

UNIVERSITY Football



HANDBOOK AND Recruiting Guide

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University High School Athletic Department

Athletic Director Jeffery W. Bailey

Student Athlete Participation Policy

Practice the three R's:

RESPECT for yourself

RESPECT for others

RESPONSIBILITY for your actions

To All Athletes and Parents/Guardians ~

Ultimately, the behavior of the athlete outside of our direct supervision is in the hands of the athlete and his/her parents/guardians. Therefore, we seek the support and cooperation of all parents/guardians in implementing and enforcing the terms of these policies during out-of-school and athletic activity times.

POLICY I: Drug and Alcohol Policy

The University High School Athletic Department strongly opposes any and all behaviors related to the use of alcohol, drugs and tobacco products. We urge you, the athlete, to avoid all situations and peer contacts that could lead to temptations that are placed before you. BE SMART: Avoid situations where these substances are present!

INFRACTION: An athlete at University High School shall not use, purchase, possess, or distribute any of the following during their season (which is defined by the WVSSAC Calendar) in the school environment:

1. Alcoholic beverages
2. Prescription drugs that are not prescribed specifically to you, or not distributed by the school nurse through the Board of Education Drug/Medication Policy.
3. Controlled substances including, but not limited to: Marijuana, cocaine, inhalants, prescription pain killers, depressants, mood enhancers, caffeine pills, steroids, designer drugs including MDMA (ecstasy), ketamine, GHB, etc.

Use, purchase, possession or distribution of these substances outside of the school environment will constitute a violation if accurately reported and confirmed to the athletic department, or school administration by the police, the athlete's parents, UHS faculty or WVU Department of Public Safety.

PENALTY: Violations of this policy during school time and during extracurricular activities, including practice, practice and game travel, and events (events include your participation as a member and as a spectator at events) will be superceded by the guidelines and penalties outlined by the Monongalia County Board of Education Substance Abuse Policy (JFCH/IGAG). In addition:

A. First Offense: Due to the variation of sport schedules and the length of different seasons, an athlete will be suspended for 10% of their athletic season. If the incident occurs at the end of the athlete's season, the suspension will go into effect during the next athletic season in which the athlete participates.

B. Second Offense: The athlete will be dismissed for the remainder of the season and for any additional athletic participation for the remainder of the school year.

POLICY II: Tobacco Policy

INFRACTION: An athlete at University High School shall not possess, distribute or use any tobacco product during their season (as defined by the WVSSAC Calendar).

PENALTY: Violations of this policy during school time and during extra curricular activities (includes practice, practice and game travel, events including your participation as a member or spectator) will be superceded by the guidelines and penalties of the Monongalia County Board of Education Tobacco Policy (JFCG).

A. First Offense: Due to the variation of sport schedules and length of seasons, an athlete will be suspended for 10% of their athletic season. If the incident occurs at the end of the athlete's season, the suspension will go into effect during the next athletic season in which the athlete participates.

B. Second Offense: The athlete will be dismissed for the remainder of the season and for any additional athletic participation for the remainder of the school year.

POLICY III: Attendance Policy

A half-day of school attendance is required for an athlete to practice or participate in a contest. One half day is defined as three and one-half (3 ½) hours of total daily attendance on a regular school day. One half day on an early dismissal day
(Attendance Policy continued on next page)

would be defined as two and one-half (2 ½) hours. All exemptions to this policy must have prior approval of the athletic director and the athlete's coach. The principal will arbitrate in any questionable instance. (Examples of exemptions are to include: funerals, college visitations, approved school trips, family tragedies.)

PENALTY: May not practice or participate on the day of the unapproved absence or on the day of discovery of the absence.

POLICY IV: Hazing Policy

Hazing is not permitted in the Monongalia County Schools. It is the duty of all school personnel, including students, to prevent the practice of hazing during the school day in connection with all school activities.

Hazing is defined as subjecting a person to embarrassment, abusive treatment, ridicule, harassment or to the assignment of unnecessary disagreeable tasks. Any initiation or induction that involves hazing is forbidden. There shall be no initiation in any form for students entering junior high school, senior high school or any class or organization. All school personnel are charged with the responsibility for the enforcement of this policy.

PENALTY: Administrative decision based on the County Board of Education Hazing Policy (JFCF), which may result in exclusion from further participation.

POLICY V: Equipment Policy

An athlete agrees to follow guidelines for care/maintenance of all equipment as instructed by their coach, and accepts the responsibility for the safety of all equipment.

PENALTY: Failure to return equipment or failure to pay assessed damages on the required date and time instructed by your coach, will result in being prohibited from participating in any other sport's season and/or from being nominated or receiving any award earned.

POLICY VI: Awards Policy

PENALTY: Any athlete who is dismissed from a team during that sport's season, or who fails to return any school issued equipment, or any moneys due that sport, will forfeit the right to earn a letter in that sport as well as any other award that might have been obtained while representing University High School during that season.

POLICY VII: Conduct / Character Policy

Responsible citizenship and proper behavior are an integral part of sports and school success. Therefore, we request that you:

- A. Conduct yourself in an appropriate manner and display good sportsmanship when representing University High School both during school and in our community.
- B. Respect teachers, coaches, staff, game officials, custodians, cooks and all school and/or private property.
- C. Have no unauthorized absence from a single class or from the entire school day. During an out-of-school suspension for disciplinary actions, you may not practice, attend practice, attend games or other school sponsored athletic events. For in-school suspension, participation will be determined at the time of the incident by school administration and coach. In-school suspension **is not** an automatic exclusion from participation in sport's related events.

PENALTY : For violation of A,B or C (in-school suspension portion), the penalty shall vary as imposed by the school administration, coach, or athletic director determined at the time of the incident.

MISCELLANEOUS:

Athletes are reminded that during any suspension from school for violating the above listed policies, they will not be permitted to practice, attend practice or participate in games or any other school sponsored athletic event.

Cumulative Penalty: One incident equals one offense. Violation of any of the above outlined policies may result in penalties being enforced in another sport's season. In addition, as per county policy, these infractions are cumulative for the entire high school participation of each student and may ultimately result in expulsion from school.

Pertaining to violations or behaviors that occur outside the school environment or during non-athletic participation in school related activities, it is the responsibility of the athlete, athlete's parent/guardian, school activity sponsor and/or law enforcement officials to inform the school administration, athletic director or coaching staff of the correct details pertaining to an incident of violation concerning these policies. Following an investigation into the matter, whereby the student is given due process, the penalty phase of these policies can be administered. *NOTE: University High School will not act on any incident that is based on hearsay, secondhand accounts or correspondence received anonymously.*

Also: The athletic department will support and cooperate with the parent/guardian in any behavioral plan that the parent/guardian wishes to implement that is in addition to the above outlined penalties and procedures.

“We the coaching staff expect discipline. Discipline is not the enemy of enthusiasm. Self-discipline is the best type of discipline. Please strive to practice self discipline!”

