



Bangor Area School District

**GUIDEBOOK FOR THE
COLLEGE-BOUND
STUDENT ATHLETE
2017-2018**

TABLE OF CONTENTS

Statement of Purpose	2
High School Plan for a Student Athlete	3
Roles and Responsibilities	4
Athletic Resume	6
Cover Letter Format	7
Athletic Resume Format	8
Estimated Probability of Competing in NCAA Athletics	9
What College Coaches Look For	10
What I Wish Someone Would Have Told Me	10
Getting Yourself Recruited	11
Useful Resources	11
NCAA Student Athletic Packet & NAIA Student Info	

STATEMENT OF PURPOSE

Dear Slater Families,

The following booklet is designed to assist the college bound student athlete who is interested in participating in athletics in college. It contains the following information:

- The roles and responsibilities of the student, parents, counselors and coach in the college selection process.
- The NCAA-approved core course list for Bangor High School.
- The 2017-2018 NCAA Guide for the College-Bound Student-Athlete
- Information regarding eligibility for NAIA
- A list of ideas should a student desire to contact a college coach.
- And more.....

HIGH SCHOOL PLAN FOR A STUDENT ATHLETE

Freshman Year (Be a responsible citizen in the home, community, and school)

- Talk to your counselor about core-class requirements.
- Get to know all the coaches in your sport.
- Keep your grades up.
- Attend sports camps.
- Start thinking about a realistic analysis of your ability and your academic and career goals.
- Get NCAA updates via website & the BHS Student-Athlete Presentation.

Sophomore Year (Be a responsible citizen in the home, community, and school)

- Keep your grades up.
- Talk to your coaches about your ability and ambitions.
- Make preliminary inquiries about colleges that interest you.
- Consider writing a brief letter to a college coach to introduce yourself.
- Take practice SAT and ACT tests.
- Start creating your athletic resume-all co-curricular activities.
- Consider creating a video and/or a site with highlight footage (i.e. youtube, hudl, etc.). Check with your coach to see if highlight footage is available through them.
- Get NCAA updates via websites & the BHS Student-Athlete Presentation.

Junior Year (Be a responsible citizen in the home, community, and school)

- Talk with your counselor about career goals and core course requirements.
- Talk with your coach about a realistic assessment of which college level you can play.
- Register with the NCAA Eligibility Center [eligibilitycenter.org] & NAIA [if applicable]
- Take the ACT and/or SAT. Send all test scores to NCAA for eligibility process
- Refine your list of possible college choices. Know their entrance requirements.
- Send athletic resume to college coaches.
- Update your video and/or your site with your highlights (i.e. youtube, Hudl, etc.).
- Ask your high school coaches for letters of recommendation.
- Improve speaking and writing skills
- Get NCAA updates via websites & the BHS Student-Athlete Presentation.

Senior Year (Be a responsible citizen in the home, community, and school)

- Make sure you have all graduation requirements and core classes.
- Make sure you have registered in the NCAA Eligibility Center.
- Update your video and/or your site with your highlights (i.e. youtube, Hudl, etc.).
- Attend college programs and financial aid workshops.
- Narrow your college choices.
- Submit applications for admission with transcripts to colleges in which you are interested.
- Make sure you are aware of recruiting rules regarding campus visits.
- Send federal financial aid form for analysis.
- Make copies of all forms.
- Be sure of your final choice before signing any papers.
- Sit down with your parents and coach and list pros/cons of each school you are considering.
- Let coaches know when their school is no longer in the running. Thank them!
- Make your final decision based on a meaningful college education, excellent career preparation, and a satisfying athletic experience.
- Get NCAA updates via this publication & the BHS Student-Athlete Presentation.

ROLES & RESPONSIBILITIES

The Student's Role and Responsibilities:

➤ **Be aware of and understand eligibility requirements**

The requirements established by the NCAA Eligibility Center can be confusing and difficult to understand. Understanding these requirements might save future surprises and/or problems that occur during the eligibility process.

