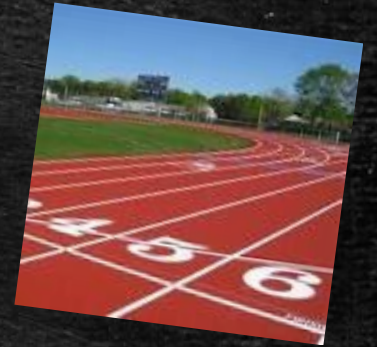


Want to play a sport in  
college?



## NCAA Eligibility



Presenters:  
Athletic Director: Lindsey Foster  
Counselor: Tawni Chinchilla





# THREE REQUIREMENTS TO PLAY COLLEGE SPORTS



**High School  
Graduation**



**NCAA  
Initial Eligibility**



**College  
Admission**



# NCAA SPORTS

## FALL SPORTS

### MEN:

Cross  
Country  
Football  
Soccer  
Water Polo

### WOMEN:

Cross  
Country  
Field Hockey  
Soccer  
Volleyball

## WINTER SPORTS

### MEN:

Basketball  
Fencing  
Gymnastics  
Ice Hockey  
Indoor Track  
and Field  
Rifle  
Skiing  
Swimming  
and Diving  
Wrestling

### WOMEN:

Basketball  
Bowling  
Fencing  
Gymnastics  
Ice Hockey  
Indoor Track  
and Field  
Rifle  
Skiing  
Swimming  
and Diving

## SPRING SPORTS

### MEN:

Baseball  
Golf  
Lacrosse  
Outdoor Track  
and Field  
Tennis  
Volleyball

### WOMEN:

Beach  
Volleyball  
Golf  
Lacrosse  
Outdoor  
Track  
and Field  
Rowing  
Softball  
Tennis  
Water Polo

## EMERGING SPORTS

### WOMEN:


Acrobatics  
and Tumbling  
Equestrian  
(Divisions I and II only)  
Rugby  
Stunt (Division II only)  
Triathlon  
Wrestling








ELIGIBILITY CENTER


NCAA Division I College Sports Teams in W...

 Eastern Washington Eagles

 Gonzaga Bulldogs

 Seattle Redhawks

 Washington Huskies

 Washington State Cougars












A map of the United States showing the locations of NCAA Division I college sports teams. The map is covered with numerous colored dots representing different schools. The dots are concentrated in the eastern half of the country, particularly in the Northeast and Southeast, with a more sparse distribution in the West and Midwest. The colors of the dots correspond to the team logos listed in the legend.

# NCAA SCHOOLS



# NCAA THREE DIVISIONS

| DIVISION   |  DIVISION I            |  DIVISION II<br><i>MAKE IT YOURS</i> |  DIVISION III<br><small>DISCOVER   DEVELOP   DEDICATE</small> |
|--|---|---|--|
| NUMBER OF SCHOOLS*                                   | 351<br>(33%)  | 296<br>(27%)  | 433<br>(40%)   |
| MEDIAN UNDERGRADUATE ENROLLMENT                      | 8,449   | 2,300   | 1,655  |
| STUDENTS WHO ARE ATHLETES                            | 1 in 22<br>            | 1 in 9<br>                           | 1 in 6<br>  |
| AVERAGE NUMBER OF TEAMS PER SCHOOL                   | 19  | 16  | 19   |
| PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION |  36%                 |  25%                               |  39%  |
| ATHLETICS SCHOLARSHIPS                               | Multiyear, cost-of-attendance athletics scholarships available<br>58% of athletes receive athletics aid | Partial athletics scholarship model<br>67% of athletes receive athletics aid  | No athletics scholarships<br>80% of athletes receive nonathletics aid  |



# NCAA REGISTRATION IS REQUIRED

## Three Account Types



**Free Profile Page  
Account**



**Academic  
and Amateurism  
Certification Account**



**Amateurism-Only  
Certification Account**

*The NCAA stratifies each university by the amount of available resources.*

The more resources a school has, the lower division it will be i. e. University of Illinois has vast resources as a land grant university so it is a D1 school whereas a smaller, private institution like Trinity College in Connecticut is DIII.



# FREE PROFILE PAGE ACCOUNT

## Account Type #1



The right place to start for most students!

- » Not sure in which division they plan to compete.
- » Domestic students planning to compete at a [Division III school](#).
- » Registering in an NCAA-certified nonscholastic basketball event ([BBCS](#), ECAG, AAU).



No registration fee.



[Transition](#) to the right [certification account](#) at any time.

