COLLEGE PLANNING MINUTES

Volume 2, Issue 6 February 15, 2010

Future NCAA Athletes: Don't Get Benched Before You Get In the Game

According to the NCAA, there are 400,000 students playing 23 different NCAA regulated sports at 1300 participating colleges and universities. If your son or daughter aspires to be one of them, be forewarned that there's a lot more to it than being the MVP of your team. Like just about everything else connected with college admissions, meeting the requirements for establishing NCAA eligibility is neither easy nor simple. In fact, it's a good bet that your student-athlete would prefer 100 laps around the practice field.

What are the Rules?

The requirements that students must meet depend on whether a college is in Division I, II, or III. In general, Divisions I and II award athletic scholarships and require students to establish eligibility through the NCAA Eligibility Center, while Division III schools do neither. Consequently, the following overview of Eligibility Center requirements only applies to students hoping to play at Division I and II colleges. Those looking at Division III schools should contact the school for eligibility guidelines.

Academic Requirements

Both Division I and II schools require that students take a certain number of core courses in specific academic areas, attain a minimum GPA in core courses, and achieve a qualifying score on the SAT or ACT. The specifics of these requirements are different for the two divisions, however.

- **Core Course Requirements**

Division I schools require students to graduate from high school (cont'd on next page)

NCAA Eligibility Continued

and complete 16 core courses. One core course may be completed after graduation, but the other 15 must be taken within eight semesters of beginning ninth grade. Division II schools currently require only 14 core courses, but that number will increase to 16 for students beginning college on or after August, 2013.

Key Points:

Not all courses count as core courses. A core course is a college preparatory academic course in the area of English, math, science, social science, foreign language, religion or philosophy. However, not every course in a major academic area counts—*each high school has its own list of approved core courses, and only those courses count.* To find out which courses count at your high school, **click here**, then click on Resources at the top, then U.S. Students on the next page, and finally List of Approved Core Courses.

Students need to take a certain number of courses in specific academic areas.

In addition to the requirement that students take a certain total number of core courses, there is also a requirement that these courses fulfill specific distribution requirements. Division I, for example, requires students to have taken 4 years of English, 3 years of math, 2 years each of science and social studies, an extra year of English, math, or science, and 4 more core courses from any area. To find the specific requirements for Division I and II schools, visit the website listed above and click on the Guide for the College-Bound Student-Athlete (**click here**).

- **GPA Requirement**

Key Point: The GPA used by the NCAA is the GPA in the core courses, not overall.

This means that As in P.E. and Global Cuisine will not compensate for Ds in math. Worksheets are available to help a student calculate

her core course GPA. At the site listed above, click on Division I and II Worksheets.

- **SAT or ACT Requirement**

Division I schools use a sliding scale to determine the minimum acceptable SAT or ACT scores. The higher a student's core course GPA, the lower his SAT or ACT score can be to qualify. Thus, a student with a GPA of 3.5 or higher can qualify with an SAT score of 400 (Critical Reading plus Math scores), while a student with the minimum core GPA of 2.0 must have an SAT score of 1010. Note that either the SAT or ACT can be used to qualify, and that the ACT score is the sum of the scores for the English, reading, math, and science sections.

Division II schools do not use a sliding scale; instead they require a minimum SAT score of 820 and sum ACT score of 68. Students applying to either Division I or II must have official score reports sent to the Eligibility Center (code 9999). (Continued next page)

NCAA Guide for the College-Bound Student-Athlete: Click here

NCAA Roadmap to Initial Eligibility: Click here

NCAA Continued

Amateurism Certification

In addition to the academic requirements, students must establish that they are amateurs. They do this by answering questions when they first register with the NCAA at the beginning of their junior year and again at the end of senior year. Questions concern issues such as whether students have played with or been paid a salary by a professional team, or have made an agreement with an agent. Rules regarding amateurism are outlined in the Guide for the College Bound Student Athlete.

