYSTEM

NCAA Division I

Large universities like Washington State, Washington, Idaho, Gonzaga, Montana, etc. They may grant scholarships in 23 sports (13 men, 10 women).

NCAA Division II

Smaller universities like Seattle Pacific, Montana State-Billings, Wayne State, etc. They may grant scholarships in 23 sports (13 men, 10 women).

NCAA Division III

Small colleges and universities like Whitworth, Rosary College, North Central College, etc. They cannot give any scholarships for any of the 24 sports offered (13 men, 11 women).

NAIA

National Association of Intercollegiate Athletics (small colleges like Albertsons, Eastern Oregon, Lewis and Clark, etc., with some scholarships).

NJCAA

Junior Colleges like NIC, Spokane CC, CSI, etc. (some offer full scholarships to athletes).

Sports For Which Athletic Scholarships Are Offered

Scholarships for men are offered in one or more divisions in baseball, basketball, cross country, football (except Division I-A), golf, gymnastics, ice hockey, lacrosse, soccer, swimming and diving, tennis, indoor track, outdoor track, volleyball, water polo, and wrestling.

Women's scholarships are offered in basketball, cross country, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming and diving, tennis, indoor track, outdoor track, and volleyball.

Full Scholarship

Are sometimes refereed to as a "**Grants-in-Aid"** and pay all costs: Tuition and Fees – Room and Board – Books (these do not have to be paid back).

Partial Scholarship

This type of scholarship will pay part of your . . . Tuition and Fees – Room and Board – Books.

Walk-On Athletes

The student for his/her athletic participation as a "Walk-On Athlete" receives **NO FINANCIAL AID**.

ACADEMIC STANDARDS NEEDED TO OBTAIN AN ATHLETIC SCHOLARSHIP

National Collegiate Athletic Association (NCAA) - Senior Athletes

If you plan on competing college sports, you must register with the NCAA Clearinghouse.
It is the student's responsibility to fill out and submit the registration form.
Online registration is available at www.ncaaclearinghouse.net

NCAA Division I & II Freshman –Eligibility Standards

* Note - Division III does not use NCAA Initial Eligibility Clearinghouse.

1. All student athletes must register with the NCAA Initial-Eligibility Clearinghouse.
   To register, visit the NCAA Clearinghouse Web site at www.ncaaclearinghouse.net
2. Complete the following core courses in high school:

Div I	Div II	Subject
4	3	years of English
3	2	years of mathematics (Algebra I or higher)
2	2	years of science (one must be a lab science)
1	2	year of additional English, Math or Science
2	2	years of social studies
4	3	years of additional core courses (from an area listed above or foreign language)
16	**14**	**TOTAL CORE COURSES**

3. Submit the following information to the Clearinghouse:
   Transcript from high school or college attended (mailed directly from the issuing institution)
   Proof of high school graduation, including specific graduation date Completed Student Release Form Fee Payment
   ACT or SAT test scores (submitted directly from ACT or SAT)

Division I Core GPA and Test Score Sliding Scale (SAT or ACT combined score)

GPA	SAT	ACT	GPA	SAT	ACT	GPA	SAT	ACT
3.550 & up	400	37	3.025	610	51	2.500	820	68
3.525	410	38	3.000	620	52	2.475	830	69
3.500	420	39	2.975	630	52	2.450	840	70
3.475	430	40	2.950	640	53	2.450	850	70
3.450	440	41	2.925	650	53	2.425	860	70
3.425	450	41	2.900	660	54	2.400	860	71
3.400	460	42	2.875	670	55	2.375	870	72
3.375	470	42	2.850	680	56	2.350	880	73
3.350	480	43	2.825	690	56	2.325	890	74
3.325	490	44	2.800	700	57	2.300	900	75
3.300	500	44	2.775	710	58	2.275	910	76
3.275	510	45	2.750	720	59	2.250	920	77
3.250	520	46	2.725	730	59	2.225	930	78
3.225	530	46	2.700	730	60	2.200	940	79
3.200	540	47	2.675	740	61	2.175	950	80
3.175	550	47	2.675	750	61	2.150	960	80
3.150	560	48	2.650	760	62	2.125	960	81
3.125	570	49	2.625	770	63	2.100	970	82
3.100	580	49	2.600	780	64	2.075	980	83
3.075	590	50	2.575	790	65	2.050	990	84
3.050	600	50	2.550	800	66	2.025	1000	85
			2.525	810	67	2.000	1010	86

