



North Suburban
Conference
NCAA Eligibility
Workshop
2022

Warren Township High School

So, you want to be a college athlete. That's great! Now, you must learn the process to make it a reality. The National Collegiate Athletic Association (NCAA) has developed a process that ensures that all participating colleges and universities and their student-athletes are competing on a "level playing field," and that all prospective athletes are academically eligible to participate.

WHAT EVERY HIGH SCHOOL ATHLETE SHOULD KNOW ABOUT RECRUITING

When a high school athlete daydreams about playing sports at college, does he see himself sitting humbly on the bench waiting for the coach to send him in? Probably not. Instead he sees himself acknowledging the cheers of the fans, granting an interview in the locker room after the game, and weighing the merits of an attractive offer to go professional. In short, he has the same fantasies that thousands of other young men and women have: that college will be the springboard to fortune and the big leagues.

Here are some things to consider:

- Only 3 out of every 10,000 high school basketball players make it to the pros.
- The professionals for any major sport are usually drawn from big institutions, which are treasure troves of first-rate athletes playing on outstanding teams.
- The average pro-football career lasts only three years.

These realities indicate that the college-bound athlete must think ahead to when the cheering stops. Careers in sports can end abruptly. Starting spots can evaporate after only one year. More often, college athletes have problems with eligibility. Practice schedules are hard on grades. Some players spend more than four years trying to graduate and eventually their eligibility expires.

If you are a high school athlete who wants to play college-level sports, keep two priorities in mind: **COLLEGE FIRST, ATHLETICS SECOND**. Avoid situations that might leave you without a degree or even a team to play on.

For more information on the "Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level", check out <http://www.ncaa.org/about/resources/research/probability-competing-beyond-high-school>.

For information on the National Junior College Athletic Association (NJCAA), go to www.njcaa.org.

For information on the National Association of Intercollegiate Athletics (NAIA), go to www.naia.org.

Resources for NCAA Student-Athletes

- ☑ The [NCAA Eligibility Center website](#) –offers great information about the eligibility process, how to work with coaches, finding information on sports and divisions, and much more.
- ☑ [Download](#) or read online the current ***Guide for the College-Bound Student-Athlete***
- ☑ Review the [Division I Academic Standards & Eligibility Requirements](#)
- ☑ Review the [Division II Academic Standards & Eligibility Requirements](#)
- ☑ For the most up-to-date list of your high school's approved NCAA core courses: <https://www.ncaa.org/sports/2014/10/6/core-courses.aspx>
- ☑ To find information on what schools sponsor your sport, as well as access athletic contacts at individual schools: <https://web3.ncaa.org/directory/>
- ☑ Student-athletes with disabilities should go to:
<https://www.ncaa.org/sports/2014/11/25/education-impacting-disabilities.aspx>
- ☑ To apply for NCAA Eligibility: <https://web3.ncaa.org/ecwr3/>
- ☑ Review the NCAA Eligibility [registration checklist](#).
 - Click on “Create an Account” or “Create a Profile Page” depending on your path.



STUDENT-ATHLETE'S HIGH SCHOOL ELIGIBILITY TIMELINE

****This timeline is focused for student-athletes planning to attend a NCAA Division I or II institution. Certainly all student-athletes can benefit from this information, but the NCAA Eligibility Center pertains to DI or DII student-athletes.**

Freshman Year

- ☑ Learn more about the process of becoming a student-athlete in college at www.eligibilitycenter.org
- ☑ Keep your grades high and work on your study habits
- ☑ Talk to your counselor about NCAA core class requirements; make sure you take classes that match your high school's list of approved core courses (available online at www.eligibilitycenter.org under Resources)
- ☑ Get to know all the coaches in your sport
- ☑ Attend sports camps
- ☑ Realistically analyze your ability
- ☑ Start thinking about academic and career goals

Sophomore Year

- ☑ Keep up your grades
- ☑ Take the PSAT and/or Practice ACT test
- ☑ Take classes that match your high school's List of NCAA Courses. Keep your counselor up to date on your athletic goals.
- ☑ At the beginning of your sophomore or junior year, complete your online registration at www.eligibilitycenter.org.
- ☑ If you fall behind, do not take short cuts. Classes you take must be four-year college preparatory and must meet NCAA requirements.
- ☑ Talk to your coaches about your ability and ambitions
- ☑ Make preliminary inquiries to colleges that interest you (a brief e-mail to the college coach is appropriate)
- ☑ Lift weights and stay in shape in the off-season
- ☑ Attend sports camps
- ☑ Start developing your sports resume

