



Preparing to Become a College Athlete

Ralston Valley High School

Step One

Students intending to participate in college athletics should begin planning in the ninth grade and continue throughout their high school years. Eligible athletes must meet initial academic requirements to receive an athletic scholarship. **This academic planning is the responsibility of both the student and parents to ensure that the proper requirements have been met for NCAA qualification. Updates do occur frequently.**

Step Two

If you plan to play college athletics at the Division I or Division II level, you must be registered and certified by the NCAA Initial-Eligibility Center. **Student athletes may register any time during their high school career. The NCAA has mandated that no student athlete can take an “official visit” unless they have registered for the eligibility center. However, athletes do not need to submit a transcript until they are seniors.**

The website is located at http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

This is where students register, view their certification status, and to answer general information questions you may have about the NCAA Division I and II initial eligibility requirements

During the Freshman Year

Locate a copy of the current “NCAA Guide for the College-Bound Student-Athlete” information found on the NCAA website. Make sure you understand what the current requirements are.

Understand that the NCAA periodically reviews the requirements and that they can change.

Make a four-year educational plan that will meet or exceed the NCAA requirements. Use the worksheet found on the inside page. The key is to take the required “core” classes and earn good grades in them.

Earn good grades

During the Sophomore Year

Review the four-year educational plan to make sure everything is on target, and register for the appropriate classes.

Take a practice version of the SAT, one of the two college entrance tests used by colleges.

Earn good grades

During the Junior Year

Review the four-year educational plan to make sure everything is on target, and register for the appropriate classes. Do a preliminary check of your “core” classes using the worksheet. See your counselor if you need help.

Take the PSAT test in the fall. The PSAT is a practice version of the SAT, one of the two college entrance tests colleges require. While taking the PSAT is recommended, it is not required for college admissions.

Take an SAT or ACT (or both). **Use the code 9999** when filling out the registration form if you want a test score sent directly to the Eligibility Center. ***It is recommended that all college bound students take one or both entrance tests by the spring of their junior year.*** In this way a score is available for early applications, and it avoids possible problems with schedule conflicts, family emergencies, and school activities. It provides time if a student needs to take SAT II: Subject Tests. It also allows time for a student to retake a test in the fall if a score is lower than what was expected.

NOTE: Test scores from official high school transcripts are NOT accepted by the NCAA. Therefore student athletes need to send their test scores DIRECTLY to the Eligibility Center by using the 9999 code on the answer sheet of their test.

Earn good grades

During the Senior Year

Review the four-year educational plan to make sure everything is on target, and register for the appropriate classes. Then register for the NCAA Eligibility Center. **They require a processing fee and an official transcript.**

Take another SAT or ACT if you need to get a better score. Colleges and the NCAA look at your *highest* scores.

NOTE: Test scores from official high school transcripts are NOT accepted by the NCAA. Therefore student athletes need to send their test scores DIRECTLY to the Eligibility Center by using the 9999 code on the answer sheet of their test.

The NCAA will notify the student/parents if the athlete qualifies by sending an NCAA Initial Eligibility Report directly to the home. *A \$3.00 fee is required for the first “official” transcript. Ralston Valley High School will automatically send a final transcript to the Eligibility Center for any senior who had asked us to send a transcript to the Clearinghouse during the year. The final transcript (at no cost to the student) provides proof of graduation as well as final grades.*

Earn good grades

NCAA Clearinghouse “Core Classes” as of September, 2018



ENGLISH

English 9
English 9 Honors
English 10
English 10 Honors
English 11
AP English Language (11)
English 11 Honors
English 12
AP English Literature (12)
English 12 Honors

MATHEMATICS

Algebra
Algebra II
Algebra II Honors
AP Calculus AB
Calculus AB Honors
AP Calculus BC
Calculus BC Honors
Discrete Math
Geometry
Geometry Honors
Pre-Calculus
Pre-Calculus Honors
Statistics for the College Bound
AP Statistics for the College Bound
Statistics Honors

NATURAL/PHYSICAL SCIENCE

Chemistry
AP Chemistry
Conceptual Chemistry
Biology
AP Biology
Biology Honors
Earth Science
Earth Science Honors
Physics
AP Physics
Honors Physics
Science Seminars
*Astronomy
*Anatomy and Physiology
*Field Biology
*Modern Physics

SOCIAL SCIENCE

*American Government
*American Government Honors
*American Justice
American History
American History Honors
AP American History
AP Comparative Government
Comparative Government Honors
AP Microeconomics
Economics Honors
*Economics
*Geography
*Geography Honors
*Philosophy
*Psychology
*Sociology
World History
World History Honors
AP World History
AP Psychology
AP US Government and Politics

WORLD LANGUAGES

French 1
French 2
French 3
French 4
AP French
French 5 Honors
German 1
German 2
German 3
German 4
AP German
Spanish 1
Spanish 2
Spanish 3
Spanish 4
AP Spanish
Spanish 5 Honors

All courses are year courses unless indicated with an asterisk (*)

NCAA Four-Year Educational Plan (All Classes)

Ninth Grade

Tenth Grade

First Semester	Second Semester		First Semester	Second Semester

Eleventh Grade

Twelfth Grade

First Semester	Second Semester		First Semester	Second Semester

Division I

Division II

Courses	Required		Courses	Required
English	4 Years		English	3 Years
Math (Algebra I or higher)	3 Years		Math (Algebra I or higher)	2 Years
Natural/Physical Science (1 year of lab if offered by high school)	2 Years		Natural/physical science (1 year of lab if offered by high school)	2 Years
Additional year of English, math, or natural/physical science	1 year		Additional English, math, or natural/physical science	3 Years
Social Science	2 Years		Social Science	2 Years
Additional core courses from any area above, foreign language, or non-doctrinal religion/philosophy	4 Years		Additional core courses from any area above, foreign language, or non-doctrinal religion/philosophy	4 Years
Total	16 Core Courses		Total	16 Core Courses

College bound student athletes must complete 10 (of the required 16) core course units, seven of which must be in English, math or natural/physical science before the seventh semester of high school.