Visit the NCAA Web site
http://fs.ncaa.org/Docs/eligibility_center/Important_New_Rules/Resource_Index.pdf
View the NCAA "Guide for the College-Bound Student-Athlete" 2018-19
http://www.ncaapublications.com/productdownloads/CB13.pdf
(The 2018-19 version is $16.50 available at http://www.ncaapublications.com/)

NCAA INITIAL ELIGIBILITY CLEARINGHOUSE

In January 1993, NCAA Divisions I and II voted to establish an Initial-Eligibility Clearinghouse to simplify the initial-eligibility certification process. In accordance with NCAA academic requirements, the Clearinghouse will certify Student-Athletes to participate in Division I and II sports during their freshman year in college. The Clearinghouse's responsibilities began with the students who enrolled as freshmen during 1994-1995.

In the past, each institution offering Division I or Division II sports have been responsible for certifying the initial eligibility of enrolling student-athletes – a cumbersome process that involved much duplication of effort by high school counselors and campus administrators. As a central point for receiving, processing, and evaluating data pertinent to initial-eligibility certification, the Clearinghouse will eliminate this duplication and streamline the certification process. The new process will provide for a "level playing field" because only one Form 48-H will exist for each high school; unbiased certification decisions will be made for each prospective student-athlete.

There is a $25.00 fee that must accompany the 48-H form after your junior year grades have been posted (approximately August of your senior year).

www.ncaaclearinghouse.net

www.eligibilitycenter.org

Mt Spokane High School CODE: 480687
CITY: Mead, Washington

ACT: www.act.org

SAT: www.collegeboard.com

American College Testing (ACT) TEST DATES	Scholastic Aptitude Test (SAT) TEST DATES
Minimum Score 68 total of all 4 test parts	**Minimum Score 820**
Saturday, June 8, 2019	Saturday, Aug. 24, 2019
Saturday, July 13, 2019	Saturday, Oct. 5, 2019
Saturday, Sept. 14, 2019	Saturday, Nov. 2, 2019
Saturday, Oct. 26, 2019	Saturday, Dec. 7, 2019
Saturday, Dec. 14, 2019	Saturday, March 14, 2020
Saturday, Feb. 8, 2020	Saturday, May 2, 2020
Saturday, April 4, 2020	Saturday, June 6, 2020
Saturday, June 13, 2020	
Saturday, July 18, 2020	

REALITIES OF EARNING AN ATHLETIC SCHOLARSHIP
Maximum Scholarships Allowed by the NCAA

Sport	Division I	Division II
Basketball (Men & Women)	(13 each) 26.0	(10 each 20.0)
Baseball	11.7	9.0
Cross Country/Track (Men)	12.6	12.6
Cross Country/Track (Women)	14.4	12.6
Fencing (Men & Women)	(4.5 each) 9.0	(4.5 each) 9.0
Field Hockey	9.9	6.3
Football	85.0	36.0
Golf (Men)	4.5	3.6
Golf (Women)	5.4	5.4
Gymnastics (Men)	6.3	5.4
Gymnastics (Women)	10.0	6.0
Ice Hockey	18.0	13.5
Lacrosse (Men)	12.6	10.8
Lacrosse (Women)	9.9	9.9
Rifle	3.6	3.6
Skiing (Men & Women)	(6.3 each) 12.6	(6.3 each) 12.6
Soccer (Men & Women)	(9.9 each) 19.8	(9.9 each) 18.9
Softball	9.9	7.2
Swimming & Diving (Men)	9.9	8.1
Swimming & Diving (Women)	12.6	8.1
Tennis (Men's)	4.5	4.5
Tennis (Women's)	8.0	6.0
Volleyball (Men's)	4.5	4.5
Volleyball (Women's)	12.0	8.0
Water Polo	4.5	4.5
Wrestling	9.9	9.0
Number of NCAA Schools	301	246
Maximum Possible Scholarship offered (if every college participated in every sport and granted every scholarship available during a four year period of time)	995,106	583,778
Total Number of High School Athletic Participants	6,195,247 (National HS Federation)	
Maximum College Scholarships 1,578,884 Divided by the Total High School Athletes 6,195,247	***Only a 26% chance of earning a scholarship???**	