B. BEHAVIORAL OBJECTIVES AND EXPECTATIONS

1. Concerning the use, possession or purchasing of tobacco and tobacco products (including vaping), alcoholic beverages and drink, all illegal drugs or improper use of prescription or over-the-counter drugs, the following will apply:
 - A. If the infraction (incident) occurs during the regular school day, on school grounds, during practice or while you are under the direct supervision of our coaching staff, or while you are a representative of University High School at a school sponsored function, the Monongalia County Board of Education Substance Abuse Policy and the University High School Student Athlete Participation Policy will be enforced. All athletes and students are reminded that they are by law entitled to “due process”.
 - B. If any of these infractions and behaviors occurs outside the school environment or your representation as a team member, it is the responsibility of the parent, player and/or law enforcement to inform the coaching staff or administration of the correct details pertaining to the incident. The above-mentioned policies in *Section 1A* will be administered if necessary, after allowing for due process. You **may** be subject to the penalties imposed by the “UHS Student Athlete Participation Policy”.

Let it be known that the football staff at University High School strongly opposes any, and all, behaviors that are related to the use of alcohol, tobacco and other drugs. We strongly urge you, the athlete, to avoid all situations and peer contacts that could lead to the temptations that are placed before you every day. As the coaching staff, we will support and cooperate with parents and/or guardians in any behavioral plan that they wish to implement.

Ultimately, the behavior of the athlete outside of our supervision is in the hands of the athlete himself, and his parent or guardian. **We encourage parents to cooperate with the enforcement of this policy and not sponsor, chaperone, or allow alcoholic parties under your supervision.** By practicing self-discipline and common sense, all of these issues can be avoided.

ATHLETES ARE REMINDED THAT BY LAW YOU MUST BE 21 YEARS OF AGE TO LEGALLY USE OR PURCHASE ALCOHOL, AND 18 YEARS OF AGE TO PURCHASE TOBACCO PRODUCTS.

2. **Attendance is mandatory.** Regular daily attendance for all scheduled practices is expected. The only exceptions to this rule will be in the event of serious family crisis (death, illness, etc.) or your extended illness (please bring a doctor's excuse describing limitations). If you are too sick to practice during August (in your parents opinion), you or your parents are expected to call the AD office at 291-9274, or on Coach Kelley's cell phone at 216-8473, between 7:45am and 8:15am. If we are not contacted, we will assume it is an unexcused absence. **It is your responsibility to find transportation to and from practice.** Please do this in advance. Missing practice because you do not have transportation is NOT an excused absence. Please check with other players for possible car-pooling arrangements. If you have an appointment (dental, physician, etc.) we will require a note from them verifying your appointment, or we reserve the right to call to confirm your appointment. You are expected to report to practice either prior to, or immediately following said appointment.
3. Players will wear ALL pieces of equipment that are issued to them as instructed by coaches. Failure to do so can result in an injury and WILL result in punishment.
4. Horseplay and immature behavior in the field house or in any other facility will NOT be tolerated. Locker rooms and dressing areas are dangerous areas. Therefore, no shoving, running, towel flipping or trick playing will be permitted. **Be respectful of others and conduct yourself in a mature fashion.**
5. No stealing of equipment or others' possessions. This also includes the destruction and defacing of property, including that which belongs to UHS or others. **DO NOT STEAL.**
6. **DO NOT LIE!!** Any type of lying only compounds the issue at hand.
7. Be respectful of all UHS property and personnel. If you drive to practice, please use extreme caution and drive in a mature manner. Park in designated "student parking" areas only!
8. If you drive to practice during our two-a-day sessions, you **MAY NOT** leave the campus at lunch without written permission from your parents stating the nature, reason and destination of your need to leave. If you do leave, no other player is allowed to accompany you.
9. Get the proper amount of rest. Be mentally and physically prepared. **Parents:** Please cooperate with us by requiring that your son be in your home by 10:00pm on the night prior to practice and games.
10. Maintain a good diet, and replenish your liquids often.
11. Respect all equipment, including that of fellow players. It is the player's responsibility to notify the coaches/trainers of missing or ill-fitted equipment. This is especially important in the area of air in your helmet and the proper fit of your mouthpiece.
12. Practice respectful behavior towards parents, teachers, fans, teammates and coaches at all times. No member of this team is more important than anyone else. Do not attempt to rank players, or mistreat players due to class or ability.

13. Get rid of any personal feelings, petty beliefs, ego, selfishness and statistical goal setting that you may have. Focus all attention toward the “team”.
14. Establish a “philosophy of priorities”. Be totally committed to this program. Do not let hobbies, outside interests, girlfriends, cliques or anything distract you from our goal. Be very cautious, and do not participate in gossip and rumors.
15. When it occurs, accept losing with dignity. Congratulate the victors, and set forth to win the following week. Avoid negative comments and confrontations as it only places us at a “loser’s” level.
16. Respect game officials at all times. Refer to them as “sir”. Do not complain to them. The coaching staff will question rule applications with the officials as necessary.
17. Keep all football information and discussions private. “What is said here stays here”. Do not share team information with the press or with the private sector.
18. During our season, late July until early December, you are NOT to participate in neighborhood “pick-up” football and basketball games and dirt bike riding or racing.
19. **Following the completion of our season, you are required to stay after school on the designated night to turn in your equipment.** The Coaching Staff will announce this date at a later time. All equipment is to be turned in clean and completely dry.
20. **Press Policy: You are not permitted to talk to the press or media unless cleared by the coaching staff as to the nature and intent of the article or report.**
21. **Travel Rules:** On bus trips to away contests, you must arrive on time for departure. Dress appropriately as requested by the coaching staff (this includes no hats). You are a diplomat of UHS, and should act accordingly in a mature and respectful manner. **Following the game, if you choose not to ride the bus home, your parents must tell a member of the coaching staff that you will be riding home with them, before you leave. As per UHS policy, you will not be permitted to ride home with friends, girlfriends or family acquaintances. There will be NO exceptions to this rule.** You may, however, ride home with the parents’ of a teammate, if a note is given to the coaching staff by your parents indicating their permission to allow this.
22. **Conduct on School and Charter Buses While Traveling:** You are to sit facing the front of the bus at all times. You may not place your hands or any object, on or outside of the windows. You are never to throw anything out of the window, or spit out the window. You should refrain from using profanity and should always be conscious of the appropriate nature of any discussions you might engage in. You will follow the directives of the bus driver and/or any coaches. You are to give them the same respect that you would give a classroom teacher. Do not touch, annoy, or harass any teammate on the bus. You are expected to display the same behavior that would be appropriate for a classroom setting. **ANY WARNINGS BY THE BUS DRIVER OR THE COACHES WILL RESULT IN THE CAMERA BEING TURNED ON TO RECORD YOUR BEHAVIOR. APPROPRIATE PUNISHMENT WILL BE GIVEN IN A TIMELY FASHION.**

23. GMCT Fieldhouse and John W. Kelley Football Locker Room Rules & Expectations:

For over 70 years we did without a facility – so please treat it with the utmost respect.

This is your facility!!

