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College Athletic Pathway

Basics to Ensure Your Pathway to Compete at the College Level

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We Believe In The Power Of Sport Beyond Profit and Its' Power To Transform People And Communities

Courtney Sakellaris
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4 Year NCAA DI Student-Athlete

14+ Years Assistant Athletic Director at Oak Park & River Forest High School (Oak Park, IL)

2021 IADA Assistant Athletic Director of the Year

7+ Years USA Field Hockey Region Futures Program Director

IL High School Field Hockey Association

B.A. University of Rhode Island
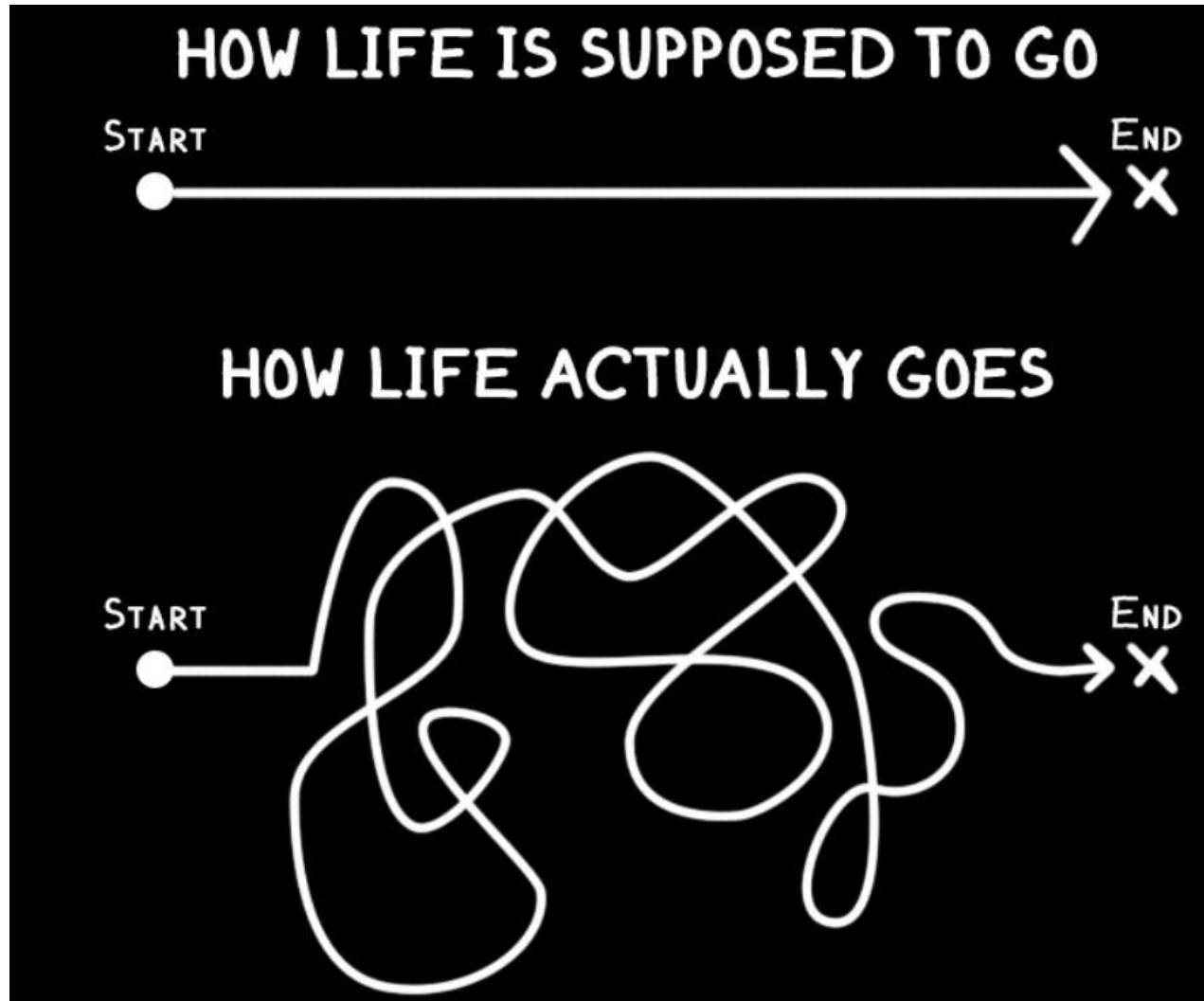
WE SIMPLIFY ACADEMIC ELIGIBILITY

Honest Game comprehensive system combines educational programs, NCAA portal audit & software that takes the guesswork out of the complex NCAA requirements for college sports, while getting school departments, students and families on the same page.
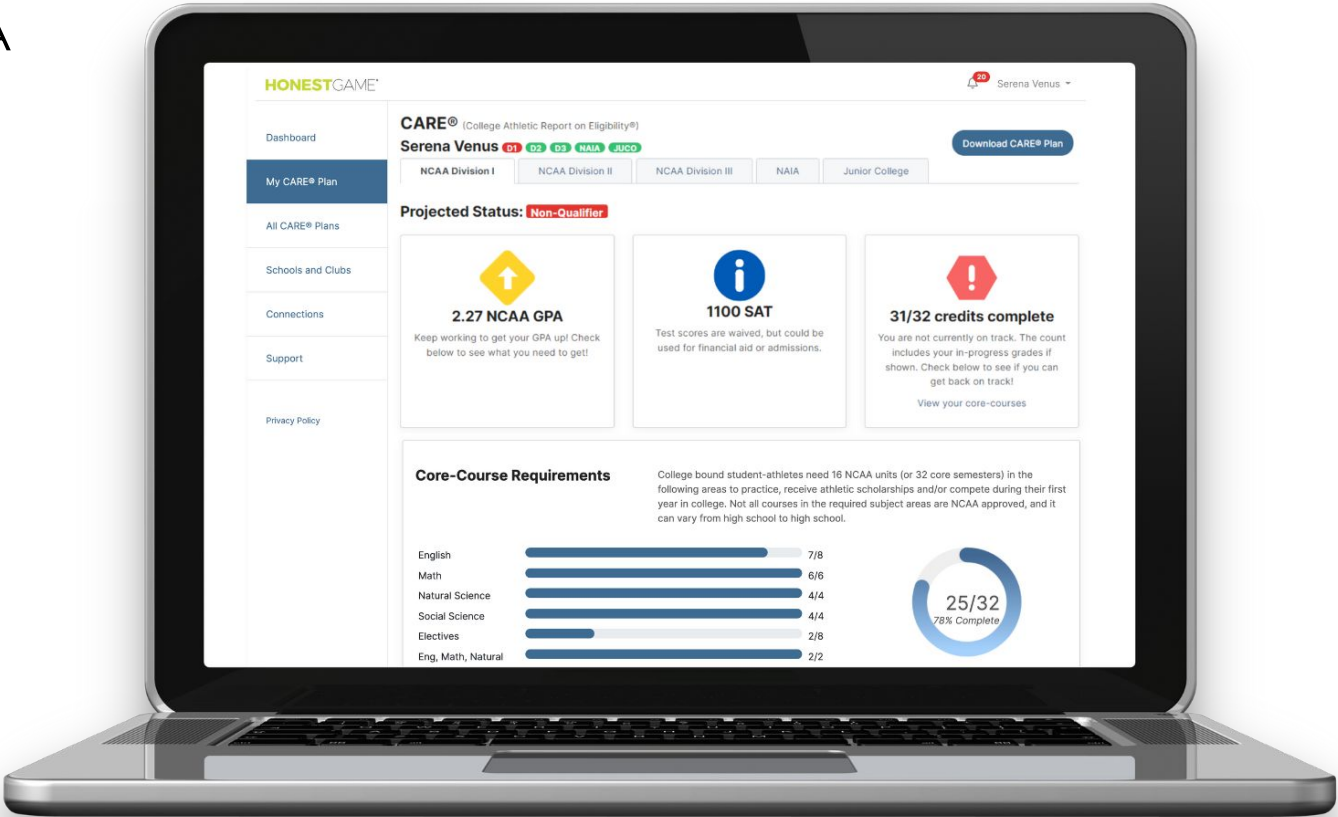
THE COLLEGE ATHLETIC PATHWAY

Academic Eligibility
Amateurism
Recruiting
Financial Aid

NCAA ACADEMIC ELIGIBILITY | THE BASICS

Uses a combination of a student-athlete's high school coursework and their NCAA Core GPA as calculated using NCAA-approved Core Courses.