➤ **Be aware of approved core courses**

Be knowledgeable about the BHS list of NCAA Approved Core Course. There are sometimes changes made to the courses. A list of courses can be found under the “resources” tab of the eligibility center website.

➤ **Register with the NCAA and/or NAIA Eligibility Center**

To register, prospective student-athletes should access the registration materials by visiting the Eligibility Center website at www.eligibilitycenter.org and check out www.playnaia.org.

➤ **Contact coaches and admission offices at colleges**

It is your responsibility to write letters, go online and/or make the phone calls requesting information about each college. Remember you are the one going to college so you should be the one making the contacts.

➤ **Keep updated files of college information**

Your mailbox will be stuffed with college literature. Keep an organized file of current college literature to help keep each college's information separate.

➤ **Keep updated files on coach contacts and information discussed**

Information, recruiting status, possibilities, etc. can and probably will change through each contact with a coach. Keep a list of phone calls and highlights of the discussion to help you know where you “stand” and what the next step will be.

➤ **Keep a list of priorities in selecting a college**

Remember, there are many reasons for selecting a college. As you look at location, size, governance (public vs. private), cost, athletic participation, etc. keep a list of your “priorities” to help you stay focused on what YOU want in a college!

➤ **Seek out your counselor and coach for advice**

You should contact both your counselor and coach at the beginning of your junior year to discuss possibilities, eligibility, recruiting, etc. Their experience can be a valuable asset during what can be a very confusing time.

The Parent/Guardian Role and Responsibilities:

➤ **Be supportive of your child**

Knowing that one can turn to his/her parents for help and support can be very reassuring during the process. Although this is a student-based decision, it is a family process.

➤ **Help your child keep college files updated and organized**

➤ **Allow your child to do the legwork**

While this is a family-based decision, it should be student initiated. This means the student should be doing the work: researching schools, contacting admissions, coaches, etc.

➤ **Help your child be responsible**

Help and promote the student to develop the personal responsibility necessary to become a successful college athlete.

ROLES & RESPONSIBILITIES CONTINUED

The Counselor's Role and Responsibilities:

➤ **Serve as the student's advocate**

Your counselor serves as your advocate and is your spokesperson to the college admission offices and coaches if necessary. It is important that you keep him/her updated on your recruitment status.

➤ **Provide a neutral position**

This can be overwhelming for you as the student-athlete. Pressures to apply "early decision" so coaches have more "weight" in the admission office, pressures to sign the letter of intent, coaches not committing to you, etc., can become confusing, frustrating, and may lead to pre-mature decisions. Seek your counselor for neutral advice while sorting out emotions. A neutral advocate can help you stay focused!

➤ **Transcript requests**

If you need an unofficial copy of your transcript to make a visit to a college, you will need to either print one off of HAC or go to the Guidance Office.

➤ **Provide NCAA Eligibility Center & NAIA Eligibility Information**

Your counselor has information about the policies and procedures of the certification process. You should meet with your counselor in EARLY fall to discuss this information.

➤ **Give advice on college choices**

Your counselor can be helpful to you in categorizing your list of colleges. You are recommended to have a few "reach" schools, "target" schools, and "safety" schools. Your counselor can offer insight as to which schools fall into each group.

➤ **Assist the family in the process**

Remember this is a family process. If parents have any questions, they should feel free to contact your counselor for assistance.

The Coach's Role and Responsibilities:

➤ **Provide insight**

Your coach can share information with you regarding your possible level of participation. Speaking with your coach about the realities of participating at each level (Division I, Division II, or Division III) can be helpful information for you during the college recruitment process.

➤ **Be involved in the recruiting process**

Coaches from colleges/universities can be contacted to be asked to visit BHS. You are instrumental in orchestrating these visits. Reach out to college coaches and create relationships.

➤ **Provide necessary recruitment information to student athlete**

Your coach also has information regarding the recruitment process that could be helpful to you. Seek their advice throughout the process to help you make an informed decision.