Junior Year

- ☑ If you haven't already, at the beginning of your junior year, register at www.eligibilitycenter.org and complete the amateurism questionnaire
- ☑ Keep working on your grades!
- ☑ Talk with your counselor about career goals and, again, about the NCAA core course requirements

☒ Junior Year Continued

- ☒ Talk with your coach about a realistic assessment of which college level/division you can play
- ☒ Take the PSAT, ACT, and SAT
- ☒ When taking the ACT or SAT, request test scores to be sent to the eligibility center (**code is 9999**)
- ☒ Refine your list of possible college choices and know their admission requirements
- ☒ Finalize your sports resume
- ☒ Send e-mails to college coaches expressing your interest
- ☒ Prior to registration for senior year classes, check with your counselor to determine the amount of core courses that you need to complete for senior year
- ☒ Begin making unofficial visits to colleges
- ☒ Obtain letters of recommendation from teachers
- ☒ Attend sports camps in the summer
- ☒ Request your transcript be sent to the NCAA Eligibility Center at the end of junior year.

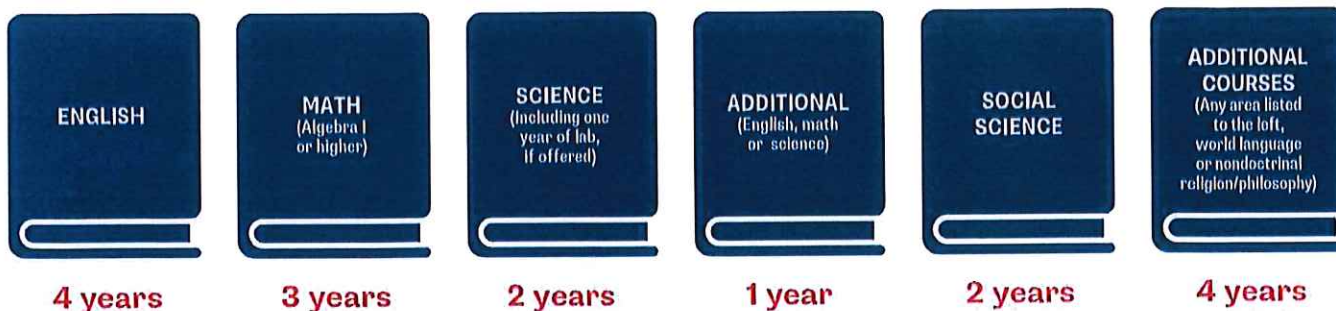
Senior Year

- ☒ Senior year grades are important!
- ☒ Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements
- ☒ Sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
- ☒ Review your amateurism questionnaire responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees)
- ☒ Attend college fairs and financial aid workshops
- ☒ Retake the ACT and/or SAT, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score
- ☒ Refine your college list and apply for admission
- ☒ Be aware of recruiting rules regarding campus visits
- ☒ Complete *Free Application for Federal Student Aid* (FAFSA) after October 1st
- ☒ Sit down with your parents and coach to list the pros and cons of each school you are considering
- ☒ Be sure of your final choice before signing any papers
- ☒ Request your final transcript with proof of graduation be sent to the NCAA Eligibility Center
- ☒ Let coaches know when their school is no longer in the running. Thank them!
- ☒ Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!

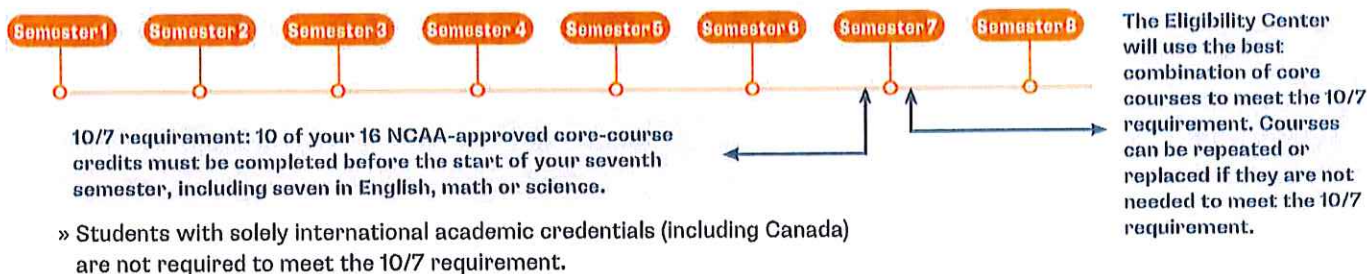
DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, **core-course GPA** and test scores. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must meet all of the following requirements:

1. Earn 16 NCAA-approved core-course credits in the following areas:



2. 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.



3. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn a corresponding test score that matches your core-course GPA (minimum 2.3) on the Division I sliding scale ([see page 22](#)).^{*} More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.
5. Submit your final transcript with proof of graduation to the Eligibility Center.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

10th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

11th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

12th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

ACADEMIC CERTIFICATION DECISIONS

For Academic and Amateurism Certification accounts, an academic certification will be conducted to determine if you meet Division I academic standards. Academic certifications are required for all college-bound student-athletes planning to compete at a Division I school. (An amateurism certification is also required, and is included as part of an Academic and Amateurism Certification account; [see page 28](#).) The following items are required to complete your academic certification:

- » Official transcripts from all high schools attended.
- » **Test scores.** More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.
- » Final **official transcript** with proof of graduation.
- » No open academic tasks in your NCAA Eligibility Center Certification account ([see page 13](#)).
- » Be on a Division I school's **institutional request list**.

Being placed on a Division I institutional request list means you are being recruited and notifies the Eligibility Center to complete an academic evaluation for you after all of your required documents have been submitted.

If you are being recruited by a **Division I school**, below are the most common decisions you may receive once a certification has been completed.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters of high school, you may be deemed an early academic qualifier for Division I and may practice, compete and receive an athletics scholarship during your first year of full-time enrollment. To be an early academic qualifier, you will need:

- » A minimum SAT combined score (math and critical reading) of 980 or ACT sum score of 75.
- » A **core-course GPA** of 3.0 or higher in a minimum of 14 NCAA-approved core-course credits in the following areas:
 - Three years of English.
 - Two years of math.
 - Two years of science.
 - Two additional years of English, math or science.
 - Five additional core courses in any area.

A final high school transcript must be submitted to the Eligibility Center after high school graduation for all early academic qualifiers.

QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division I school.

ACADEMIC REDSHIRT

You may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

NONQUALIFIER

You will not be able to practice, compete or receive an athletics scholarship during your first year of enrollment at a Division I school.

WHAT IF I DON'T GRADUATE ON TIME?

In Division I, if you do not graduate on time (in four years/eight semesters), the Eligibility Center will still use your grades and coursework for the first four years/eight semesters for your certification. You will still need to provide proof of graduation (once you graduate) and you may not use any coursework taken after your high school graduation toward your certification.

WHAT IF I DON'T MEET DIVISION I STANDARDS?

If you have not met all of the Division I academic standards, you may not compete in your first year at a Division I school.

However, if you qualify as an academic redshirt, you may practice during your first term in college and receive an athletics scholarship for the entire year.

To qualify as an academic redshirt, you must:

- » Earn 16 NCAA-approved core-course credits.
- » Earn a corresponding test score that matches your **core-course GPA** (minimum 2.0) on the Division I sliding scale ([see page 22](#)).
- » Submit your final transcript with proof of graduation to the Eligibility Center.

COURSES TAKEN AFTER HIGH SCHOOL

For Division I, only courses completed in your first eight semesters will be used in your academic certification. If you graduate from high school on time (in eight semesters) with your incoming ninth-grade class, you may use one core-course unit completed in the year after graduation (summer or academic year) and before enrolling full time at any college or university. You may complete the core course at a location other than the high school from which you graduated as long as the course is taken prior to full-time enrollment at any college or university.

A college course taken after high school graduation may be used toward your initial eligibility and awarded 0.5 units from

your college transcript (unless awarded one full unit on your home high school transcript). It must appear on your home high school transcript with grade and credit.

An additional core-course unit taken after on-time high school graduation cannot replace a course used to meet the core-course progression (10/7) requirement, but an additional core course after on-time graduation may replace one of the remaining six core-course units necessary to meet core-course requirements. For more information on the impact of COVID-19 and initial-eligibility requirements, visit on.ncaa.com/COVID19_Spring2023.

