



An Informational Guide for LCHS Student-Athletes

Transitioning from high school to college athletics can be exciting and challenging. This guide provides information and resources to help you successfully navigate the college recruitment process. Work with your athletic coaches to support you in the process.

INFORMATION AND RESOURCES:	GRADE LEVEL TIMELINE:
<p>Start Early: Understanding sports associations, eligibility and recruitment should ideally start your freshman year.</p> <p>Research Colleges: Explore colleges that offer your sport and align with your academic and social interests. Be sure to consider school location, size, and affordability. It is important to understand the school's division level: NCAA Division I, II, III, NAIA or NJCAA</p> <p>Understand Eligibility: Understand and comply with NCAA or NAIA eligibility rules regarding <u>academics</u> and <u>amateurism</u>.</p> <p>Stay Eligible: Colleges prioritize student-athletes who excel on the field and in the classroom. Continue to verify that you are completing the 16 NCAA core-courses for DI or DII. These must be approved core courses at LCHS.</p> <p>Engage in HS Recruitment: Play for elite teams, create a highlight reel, attend showcases/camps and know recruiting periods for your sport. Don't be lured into recruiting sites that you have to pay for. (NCSA)</p> <p>Reach Out to Coaches: Send personalized emails expressing interest in their program along with your highlight reel. Always include your name, position and NCAA or NAIA ID in the email subject line for easier reference by the coaching staff. Complete athletic recruitment forms on college websites.</p> <p>Evaluate Offers Carefully: Consider athletic and academic opportunities alongside affordability, coaching staff, team dynamics and overall fit with your college goals and values.</p> <p>NCAA NAIA NCSA for future eligibility with NAIA schools. NCAA Guide for the Student-Athlete NJCAA</p>	<p><u>9th Grade: REGISTER</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Register for a NCAA profile page account and/or create a NAIA profile. <input type="checkbox"/> Find your high school's list of NCAA-approved core courses to ensure you're taking the right courses and coordinate with Mrs. Campbell.. <p><u>10th Grade: PLAN</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Monitor the task list in your NCAA Eligibility Center account for next steps. <input type="checkbox"/> At the end of the school year, ask that your official high school transcript be uploaded to your account. <p><u>11th grade: STUDY</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Ensure your sports participation information is correct in your Eligibility Center account. <input type="checkbox"/> Make sure you're on track to complete the required number of NCAA-approved core courses <input type="checkbox"/> Share your NCAA ID with colleges recruiting you so each school can place you on its institutional request list. <input type="checkbox"/> At the end of the year, make sure transcripts are uploaded to your Eligibility Center account. <p><u>12th grade: GRADUATE</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Request your final amateurism certification beginning April 1 in your Eligibility Center account for DI or DII schools. <input type="checkbox"/> Apply and be accepted to the school you plan to attend. <input type="checkbox"/> Complete academic eligibility requirements as you prepare for graduation. <input type="checkbox"/> After you graduate, request your final official transcript with proof of graduation be uploaded to your Eligibility Center account.