DI — Minimum 2.3 NCAA Core GPA
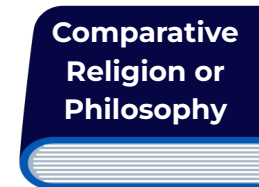
DII — Minimum a 2.2 NCAA core GPA

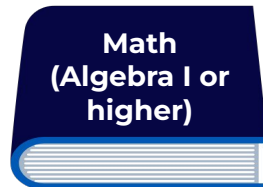**DIII** — No NCAA course requirements. Must meet the admissions standards for the institution, with full eligibility in accordance with the NCAA academic requirements

What is an NCAA Core Course?

NCAA Core courses must meet the below requirements to be approved by the NCAA:

✓ Be an academic, four-year college preparatory course receiving high school graduation credit in one or more of these areas:

English	Math (Algebra I or higher)	Natural /Physical Science	Social Science	Foreign Language	Comparative Religion or Philosophy

✓ Be at or above your high school's regular academic level

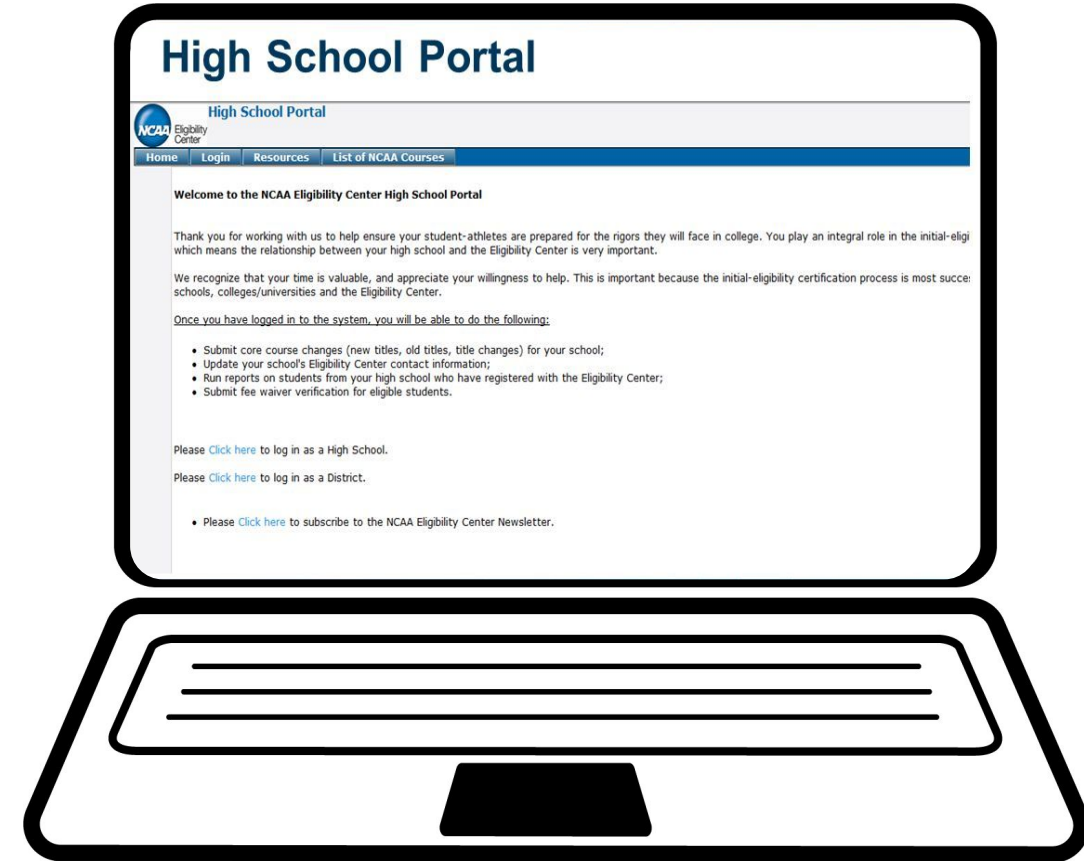✓ Be taught by a qualified instructor

✗ Not all high school classes are NCAA core courses and each high school has its own list of NCAA-approved courses, which must be submitted and approved by the NCAA for each school.

What is the NCAA portal?

Each school should have an NCAA account. It is the school's responsibility to keep the list updated. The NCAA's review of each course results in:

✓ Approved for NCAA credit

✓ Denied for NCAA credit

✓ Requires further documentation and review (RC8)

Only courses that appear on a high school's list of NCAA core courses will count toward the 16 core course requirement.

High School Portal

NCAA Eligibility Center | High School Portal

Home | Login | Resources | List of NCAA Courses

Welcome to the NCAA Eligibility Center High School Portal

Thank you for working with us to help ensure your student-athletes are prepared for the rigors they will face in college. You play an integral role in the initial-eligibility which means the relationship between your high school and the Eligibility Center is very important.

We recognize that your time is valuable, and appreciate your willingness to help. This is important because the initial-eligibility certification process is most success schools, colleges/universities and the Eligibility Center.

Once you have logged in to the system, you will be able to do the following:

- Submit core course changes (new titles, old titles, title changes) for your school;
- Update your school's Eligibility Center contact information;
- Run reports on students from your high school who have registered with the Eligibility Center;
- Submit fee waiver verification for eligible students.

Please Click here to log in as a High School.

Please Click here to log in as a District.

- Please Click here to subscribe to the NCAA Eligibility Center Newsletter.

Get to know your internal contacts and communicate with them often.

NCAA ELIGIBILITY CENTER PORTAL

High School Portal

NCAA Eligibility Center

| Home | Login | Resources | List of NCAA Courses |

High School Summary	
NCAA High School Code	143245
CEEB Code	143245
High School Name	OAK PARK & RIVER FOREST HS
Address	201 N SCOVILLE AVE OAK PARK IL - 60302
Primary Contact Name	KRIS JOHNSON
Primary Contact Phone	708-383-3258
Primary Contact Fax	708-434-3911
Primary Contact Email	kjohnson@oprfhs.org
Secondary Contact Name	GABRIELLE VAN ZANT
Secondary Contact Phone	7084343259
Secondary Contact Fax	7084343259
Secondary Contact Email	gvanzant@oprfhs.org
School Website	http://oprfhs.org
Link to Online Course Catalog/Program of Studies	Not Available
Last Update of List of NCAA Courses	06-May-22
Other Teams Formally Affiliated	No teams data found

Please review information regarding your school and district. The information listed below applies only to courses completed at the above school.

High School Information
EDGENUITY coursework from this school/program, designated as "CR" or no designation on students' transcripts, meets NCAA nontraditional core-course legislation.

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Every High School has a Different List of NCAA-Approved Courses - Visalia's high schools are connected to 1 district list

	Approved Courses	
	English	

Show All entries

Course Weight	Title	Notes
	1 HUM ENGLISH	
	1 HUMANITIES ENGLISH 2	
	1 HUMANITIES ENGLISH 2 H	
	1 HUMANITIES ENGLISH WITH SUPPORT	
	19TH C LIT 2	
	19TH CENTURY LIT	
	2 ENGLISH 2	
	2 ENGLISH ENRICHED	
	2 HUMANITIES ENGLISH 2	
	2 HUMANITIES ENGLISH ENRICHED	
	3 ENGLISH 1	
	3 ENGLISH 2	
	3 ENGLISH 2ND LANG	
	3 ENGLISH ENRICHED	
	4 ENG ADV WRITING 2	
	4 ENG CONTEMP LIT 2	
	4 ENG GENDER IN LIT 2	
	4 ENG HIST FICTION 2	
	4 ENG PSYCH IN LIT 2	
	4 ENG SCI FICTION 2	
	4 ENGLISH 2 H	
	4 ENGLISH 2ND LANG	
	4 ENGLISH ENRICHED	
	4ENG 1 GENRE STUDIES	
	=1 HUMANITIES ENG AS	
	=1 HUMANITIES ENG IP	

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What is an NCAA Core GPA?

The NCAA Eligibility Center calculates student-athletes GPA (DI/DII level) based on the grades earned in the 16 NCAA-approved core courses that are completed in high school (32 semesters).