- a. You may not use any room or facility in the GMCT Fieldhouse, other than the John W. Kelley Football Locker Room.
- b. No visitors are allowed. Only players, coaching staff, training staff, etc. are permitted inside the locker room
- c. You will be assigned a numbered locker. You are to use this locker only – no others. You are responsible for its cleanliness and order. Report any functioning problems to the coaching staff immediately. You are to police the floor area in front of your locker for food items, candies, soda, etc.
- d. Do NOT store Gatorade, water, or any drinks in your locker overnight. If found they will be thrown away by the coaching or janitorial staff. These items tend to draw ants, roaches, mice and other vermin.
- e. Shoulder pads are to be placed up on top of your locker on the shoulder pad rack, each and every day. All jerseys are to be hung for drying. All shoes are to be placed inside locker or on the shoe racks. Do not place wet towels or wet practice gear in the bottom of the locker. Hang it up! All cloth items are to be laundered weekly.
- f. If you do not maintain your locker and equipment, it will be taken from you and you will lose participation rights.
- g. No athlete may enter the equipment storage rooms without a staff member
- h. No athlete shall enter the training room unless requested and approved by the Healthworks Training Staff.
- i. No tape or pre-[wrap is to be kept in lockers. Tape on dressings will be applied by the training staff only. No self-adornment of any kind is permitted.
- j. You may not touch or use any of the audio visual equipment in the locker room without a coaching staff supervision or approval
- k. Never leave money or valuable jewelry or electronic devices in your locker, even if it is locked.
- l. Do not leave textbooks, iPads, iPhones, or Chromebooks in your fieldhouse locker. You will not have access to it until the end of the school day.
- m. You may put your own lock on your locker. If it is a combo lock you must give the combination to the coaching staff. If it is a key lock, one key must be given to the coaching staff. The locker is not your personal property. Coaches and school administration may search your locker at any time, unannounced and without your permission.
- n. Failure to clean out all of your personal items including shoes, cleats, etc. by the announced date at the end of the season, can result in items being disposed of.
- o. This is OUR HOUSE – treat it with respect and dignity at all times
- p. Failure to comply with these regulations – the athlete will be warned once.
Additional non-compliance will result in consequences

24. FACEBOOK, TWITTER, INSTAGRAM, SNAP CHAT AND OTHER SOCIAL NETWORKS, WEB SITES & MESSAGE BOARDS:

We strongly urge you to avoid participating in any of this for your protection and for the betterment of our team. Please remember:

- a. When you place anything in written or photographic form, it can and will be seen by others, including those that you did not intend to view it, including Monongalia County and UHS officials, recruiting coaches for colleges/universities which may be deciding your fate, based on character, and our opponents. I suggest that you take down anything from these sites **now** that reflects you and your character in a negative manner, even if you find it funny or acceptable.
- b. Anything you post will be seen, read, and evaluated. Message Board screen names do not protect you from others knowing who you are.
- c. These suggestions have been strongly recommended and supported by employers, college recruiting services, college football coaches, and our own staff.

C. ACCEPTANCE OF RISK STATEMENT SAFETY WARNING & INJURY CONTROL

NOTICE ~ WARNING!!

The coaching staff will instruct in the details of how to avoid catastrophic injuries by using proper technique. It is your responsibility to follow these instructions. Varsity high school football is a violent, collision sport. By its nature, injuries will, and do occur. There is no situation that we, as a coaching staff, can guarantee that you will not be injured. The nature of these injuries ranges from bumps and bruises to sprains and strains of muscles and joint capsules. Injuries may also be more severe, such as broken bones and joint injuries requiring surgical repair. Football injuries may even be in the catastrophic category, such as paralysis, brain injury and even death. Football injuries are not limited to those listed here. Injuries can occur from contact with other players, including teammates, contact with the surface itself, and can even occur just from the nature of the game caused by running, cutting, etc. The purpose of providing this information is not to scare you or your parents, or to relieve us of our liability. It is to alert you to the nature of the game. You cannot avoid all injuries, but you can minimize the chances of them occurring. And when they do, you can minimize the recovery time by following these suggestions.

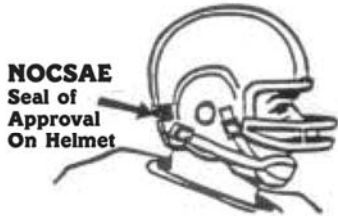
1. If you go to the Emergency Room for treatment of an injury on your own, be aware of what type of injury you have and seek the appropriate physician. For example: if it is joint or muscle related, ask for an “orthopedic specialist”, or if it is head related, ask for a “neurologist”. Emergency Room physicians generally do not treat football injuries with anything other than the advice of rest and non-participation. Proper medical care and determination can reduce your downtime and increase a full and speedy recovery, and return you to play ASAP. Also, be aware of your insurance carrier or HMO as it applies to treatment and referrals.

2. NEVER, NEVER OFFER AID OR ASSISTANCE TO AN INJURED PLAYER, EITHER A TEAMMATE OR AN OPPOSING PLAYER. DO NOT TOUCH HIM OR ASSIST HIM!!! Notify the officials or the coaches that a player is down and appears to be hurt.
3. **WARNING/NOTICE: NEVER** take any supplements that are designed to aid in gaining, maintaining, or losing weight that contain **Ephedra, Ephedrine, ma huang**, or any derivatives thereof. These are banned substances and some ingredients that are found in them are known to contribute to fluid loss, rise in body temperature, dehydration and in some cases, death. Please use over the counter products wisely and read all ingredient labels before taking. Do NOT drink “energy drinks”, such as “5-Hour Energy”, “Monster”, “Red Bull”, etc. These drinks contain large amounts of caffeine and other stimulants that contribute to dehydration and cramping. You should always check with your physician, coach, and/or training staff before beginning to use any type of supplement.
4. In the event that you become aware of a player that is mentally confused or appears to be disoriented, you should alert the coaches, trainer or officials immediately.
5. When an injury occurs you should notify the coaching staff immediately. DO NOT wait until later, or until the next day. Seek the assistance of our trainer, who will determine if follow-up care is warranted. **If the training staff requests that you come in for treatment, you must do so. We will be absolved of all liability concerning this injury in the event that you fail to do so. You will also not participate in the program until our training staff clears you.**
6. When in doubt about an injury, apply ice on it for 20-minute intervals, unless otherwise instructed.
7. Players: It is your responsibility to wear **all** of the pieces of equipment issued to you. It is also your responsibility to do a daily check of the air pressure in your helmet and that your facemask is tight and secure. You will also need to check daily for proper mouthpiece fit (this includes molding) as well as, the snaps, buckles, straps and pads. Do not cut or alter any equipment, especially your mouthpiece, which is the single best prevention of brain injury you will possess. All pads must be in the proper pockets in pants, shoulder pads must be fully buckled, and all four chinstrap posts must be snapped. Notify a coach or trainer immediately if problems are found with any of your equipment, and do not participate any further until corrections have been made. Do not be afraid to ask when in doubt.
8. Follow all rules and recommendations of the coaching staff, play within the rules of the game and follow all technique advice and fundamental training given by the coaching staff.
9. Read all warning labels posted inside your helmet and follow all safety postings included in your information packet as well as those posted in the locker room.
10. **You will find a HELMET SAFETY BULLETIN entitled “Attention Football Players”, on the next page. Every player and parent needs to fully read, and be familiar with, the information contained within it. THIS IS CRITICALLY IMPORTANT TO YOUR SAFETY!**

SAFETY WARNING!

