



# Collegiate Athletics

# Takeaways...

- Think through decision to play college athletics
- Understand some basic academic requirements
- Leaning into recruitment
- Understand where to register for NCAA and NAIA

# STEP 1: Thinking Through Playing in College



Take a look at the example college athlete schedule

We will fill in the blanks with college classes

Look at the time a college athlete spends in both class and on the field

WEEKLY COLLEGE ATHLETE SCHEDULE						
Week of: September 26						
	9/26	9/27	9/28	9/29	9/30	10/1
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	AM Conditioning	AM Weight Training	AM Conditioning	AM Weight Training	AM Conditioning	
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						Pre-Game Warm Up & Training Session
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						Game Time
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice	
2:30 PM						
3:00 PM	Practice	Practice	Practice	Practice	Practice	
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Team Meal	Team Meal	Team Meal	Team Meal	Team Meal	

# WEEKLY COLLEGE ATHLETE SCHEDULE

Week of: September 26

	9/26 MONDAY	9/27 TUESDAY	9/28 WEDNESDAY	9/29 THURSDAY	9/30 FRIDAY	10/1 SATURDAY	10/2 SUNDAY
8:00 AM	AM Conditioning	AM Weight Training	AM Conditioning	AM Weight Training	AM Conditioning		
8:30 AM	Spanish 101		Spanish 101		Spanish 101		Spanish 101
9:00 AM							
9:30 AM	US Civ 103	BioChem 104	US Civ 103	BioChem 104	US Civ 103		US Civ 103
10:00 AM							Pre-Game Warm Up & Training Session
10:30 AM							
11:00 AM	Stats 203		Stats 203		Stats 203		Stats 203
11:30 AM							
12:00 PM				BioChem Lab		Game Time	BioChem 104
12:30 PM							
1:00 PM							BioChem Lab
1:30 PM							
2:00 PM	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice	Training & Pre-Practice		
2:30 PM							
3:00 PM	Practice	Practice	Practice	Practice	Practice		
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Team Meal	Team Meal	Team Meal	Team Meal	Team Meal		

**STEP 2: You've decided to play, what are your options?**



# What options are available



University of Wisconsin  
**Whitewater**



# STEP 3: Work on your academics







Must have 1 of these 3 options:

1. Graduate with accredited HS diploma
2. Complete GED program
3. Pass HS equivalency test



Initial  
Qualification:  
Graduate and 2.3+  
GPA

 Sum ACT score of 18 (SAT 970)

 Achieve a minimum of 2.0 out of 4.0 GPA

 Graduate in the top half of the class



Division III

**DISCOVER | DEVELOP | DEDICATE**

Initial eligibility is determined by institution for which athlete is applying. Must gain college admission.

**NCAA**

**DIVISION I**



Division II




# DI and DII similarities

- Graduate HS in 8 semesters
- Register with eligibility center
- Qualify for
  - College Admissions
  - NCAA Eligibility
- Take ACT or SAT
- Take 16 core courses in designated subjects

# NCAA Approved Core Course

<b>English</b>	<b>Mathematics (Algebra I or higher)</b>
<b>Natural/Physical Science</b>	<b>Social Science</b>
<b>World Language</b>	<b>Comparative Religion or Philosophy</b>



# Division I and Division II Differences

	Division I	Division II
<b>GPA</b>	<b>2.3</b>	<b>2.2</b>
<b>Core Courses</b>	<b>Some courses locked before 7th semester</b>	<b>Substitute courses fitting into same category</b>
<b>Sliding Scales</b>		



# NCAA Division II - Academic Rules



## DIVISION II ACADEMIC REQUIREMENTS

College-bound student-athletes enrolling at an NCAA Division II school need to meet the following academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

### Core-Course Requirement

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left; foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 year	2 years	4 years