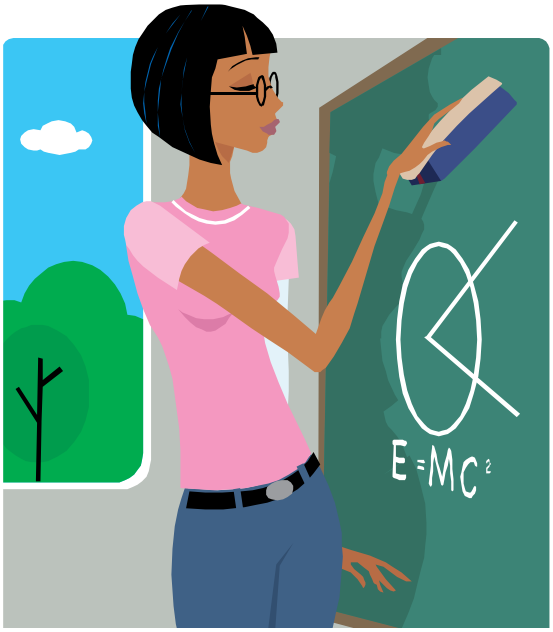
There's More! Rules About Contact with Coaches

All three Divisions have strict rules governing the permissible contact between coaches, students and parents. These rules are laid out in the Guide for the College Bound Student Athlete.

Steps to Establishing Eligibility

The process of establishing NCAA eligibility for Division I and II schools is a multi-step one that includes registering with the NCAA and having test scores and official transcripts sent from all high schools attended. For a quick overview and checklist, consult the NCAA Roadmap to Initial Eligibility, and for complete information on rules and requirements, read the 2009-10 Guide for the College-Bound Student Athlete. Links to both are provided in the Blue sidebar on page 2 of this newsletter. To make sure your student-athlete won't get disqualified before he ever gets to play, educate yourself about the rules—and do so in the early years of high school.

High School Math: Don't Stop 'Til You Get Enough



How much high school math is enough? To earn a standard diploma in Virginia, students must take at least 3 courses at or above the level of algebra, which means that a sequence of algebra I, geometry, and algebra II would satisfy the requirement to graduate from high school. Will this sequence prepare a student adequately for college, however? Unfortunately, the evidence suggests that it may not.

A 2005-06 study of recent public high school graduates in Virginia who went on to either a public 2 or 4 year college found that 14% of them enrolled in a remedial math class. When only those students who entered community college for the first time (i.e. excluding previous dual enrollment students) were considered, the remediation record was even more alarming: 77% of students who took the standard entry-level placement test failed the math portion (1).

How can students reduce their chances of needing math remediation? Not surprisingly, one way is to take more math courses. An analysis of US Department of Education data concluded that, "Students with a fourth year of math were two-thirds less likely to need remedial courses than those who took three. A high schooler whose highest math course was Algebra 2 was more than twice as likely to need remediation as a student who went through Calculus." (2) The bottom line: to avoid having to learn high school math in college, learn it in high school. 1. *College Readiness Report*. 2007. VCCS. www.vccs.edu. 2. *Diploma to Nowhere*. 2008. Strong American Schools.

Timely Tips

Take note -some deadlines are approaching!

NASA DEVELOP Program: Application due Feb. 22

This is a **paid, ten week summer internship** at NASA Langley Research Center that will involve high school and college students in team research projects in the area of environmental science. Students interested in computer science, technology, 3D visualization and mathematics are also encouraged to apply. Applicants must be at least 16 years old and have a 3.0 GPA. Part-time internships are also available during the school year. For more information, call 864-3761 or visit the website: http://develop.larc.nasa.gov/index.html.

Jefferson Lab High School Summer Honors Program: Application due Feb. 26

High school students who are at least 16 can apply for a **six week paid internship** at Jefferson Lab, from June 21– July 30. Each student will be assigned to a scientific mentor and will participate in the mentor's research. The application must be postmarked by February 26th. For information, call 269-7633 or go to http://education.jlab.org/index.php and click on High School Summer Honors Program on the right hand side.

Newport News Schools-Summer Institute for the Arts: Application due Mar 26

This six week program, open to Newport News students (and possibly students from other school districts), will meet from 8 a.m. to 2 p.m., Monday through Thursday, from June 28 to August 6. Students choose an area of study—dance, theatre arts, music, visual arts, or creative writing, and submit an application for that area. Acceptance to the program will be based on the application, an audition and/or portfolio review and interview. Tuition fees have not yet been announced. For more information call 591-4561 or go to: http://sbo.nn.k12.va.us/sia/index.html.

ACT Mini-Prep Courses

2-day courses that highlight aspects of the ACT that are different from the SAT.

- **ACT Science: March 13 & 20, 9-30 A.M.—1:00 P.M.**
- **ACT Math: March 13 & 20, 2:00 P.M.—5 P.M.**

For more information visit www.hredconsulting.com

Hampton Roads Educational Consulting, LLC
200 City Hall Avenue, Suite B, Poquoson, VA 23662
(757) 868-6034 www.hredconsulting.com