ATTENTION FOOTBALL PLAYERS

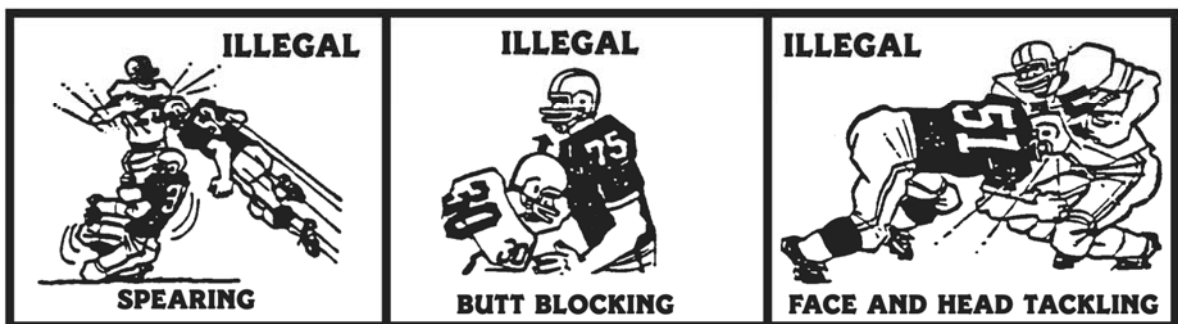
PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOU, AS A PLAYER CAN HELP MAKE THE GAME SAFER BY NOT INTENTIONALLY USING TECHNIQUES WHICH ARE ILLEGAL AND WHICH CAN CAUSE SERIOUS INJURY.



ALL CONCERNED, THE ATHLETE, THE COACH AND ANY OTHER PERSON RESPONSIBLE TO MAINTAIN THE ORIGINAL HIGH QUALITY DEMANDED BY THE RULES AND THE NOCSAE STANDARD, MUST SHARE THE RESPONSIBILITY FOR KEEPING THE HELMET IN PROPER PROTECTIVE CONDITION.

DO NOT USE THIS HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND CAN RESULT IN SEVERE HEAD, BRAIN OR NECK INJURY, PARALYSIS OR DEATH TO YOU, AND POSSIBLE INJURY TO YOUR OPPONENT.

THERE IS A RISK THAT THESE INJURIES MAY ALSO OCCUR AS A RESULT OF ACCIDENTAL CONTACT WITHOUT INTENT TO BUTT, RAM OR SPEAR. NO HELMET CAN PREVENT ALL SUCH INJURIES.



THE DANGER IN THESE TECHNIQUES IS THAT TOO OFTEN THE PLAYER'S HEAD IS NOT IN THE PROPER POSITION WHEN CONTACT IS MADE WITH THE OPPONENT. EXECUTED IMPROPERLY (HEAD DOWN), THE NECK IS MOST VULNERABLE TO INJURY. A BLOW TO THE TOP OF THE HEAD WHEN THE NECK IS STRAIGHTENED IS THE MOST FREQUENT CAUSE OF PERMANENT INJURY. ONLY LEGAL TECHNIQUES SHOULD BE TAUGHT OR PRACTICED.

D. UNIVERSITY HIGH SCHOOL FOOTBALL STAFF POSITION ON SUPPLEMENTS AND PERFORMANCE ENHANCEMENT PRODUCTS AND OVER-THE-COUNTER MEDICATIONS

There are countless numbers of legal and legitimate products promoted and sold in stores, magazines, the internet, and by private individuals aimed at enhancing performance. The University High School Football Coaching Staff **DOES NOT** endorse the purchase, or use of, any of these products. We especially warn you and discourage you from using such products as **Creatine, Whey Protein, HGH (Human Growth Hormone)**, or any version or variation of **testosterone or anabolic steroid product**. There is constant debate on the safety associated with these products, as many of them are legal to purchase. Unfortunately, many people have died from their use and/or suffered permanent organ function disability. **Do NOT drink “energy drinks”, such as “5-Hour Energy”, “Monster”, “Red Bull”, etc. These drinks contain large amounts of caffeine and other stimulants that contribute to dehydration and cramping.** The only product that our staff recommends is a quality daily multi-vitamin, purchased by parents. This is only recommended because of the stress and strain on the body associated with participating in sports, and the improper eating habits associated with adolescents. If your child should get a cold and associated upper respiratory congestion, we **DO NOT** recommend that you use over the counter cold medications. **These medications contain antihistamines, which often make you drowsy and feel worse than you really are. They also elevate blood pressure and pulse rate and interfere with other medications.**

E. PROPER CARE OF EQUIPMENT & UNIFORMS

To Players and Parents:

It is your responsibility to properly maintain and clean the equipment that has been issued to you. It is also expected to be returned to us in the same condition that it was in, when it was issued to you. If this is too much of a burden on you, please notify the coaching staff, and we will make alternative arrangements to launder your items. This equipment is very valuable and expensive. It not only protects us from injury, but it is costly to replace. A fully equipped player, from head to toe, takes to the field in about \$1200.00 worth of equipment. I realize that the following instructions require some time and effort to follow, but if we all follow these instructions we can save a large amount of money by prolonging the life of our equipment. **Please follow these instructions and understand that if any equipment is lost, stolen or damaged by means other than normal wear and tear, it will have to be replaced by you at full cost.**

1. Please mend or stitch minor tears and holes in jerseys and pants when they occur. If you cannot do this, please alert the coaching staff so that they be repaired before it gets worse.
2. **IT IS THE PLAYER'S RESPONSIBILITY TO TAKE CARE OF THE UNIFORM AND EQUIPMENT. DO NOT PASS THIS RESPONSIBILITY ON TO YOUR MOTHER OR FATHER.** Follow the care and maintenance instructions given to you.
3. You are expected to clean and wash jerseys, girdles and pants weekly. Please have them ready on Mondays and Fridays.
4. Pre-soak all grass stains or muddy items immediately. If you do not have a pre-soak cycle on your washing machine, then soak them in a bucket of warm water with a protein release agent for no longer than 30 minutes. Hot water can cause color bleeding. Garments should be laundered immediately after pre-soaking. If pants, etc. are extremely mud covered, then hang them on the line and use the garden hose on them. It is best to wash pants and jerseys while still wet. **DO NOT ALLOW MUD TO DRY ON YOUR UNIFORM!!**
5. Uniforms should be laundered immediately after they have been worn!! Crocking may occur when perspiration soaked garments are left in a pile or folded one on top of another for any period of time. Garments that cannot be laundered at once should be hung individually on rust proof hangers (plastic). When washing the jerseys, always wash **inside out** to prevent abuse to the vinyl plastisol lettering.
6. **YOU MUST REMOVE all pads from pants and girdle before washing. DO NOT leave kneepads, thigh pads, belts, etc. in pants during the washing cycle. This has destroyed more equipment than any other single action.**
7. **NEVER use bleach or bleach products. DO NOT USE CLOROX OR CLOROX PRODUCTS!! We suggest "Oxy-Clean" which works very well for grass stains, in conjunction with quality laundry products like Cheer, Wisk, Tide, Etc. NEVER use Fabric Softener either!!**
8. **DO NOT PLACE ANY PIECE OF EQUIPMENT IN THE DRYER. LINE / AIR DRY ONLY. BE CAREFUL OF FADING IN DIRECT SUNLIGHT! MACHINE WASH UNIFORM (JERSEY AND PANTS) SEPARATELY!**
9. Since almost all washable equipment is a cotton based fabric, use warm or cold water **ONLY**.
10. **DO NOT PLACE GIRDLE, PANTS OR MESH JERSEYS IN THE DRYER.** Please line-dry these parts of the uniform. Dryers, no matter how delicate, tend to destroy the elasticity and stitching in the uniforms.
11. It is suggested that you wipe off your pads periodically with a mild soap and disinfectant. Also, wash out the inside of your helmet with this solution. Ask for a new mouthpiece when needed.