## Washington Div III . . .

- Pacific Lutheran University
- University of Puget Sound
- Whitman College
- Whitworth University



# ACADEMIC AND AMATEURISM CERTIFICATION ACCOUNT

## Account Type #2



Required to compete at a Division I or II school.

- » Go on [official visits](#).
- » Sign a [National Letter of Intent](#).
- » Receive an athletics scholarship.



Registration fee:

- » [Domestic students](#): \$100.
- » [International students](#): \$160.





# DIVISION I: QUALIFIER



Complete 16 core-course units in the required subject areas.



Meet core-course progression before the seventh semester.

**Note:** Students certified based solely on international credentials are exempt from core-course progression.



Earn a core-course GPA  $\geq 2.3$  in the required subject areas.

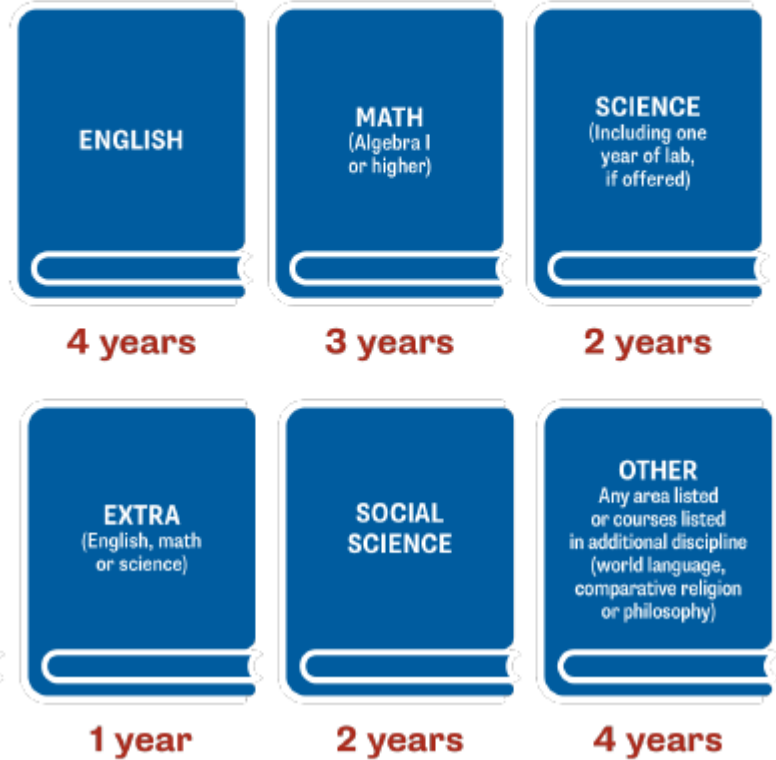


Submit proof of graduation to the Eligibility Center.



# DIVISION I: 16 CORE-COURSE UNITS

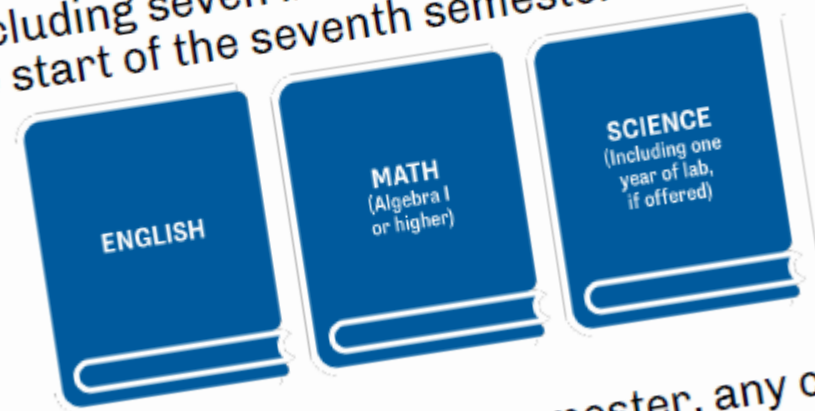
Complete 16 core-course units in eight academic semesters.



\*Refer to handout

## DIVISION I: CORE-COURSE TIME LIMITATION

Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester.



» Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.

» Find your [high school's list](#) of NCAA-approved core courses.



# South Kitsap High School

Port Orchard, WA



## On Track Course Catalog

2022-2024

### **Nutrition and Wellness - HFA124**

**Open To:** 9,10,11,12 **Credits:** .5 / One Semester

**Grad Req:** CTE

Nutrition and Wellness is an introductory course valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers related to nutrition, food, and wellness. This nutrition class introduces students to only the basics of food preparation so they can become self-sufficient in accessing healthy and nutritious foods. Major course topics include nutrition principles and applications; influences on nutrition and wellness; food preparation, safety, and sanitation; and science, technology, and careers in nutrition and wellness.