DIVISION I SLIDING SCALE

Division I uses a sliding scale to match your test score(s) and **core-course GPA** to determine eligibility. The sliding scale balances your test score with your core-course GPA. Find more information about test scores on [page 15](#) or visit ncaa.org/test-scores. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.

DIVISION I QUALIFIER SLIDING SCALE					
Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	490	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

ACADEMIC REDSHIRT

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	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: English 9	0.5		4		(0.5 x 4) = 2
						0.0
						0.0
						0.0
						0.0
	TOTAL ENGLISH CREDITS	0.0				TOTAL QUALITY POINTS 0.0
MATH (3 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
✓	Example: Algebra I	1.0		3		(1.0 x 3) = 3
						0.0
						0.0
						0.0
	TOTAL MATH CREDITS	0.0				TOTAL QUALITY POINTS 0.0
SCIENCE (2 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.0
						0.0
	TOTAL SCIENCE CREDITS	0.0				TOTAL QUALITY POINTS 0.0
ADDITIONAL YEAR IN ENGLISH, MATH OR SCIENCE (1 YEAR REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.0
	TOTAL ADDITIONAL CREDITS	0.0				TOTAL QUALITY POINTS 0.0
SOCIAL SCIENCE (2 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.0
						0.0
	TOTAL SOCIAL SCIENCE CREDITS	0.0				TOTAL QUALITY POINTS 0.0
ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)						
10/7	COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
						0.0
						0.0
						0.0
						0.0
	TOTAL ADDITIONAL ACADEMIC CREDITS	0.0				TOTAL QUALITY POINTS 0.0
TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA		0.0	/	0.0	=	
QUALITY POINTS / CREDITS = CORE-COURSE GPA						

10 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.

DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, **core-course GPA** and test scores. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must meet *all* of the following requirements:



1. Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, world language or non doctrinal religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

2. Earn a corresponding test score that matches your core-course GPA (minimum 2.2) on the Division II qualifier sliding scale ([see page 26](#)). More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.
3. Submit your final transcript with proof of graduation to the NCAA Eligibility Center.

Student-athletes enrolling at an NCAA member school Aug. 1, 2021, or later who do not meet Division II qualifier standards will be deemed partial qualifiers. All Division II partial qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.



ACADEMIC CERTIFICATION DECISIONS

For Academic and Amateurism Certification accounts, an academic certification will be conducted to determine if you meet Division II academic standards. Academic certifications are required for all college-bound student-athletes planning to compete at a Division II school. (An amateurism certification is required, and is included as part of an Academic and Amateurism Certification account as well as an Amateurism-Only Certification; [see page 28](#).) The following items are required to complete your academic certification:

- » Official transcripts from all high schools attended.
- » **Test scores.** More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.
- » Final **official transcript** with proof of graduation.
- » No open academic tasks in your NCAA Eligibility Center Certification account ([see page 13](#)).
- » Be on a Division II school's **institutional request list**.

Being placed on a Division II school's **institutional request list** means you are being recruited and notifies the Eligibility Center to complete an academic evaluation for you after all of your required documents have been submitted.

If you are being recruited by a **Division II school**, below are the most common decisions you may receive once a certification has been completed.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters of high school, you may be deemed an early academic qualifier for Division II and may practice, compete and receive an athletics scholarship during your first year of full-time enrollment. To be an early academic qualifier, you will need:

- » A minimum SAT combined score (math and critical reading) of 900 or ACT sum score of 68.

A final high school transcript must be submitted to the Eligibility Center after high school graduation for all early academic qualifiers.

- » A **core-course GPA** of 2.5 or higher in a minimum of 14 NCAA-approved core-course credits in the following areas:

- Three years of English.
- Three years of math.
- Two years of science.
- Six additional core courses in any area.

QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

PARTIAL QUALIFIER

You may practice and receive an athletics scholarship, but may NOT compete, during your first year of full-time enrollment at an NCAA Division II school.

WHAT IF I DON'T MEET DIVISION II STANDARDS?

If you have not met all of the Division II academic standards, you may not compete in your first year at a Division II school. However, you will be deemed a partial qualifier. All Division II partial qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.