School GPA	NCAA GPA
2.06	2.50
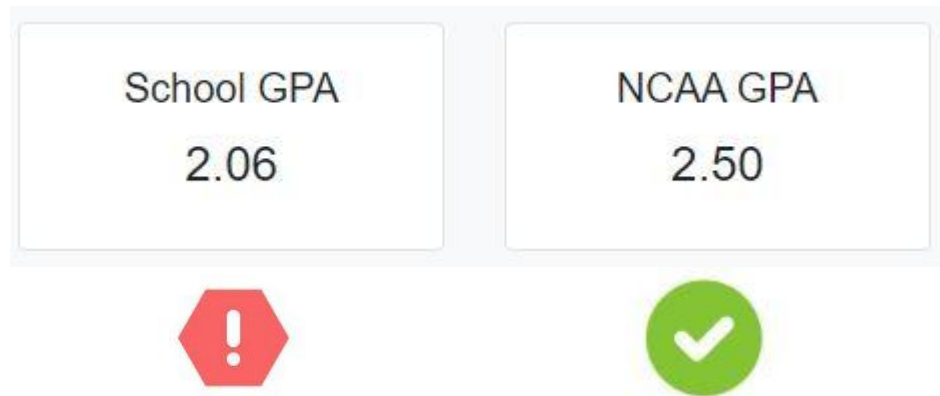
A real-life student who had a low school GPA but an eligible NCAA Core GPA

School GPA	NCAA GPA
2.61	2.20

A real-life student who had a high school GPA but an ineligible NCAA Core GPA

NCAA DI QUALIFIER POINTERS
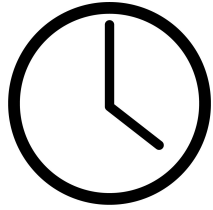
Each Semester Counts Equally

Average 4 NCAA-approved courses each year

In total 16 (32 semesters) NCAA-approved courses

10 (20 semesters) NCAA courses must be completed before start senior year
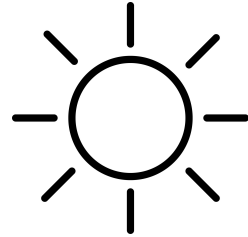
Summer School or Virtual Courses

Catching up on courses during the summer or taking virtual courses is encouraged

Not every course is NCAA approved, check approved course list
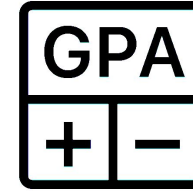
Core GPA in NCAA courses

Earn a minimum 2.3 Core GPA in NCAA Core Courses
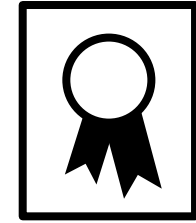
NCAA D1 Qualifier Status

Student registers with NCAA Eligibility Center, submits transcript and completes NCAA Eligibility Center Amateurism Survey

Student completes 16 NCAA approved courses:
4 English | 3 Math | 2 Nat Sci | 1 Eng/Nat Sci/Math | 2 Soc Sci | 4 Add'l Courses

THINGS TO WATCH OUT FOR

✓ **Early Graduation (popular with football players)**

- Will students be eligible if they graduate early?

✓ **Reclassification (popular with basketball players)**

- Will students be off track if they reclass? If they reclass, are they duplicating the same year again?
- Looking at Junior College options and understanding this pathway.

✓ **Academic Eligibility Issues**

- Missing NCAA-approved English (common subject specific issue)
- Missing NCAA-approved Math (common subject specific issue)
- 10/7 lock before the start of senior year
- NCAA GPA vs. School GPA
- If students don't take a foreign language, do they have enough "additional courses"
- During course selection double check to confirm core courses are NCAA approved

THINGS TO WATCH OUT FOR

✓ **Transfer Students**

- Check their old school's NCAA-approved list of courses

✓ **International Students**

- Check the country's course approvals, etc.

✓ **ELL/ESL**

- Does your school have the appropriate approvals? If not, are those students supplementing their English requirements?

✓ **Summer School**

- Ensure summer school courses count for both graduation and NCAA eligibility

✓ **Virtual Courses**

- Ensure virtual courses count for both graduation and NCAA eligibility

Students who do not meet the **2.3 minimum overall high school GPA requirement** upon graduation may still become eligible to compete at an NAIA school by meeting 2 of the following 3 criteria:

✓ Minimum overall high school GPA of 2.0 (on a 4.0 scale).

✓ Minimum test score of 18 on the ACT or 970 on the SAT.

✓ Graduate in the top half (50%) of their high school class.

JUNIOR COLLEGE | THE BASICS
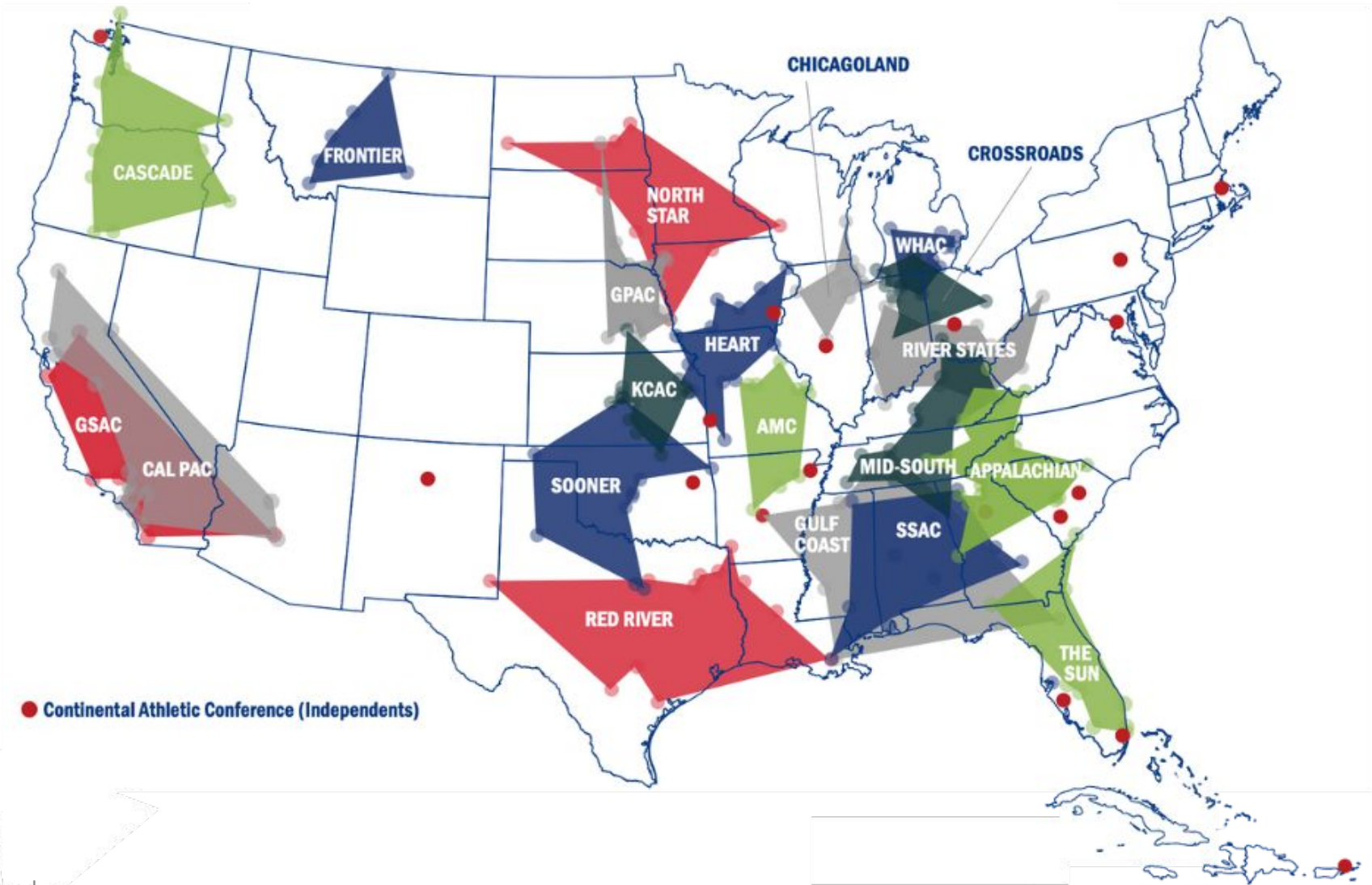
✓ JUCOs are allowed to set their own standards.

✓ Generally, a student-athlete **must be a graduate of a high school with an academic diploma**, earned a **general education diploma (GED)** or a state department of education-approved **high school equivalency test.**

✓ NCAA initial-eligibility is important to know and understand prior to attending JUCO for student-athletes looking to continue on at a four-year school.