12. Do **NOT** use Fabric Softener or Dryer Sheets in conjunction with any piece of your uniform, as the ingredients in these items will cause loosening of the numbers and deterioration of the uniforms.

REPLACEMENT COSTS FOR UNIFORM COMPONENTS

| | |
|---------------------------------|----------------------|
| Red/White/Black Game Jerseys | \$350.00 Each |
| Red/White/Black/Gold Game Pants | \$ 85.00 Each |
| Black Practice Jersey | \$ 40.00 |
| Black Practice Pants | \$ 26.00 |
| Girdle Pad Set | \$ 24.00 |
| Knee Pad | \$ 8.50 |
| Thigh Pad | \$ 12.50 |
| Belt | \$ 3.00 |
| Helmet | \$425.00 |
| Shoulder Pads | \$285.00 to \$325.00 |
| Equipment Bag | \$ 65.00 |
| Jaw Pads | \$ 18.00 Pair |
| Chin Strap | \$ 18.00 Each |

Thank you for your cooperation concerning these requests. We should all take pride in the care of our uniforms and equipment.

REMEMBER!

“You must stay after school at the end of the season to have your equipment checked and turned in.”

CRITICAL!!

NEVER, NEVER use bleach or bleach products!!

Turn jerseys inside-out to wash

Machine wash uniform separately from other clothes.

Line dry ONLY, do not use the dryer!

Do NOT use fabric softener or dryer sheets!

Avoid direct sunlight, as it will fade some uniform pieces.

You will be held responsible for any damage done to uniforms as a result of improper laundering techniques.

*“A winner respects those who are superior to him and tries to learn something from them; A loser resents those who are superior to him and tries to find flaws in their armor.”
...by Janna Weir*

F. TYPES OF PRACTICES

Each practice session the coaching staff will announce the type of practice as to what you are to wear. You are required to be prepared for all types of practices. You are to wear only what is required for that practice. You will NOT practice unless dressed properly for the practice type announced.

- I. **FULL METAL JACKET** – Helmet, all pads, pants (fully padded as required by NFHS rules). We will engage in full body contact drills, including blocking, tackling, sled work and individual contact drills (All practices are **FULL METAL JACKET** unless otherwise announced).

- II. **THUD** – Shoulder pads, helmet, mouthpiece, girdle with all pads, shorts over girdles. Basically, this is everything but football pants and knee pads. We will engage in full contact body drills, but there will be no live tackling. Quick whistle for all drills (some afternoon practices and pre-game).

- III. **TOP HEAVY** – This includes helmet and should pads **ONLY**. This will be a hot weather practice with some limited contact with individuals, sleds and bags.

- IV. **HELMETS – ONLY** helmets and mouthpieces. Very limited contact, mostly a walk-through with drill work and teaching.



*“A winner works harder than a loser and has more time;
A loser is always “too busy” to do what is necessary.”
...by Janna Weir*

G . HANDBOOK FOR PARENTS

TO PARENTS & PLAYERS:

Please be advised that **ALL** varsity and freshmen practices are **closed practices**. Parents may **not** attend unless given prior permission by the coaching staff (which will be rare). This is a liability issue in that we need to have **100% concentration** from all of the players without distractions.

You should arrive for the July/August Practices no later than 7:50 a.m. Have your pads in your pants, be fully dressed and report to the morning meeting by 8:00 a.m. Be reminded that the training staff may require you to arrive earlier for any necessary treatment. Practices during this time will be held daily, Monday through Friday, with no practices on Saturday's or Sunday's (except for the scrimmage game that is scheduled for the second Saturday.)

Practice will be held on Labor Day Monday and/or a JV game. Following is a listing of the typical practice day's schedule during the months of July and August:

TWO-A-DAY SCHEDULE:

| | |
|-------------------|--|
| 8:00am – 9:00am | Weightlifting, Team Meetings & Instruction |
| 9:00am – 11:00am | Whole Team Practices On Field |
| 11:00am - 2:00pm | Shower/Lunch/Rest (Possible Meetings) |
| 2:00pm - 4:00pm | Whole Team Practices On Field |
| 4:00pm – 4:20 pm* | Shower & Go Home |

ONE-A-DAY SCHEDULE:

| | |
|-------------------|--|
| 8:00am – 9:00am | Weightlifting, Team Meetings & Instruction |
| 9:00am – 11:30am | Whole Team Practices On Field |
| 11:30am - 12:30pm | Weightlifting |
| 12:30pm – 12:50pm | Shower & Go Home |

CONTACT THE COACH: Coach Kelley's home phone number is 216-8473 (you may also e-mail at: coachjwkelley@aol.com or jwkelley@k12.wv.us). Please feel free to contact me about any concerns you may have about your son and/or our football program. However, please do not call after 10:00 p.m., unless it is an absolute emergency.

- When school begins, our practice session will be from approximately 2:55 p.m. (on the field by this time), until 5:15 p.m. Parents may pick up players at 5:20 p.m... A reminder to all involved, the Mountain Line bus service runs every half hour from in front of the main building circle. All you need is a student ID to ride for free.

During the month of August we will have "Two-A-Day Practices". You should wear gym clothes only. Have two sets, one for the AM and one for the PM practice. Bring

two towels to shower twice daily. This is essential to cool your body. Do not wear fashion shorts and never wear Lycra bike pants. Never wear jewelry of any kind on the practice field, including neck chains or earrings. A tee-shirt is a must for all practices.....never practice without a shirt.

*** Shoes: All players must have sneakers for daily use in the weight room. Sandals and Flip Flops will not be permitted. Cleats or molded cleats will not be allowed in the lobby, hallways or the cafeteria of the school.**

*** Please notify all coaches and trainers of medical alert problems, including allergies to bee stings. If you use inhalers, please see that the trainer is provided with one for your use when needed. This must be marked clearly with your name.**

Replenish your fluids often. Water is the best fluid. **You are free to partake of water at any time during our practices, when necessary.** In addition, there will be regularly scheduled water breaks. In between practices, we recommend that you drink as much fluid as possible, but you should avoid soda and other types of sugar drinks. For lunch eat only enough to avoid being hungry. Do not overeat or stuff yourself. We recommend complex carbohydrates such as fruits and vegetables. Avoid protein and high fat foods. Fast foods such as hot dogs, hamburgers, etc. are a very poor choice for lunch.

