

EA College Counseling: COLLEGE SPORTS GUIDE



Athletics can be integral to a broadening and rewarding collegiate experience.
Across divisions, student-athletes play at 1000+ schools in 24 sports.

TIMELINE In addition to the basic steps and timeline of the college application journey, student-athletes should:

9TH & 10TH GRADE

- Think about what you might be interested in studying, and work hard in school.
- Record highlight videos of you in your sport.
- In 10th grade, register with the [NCAA Eligibility Center](#) (free). If you're being actively recruited by an NCAA Division I or 2 school, complete the [required certification account](#) (note: \$100 fee).
- Begin making a list of schools and coaches you might be interested in getting to know. Cast a wide net!
- Monitor the task list in your NCAA Eligibility Center account for next steps.
- At the end of 10th grade, EA College Counseling will upload your official transcript to your Eligibility Center account.

11TH & 12TH GRADE

- Coaches can begin contacting you through calls, email, and text starting June 15 or Sept. 1 (baseball, basketball, football, lacrosse, softball) after 10th grade. Access the [Recruiting Calendar](#).
- If appropriate, share your NCAA ID with Division I & II schools recruiting you.
- Start taking official and/or unofficial recruiting trips starting August 1 of your junior year.
- Narrow down your list of schools to your top choices and go on official/unofficial visits.
- Contact coaches at the schools you are interested in attending.
- Update your recruiting video.
- Complete recruitment questionnaires.
- Schools interested in you will initiate a "pre-read" for admission. Be prepared to share your transcript and test scores.
- Commit!
- When your official final transcript is available, EA will upload it to your Eligibility Center account.

YOUR COLLEGE SEARCH: A CHECKLIST OF CONSIDERATIONS



College

- ☐ Location
 - ☐ Size (school & classes)
 - ☐ Academic Programs
 - ☐ Affordability
 - ☐ Campus life
 - ☐ Internships
 - ☐ A place where you can grow as a person
- Tip: Love your school first. Your sport might not last forever.*

Coach & Coaching Staff

- ☐ Full-time, Part-Time, or GA
- ☐ Tenure at the school
- ☐ Coaching Style
- ☐ Camaraderie
- ☐ Team culture
- ☐ Sportsmanship & team unity

Team

Academics, Housing, & Nutrition

- ☐ Structured study halls
- ☐ Access to tutors
- ☐ Early registration
- ☐ Athletic dorms
- ☐ Dietician/Nutritionist
- ☐ Travel expectations

KNOW YOUR DIVISION!

ABOUT

ACADEMICS

AID

DIVISION I	DIVISION II	DIVISION III
<p>Enrolls the most students and provides the most scholarships.</p> <p>Students must complete an Academic and Amateurism Certification Account. (\$100 fee)</p> <p>Students will take an official visit and sign an athletics aid agreement.</p>	<p>Provides growth opportunities through academics, high-level competition, and a focus on community engagement.</p> <p>Students must complete an Academic and Amateurism Certification Account. (\$100 fee)</p> <p>Students will take an official visit and sign an athletics aid agreement.</p>	<p>Provides an integrated environment focusing on academic success while offering competitive athletics.</p> <p>Students should create a free Profile Page.</p>
<p>In high school, students must earn a minimum 2.3 core course GPA in 16 NCAA-approved core credits in English (4), Math (3), Science (2), Extra (1), Social Science (2), and Other (4).</p>	<p>In high school, students must earn a minimum 2.2 core course GPA in 16 NCAA-approved core credits in English (3), Math (2), Science (2), Extra (3), Social Science (2), and Other (4).</p>	<p>Academic standards are set by the college or university.</p>
<p>Multiyear, cost-of-attendance athletic scholarships are available. 58% of athletes receive some athletic aid. The average award is \$8,700.</p>	<p>Partial athletic scholarships are available. 67% of athletes receive some athletic aid.</p>	<p>No athletic scholarships are available. 80% of athletes receive need- and/or merit-based, non-athletic aid.</p>

additional notes:

COURSE SELECTION:

- All core EA courses are approved by the NCAA.
- Questions? Ask your advisor.
- Take a rigorous course load that is appropriate to your abilities and talents.
- If committed and necessary, seek advice from the coach/admissions office.