BHS APPROVED CORE COURSES

Students can access the up-to-date approved core course list on the NCAA eligibility Center.

Go to: www.eligibilitycenter.org

For students who have not registered yet, they can access this by selecting "Enter Here" as a NCAA College-Bound Student-Athletes, "Resources" from the top menu, "U.S. Students," and then "List of NCAA Courses." Bangor High School's CEEB code is 390190.

THE ATHLETIC RESUME

The Athletic Resume plays an important part in the recruiting process. The purpose of the resume is to highlight the student-athlete's accomplishments and goals and to peak a coach's interest. The following is a brief summary of what should be included in an athletic resume. Remember there is no set standard for athletic resumes, but you should take the time to put it together in a manner that demonstrates your seriousness. The resume packet should be organized as follows:

- Page 1: Cover Letter
- Page 2: Athletic Resume (includes Items 2-4)
- Page 3: School or Club Schedule
- Page 4: Letters of Recommendation

ITEM 1: COVER LETTER

It should be concise and to the point, and is meant to introduce you to the coach. Always address the letter to the coach using his/her name, not "dear coach." Use the school name instead of saying "I'd like to find out more about your school..." The letter should be from the athlete not the parent. Give specifics of yourself. State your name, school, year of graduation, your GPA and your college goals and major interests. Also pique their interest with an athletic accomplishment.

ITEM 2: PERSONAL PROFILE

Included in this section should be a summarized version of the following: state your name, address, telephone number, email address, date of birth, parent's names, your high school's address and a contact telephone number, your year of graduation, your GPA, and SAT/ACT scores. Also include a brief description of your sport specific position and preferences (i.e. defender, left footed kicker, or 100 M freestyle swimmer).

ITEM 3: ATHLETIC PROFILE AND ACCOMPLISHMENTS

In this portion give more specifics about you and your sport. This is also a good place to include a color photo of yourself. State your position(s) played, preferences (i.e. running speed, vertical jump, batting average, other sports played). You should include a list of teams you have played for, current and previous season stats and records. You should also include all of your coach's names and telephone numbers. List your and your team's accomplishments (i.e. championships, your athletic awards, Most Improved, MVP, Athlete of the Year, Scholar Athlete, Captain, All Tournament Team selection). Include records held, press clippings and any other athletic honor.

ITEM 4: ACADEMIC/ EXTRA-CURRICULAR PROFILE

Coaches want to know about you, the person. List your academic accomplishments, your academic goals, Honor Rolls, Student offices, National Honor Society, and Club offices. You should also list community service activities and volunteer work, church, hospitals, retirement homes, jobs, etc. This shows that you are well-rounded and can succeed and still be involved with other "social" activities. Many athletes fail to become involved in areas like this, but it is really a benefit to be able to add to your resume.

ITEM 5: CURRENT HIGH SCHOOL OR CLUB SCHEDULE

This is to give the coach time so that they may be able to see you. If you don't have this available, send it in follow-up letter as soon as you receive it.

ITEM 6: LETTERS OF REFERENCES FROM COACHES

Letters or quotes of references from your coaches should be included. An even better thing to do is to get an opposing coach to say something nice about you (don't forget to list all their names and telephone numbers so that your statements can be verified).

COVER LETTER/E-MAIL FORMAT

Your Name
Address
City, State, Zip
Telephone Number
Email Address

Today's Date

Coach's Name
Title
Name of College
Address
City, State, Zip

Dear Coach (Coach's Name):

I am a student at Bangor High School and will graduate in June of (year).

I am forwarding the attached athletic resume to you. Included is information about my academic and athletic abilities. I am very interested in attending (name of school) and presently plan to pursue a degree in (area of interest).

I would be most interested in discussing with you, or your representative, the possibility of participating in your (name of sport) program.

For your convenience, I have attached the complete (name of sport) schedule for the year. I look forward to hearing from you in the near future.