✓ NCAA DI/DII non-qualifiers who attend JUCO are held to different academic and enrollment requirements than those that were initial-qualifiers out of high school.

Honest Game Insight: Attending a JUCO right out of high school does not inhibit a student-athlete's goal of playing at a traditional four-year college!

STUDENT ATHLETE & FAMILY SUPPORT

Encourage College-Bound Student-Athletes to Register

ELIGIBILITYCENTER.ORG

PLAYNAIA.ORG

STUDENT ATHLETE & FAMILY SUPPORT
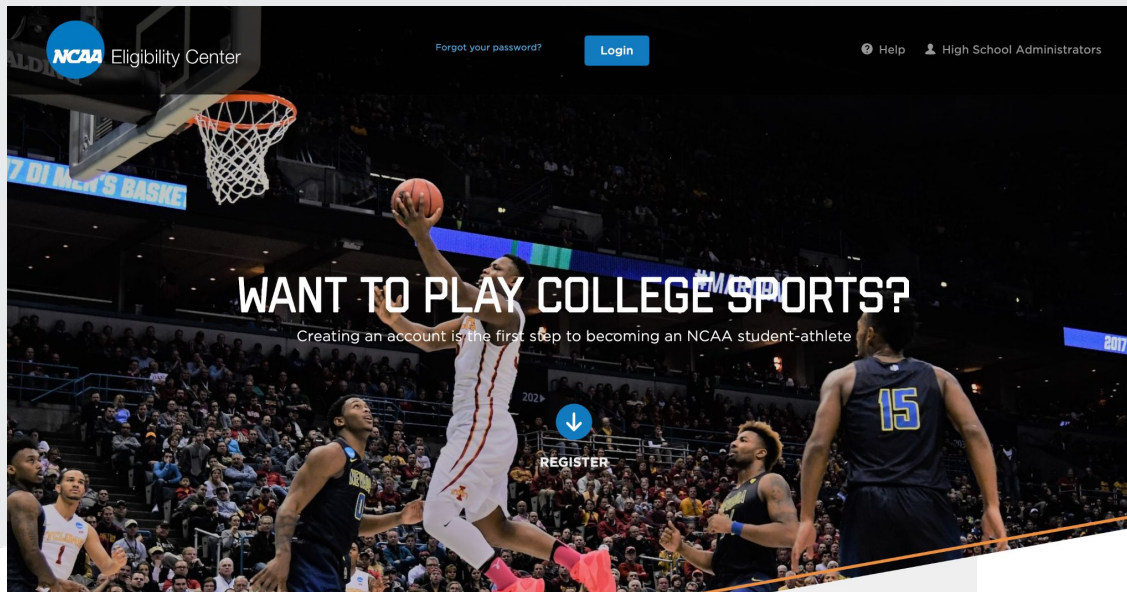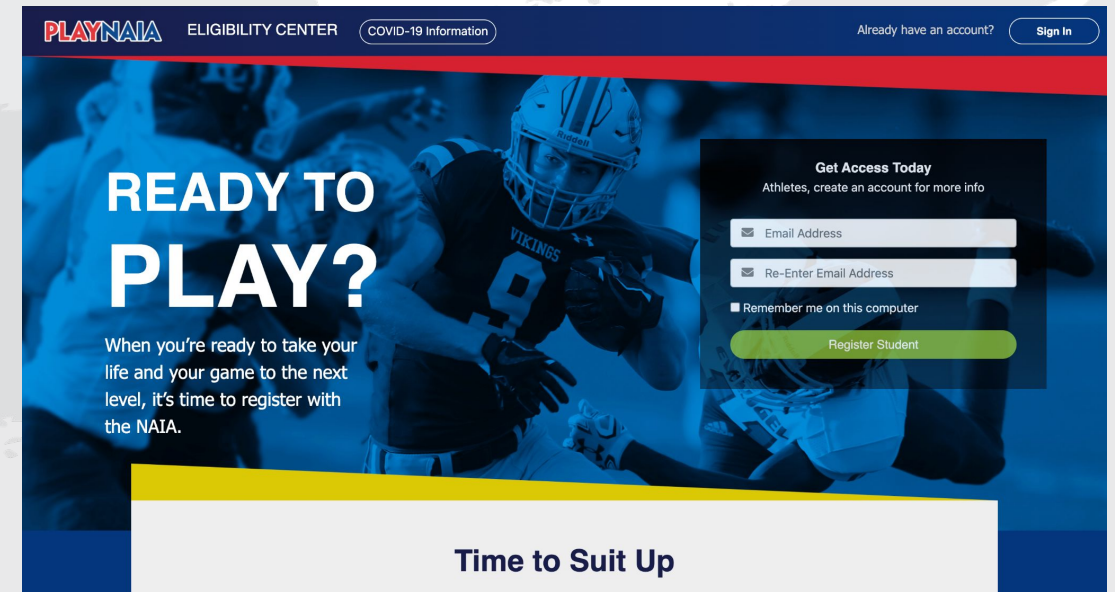
What Do You Need to Register with the NCAA?

✗ Valid email address

✗ Basic education history

✗ Sports participation history (Certification Accounts only)

✗ Payment (Certification Accounts only)

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Questions that arise doing the Amateurism Survey

✗ It asked if I played for a team - how do I respond?

✗ It asked if I've received benefits from the team - how do I respond?

✗ It asks if I have an agent - what if I have someone helping me with NIL? Does that count?

✗ How does NIL affect my opportunities in the future?

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Misconceptions About the College Athletic Recruiting Process

✗ NCAA Division I is the only and best option

✗ If you receive an email from a coach you are being recruited

✗ College coaches don't want to hear from prospective athletes

✗ Academics don't matter if you are a highly recruited athlete

✗ If I'm good enough, the college coaches will find me

✗ The recruiting process begins Junior year of high school

RECRUITING BASICS

✓ **Be Prepared for the Academic Conversation**

Leverage your students' academics in the recruiting conversation with college coaches - an academically eligible recruit can rise to the top of a pile of high schoolers very fast!

If a college coach asks for a students' transcript, attach the Honest Game compliance academic eligibility report with it to increase the students' chances of receiving an offer.

✓ **Know the Recruiting Calendar**

Stay current with recruiting calendar dates and changes at Division I and II Recruiting Calendars and Guides - NCAA.org.

✓ **Follow NIL Regulations**

Check with both state high school athletic association and the college compliance office recruiting your student to assure they are following the ever-changing Name, Image and Likeness (NIL) legislation. One misstep and it could cost your student a year or more of eligibility.

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Be Prepared for the Academic Conversation

✓ College coaches consider a candidate's ability to meet the school's admissions standards, their eligibility status and potential academic scholarship opportunities when reviewing recruits.

✓ An outstanding GPA and quality standardized test scores can be the difference-maker between you and another player.

✓ Often college coaches are able to advocate for their recruits in the admissions process and the weight can be significantly lifted off of the coach when a recruit has achieved high grades and test scores – easing the workload on the coaching staff.

Recruiting at NCAA Division III Schools

✓ Coaches can contact and interact with athletes with no restrictions

✓ Coaches can speak to student athletes at the end of a competition at any time

✓ Official Visits can begin during January of Junior year

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Recruiting at NAIA Schools

NAIA recruiting rules encourage coach-student and personal relationships. The benefits of NAIA recruiting rules include:

✓ No recruiting calendar restrictions of any kind

✓ Ability to freely communicate with NAIA coaches directly

✓ Direct interaction with NAIA coaches

Recruiting at Two-Year / Junior Colleges

✓ Junior Colleges can not offer inducements or gifts to attend

✓ Junior colleges may pay for one visit to its campus
(no more than 2 days and 2 nights)

✓ A student-athlete must have completed his/her junior year in high school in order to receive an official recruiting visit by a member NJCAA college

✓ While recruiting a potential athlete on campus, a college representative may purchase meals for the athlete

FOLLOW THE RECRUITING ROADMAP

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Take ownership of the process and find your best academic and athletic fit in the process!

