



Let's Get Started...
Becoming a U.S. Collegiate Athlete

ATHLETIC ASSOCIATIONS WITH SCHOLARSHIPS

NCAA: National Collegiate Athletic Association (ncaa.org)

Division I and Division II (No sports scholarships in Division III)

Eligibility Center at eligibilitycenter.org

NAIA: National Association of Intercollegiate Athletics

Eligibility Center at PlayNAIA.org

NJCAA: National Junior College Athletic Association

Eligibility Center at eligibilitycorner.njcaa.org

**Find your
EducationUSA adviser at
educationusa.state.gov**

NCAA Eligibility

Review ncaa.org for specific rules on the following:

Amateurism

Academic minimums:

Minimum 2.3 GPA for Division I; 2.2 GPA for Division II in 16 Core Courses

Official SAT or ACT scores

GRADES 9 & 10

- Create a resume that includes [academic](#) and [athletic](#) information
 - Academic: Core course grade average (since Grade 9), test scores, major of interest
 - Athletic: Number, position, statistics, tournament wins and accolades
- Create a 5-8 minute highlight video demonstrating your technical skills and team performance
 - Intro with your demographics and statistics
- Build an online presence by creating an online player profile
 - Use a player profile site, YouTube, Twitter, or build your own website
 - Scan newspaper mentions, list championship titles, and upload your highlight video
- Meet with your guidance counselor and plan to meet all athletic association eligibility requirements
- Create a spreadsheet to monitor contact with coaches and to track schools you are interested in
- Reach out to universities
 - Send your resume or transcript to coach/school
- College coaches may contact you to...
 - Send materials about camps and general educational info
 - Complete an athletic questionnaire
- Register for the NCAA Eligibility Center

Player Profile Sites

berecruited.com
smarthlete.com
gobigrecruiting.com
ncsasports.org
athleterecruiting.com
recruitmenow.org



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GRADE 11

- Consider taking the PSAT (Oct). This is just for practice, but you can also send the score to coaches.
- Ensure you are on track to meet athletic association eligibility requirements
- Ensure you are on track to meet admissions criteria of potential institutions
 - Take challenging courses that you can balance with your sport
- Continue researching and contacting universities
 - Very competitive athletes will have heard from Division I coaches by now
- Starting Sept 1 (most sports) coaches may contact students directly
- Register, study for, and take the [SAT](#) and/or [ACT](#)
 - Submit test results to schools of interest and to eligibility center
 - Coaches will let you know the minimum needed to be eligible for their universities
 - You may not schedule an official visit until you have taken an official SAT or ACT
- Research additional funding for your education
 - Most athletic scholarships are not full scholarships
- Update your online player profile often to include statistics, highlights, photos, and videos
- Schedule and attend unofficial visits
- Potentially make a verbal commitment, if you get a top offer

Know the Rules
The rules and deadlines can be different for each specific sport, and coaches have rules too!

GRADE 12

- Schedule and attend official visits
- Complete and monitor your online player profile
- College coaches have few contact restrictions
 - Most coaches have made verbal commitments to scholarship receiving athletes
- Be ethical and honest in all communications with coaches
- Apply to your top choice universities - contact EducationUSA with application questions
- After receiving acceptance letters, determine which university or college best fits your needs
 - Consider your academic, athletic, and financial needs
 - Would you attend this school even if you weren't playing sports?

SCHOOL DECIDED

- Sign a [National Letter of Intent](#) (NLI) for NCAA Divisions 1 and 2
- Submit your final transcript to the eligibility center and your new university
- Contact your coach for a summer workout plan and get ready to move to the United States