Sincerely,

Your Name

Recruitment Calendars

NCAA member schools must abide by certain rules. The rules dictate when coaches can reach out to Prospective Student Athletes (PSAs) for recruitment, and how they may recruit. Visit the link below to view the recruitment calendar for the 2017-2018 school year. Please note students may reach out to coaches at any point during the year.

www.ncaa.org/student-athletes/resources/recruiting-calendars/2017-18-division-i-and-ii-recruiting-calendars

ATHLETIC RESUME FORMAT

Athletic Information

Height:

Weight:

Primary Position:

Other Positions:

Other Sports:

40 Yd Dash:

Bench Press:

Squat:

Other Sport Specific Information:

NCAA Eligibility Center ID:

Athletic Accomplishments

Championships

Athletic Awards

MVP

Scholar Athlete

Captain

Team Awards

Other

Categories can be added, deleted or changed.

Your information should be updated constantly.

Personal Information:

Name:

Gender:

Address:

Phone Number:

Email:

Profile Web Address:

Date of Birth:

Parent's Name:

High School Information:

High School Name:

Address:

Phone Number:

Website:

Athletic Director's Name, Phone, & Email:

Coach Name, Number, & Email:

Academic Information:

Date of Graduation:

Overall GPA:

Class Rank:

ACT score:

SAT score:

Major Course of Study:

Academic/ Extra Curricular

Activities and Achievements

Clubs:

Societies:

Honors:

Awards:

Volunteer Work:

Offices:

ESTIMATED PROBABILITY OF COMPETING IN ATHLETICS BEYOND THE HIGH SCHOOL INTERSCHOLASTIC LEVEL



Research

Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	486,567	34,198	7.0%	2.1%	2.2%	2.7%
Basketball	541,479	18,697	3.5%	1.0%	1.0%	1.4%
Cross Country	250,981	14,330	5.7%	1.9%	1.4%	2.3%
Football	1,083,617	72,788	6.7%	2.6%	1.8%	2.4%
Golf	148,823	8,654	5.8%	2.0%	1.7%	2.1%
Ice Hockey	35,875	4,071	11.3%	4.6%	0.5%	6.3%
Lacrosse	108,450	13,165	12.1%	2.9%	2.2%	7.1%
Soccer	432,569	24,477	5.7%	1.3%	1.5%	2.8%
Swimming	137,087	9,715	7.1%	2.8%	1.1%	3.2%
Tennis	157,240	8,211	5.2%	1.7%	1.1%	2.4%
Track & Field	578,632	28,177	4.9%	1.9%	1.2%	1.7%
Volleyball	54,418	1,818	3.3%	0.7%	0.8%	1.8%
Water Polo	21,626	1,044	4.8%	2.6%	0.7%	1.5%
Wrestling	258,208	7,049	2.7%	1.0%	0.7%	1.0%
Women						
Basketball	429,504	16,589	3.9%	1.2%	1.1%	1.6%
Cross Country	221,616	16,150	7.3%	2.7%	1.7%	2.8%
Field Hockey	60,549	5,894	9.7%	2.9%	1.2%	5.7%
Golf	72,582	5,221	7.2%	3.0%	2.1%	2.1%
Ice Hockey	9,418	2,175	23.1%	9.0%	1.1%	13.1%
Lacrosse	84,785	10,994	13.0%	3.7%	2.5%	6.7%
Soccer	375,681	26,995	7.2%	2.4%	1.9%	2.9%
Softball	364,103	19,628	5.4%	1.7%	1.6%	2.1%
Swimming	166,838	12,428	7.4%	3.2%	1.1%	3.1%
Tennis	182,876	8,960	4.9%	1.6%	1.1%	2.2%
Track & Field	478,726	28,797	6.0%	2.7%	1.5%	1.8%
Volleyball	432,176	17,026	3.9%	1.2%	1.2%	1.6%
Water Polo	19,204	1,152	6.0%	3.5%	1.1%	1.4%

Sources: High school figures from the [2014-15 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations. College numbers from the NCAA [2014-15 Sports Sponsorship and Participation Rates Report](#).