ATHLETIC FIT

ACADEMIC FIT

COLLEGE FIT

TALK

GET SEEN

APPLY

VISIT
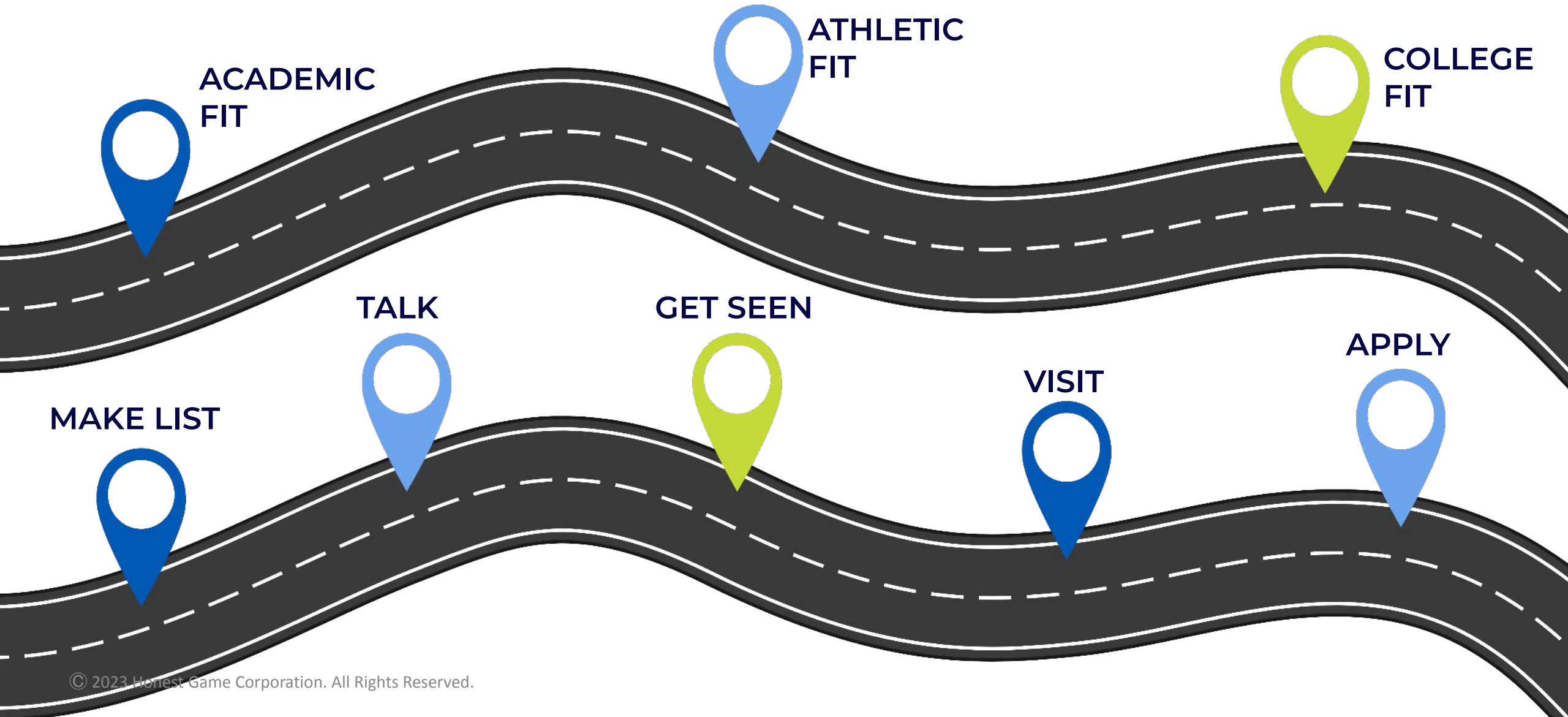
MAKE LIST

MAKE YOUR COLLEGE LIST

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Your list should include : ✓ 10-20 SAFETY ✓ 10-20 BEST FIT ✓ 10-20 REACH

MAKE LIST

CONSIDER

- **Where Will I Shine?**
- **Best Academic Fit?**
- **Athletic Fit - Will I play?**
- **Close to home?**
- **Diversity?**
- **Size and Campus?**

RESEARCH
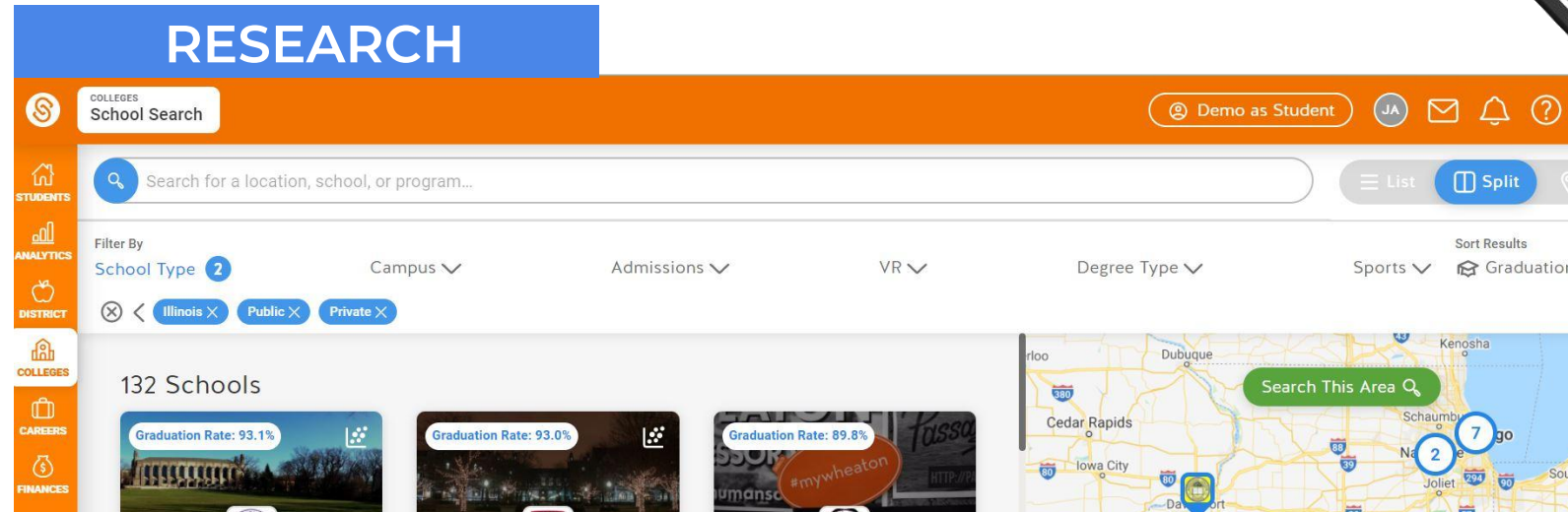
OUTREACH TO COACHES

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TALK

MAKE LIST

Make yourself known, but consider coach team schedules

PREPARE

- Fill out Recruiting Questionnaires
- Email coaches directly (targeted 1 at a time)
- Follow on Twitter (X) or IG (clean socials, use for

- Prepare for calls
- Research college, prepare questions (How to Talk to College Coaches Blogs Parts 1 and 2)

THE OFFICIAL WEBSITE OF THE LIU SHARKS

SPORTS   INSIDE ATHLETICS   FAN ZONE   DONATE   HISTORY   RECRUITS

RECRUITING QUESTIONNAIRES   APPLY TO LIU   ABOUT LIU

SAMPLE RECRUITING EMAIL
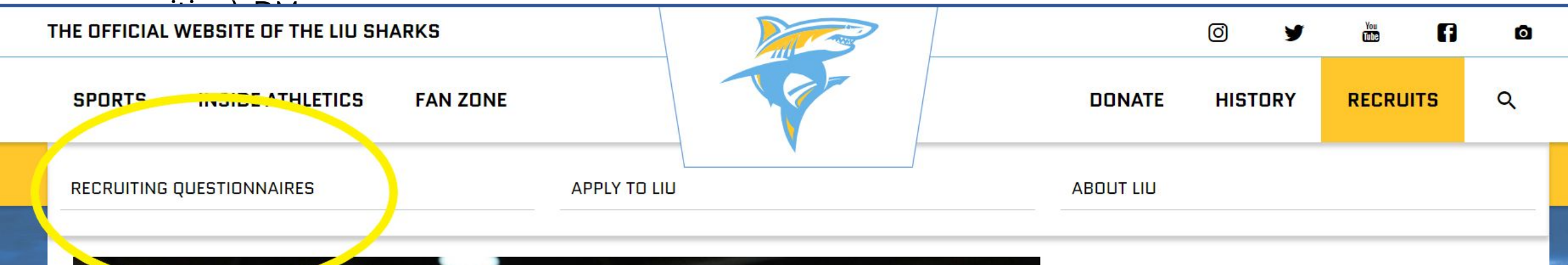
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Example Email to College Coach

➤ Send   🗑 Discard   📎 Attach File   ✐ Signature

From: Use an email you'll have access to after high school graduation

To: College Head Coach

Cc: College Assistant Coach and/or Recruiting Coordinator

Subject: High school grad year, playing position/event, GPA + interesting stat

Hi Coach [insert coach's last name(s)],

My name is [insert athlete's first + last name] and I'm graduating high school in [insert high school graduation year]. I play [insert sport] for [insert club and/or high school name] on the [insert competition level: e.g. Varsity, JV, Freshman or Academy, Elite, etc.]. I play [insert position(s) or event(s)].