CORE-COURSE TIMELINE

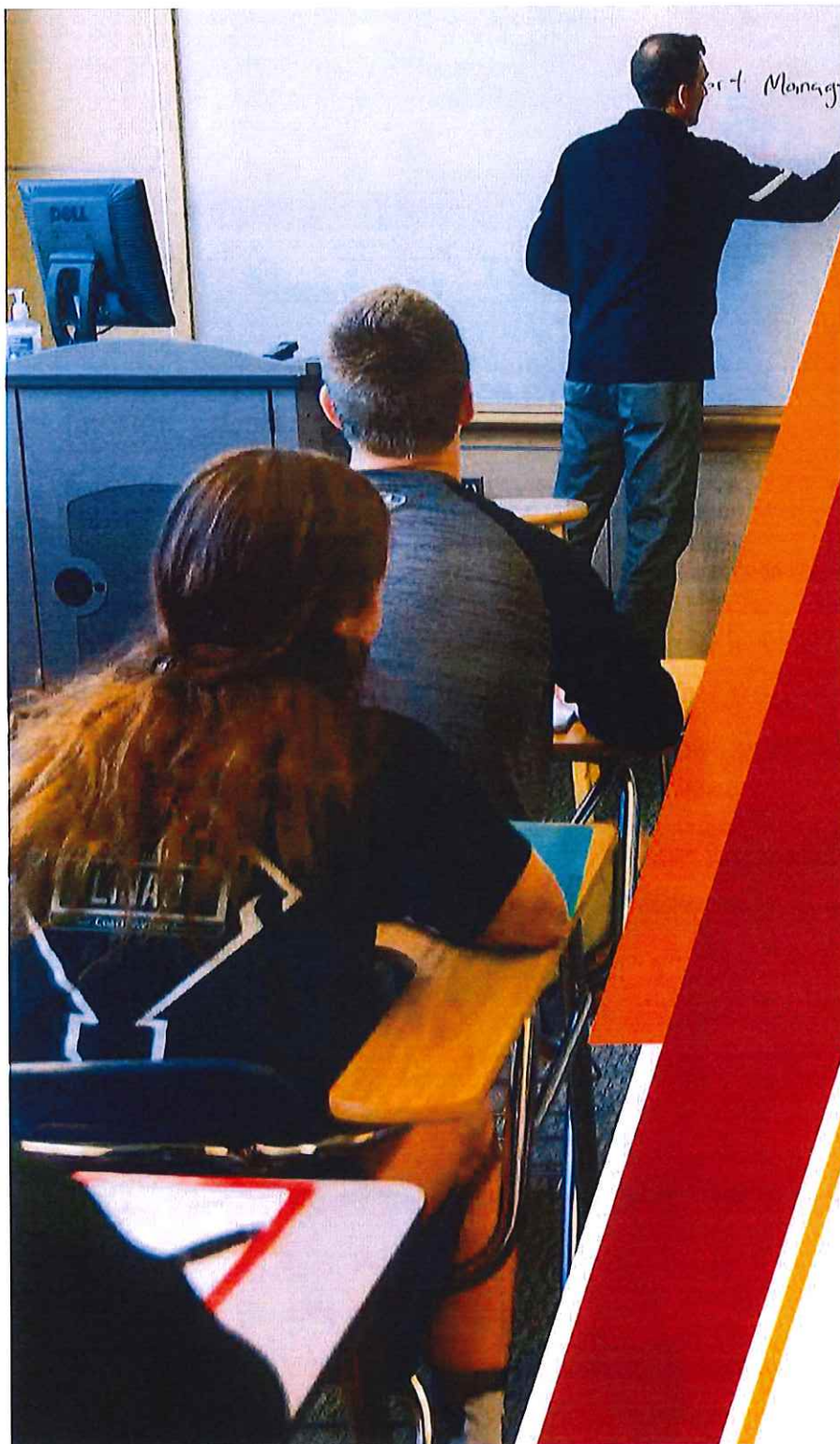
If you plan to compete at a Division II school, you must earn 16 NCAA-approved core-course credits after starting freshman/ninth year and before your first full-time college enrollment.

COURSES TAKEN AFTER HIGH SCHOOL

For Division II, you may use an unlimited number of core courses completed after graduation (summer or academic year) and before enrolling full time at any college or university. You may complete the core course(s) at a location other than the high school from which you graduated. A college course taken after high school graduation may be used toward your initial eligibility and awarded 0.5 credits from your college transcript (unless awarded one full credit on your home high school transcript). It must appear on your home high school transcript with grade and credit.