### **American Sign Language (ASL) I - HPT211 and HPT212**

**Open To:** 9,10,11,12

**Grad Req:** CTE and World Language

See course descriptions under "World Languages".

**Credits:** 1 / One Year

**Two for One:** World Languages

NCAA

CTE



# DIVISION I WORKSHEET

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check [your high school's list](#) of NCAA-approved core courses for the classes you have taken or plan to take.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

| ENGLISH (4 YEARS REQUIRED) |                            |        |   |       |   |   |
|----------------------------|----------------------------|--------|---|-------|---|---|
| 10/7                       | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
| ✓                          | Example: English 9         | .50    |   | 4     |   | (.5 x 4) = 2                              |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            | TOTAL ENGLISH UNITS        | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |
| MATH (3 YEARS REQUIRED)    |                            |        |   |       |   |   |
| 10/7                       | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
| ✓                          | Example: Algebra I         | 1.0    |   | 3     |   | (1.0 x 3) = 3                             |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            |                            |        |   |       |   | 0.000                                     |
|                            | TOTAL MATH UNITS           | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |
| SCIENCE (2 YEARS REQUIRED) |                            |        |   |       |   |   |
| 10/7                       | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
|                            |                            |        |   |       |   | 0.000                                     |

Refer  
to  
Hand  
out



**SCIENCE (2 YEARS REQUIRED)**

| 10/7 | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
|------|----------------------------|--------|---|-------|---|---|
|      |                            |        |   |       |   | 0.000                                     |
|      |                            |        |   |       |   | 0.000                                     |
|      |                            |        |   |       |   | 0.000                                     |
|      | TOTAL SCIENCE UNITS        | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |

**EXTRA YEAR IN ENGLISH, MATH OR SCIENCE (1 YEAR REQUIRED)**

| 10/7 | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
|------|----------------------------|--------|---|-------|---|---|
|      |                            |        |   |       |   | 0.000                                     |
|      |                            |        |   |       |   | 0.000                                     |
|      | TOTAL ADDITIONAL UNITS     | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |

**SOCIAL SCIENCE (2 YEARS REQUIRED)**

| 10/7 | NCAA-APPROVED COURSE TITLE | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
|------|----------------------------|--------|---|-------|---|---|
|      |                            |        |   |       |   | 0.000                                     |
|      |                            |        |   |       |   | 0.000                                     |
|      |                            |        |   |       |   | 0.000                                     |
|      | TOTAL SOCIAL SCIENCE UNITS | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |

**OTHER ACADEMIC COURSES (4 YEARS REQUIRED)**

| 10/7 | NCAA-APPROVED COURSE TITLE      | CREDIT | X | GRADE | = | QUALITY POINTS (MULTIPLY CREDIT BY GRADE) |
|------|---------------------------------|--------|---|-------|---|---|
|      |                                 |        |   |       |   | 0.000                                     |
|      |                                 |        |   |       |   | 0.000                                     |
|      |                                 |        |   |       |   | 0.000                                     |
|      |                                 |        |   |       |   | 0.000                                     |
|      |                                 |        |   |       |   | 0.000                                     |
|      | TOTAL ADDITIONAL ACADEMIC UNITS | 0.00   |   |       |   | TOTAL QUALITY POINTS 0.000                |



| QUALITY POINTS / CREDITS = CORE-COURSE GPA                                       |      |   |      |   |  |
|--|------|---|------|---|--|
| TOTAL QUALITY POINTS FROM EACH SUBJECT AREA /<br>TOTAL CREDITS = CORE-COURSE GPA | 0.00 | / | 0.00 | = |  |