I'm very interested in [insert college/school name] because [explain WHY - make it personal and specific]. ** [If you have a major or field of study - discuss that here, and make sure the school offers that major!]

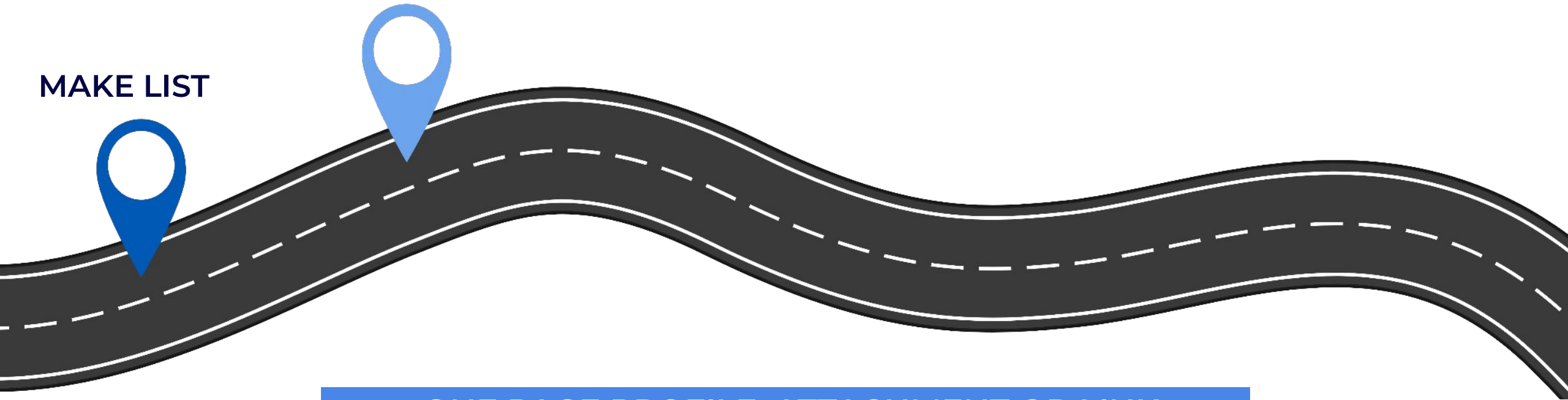**Take a photo to download the sample recruiting email**

[QR code]

RECRUITING EMAIL ATTACHMENTS

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✓ 1 PAGE PROFILE   ✓ TRANSCRIPT   ✓ HONEST GAME ACADEMIC REPORT

TALK

MAKE LIST

ONE PAGE PROFILE: ATTACHMENT OR LINK

STUDENT-ATHLETE PROFILE

Honest Game's One Page Profile

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Student-Athlete Profile

Student-Athlete's Name

Grad Year **NCAA ID #** **Jersey #**

Current High School

High School City & State

Athletic Info

Height **Weight** **Position / Event** **Additional Sports**

Athletic Stats & Accomplishments

Highlight Video Link (ex. Hudl / YouTube / Instagram)

Academic Info

Weighted GPA **Unweighted GPA** **SAT / ACT Test Score** **Intended College Major / Area of Study**

Academic Honors

Take a photo to download the editable profile page

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PREPARE

- Recruiting videos: 3-5 min clips (use Hudl or smartphone) competition, workouts, practices (anything is better than nothing!)
- Showcase/ID Camps - Who's going to be there? Contact before
- College Campus Camps - reserve for realistic top choices
- Tournaments/Travel - alert coaches when you'll be competing near them

MAKE LIST

TALK

GET SEEN

SET UP YOUR RECRUITING VISITS

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MAKE LIST

TALK

GET SEEN

Continue building relationships and sending updates

VISIT

PREPARE

- Get to know the coaches, program and college
- Ask questions and be prepared to answer questions
  - See "How to Talk to Coaches" blog)
- Update coaches regularly with Academic and Athletic Info
- Starting Junior year, ask for a visit - may not be "official"
- Always ask the coach "What do you need me to do next?"

COMMIT AND APPLY

MAKE LIST

TALK

GET SEEN

VISIT

APPLY
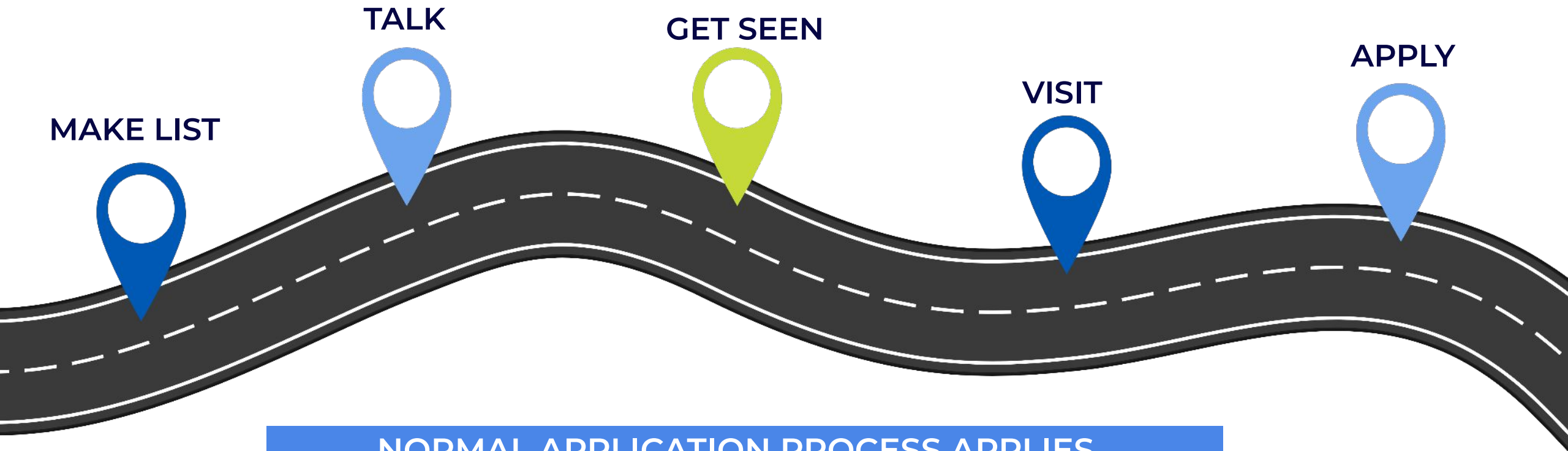
NORMAL APPLICATION PROCESS APPLIES

- Deadlines could be different - ask the college coach
- Reminder: Teacher and Counselor Rec, School Links
    - Transcript request, School Profile, Test Score Submission, Essays
- NLI is not a guarantee - contingent on eligibility and admissions

common app

What is an National Letter of Intent (NLI)?

A binding agreement between the high school student-athlete and the college or university.

By signing, the student is promising to not only attend that college after high school, but they will also stop all communication with other college coaches who might have been recruiting them as well (or hope to in the future).

They will only sign an NLI once; however, if they receive an athletic scholarship, they will sign a Grant-in Aid yearly.

X An NLI must be accompanied by an athletic scholarship. Walk-ons, recruited walk-ons, and non-scholarship students do not sign an NLI.

X Students who sign "commitment letters" not bound by the NLI program are not guaranteed a scholarship or a roster spot.

Prospective Student-Athletes Signing 2022-23 and Enrolling 2023-24

Future Signing Dates

Prospective Student-Athletes Signing 2023-24 and Enrolling 2024-25

Sport (s)	Initial Signing Date	Final Signing Date
Division I Basketball (Early Period)	November 8, 2023	November 15, 2023
Division I Basketball (Regular Period)	April 17, 2024	May 15, 2024
Division I Football (Early Period)	December 20, 2023	December 22, 2023
Division I and II Football (Midyear JC Transfer)	December 20, 2023	January 15, 2024
Division I and II Football (Regular Period)	February 7, 2024	Division I: April 1, 2024 Division II: August 1, 2024
All Other Division I and II Sports	November 8, 2023	August 1, 2024

Stay current with the signing dates for prospective student-athletes signing in 2022-23 and enrolling 2023-24.