***This is not reality. By using *Peterson's Sports Scholarships and College Athletic Programs* research materials, we found that only 37,974.7 athletic scholarships were granted to students in Junior Colleges, Colleges, and Universities in 2013 which represents only .6% rather than 26%.**

QUESTIONS TO ASK DURING YOUR COLLEGE VISITS

Before you decide to make your first visit, carefully think about the kind of information you are going to need to eventually make a decision. Once you do, you will be able to ask the intelligent questions.

What to Ask the Coach/Recruiter:

- How do you qualify for the team? What are your expected time commitments (practice, weights, films, study table, etc.)?
- What are the behavioral expectations of the team?
- Can you participate in more than one sport?
- What position (event) do you want me to play (perform) and how many other athletes are being recruited for the same position?
- What is your philosophy of offense? Defense? Are you considering any changes?
- Will I be red-shirted? Will you provide a fifth year of financial help, if I need it?
- Are all injuries handled by a team doctor and by team insurance?

What to Ask the Admissions Director/School Officials:

- Does the school have the academic curriculum I want?
- Can I meet the admission standards and academic requirements?
- Do professors allow tutoring and make-up tests when the team schedule conflicts?
- What is the teacher/student ratio?
- What is the overall attitude of the student body towards athletics?
- What is the number of courses and GPA I will be required to maintain to remain eligible?
- What are the different graduation rates for athletes? In my sport?
- What is the placement rate and the average starting salary for graduates in my academic field?
- What is my eligibility for additional financial aid?

What to Ask of the Players at the School:

- What does your typical schedule look like? In-season? Off-season?
- Approximately how many hours a night do you study? Or you have to go to study hall?
- How do the teachers, professors, and students treat you in class?
- How do you like the living arrangements? Can we live off campus? Apartment? Fraternity/Sorority?
- Do you have access to an academic advisor and tutor? Is he/she any good?
- Do the coaches care about your academic progress?

What to ask about Finances:

- If I don't get a scholarship, what forms of financial aid are available? Is this amount guaranteed every year?
- If a scholarship is offered, what exactly is included? How much will I have to pay?
- Is the scholarship renewable? By term? By year?
- If I am injured and cannot play, will I still have my scholarship?
- If I choose not to play, or my grades drop, will I lose my scholarship?
- Does the school provide a written contract, letter of intent?

QUESTIONS TO ASK YOURSELF ABOUT YOUR COLLEGE VISITS

You will want to ask yourself several important questions after you have visited your schools in order to ultimately decide on the right school. These questions will provide a good start. Take the time to think about your answers, and be sure to talk to your parents, counselor and coach about answers that might be difficult for you. Remember, you want the right academic and athletic experience, so all these questions are important.

- Did any of the recruiters have bad things to say about other schools that are recruiting me?
- Did any recruiters promise that I would compete right away, even be a starter? If they did, they may have been less than honest.
- Would I attend this school if I had no intention of competing in my sport?
- Do the coaches and players seem to genuinely care about each other?
- Will I be academically successful at this school? Athletically? How do I measure up?
- Were the coaches and players I met honest, available to me, and others, or did they seem phony?
- Were the coaches interested in academics? Did they question my educational and career interests? Were they knowledgeable about my intended program of study? If not, did they introduce me to someone who was able to answer my question?
- Will I fit in with the rest of the student body at this particular school? Will I be comfortable associating with them for four or more years?
- How will I feel if one or more of the coaches leave? Will I still be happy with the school?
- Does the school satisfy all the requirements that I identified earlier with my parents and counselor? This probably is the most important question. Give it a lot of thought, and be sure to talk it over with everyone before you make your decision.