DIVISION II FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.300 & above	400	37
3.275	410	38
3.250	430	39
3.225	440	40
3.200	460	41
3.175	470	41
3.150	490	42
3.125	500	42
3.100	520	43
3.075	530	44
3.050	550	44
3.025	560	45
3.000	580	46
2.975	590	46
2.950	600	47
2.925	620	47
2.900	630	48
2.875	650	49
2.850	660	49
2.825	680	50
2.800	690	50
2.775	710	51
2.750	720	52
2.725	730	52
2.700	740	53
2.675	750	53
2.650	750	54
2.625	760	55
2.600	770	56
2.575	780	56
2.550	790	57
2.525	800	58
2.500	810	59
2.475	820	60
2.450	830	61
2.425	840	61
2.400	850	62
2.375	860	63
2.350	860	64
2.325	870	65
2.300	880	66
2.275	890	67
2.250	900	68
2.225	910	69
2.200	920	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.050 & above	400	37
3.025	410	38
3.000	430	39
2.975	440	40
2.950	460	41
2.925	470	41
2.900	490	42
2.875	500	42
2.850	520	43
2.825	530	44
2.800	550	44
2.775	560	45
2.750	580	46
2.725	590	46
2.700	600	47
2.675	620	47
2.650	630	48
2.625	650	49
2.600	660	49
2.575	680	50
2.550	690	50
2.525	710	51
2.500	720	52
2.475	730	52
2.450	740	53
2.425	750	53
2.400	750	54
2.375	760	55
2.350	770	56
2.325	780	56
2.300	790	57
2.275	800	58
2.250	810	59
2.225	820	60
2.200	830	61
2.175	840	61
2.150	850	62
2.125	860	63
2.100	860	64
2.075	870	65
2.050	880	66
2.025	890	67
2.000	900	68 & above

\*Final concordance research between the new SAT and ACT is ongoing.

# NCAA Division I - Academic Requirement



**DIVISION I ACADEMIC REQUIREMENTS**

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletics scholarships, and/or compete during their first year.

**Core-Course Requirement**

Complete 16 core courses in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/PHYSICAL SCIENCE</b> (including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math, or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	560	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
2.750	810	59
2.725	820	60
2.700	830	61
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	76
2.250	1000	77
2.225	1010	78
2.200	1020	79
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86

ACADEMIC REDSHIRT

\*Full sliding scale research between the new SAT and ACT is ongoing.

Information provided by: NCAA  
Eligibility Center

Tracking your coursework

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# **Sun Prairie NCAA Course Guide**

# Registration

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Division	Registration	Cost
Division I	Eligibility Center	\$100
Division II	Eligibility Center	\$100
Division III	Eligibility Center (Profile Pg)	Free
NAIA	NAIA Eligibility Center	\$80
NJCAA	None	Free

# Sending Transcripts and Test Scores

Division	Send Transcript To:	Send Test Score To:
Division I	NCAA Eligibility Center	Eligibility Center (Code: 9999)
Division II		
Division III	College/University	College/University
NAIA	NAIA Eligibility Center	NAIA Eligibility Center (Code: 9876)
NJCAA	College/University	College/University

# STEP 3: How do you handle recruitment?



## Running Back - 2 spots available

Tier	Rank	Name
1	1	Joe Johnson
	2	Jim Smith
	3	John Williams
2	4	David Wilson
	5	Daniel Brown
	6	Geroge Martin
	7	Jeff Allen
3	8	Chris Anderson
	9	Thomas Robinson
	10	Kevin White
	11	Will Thomas

# Athlete Voice is Key

## --- Email coaches

- Individualize emails to programs

## Social Media Accounts

- Sport specific
- Follow coaches from colleges
- Keep it clean

## Constant communication

- Out of sight out of mind





**Be willing to ask questions**



# Academics

- Do I get to pursue the major I want?
- Is there athletic academic supports on campus?
- Does team have academic advisors?
- What is the balance of athletics and academics?



# The Team

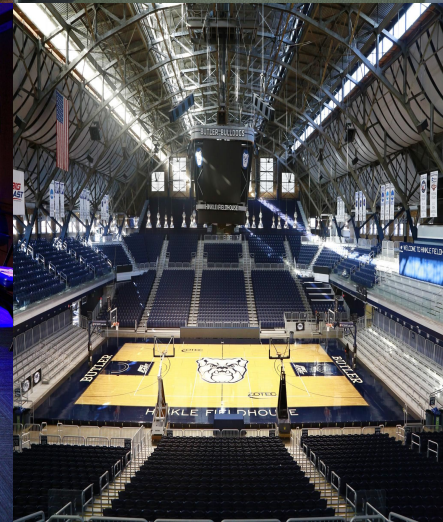
- What does the current roster look like & are they recruiting transfers?
- Coach relationship with current players
- Rooming with other athletes





# The Facilities

- Are the facilities modern or older?
- Are there shared locker rooms or practice fields/courts?
- How close are facilities to campus?



# Keeping your options open



Video provided by: Big Ten Network



# Travel

- Where does team travel for games during the season?
- How often does team travel during school year?
- Are there supports while traveling on road?
- Are games close enough to family, friends, classmates?