DIVISION II SLIDING SCALE

Division II uses a sliding scale to match your test score(s) and **core-course GPA** to determine eligibility. The sliding scale balances your test score with your core-course GPA. Find more information about test scores on [page 15](#) or visit ncaa.org/test-scores. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.



DIVISION II 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 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 (3 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
Example: English 9	0.5		4		$(0.5 \times 4) = 2$
					0.0
					0.0
					0.0
TOTAL ENGLISH CREDITS	0.0				TOTAL QUALITY POINTS 0.0
MATH (2 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
Example: Algebra I	1.0		3		$(1.0 \times 3) = 3$
					0.0
					0.0
TOTAL MATH CREDITS	0.0				TOTAL QUALITY POINTS 0.0
SCIENCE (2 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
					0.0
					0.0
TOTAL SCIENCE CREDITS	0.0				TOTAL QUALITY POINTS 0.0
ADDITIONAL YEARS IN ENGLISH, MATH OR SCIENCE (3 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
					0.0
					0.0
					0.0
TOTAL ADDITIONAL CREDITS	0.0				TOTAL QUALITY POINTS 0.0
SOCIAL SCIENCE (2 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
					0.0
					0.0
TOTAL SOCIAL SCIENCE CREDITS	0.0				TOTAL QUALITY POINTS 0.0
ADDITIONAL ACADEMIC COURSES (4 YEARS REQUIRED)					
COURSE TITLE	CREDIT	X	GRADE	=	QUALITY POINTS (MULTIPLY CREDIT BY GRADE)
					0.0
					0.0
					0.0
					0.0
TOTAL ADDITIONAL ACADEMIC CREDITS	0.0				TOTAL QUALITY POINTS 0.0
TOTAL QUALITY POINTS FROM EACH SUBJECT AREA / TOTAL CREDITS = CORE-COURSE GPA	0.0	/	0.0	=	
QUALITY POINTS / CREDITS = CORE-COURSE GPA					

SAMPLE E-MAIL FROM HIGH SCHOOL ATHLETE TO COLLEGE COACH

Dear Coach So & So:

I would like to introduce myself. I am currently a senior at Lakeview High School. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-Conference for the past two years and All-State this year. I was also selected for the Daily Herald All Star Team this year.

My coach's name is Mary Jones. Her contact information is included on the attached information page. She has indicated to me that she would welcome your calls. E-mail is a reliable way to reach her as well.

My cumulative GPA is a 3.7 on a 4.0 scale. My ACT composite was a 24 and my SAT is 1100. I intend to retake it in October. I am interested in pursuing a four-year degree in biology. I also hope to continue playing volleyball on the college level. Your program especially interests me. I have followed your team's season in the *Chicago Tribune* and have attended two games.

I have included a skills tape and a game tape. My jersey number is #1 in the light-colored uniforms. Also included is a schedule of our volleyball season. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

Sincerely,

Athlete's Name
Contact Information

SAMPLE STUDENT-ATHLETE RESUME

AMY ATHLETE Volleyball Information

*1225 Any Street
Any Town, Any State 81234
Telephone: (500) 111-1111 or (500) 222-2222
Aathlete@msn.com*

Coach: Mary Jones
1010 Training Avenue
Any Town, Any State 81234
Telephone: (500) 111-1212
E-mail: mjones@park1.k12.co.us

High School: Lakeview High School
12345 N. Almond Road
Lakeview, IL. 60031
(847) 555-1234 (Athletics Office)

Volleyball Division: Class 4A (Highest level within the State)

Position: Setter

Jersey: #1 Dark/#10 Light

Offense Used: 5-1 Offense

Years Starting Varsity: 3 years

Awards/Honors: Best Setter (2021, 2020)
Most Valuable Player (2021)
All Conference (2021, 2020)
All State (2021)
North All Star Team (2021)

Experience: AAU Volleyball (2022, 2021, 2020)
Coed Power Outdoor & Indoor Tournaments (2022-2019)
Any Volleyball Camp (2022, 2021, 2019)
Any University Summer Camp (2021)

Height: 5'8"
Weight: 145 lbs.
Vertical: 23"
GPA: 3.74 on 4.0 scale
ACT Composite Score: 24
SAT Composite Score: 1100
Graduation Date: May, 2022