IMPORTANT TERMS

Agents	High school and college athletes are in violation of NCAA rules if they agree (orally or in writing) to be represented by an agent while in high school or college.
All-Star Games	High school athletes are permitted to participate in only two all-star games per sport.
Blue-Chipper	A "blue-chipper" is any exceptionally gifted high school athlete who is being recruited by a significant number of major colleges.
Booster	High school athletes may not be contacted by boosters (persons who represent a school's athletic interests) or alumni for purposes of promoting their selection of certain schools. This restriction does not apply, however, to alumni who contacted students as part of the college's regular admission program for all prospective students.
By-Law 14.3	The NCAA legislation for Division I and II colleges (formerly Proposition 48) that requires high school student athletes to satisfy the provisions of a specific core curriculum, a minimum grade point average, and minimum ACT or SAT scores in order to participate in college sports. By-Law 14.3 also specifies graduation from high school.
Clearinghouse	The Clearinghouse is an extension of the NCAA coordinated by ACT to determine the eligibility of high school student athletes to be recruited and ultimately given scholarships by athletic programs in Division I and II colleges and universities.
Contacts	Any face-to-face meeting between a college coach and you or your parents. High school athletes may not be contacted off the college campus on or before July1, following the completion of his or her junior year. Refer to *NCAA Guide for the College-Bound Student/Athlete* for information regarding the number of contacts permitted.
Core Curriculum	A provision of By-Law 14.3 that requires student/athletes to complete an academic program of at least 16 academic units, consisting of at least four years of English, three of mathematics, two in social studies, two in natural or physical science (including at least one laboratory class) and four additional courses from the following areas: English, mathematics, natural or physical science, and two additional courses (which may be taken from the already-mentioned categories or foreign language, computer science, philosophy).
Drug Policies	Each academic year, student athletes are required to sign a drug testing consent form at the time of reporting for practice or prior to the Monday of the college's fourth week of classes, whichever occurs earlier. Anyone who tests positive during routine testing is ineligible for further participation, subject to appeal for reinstatement.

Financial Aid	Student athletes who have met the requirements by By-Law 14.3 receive financial aid from the college that includes tuition and fees, room and board, and books. See the *NCAA Guide for the College-Bound Student/Athlete* regarding the specifics of aid in other circumstances.
Letter of Intent	The National Letter of Intent is administered by the Collegiate Commissioners Association and involves a commitment from the student-athlete to attend a specific school. For detailed information, contact the conference office of the colleges of interest. It is also important not to sign an institutional or conference letter of intent prior to the National Letter of Intent signing date.
Minimum Admission Scores	By-Law 14.3 requires that all student athletes score a minimum combined score of 59 on the ACT or a combined 820 on the SAT with a grade point average 2.5 on a 4.0 scale. See "sliding scale" on page 7.
NAIA	The National Association of Intercollegiate Athletics normally represents smaller schools and does provide financial aid for athletic purposes.
NCAA	The National Collegiate Athletic Association is the primary regulatory for intercollegiate athletics. Information can be secured from them by writing the NCAA, 6201 College Blvd., Overland Park, Kansas 66211-242, or calling 913-339-1906.
Professionalism	High school and college athletes are considered professionals if they are paid to compete in an athletic contest; commit in writing or orally to an agent or a professional sports organization; request that their names be placed on a draft list; use their athletic skills for pay in any form (TV commercials, et al.); play on a professional team; or play on an amateur team and receive any payment or gratuity.
Prospective Student-Athlete	A player is a "prospective student athlete" once he or she starts ninth grade of school. Prior to the completion of the junior year, high school students can meet with college coaches, but only on the coach's campus.
Red Shirt	An athlete is "red-shirted" when he/she is withheld from actual competition for one year. The athlete may practice with the team during that season but, because of injury or coach's decision, he/she cannot play in games. Be advised that the athlete must complete his or her athletic eligibility within a six-year period once matriculated at the college level.
Sliding Scale	The most recent provisions of By-Law 14.3 provide a sliding scale for equating grade point average with ACT or SAT scores. Please refer to the section on "Academic Standards Necessary to Obtain an Athletic Scholarship", page 5.
Visits	Prospective student-athletes are permitted by NCAA requirements only one expense-paid visit to a particular college. The athlete must pay for subsequent visits to that college. Student athletes are allowed a maximum of five such visits. In essence, they can visit only five schools during the senior year on paid visits, regardless of the number of sports they play.