*** Parents: Please refer to the sheet that states that no one can leave campus during the lunch break.**

We recommend that you get up no later than 7:00 a.m. daily for our 8:00 a.m. practices. Eat a good breakfast, but try to eat it no later than 7:30 a.m. in order to avoid stomach problems that can be caused by a very physical workout too close to a meal. You cannot get out of bed at 7:30 a.m. and expect to be mentally and physically alert by 8:00 a.m.

REMEMBER ~ YOU ARE REQUIRED TO WEAR A TEE-SHIRT UNDER YOUR PADS AT ALL TIMES. DO NOT ALLOW PADS TO MAKE DIRECT CONTACT WITH YOUR SKIN.

Travel Rules: On bus trips to away contests, your child must arrive on time for departure and be dressed appropriately (this includes no hats). They are a diplomat of UHS when we travel, and should act accordingly in a mature and respectful manner. **Following the game, if your child chooses not to ride the bus home, you as a parent must tell a member of the coaching staff that they will be riding home with you, before they leave. As per UHS policy, they will not be permitted to ride home with friends, girlfriends or family acquaintances. There will be NO exceptions to this rule.** They may, however, ride home with the parents' of a teammate, if a note is given to the coaching staff by you, as a parent, indicating your permission to allow this.



H. The Role of Parents In Interscholastic Athletics:

...by The West Virginia Secondary School Activities Commission

Communicating With Your Children:

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life that they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure; you lost as well as won, you were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Remember, there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
6. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
7. Don't compare the skill, courage or attitude of your child with other members of the team.
8. Get to know the coach(es). Then you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

Communicating With The Coach:

What you should expect from your child's coach:

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedure should your child be injured
- Discipline that results in the denial of your child's participation

What the coach should expect from Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations.

Appropriate Concerns To Discuss With The Coaches:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Issues Not Appropriate To Discuss With The Coaches:

- Playing time
- Team strategy
- Play calling
- Other student/athletes

Appropriate Procedure For Discussing Concerns With Coaches:

- Call to set up an appointment with the coach (contact the athletic director to set up the meeting if unable to reach the coach)
- Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution)

What If Meeting With The Coach Did Not Provide A Satisfactory Resolution:

- Call to set up an appointment with the athletic director
- Determine the appropriate next step at this meeting
- Follow the appropriate chain-of-command
 - Athletic Director
 - School Administration
 - Board of Education Administration

*“A winner says, “I’m good, but not as good as I ought to be”; A loser says,
“I’m not as bad as a lot of other people.”
...by Janna Weir*

I. Guidelines for Parents

(by Dr. David Hoch, Athletic Director Eastern Tech High School)

Player-Coach Relationship:

1. This is the most important relationship.
2. Parents can affect this relationship by criticizing the coach to their child.
3. Parents should always remember that the athlete has to return to practice the next day.
4. Parental coaching at home may impede the athlete's progress.

Parent-Coach Relationship:

1. Allow the coach to instruct and guide the team.
2. Do not question or confront the coach immediately after a contest
3. If you want to discuss a problem with the coach, make an appointment with him and discuss your concern in a calm, courteous and logical manner.

Parent-Player Relationship:

1. Do not try to live through your child.
2. Be positive and supportive without adding undue pressure and unrealistic expectations.

Fan-Officials Relationship:

1. Officials are necessary to the game.
2. They are bound by a code of ethics that makes them rigidly impartial
3. Fans, and particularly parents, should never harass or taunt officials

Sportsmanship:

1. Parents have to demonstrate good sportsmanship and serve as role models.
2. Specific obligations:
 - a. No vulgar or inappropriate language.
 - b. Taunting and trash-talking will not be tolerated.
 - c. Outsiders must never intrude upon the field or court during a contest.
 - d. Cheering should be "for" our team, not "against" the opponents.

Responsibilities of the Athlete:

1. Put the team's goals, welfare, and success before your own.
2. Attend all practice sessions.
3. Be receptive to coaching.
4. Be responsible for all uniforms and equipment.
5. Represent the school well and follow the team rules.
6. Report all injuries to the trainer or coach immediately.

J. FUNDRAISING INFORMATION

Unfortunately, fundraising is a necessary and vital part of our program. **Contrary to popular belief, we are NOT fully funded by the athletic department, and we receive NO monies from the Monongalia County Board of Education, other than coaches' salaries.** We **are** a revenue producing sport, but that revenue has to be shared among the other 28 athletic programs at University High School. Many of the other sports are NOT revenue producing. In order to fully provide all of the necessary safety equipment, uniforms, annual banquet, and other miscellaneous items that we need each season, it will be necessary to have three main fundraising projects this year. **PLEASE DO NOT COMBINE CHECKS FOR DIFFERENT FUNDRAISERS.**

- A. **“Spirit Clothing Sale”** ~ FINAL TOUCH on-line spirit clothing sale. These are direct purchases on-line, delivered to the team at UHS, and distributed for you to hand out. These are credit-card purchases only. We suggest that you encourage fans, supporters, classmates as well as people in your neighborhood to go online and check out the options.
- B. **“Discount Merchant Cards”** ~ We will be selling these cards for \$10.00 each, and they will offer purchasers substantial discounts at local businesses, restaurants and fast-food establishments. Prizes will be awarded to the top sellers on both the Varsity Team and the Freshman Team. **Please ask for cash when selling these cards. If they absolutely must pay by check, please have them make it out to University High School.** Each player will be given 15 cards to sell.
- C. **“Fall Sports Program Ad Sales”** ~ The Football Team alone will be sponsoring the FOOTBALL PROGRAM for this year. It will be a lot of work for just us, but it will give us a great fundraising opportunity. In addition, we will be selling the program books at each home game, so we will need help from the parents to sell them. If you need copies of the ad form in order to sell ads for the book, you may pick them up from Coach Kelley. **Please pay particular attention to the deadline date listed on the ad form.**
- D. **“WVU Healthcare Employee Picnic”** ~ July 31st – 3:00pm – Chair and Table Set-Up. August 1st – 10:00pm – 4:30am – Night-Shift Serving (select few). August 2nd – 7:30am – 6:30pm – Day Shift Serving (entire team). This will be our largest fund-raiser for this year, so we really need everyone to participate, and will also need as many parent volunteers, as possible.

Please make every effort to participate in the fundraising activities listed above. There is no requirement to do so, nor is there punishment for non-participation.