FINANCES AND SCHOLARSHIPS:

- Upfront and honest conversations about affordability are essential and should occur before the recruiting process.
- Do not start the recruiting process by asking about athletic scholarships. This will be provided as interest develops.
- Be transparent with the school about what you can afford.
- Full-ride, four-year sports scholarships are rare. About 2% of high school athletes are awarded athletics scholarships. Schools may be able to offer merit, supplemental scholarships, and/or need-based financial aid. Some schools may be able to offer an academic stipend or meal plans.

TOP TIPS: TALKING TO COACHES

Always be polite and formal when contacting coaches and admission representatives. In your introduction email to the coach, include your name, graduation year, high school and location, videos, position/number, current skills, goals/accomplishments, reasons you like the school/academics, and your current coach's name and contact information. **When on a visit:**

- Remember that you are interviewing the coach just as much as they are interviewing you.
- Use this opportunity to learn more about the school, the coach, the athletes, and expectations.
- Relax and be yourself while remaining professional and respectful.
- Know which [questions to ask](#).



RECRUITMENT MILESTONES

VERBAL COMMITMENTS

When you make your **verbal commitment**, the college has made no formal, reciprocal commitment to you. Doing your best in school and making good choices in and out of school will keep your process moving forward. While the coach will likely support you in the admission process, only the admission office has the prerogative to admit you to the school.

Do not reach out to other coaches once you give your word to a coach. We encourage you to consider these questions before the agreement becomes formalized:

- *Is this the college you want to attend, even if an injury occurs or there is a change in coaching?*
- *Have you asked for a financial aid pre-read? Is this college in your family's budget?*
- *Has the coach given you any guidelines for admission, whether those are specific classes to take or grades you must earn?*
- *Do you want to explore or apply to other colleges to make sure you're making the right decision?*

ATHLETICS AID AGREEMENT

Senior student-athletes will have the opportunity to sign an athletics aid agreement with the recruiting NCAA Division I or II school. Once an NCAA member school's athletics aid agreement is signed, coaches from other NCAA schools must cease communication with the student and individuals associated with the signed prospect (e.g., family members, scholastic coach, non-scholastic coach, advisor). This signed athletics aid agreement establishes the recruiting commitment between the college-bound student-athlete and school.

RECRUITING CALENDARS

NCAA Division I and II [recruiting calendars](#) promote well-being and ensure fairness among schools by defining specific periods during the year when recruiting may occur in a particular sport.

NOTE: Certain recruiting activities, such as calls, visits to your high school, face-to-face contact, and other forms of correspondence, may have division- and sport-specific restrictions before certain grade levels in high school.



ATHLETIC RECRUITING VOCABULARY

Celebratory Standardized Signing Form (Division III): A standard NCAA-provided, nonbinding athletics signing form after you have been accepted for enrollment at a Division III school.

Contact: Any time a college coach says more than "Hello" while face-to-face with you or your family on or off a college campus.

Official Commitment: When a student signs for athletics aid, agreeing to attend a Division I or II school for one academic year.

Recruited: When a college coach contacts you off campus, pays your expenses to visit the campus, or (in

Divisions I and II) issues you athletics aid or a written financial aid offer.

Verbal Commitment: When you verbally agree to play sports for a college before you sign or are eligible to sign for athletics aid. The commitment is not binding for you or the school.

Visit, Official: Any campus visit paid for by the NCAA school. Before a Division I or II official visit, you must: Be on the institutional request list of the school inviting you, send your high school transcript to the school, and register for an Eligibility Center Academic and Amateurism Certification account.

Visit, Unofficial: Any visit to a campus paid for by you or your family. In Division I, you may take as many unofficial visits as you like after the first permissible date in your sport.

Walk-on: Someone not recruited by a school to participate in the sport who does not receive an athletic scholarship but becomes a member of an athletics team.

READY TO PLAY?

Learn more with your EA college counselor, athletic coach, and [NCAA resources](#). If you have additional questions, contact:

MRS. CHRISSY CERENZIA

Sr. Associate Director of College Counseling
484-424-1489
ccerenzia@episcopalacademy.org

MR. STEVE COLFER

Assistant AD, Head Boys' Varsity Lacrosse Coach
484-424-1807
scolfer@episcopalacademy.org

MS. DANIELLE AVICOLLI

College Financing Counselor, Registrar
484-424-1538
davicolli@episcopalacademy.org