APPENDIX A

COLLEGE ATHLETIC PROFILE SHEET

PERSONAL DATA

Name: _____ **Date of Birth:** _____
First Middle Initial Last M/D/Y

Address: _____

City: _____ **State:** _____ **Zip:** _____

Social Security Number: _____ **Phone:** _____

Graduation Date: _____ **Rank:** _____

ACT Composite: _____

SAT Math: _____ **SAT Verbal:** _____ **SAT Total:** _____

Overall GPA (on 4.0 scale): _____

Core Course GPA (on 4.0 scale): _____

Financial Air Forms Completed: _____FAFSA _____ Profile

NCAA Clearinghouse Form Completed: _____ Yes _____ No

College Academic Interest:_____

Height: _____ **Weight:** _____ **Hand Use (R or L):** _____ **Dominant Foot (R or L)** _____

40 Yard Time: _____ **Vertical Jump:** _____

Maximum Bench Press: _____ **Maximum Squat:** _____

Other Stats: _____

Sports Played in High School:

Sport: _____ _____ _____

Position: _____ _____ _____

Number: _____ _____ _____

College Sport Interest: _____

Academic Honors and Achievements:

Personal Best Sports Performances and Stats::

Athletic Honors Received:

Information Verified by:

Counselor/Dean Name (please print): _____ **Date:** _____

Counselor/Dean Signature: _____ **Phone:** _____

Varsity Coach Name (please print): _____ **Date:** _____

Varsity Coach Signature: _____ **Phone:** _____

Other Name (please print): _____ **Date:** _____

Other Signature: _____ **Phone:** _____

High School Information

Mt. Spokane High School
6015 E. Mt. Spokane Park Drive
Mead, WA 99021
Main Office Telephone: 509-465-7200
Main Office Fax: 509-465-7220

Greater Spokane League (GSL)
Class (3A)
School Enrollment: 1550
Athletic Director: 509-465-7229
Student Services: 509-465-7208

DIGNITY, CLASS, RESPECT:
"THE WILDCAT WAY"

APPENDIX B
ATHLETIC STATISTICS FOR COLLEGE BOUND ATHLETES

DIGNITY • CLASS • RESPECT

BASKETBALL (Boys and Girls)

- Assists
- Free Throw Percentage
- Rebounds
- Field Goal Percentage (2 and 3 point)

BASEBALL AND SOFTBALL

- Batting Average
- ERA (pitchers)
- Runs Batted In
- Home Runs
- Fielding Average
- Won/Loss Record (pitchers)
- Extra Base Hits
- Stolen Bases

CROSS COUNTRY, TRACK AND FIELD (Boys and Girls)

- Times and Distances
- Distances in Field Event
- Height in Field Events
- Major Conference, Invitational, and/or State Series Performances

FOOTBALL

- Tackles (defensive player)
- Sacks (defensive player)
- Fumbles recovered (defensive player)
- Receptions-yards, average, touchdowns (running backs & receivers)
- Kickoffs-attempts, longest, average (kickers)
- Kickoff Returns-attempts, longest, average
- Points Scored-touchdowns, extra points, field goals
- Assists (defensive player)
- Interceptions (defensive players)
- Yards rushing-numbers of attempts, yards per carry, total yards (running backs)
- Passes Completed-attempts, total yards, interceptions (quarterbacks)
- Punts-attempts, longest, average (punters)
- Punt Returns-attempts, longest, average
- Field Goals-attempts, longest, total points scored

GOLF (Boys and Girls)

- Scores
- Major Conference
- Average
- Invitational and/or State Series Performances

GYMNASTICS (Boys and Girls)

- Event and Scores
- Major Conference, Invitational and State Series Performances

SOCCER (Boys and Girls)

- Goals
- Blocked Shots
- Assists

SWIMMING AND DIVING (Boys and Girls)

- Event and Times
- Major Conference, Invitational, and/or State Series Performances
- Dives, Difficulty and Scores

TENNIS (Boys and Girls)

- Record & Position
- Major Conference, Invitational and/or State Series Performances

VOLLEYBALL (Boys and Girls)

- Blocks
- Kills
- Assists
- Aces

WATER POLO (Boys and Girls)