K. PLAYER FINANCIAL REQUIREMENTS

Please be aware that all of the equipment that is provided to you is of the highest quality, and is among the safest equipment available on the market today. You will not be asked to purchase any of it. The only items that you must purchase are:

- 1) **Shoes:** Players are responsible for the purchase of their own shoes, as this is a personal item. We offer excellent discounts with reputable vendors for the purchase of these shoes, if you are interested. Please check with the coaching staff with regard to the type of shoe you should purchase. **DO NOT** allow your child to convince you that the most expensive pair is necessary. All players must also have sneakers for daily use in the weight room. Sandals and Flip Flops will not be permitted. **Cleats or molded cleats will not be allowed in the lobby, hallways or the cafeteria areas of the school.**
- 2) **Five Pocket Girdle:** We will offer a “McDavid” or “Riddell” 5 Pocket Hex-A-Lite padded girdle to you at our cost of \$30.00. The advantage to this type of girdle, is that you do not need to have hip and tailbone pads distributed. You may also purchase, at any sporting goods store, a 5-pocket compression girdle, which will require hip and tailbone pads that we will distribute to you if you choose to use this type of girdle. If you wish to purchase one from us, please make checks payable to “University High School.” You may purchase a girdle elsewhere, but it must be a five pocket.

** If you cannot afford either of these items, please notify the coaching staff, as arrangements can be made to provide you with them through our Athletic Boosters’ Organization or through our Football Fundraising Account.*

You may purchase other items, such as mouthpieces and facemasks on your own. However, they must meet the NOCSAE standards. If you purchase your own facemask, it must be put on your helmet by the UHS coaching staff, and it must have a NOCSAE seal on it. Please keep in mind that you will NOT have the mask returned to you at the end of the season, as it will be sent out with the helmet for reconditioning. If you purchase a mouthpiece, it must be attached to the face mask by a strap.

“A winner goes through a problem; A loser goes around it, and never gets past it.”

“A winner makes commitments; A loser makes promises.”

“A winner listens; A loser just waits until it’s his turn to talk.”

...by Janna Weir

L. COLLEGE AND RECRUITING INFORMATION

When beginning the process of college recruiting, the internet can be an excellent source for information. The following site: <http://www.ncaa.org/eligibility/cbsa> is a wonderful beginning point for researching the steps that you should take. When visiting this site, click on "Guide To College Bound Student Athletes". This guide can also be ordered by calling 1-800-638-3731.

RECRUITING PROCESS

Everyone has an opinion about the college recruiting process. Friends, family, guidance counselors and coaches all have different ideas of about what college recruiting is; however, opinions are very different than the hard cold facts. What is the real truth about the college recruiting process and how does a student-athlete obtain opportunities?

Let's start with four fundamental facts that will have an impact on any high school coach, parent or guidance counselor who is trying to help a student-athlete with college recruiting opportunities:

FACT No.1: There are more than 2,400 college athletic programs that make up the competitive landscape that is college sports. More than 1,600 of these colleges do not have the name of a state in their title -colleges with such names as Chapman, Coe, Oglethorpe, Occidental, Willamette, Wheaton or Worcester Polytechnic. All are excellent academic institutions that offer legitimate academic and athletic college opportunities and funding opportunities as well. Can you name even 25 different colleges that do not have the name of a state in their title? If not, you are a long way from having a sound college recruiting game plan. **RECRUITING RULE: Don't play the "Name Game."** Look at other colleges that have great academics, beautiful campuses, excellent environments and financial funding opportunities as well as good athletic options to participate in college sports. There are hundreds of schools out there.

FACT No..2: Less than .08 percent of all high school student-athletes will play NCAA. Division I College Sports. If you have a student-athlete who is "elite," you will know by his or her junior season and perhaps much earlier than that. Only about 10 percent of all college athletic programs are at the NCAA Division I level. More than 90 percent of all college playing opportunities are below the NCAA D-I level; therefore, it may be a good idea to expand your view if you want to achieve your vision of playing college sports. **RECRUITING RULE: Go where you're wanted, not where you want to go.** Just because you see USC, Florida, Michigan or Duke on television, does not mean you can play there. There are more than 15 million high school student-athletes in the United States and Canada. Only five percent of senior athletes will move on and play college athletics; 99 percent will not be D1 student-athletes.

FACT No.3: More than 40 percent of all college student-athletes receive some form of academic funding. Academic funding is the No. 1 way to receive financial assistance for college, even if you are a great athlete, not just a good athlete. It is important that students take both the SAT and ACT exams multiple times to achieve the best possible score. According to the NCAA rules, your scores cannot go down, they can only go up. The NCAA will take the highest portion of all of your sub-scores and combine them together to provide you with the highest possible scores for the test. This will provide you with the greatest number of college opportunities

available and will assist you in qualifying for financial funding. **RECRUITING RULE: Be the best STUDENT-Athlete, not just the most athletic student.**

FACT No.4: There are more than 2,000 pages of recruiting rules, regulations and guidelines printed from seven different college governing bodies that outline eligibility guidance for the college recruiting process. Serious college prospects must sign up with the NCAA and NAIA Eligibility Centers in order to receive written athletic scholarship offers and to take "Official Recruiting Visits" for any NCAA Division I, NCAA Division II or any NAIA colleges or universities. More than a decade ago, the NCAA established an academic clearinghouse. All high school transcripts, SAT and ACT scores had to be submitted to the clearinghouse by the various academic institutions, not by the student-athlete or parents. The clearinghouse name was changed in 2009 to the "Eligibility Center." On September 1, 2010, the NAIA established its own "Eligibility Center" to better monitor and validate student-athletes' academic eligibility and status. **RECRUITING RULE: A contact from a college coach is not a contract.** If you do not complete all eligibility requirements, you will lose opportunities.

No matter who you are, or what sport you coach or play, there are questions that need to be asked and answered so that you do not make mistakes or cost yourself or an athlete potential recruiting opportunities. Spend enough time doing research to be of help, not a hindrance. Don't just ask for opinions from anyone available. The best resource may be your local college coach. After all, who knows more about college recruiting than a college coach? Knowledge is power.

STUDENT/PARENT DO'S AND DONT'S

DO:

1. Go to the NCAA website (listed above) and request a "Clearinghouse Form".
2. Register and take the ACT and SAT Tests during your Junior Year (a list of registration and test dates for this year are included in this packet.) Plan to take it early in the year to allow you ample opportunity to retake the test as many times as needed to achieve a qualifying score. **When you fill in the codes on the application for the colleges that you wish the scores to be submitted to, include the code "9999", as this will automatically submit your score results to the Clearinghouse. This is the ONLY option for getting your score information to the Clearinghouse, as of 2008.**
3. Have your academic house in order. You should strive to obtain the highest G.P.A. possible during your 4 years of high school (keep in mind that **all** classes are important.) Take the PSAT Test during your Sophomore or Junior Year and retake (remediate) any classes you may have failed immediately. Go to Summer School if necessary to correct deficiencies.
4. Schedule your High School classes wisely. This is a 4-year process that should involve parental input to insure that the appropriate core classes (listed on the NCAA Calculator, which is enclosed) are taken and passed. You can obtain a list of UHS approved courses from the guidance counselor. When doing course scheduling,

always make sure that you have met all required and approved core classes before considering electives.