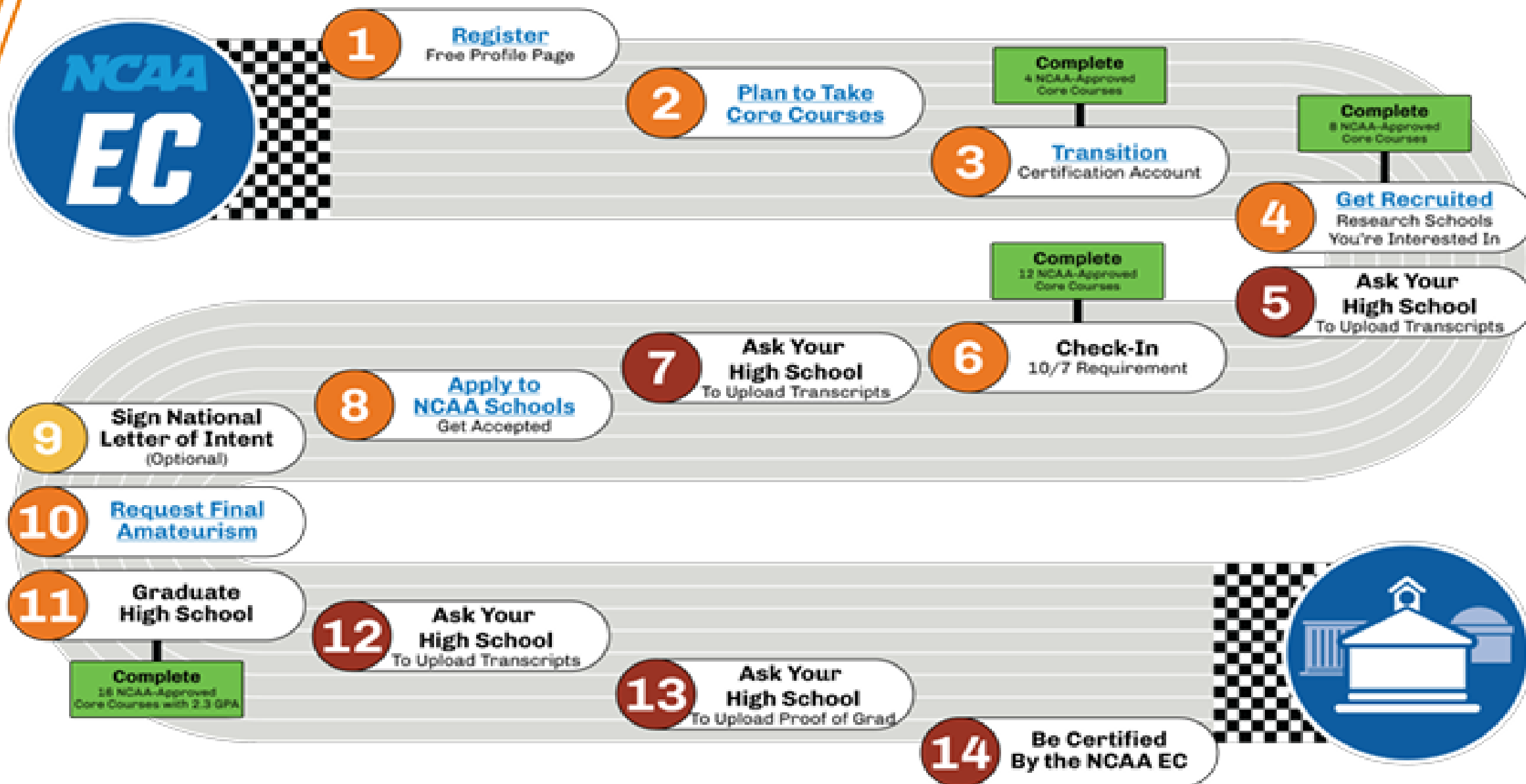
*Sixteen core courses are required for your core-course GPA. Ten of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science. The information presented on or through this worksheet is made available solely for general information purposes. Given the manual data entry required, the NCAA does not warrant the accuracy or completeness of this information. Any reliance placed on this information is strictly at your own risk. We disclaim all liability and responsibility arising from any reliance placed on this worksheet, and any information included therein, by you or any other individual or entity who may be informed of its contents.*



Earn a core-course GPA  $\geq 2.3$   
in the required subject areas.



# KEEP CERTIFICATIONS ON TRACK







# SCHOLARSHIPS BY SPORT

Only about **2% of high school-athletes** are awarded athletics scholarships to compete in college.

- » Academic scholarships.
- » Athletics scholarships.
- » Expectations.
  - Annual scholarships.
  - Full scholarships.
  - Partial scholarships.
  - Scholarship renewals.



# QUESTIONS TO ASK NCAA COACHES

- » Additional team responsibilities.
- » Athletic training and medical expenses.
- » Coaching philosophy and style.
- » Degree completion support.
- » Injuries and rehabilitation.
- » Mental health resources.
- » Playing time.
  - Am I a top seed, five seed or standby recruit?
  - Are there any redshirt expectations?
- » Scholarship renewals.
  - Will I receive a full or partial scholarship?
  - If I'm injured will my scholarship remain?
- » Team time demands.



# Questions?

## Thank you for attending!

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Presenters:

Athletic Director: Lindsey Foster

Counselor: Tawni Chinchilla