- Goals
- Blocks
- Assists

WRESTLING

- Individual Record and Weight Class
- Season and Career Reversals
- Season and Career 2 point and 3 point Near Falls
- Major Conference, Invitational and/or State Series Performances
- Season and Career Takedowns
- Season and Career Escapes
- Falls

APPENDIX C
ADDITIONAL INFORMATION

DIGNITY • CLASS • RESPECT

RESEARCH LITERATURE:

- *Athletic Scholarships "A Complete Guide,"* Conway Greene
- *Barron's Best Buys on College Education*
- *College Blue Book*
- *Lovejoy's College Guide, Inc.*
- *Peterson's Sports Scholarships and College Athletic Programs*
- *Recruiting Realities*, Jack Renkens
- *The Ultimate Recruitment Guide & Notebook*, David Kaplan
- *www.elgibilitycenter.org*

COMMERCIAL RECRUITING SERVICES:

▪ College Prospects of America, Inc.	614-385-6624
▪ College Bound Student-Athlete	414-375-6565
▪ College Recruiting Network, Inc.	800-284-1276
▪ College Sports Placement, Inc.	800-382-2917
▪ National Athletic Merit Endorsement Service	800-648-1828
▪ National Scouting Report	800-745-6965
▪ Online Scouting Network	800-267-1435
▪ Stardata Inc.	800-952-7827
▪ Athletic Quest	800-467-7885

PRODUCING A VIDEO TAPE/DVD:

- Highlight basic skills, running, throwing, hitting, fielding, catching, jumping, etc.
- Edit your highlights onto one tape/DVD or upload and send url address.
- Send a copy or url address of a complete game.

APPENDIX D
SAMPLE LETTER

Date

College Coach
Name of College
Address of College
City, State Zip Code

Dear Coach:

I would like to take a moment of your time to introduce myself. My name is _____, and I have completed my junior year at Mt. Spokane High School in Mead, WA.

During the last month, I have spent time with the college counselor doing research on which college would be a good match for me both academically and athletically. I am very interested in your college and would appreciate receiving information about your school, as well as about the _____ program.

Academically, I have taken a solid college preparatory program here at Mt. Spokane High School maintaining a B average and ranking 67th in a graduation class of 543 students. My most resent SAT Test score was a 1739.

I have played _____ for Mt. Spokane since my freshman year. During the ninth grade, I received my Varsity Letter and was the _____ on our team. As a sophomore, I was moved up to the Varsity and have started every game since then while playing _____ positions. For the past two years, I have led my teammates in _____ and have been voted "_____" by the coaching staff. Our team has won the Greater Spokane League Championship, Distircts, and Regional and Tournaments. I was chosen to be on the GSL All-League Team and received Honorable Mention All-State this past year. You may contact my coach, _____, at _____, if you are interested in seeing a video of one of our games.

Thank you for your time. I look forward to hearing from you in the near future.

Sincerely yours,

Your Name
Your Address
Your City, State, Zip Code
Your Phone Number

APPENDIX E
CHECKLIST FOR STUDENT-ATHLETES AND THEIR PARENTS

The following checklist will assist you with the process of making the transition from high school to collegiate sports. Because the transition involves academic as well as athletic issues, several people will be involved in your decision. Be sure to see each of these individuals at the appropriate time.

Did you –

- ☐ Pick up and read the *Guide for the College Bound Athlete*?
- ☐ Pick up and initiate the *College Athletic Profile Sheet*?
- ☐ Meet routinely with your counselor/Dean to assure your compliance with the NCAA's By-Law 14.3.
- ☐ Complete a Career Search in the Student Services office?
- ☐ Complete a College Search in the Student Services office?
- ☐ Talk to your coach about your interest in college sport?
- ☐ Take the ACT and/or the SAT test?
- ☐ Visit some of the schools you might want to attend?
- ☐ Schedule meetings with your counselor and coach to discuss the college search and selection process?
- ☐ Review the *NCAA Guide for the College-Bound Student Athlete*?
- ☐ Mail your college applications?
- ☐ Submit your 48-H Form and $25 fee to the NCAA Clearinghouse?
- ☐ Request that your transcripts be sent to the colleges you are interested in?
- ☐ Send your ACT and/or SAT test scores to the Clearinghouse?

NOTES

DIGNITY, CLASS, RESPECT:
"THE WILDCAT WAY"