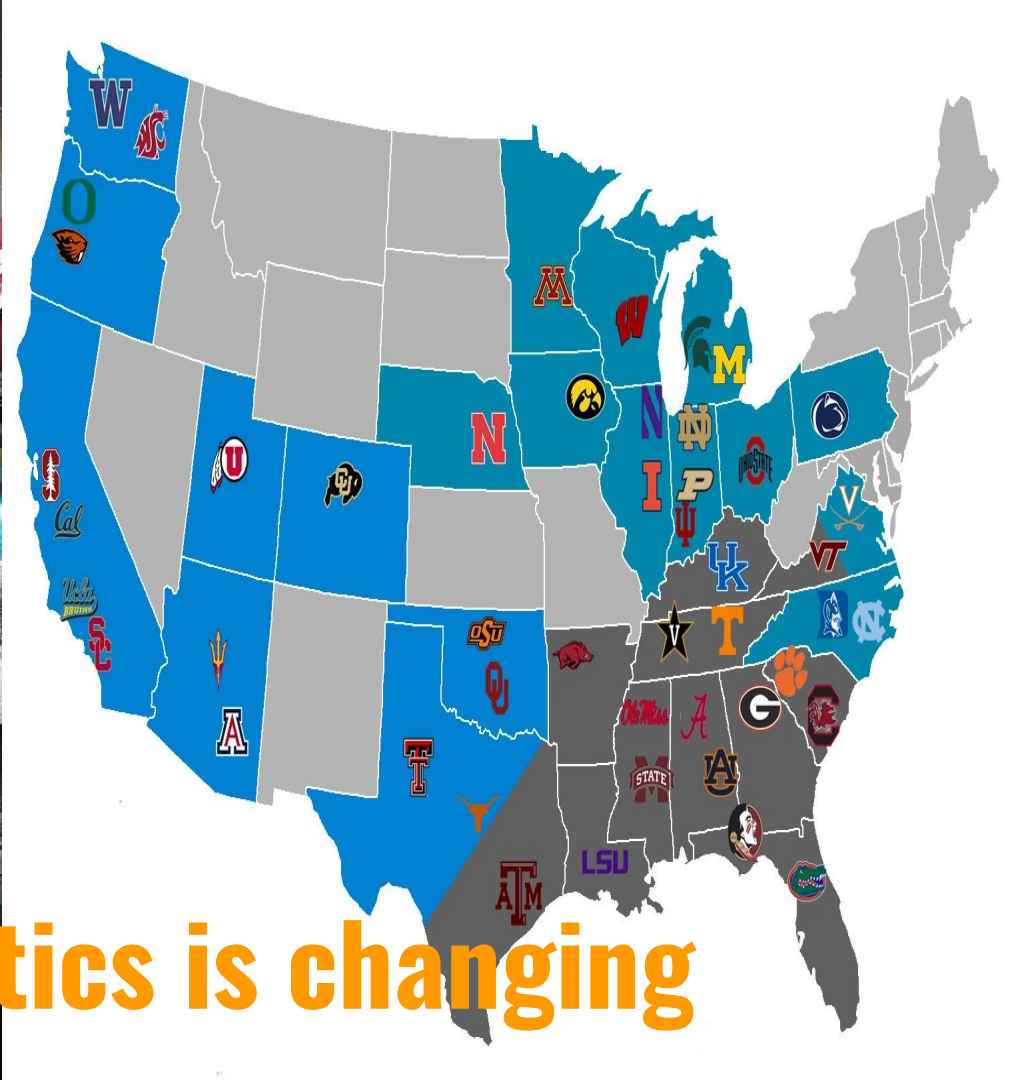


**Visit When Possible**

**Visit Ca**








# Changes to Collegiate Athletics

- Standardized testing changes for NCAA and NAIA
- Pass/Fail grading
- Upperclassmen athletes receiving waivers
- Sports are being cut at all college levels
- Conference realignment
- NIL Deals for student athletes



Each athlete  
takes a different  
path

Remember that every journey is different and not every single athlete has the same process. Your experience is unique to you. Only you and your family will be able to determine your goals.

In the end make sure you are doing what you would like to do and that you are enjoying the process.



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[NCAA Registration](#)

[Guide for College Bound  
Student-Athlete](#)

[Division I Academic Flyer](#)

[Division II Academic Flyer](#)

[NCAA COVID Changes](#)

[Division III Athletic Homepage](#)

[NAIA Athletic Homepage](#)

[NAIA Registration](#)

[NJCAA Athletic Homepage](#)