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Honest Game Checklist for College Bound Student-Athletes

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CHECKLIST FOR COLLEGE-BOUND STUDENT-ATHLETES

FRESHMAN YEAR
- ☐ Confirm NCAA Core Course Registration
- ☐ Review the NCAA's College-Bound Student-Athlete Guide and Honest Game's Academic Eligibility 101 Guide
- ☐ Know Your NCAA Core GPA
- ☐ Plan for Summer School if Necessary

SOPHOMORE YEAR
- ☐ Ensure Freshman Class Items are Completed
- ☐ Register with the NCAA and NAIA Eligibility Centers
- ☐ Retake Core Courses If Necessary
- ☐ Make a Potential College List
- ☐ Submit Online Questionnaires for College Teams
- ☐ Contact College Coaches
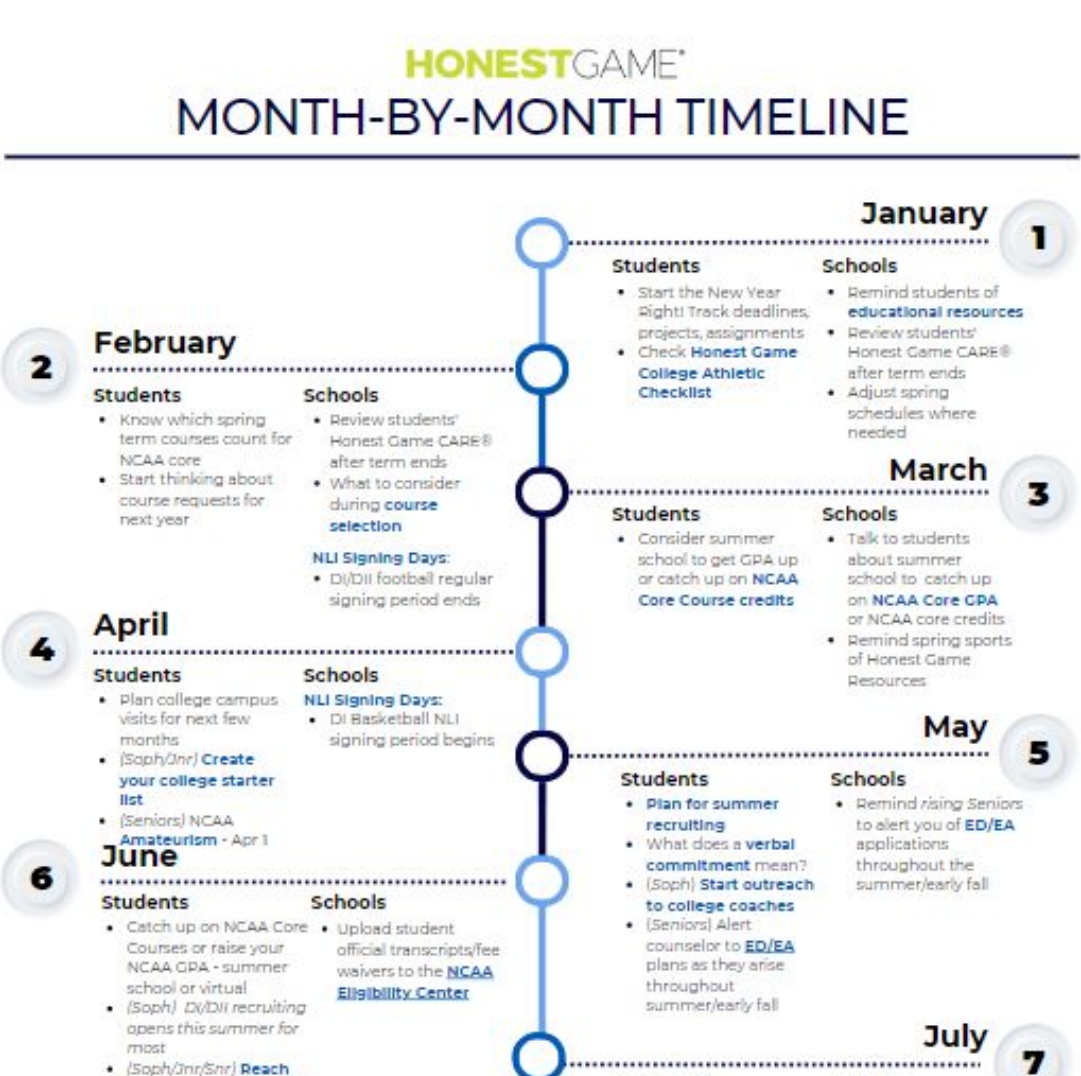- ☐ Plan Accordingly If You Decide to Reclassify

JUNIOR YEAR
- ☐ Ensure Sophomore Class Items are Completed

Take a photo to download checklist

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Honest Game Monthly Timeline for College Bound Student-Athletes

Take a photo to download checklist

THINGS TO WATCH OUT FOR

✓ **Social Media**

- Social media mistakes can result in lost opportunities

✓ **Sportsmanship**

- Even if a college coach isn't there, they might hear about unsportsmanlike conduct from refs, other coaches, etc.
  - How does a student-athlete treat teammates, opponents, coaches, and parents!

✓ **Parent Role**

- Encourage your student to explore without taking over the process
- Coaches want to hear from the student-athlete
- Parent behavior can deter coaches from recruiting their student

College Athletics is a Small world

COLLEGE ATHLETICS | OPPORTUNITIES

	NAIA	NCAA DI	NCAA DII	NCAA DIII	NJCCA	CCCAA
# SCHOOLS	250	350	300	432	525	110
# STUDENT-ATHLETES	77,000	187,000	120,800	195,000	70,000	24,000
# SPORTS OFFERED	17	24	24	24	16	15
ATHLETIC SCHOLARSHIPS AVAILABLE	YES	YES	YES	NO	YES (DI/DII) NO (DIII)	NO

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% High School Students that Play NCAA Sports (Men)

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	482,740	36,011	7.5%	2.2%	2.3%	2.9%
Basketball	540,769	18,816	3.5%	1.0%	1.0%	1.4%
Cross Country	269,295	14,303	5.3%	1.8%	1.4%	2.1%
Football	1,006,013	73,712	7.3%	2.9%	1.9%	2.5%
Golf	143,200	8,485	5.9%	2.0%	1.6%	2.2%
Ice Hockey	35,283	4,323	12.3%	4.8%	0.6%	6.8%
Lacrosse	113,702	14,603	12.8%	3.1%	2.5%	7.3%
Soccer	459,077	25,499	5.6%	1.3%	1.5%	2.7%
Swimming	136,638	9,799	7.2%	2.8%	1.2%	3.2%
Tennis	159,314	7,785	4.9%	1.6%	1.0%	2.3%
Track & Field	605,354	28,914	4.8%	1.9%	1.2%	1.7%
Volleyball	63,563	2,355	3.7%	0.7%	0.7%	2.3%
Water Polo	22,475	1,072	4.8%	2.7%	0.8%	1.3%
Wrestling	247,441	7,300	3.0%	1.0%	0.8%	1.2%

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% High School Students that Play NCAA Sports (Women)

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Women						
Basketball	399,067	16,509	4.1%	1.3%	1.2%	1.7%
Cross Country	219,345	15,624	7.1%	2.7%	1.7%	2.7%
Field Hockey	60,824	6,119	10.1%	2.9%	1.4%	5.8%
Golf	79,821	5,436	6.8%	2.8%	1.9%	2.1%
Ice Hockey	9,650	2,531	26.2%	8.9%	1.1%	16.2%
Lacrosse	99,750	12,452	12.5%	3.7%	2.6%	6.2%
Soccer	394,105	28,310	7.2%	2.4%	1.9%	2.9%
Softball	362,038	20,419	5.6%	1.8%	1.7%	2.2%
Swimming	173,088	12,980	7.5%	3.3%	1.2%	3.0%
Tennis	189,436	8,596	4.5%	1.5%	1.0%	2.0%
Track & Field	488,267	30,326	6.2%	2.8%	1.5%	1.9%
Volleyball	452,808	17,780	3.9%	1.2%	1.1%	1.6%
Water Polo	21,735	1,217	5.6%	3.3%	1.1%	1.2%