Last Updated: May 2, 2016

WHAT ARE COLLEGE COACHES LOOKING FOR?

- “We look for someone with good character, athletic ability; an instinctual football player and productive on the field with good football intelligence.”
Ron David Turner, Former Head Football Coach, University of Illinois, Champaign
- “When recruiting a prospective student-athlete to The University of Minnesota, we look for a combination of athletic talent and academic ability. We recruit women who have a passion for playing softball and understand the delicate balance of the entire collegiate experience.”
Lisa Bernstein, Former Co-Head Women’s Softball Coach, University of Minnesota
- “When we recruit athletes, we look for someone who has the academic background that makes admission to Harvard a legitimate possibility, is capable of helping our program achieve our goals, is interested in attending Harvard, and is committed to playing a Division I varsity sport for 4 years of college.” **Fred Scherneck, Director of Golf, Harvard University**
- “I am looking for athletes who have a degree of maturity and self-motivation to succeed on the field and in the classroom at my institution.” **Tim Wheaton Soccer Coach, Harvard University**
- “When I am recruiting a student athlete, I look for someone who has the intelligence, size and athletic ability to meet the needs of our volleyball program and the Big East conference, every division and conference is different. I look for someone who is a self-starter and thrives off of the strong academics provided for by Marquette University, while balancing a year round commitment in our volleyball program. Third and final-I look for someone who loves to work hard, has the heart, enthusiasm and competitive spirit to help bring the Marquette Volleyball team to its highest potential.” **Pati Rolf, Former Head Women’s Volleyball Coach, Marquette University**

WHAT I WISH SOMEONE WOULD HAVE TOLD ME ABOUT BEING A COLLEGE ATHLETE

- The importance of grades starting as a freshman.
- The importance of preparing for the ACT’s and SAT’s.
- Be aware of your privacy settings, your posts, or being tagged in, on social media. Coaches want to know everything they can about students they are recruiting. Athletes on the team will help the coach monitor social media for recruits.
- Applying for regular admission as well as athletic admission.
- Setting long-range goals for ten years after high school.
- Look at schools that meet my academic needs as well as athletic needs.
- Talk to several college coaches from different schools.
- Visit campuses that are being considered.
- Learn time management skills before starting college.
- Develop communication skills as a team member and as a student.

GETTING YOURSELF RECRUITED

Do you feel that you have “what it takes” to participate in collegiate athletics? Perhaps the program of your dreams doesn’t even know that you exist! One way to help your cause is to send information about yourself to prospective colleges. Here are some helpful tips to help get you started...

- Have an honest talk with your coach or athletic director about your athletic ability. Your coach can give you some suggestions as to the size and type of program for which your talents are best suited.
- Treat this like a job search. Write a cover letter and resume. Samples have been provided in this packet.
- In addition to the cover letter/e-mail and resume, consider compiling highlight footage. Check with your coach for suggestions (i.e. Hudl, youtube, etc.).
- Be certain to obtain the name of the coach to whom you are writing. Most colleges have websites that will provide the information. Do not send personal mass mailings of information that is false or misleading.
- If you receive profile forms or questionnaires from coaches, complete them and return them as soon as possible.
- Follow up with a telephone call from the athlete, not the parent!
- Most of all, remember to be PATIENT!

USEFUL RESOURCES

The National Collegiate Association

P.O. Box 6222

Indianapolis, IN 46206-6222

www.ncaa.org

National Association for Intercollegiate

Athletics (NAIA)

1221 Baltimore Avenue

Kansas City, MO 64105

www.naia.org

National Junior Athletic Association (NJCAA)

P. O. Box 1586

Hutchinson, KS 67504

www.njcaa.org

NCAA Eligibility Center

PO Box 7136

Indianapolis, IN 46207

www.eligibilitycenter.org

APPENDIX

- I. NCAA GUIDE FOR COLLEGE
BOUND STUDENT ATHLETE**
- II. NAIA GUIDE FOR THE COLLEGE
BOUND STUDENT ATHLETE**