HONESTGAME®

Head Count vs. Equivalency Sports
Head Count = Full Scholarships cannot be split

- Full athletic scholarships cover:
  - tuition, fees, room & board & books

Head Count

Men's
Basketball & Football

Women's
Basketball, Gymnastics, Tennis, Volleyball

*All other sports for NCAA DI & DII are Equivalency

$3.6 BILLION IN ATHLETIC SCHOLARSHIPS

COLLEGE ATHLETICS | SCHOLARSHIPS 101

Athletics Scholarships
- Can be year to year or multi-year
- Can include undergraduate and graduate school
- NCAA DI, DII, NAIA, JUCO

Merit Scholarships
- Often can be more than Athletic aid
- Sometimes can be stacked with other scholarships - ask each program
- Often equivalency student-athletes earn more in Merit than Athletic

Need Financial Aid
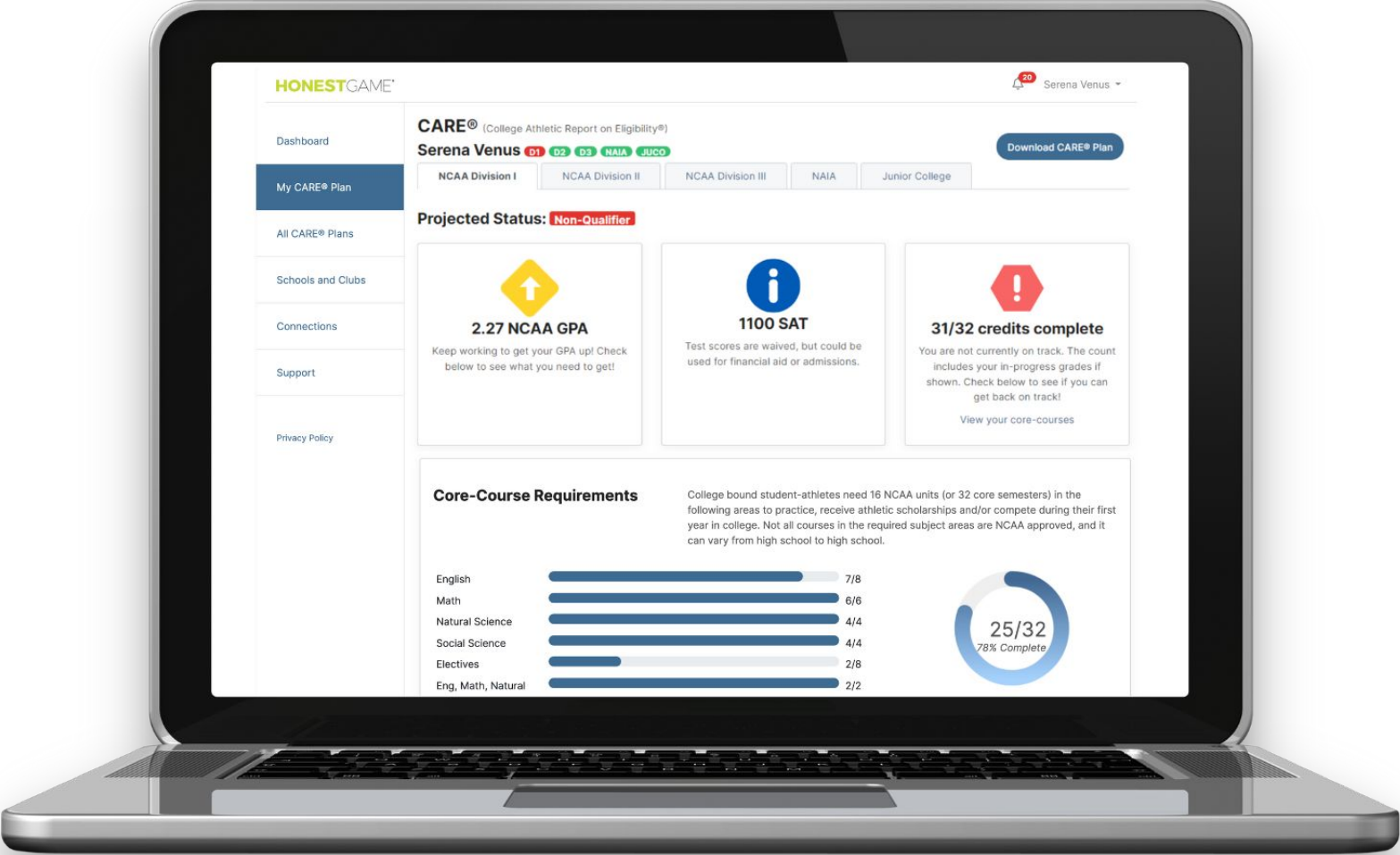Head Count = Full Scholarships cannot be split
- Full Scholarship covers:
  - tuition, fees, room & board & books

Head Count Sports
Men's (Basketball & Football)
Women's (Basketball, Gymnastics, Tennis, Volleyball)
*All other sports for NCAA DI & DII are Equivalency

HONEST GAME RESOURCES

STAY INFORMED

Check out our webinars and blog for advice and videos

Follow @HonestGameCares on social media to stay-up-to-date with the latest college eligibility alerts

Use the Honest Game chatbot to ask questions about eligibility, recruiting, admissions, financial aid, and more!
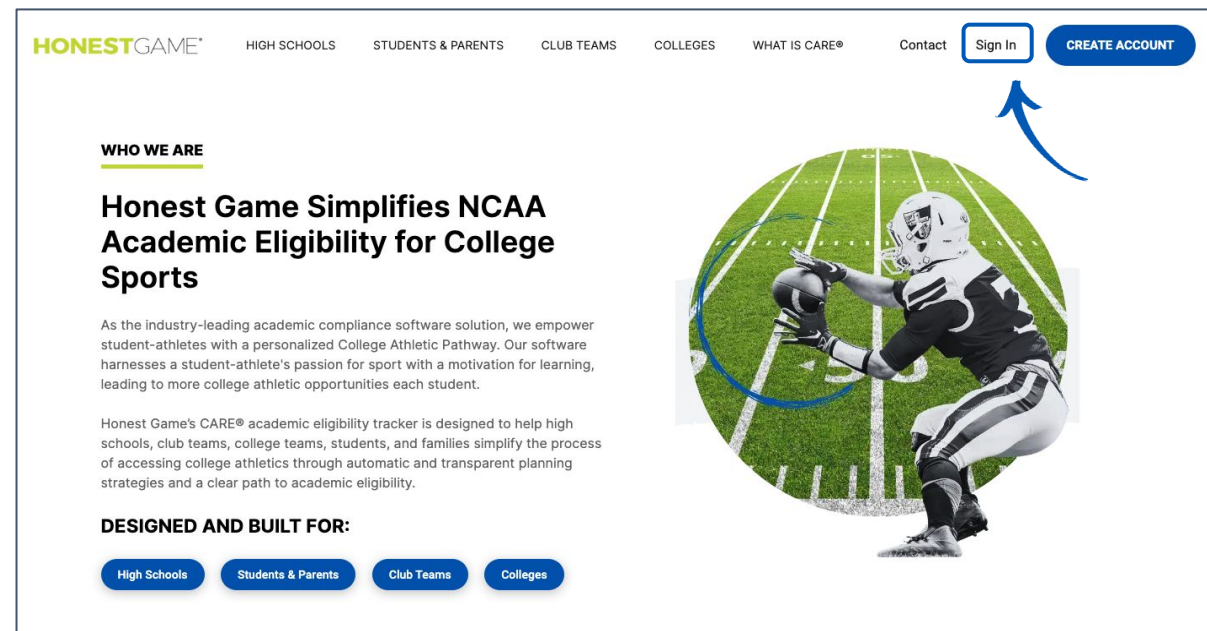
RecruitAssist™ coming this winter! Follow Honest Game's expert-crafted path to getting recruited.

GET STARTED WITH HONEST GAME

1. Visit www.HonestGame.com
2. Select "Sign In" at the top right corner of the screen
3. Sign in using your school email via Google Single-Sign On or Clever
   - If your school email is NOT connected to Google SSO, select "Forgot Your Password"
4. View your Honest Game Dashboard and begin tracking your students' eligibility across FIVE College Athletic Pathways.

HONEST**GAME**®

ASK US ANYTHING!

If we aren't able to get to your question tonight, we will respond via email!

Scan the code to ask questions in real-time!

Thank you!

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