5. Be realistic and cognizant as to your choice of a college major and the academic requirements that may be required for entry into this program when completing your high school scheduling.
6. Register and attend yearly Recruiting Camps when invited. Information on these camps can be obtained from Coach Kelley. Although these cost money, they are an excellent way to be evaluated and to gain college exposure, as well as an opportunity for you to evaluate that campus for your potential college career.
7. Keep your coaches informed as to your desires, interests, level of play and schools that you might be interested in. Feel free to talk to our coaches in order to gain a “realistic” assessment of potential, and advice concerning direction.
8. Immediately fill out and return all questionnaires, surveys, and recruiting cards when they are mailed or given to you by Coach Kelley. Write or print all information legibly and give accurate and complete information.
9. Visit and research colleges/universities of your choice/interest with your parents. While there, talk with academic personnel. Select a school based on your “life plan”, your academic interests/needs, affordability and locale. Find out the entrance requirements, costs, and fees. Inquire about other financial assistance that may be available in addition to, or in place of, a Grant-In-Aid Scholarship.
10. Find out if you are going to be comfortable at that school and locale. Stay overnight, talk to other students who attend and get the “inside info” on what it is really like there. Remember: If you plan to live there for four or more years of your life, you will probably need more than a 2-3 hour visit to make the decision.
11. Find out about what type of assistance and job placement the school offers after you obtain a degree.
12. Be totally involved in the recruiting process. Keep your high school counselors and coaches updated as to your thought processes and needs. Our counseling staff will be happy to assist you with college selection, computer hardware, catalogues, transcripts, test information & registration materials, remedial help, class rank/G.P.A. statistics, etc.
13. Understand that regardless of what you have read or seen in the newspapers, Division III Colleges/Universities **cannot** offer Athletic Grant-In-Aid Scholarships. They do, however, offer excellent athletic programs with substantial academic scholarship help. Most WVIAC Division II schools only offer split or partial Athletic Scholarships (i.e. books or tuition), but not full cover-all scholarships.

DON'T:

1. Don't expect your coach to "get you a scholarship". This is not something he can do!!!
2. Don't select a college solely on the fact that they have offered you a "full" or "partial" scholarship or aid package. There are many more factors to consider when making this very big decision.
3. Don't tell a school or inform representatives or coaches of a school that you will attend "only" if they "offer you a scholarship". This severely limits your options.
4. Don't expect a college or university's coaches to walk into our school and just offer you a scholarship. This just does NOT happen. It is a **long process** from initial interest, to an actual offer, and you must fully participate in the entire process beginning in your Junior year of school. There are steps that you must follow and commitments that you must make in order to make this happen.

COMMON MISTAKES OF PARENTS IN RECRUITING

(By Lee Caryer, Coaches' Quarterly)

1. Thinking they understand what is happening.

"Recruiting is like someone who buys carpeting once in a lifetime from someone who sells carpet 50 weeks a year and has been doing it for 15 years. One doesn't know anything, and the other knows everything. Who is going to get the best of the deal?"

Rather than acting knowledgeable, parents must become knowledgeable, by asking questions, evaluating answers, seeking information and asking more questions. When athletes are in high school, no one knows who will be selected and who will be rejected, who will play and who will sit.

2. Thinking they can evaluate their child's athletic talent.

Howard Garfinkel, founder of the famous Five-Star basketball camp, tells athletes to "seek a college one level below what you think you are and two levels below what your father thinks you are." College coaches talk about parents of high school sophomores "wondering if their child can play at our level, then two years later wanting to dictate playing time."

Everyone who attempts to project the ability of high school athletes to compete in college sports makes mistakes. Penn State's Joe Paterno thought NFL running back Eddie George should play linebacker. North Carolina's Dean Smith rejected NBA star Joe Smith, and Paterno and Smith are at the top of their respective professions. Imagine how often the regular coaches are wrong! Still, the best assessment of an athlete's ability will come from people who are very familiar with college play. Few high school coaches, and far fewer parents, have that familiarity. When they do, a love of the athlete still can cloud the evaluation.

3. Losing track of the importance of a college education and a college degree.

"In choosing a college, education should be the first consideration, then athletics second, not the reverse, as is so often the case," said legendary UCLA basketball coach John Wooden. "The college education will be the important part, because it can be of great service throughout life. He or she will be an athlete for only a comparatively short time. A limited few play after college, even though they all think they will."

“Young people have difficulty thinking about the future,” Wooden continued. “Parents can help them, but to do that parents have to separate themselves from the thrill of being recruited.” Unfortunately, “will my son start early?” was, and is, asked more frequently than “will my son get a good education?”

4. Believing “if a college wants my child, they will find a way to get him/her into school.”

“The academics of the athlete has been taken out of the hands of the college coaches; 100 percent of the responsibility is on the athlete and the parent,” said LSU men’s and women’s track coach, Pat Henry. **Athletes have three basic responsibilities before they can receive a scholarship: to pass designated courses with a certain average; achieve a certain score on a standardized test; and report both results to the NCAA Clearinghouse.** Parents can help their children by overseeing this process, which begins with calling 1-800-638-3731 and ordering a copy of *The NCAA Guide for the College-Bound Student-Athlete*. Read the guide at least twice, discuss it with the high school coach and guidance counselor, then read it again.

5. Thinking that a letter means a college scholarship.

“We’ve got garbage bags full of letters,” said the father of a Big Ten recruit. “They mean nothing, burn them. They don’t mean a school wants you, they just mean you are on a list.” A Texas high school coach adds, “You are not being recruited until someone walks down your sidewalk, sits in your living room and starts showing you shiny brochures and videotapes.” Yet every year parents call colleges after the signing period and tell the secretary, “We thought our child was going to receive a scholarship here.”

Such stories are sad, but they can be avoided by understanding the process. The reality is that football schools have a mailing list of more than 1,000 names per class, and award 25 scholarships or less; basketball schools have nearly as many names and usually sign two to four athletes a year. A letter is only an introduction, not an offer.

6. Expecting the high school coach to guide an athlete through the recruiting process.

High school coaches are paid to be full-time teachers or administrators, and receive a small supplement for their added coaching responsibilities. Their time is taken. Yet many do a marvelous job promoting and guiding athletes, not just their own but even those from other schools. At the same time, other coaches hate the “selling” side of recruiting. “If I wanted to sell, I’d be in business making a lot of money,” they figure.

Parents must discuss the process with the coach, find out what has to be done and what the coach is willing to do. What remains? What can the athlete do? The parents? How will the right colleges see the athletes? Can friends help? Does a scholarship marketing organization make sense?

WHAT TO EXPECT FROM YOUR COACH DURING THIS PROCESS:

1. He will respond to all inquiries and complete requested statistic information requested by colleges.
2. He will be available to discuss with you and/or your parents your playing abilities, skill level, interests and college choices. He has many years of experience with which to help guide you in terms of what schools generally do, and what they look for.

3. He will make phone calls and follow-up with coaches at the schools that you have interest in, or that show an interest in you, on your behalf.
4. He will provide assistance to you for sending out necessary video via HUDL and will send unofficial transcripts, questionnaires, etc. at the request of a school in a timely manner.
5. He will talk to college coaches and invite them to visit our school. He will “promote” you to them by emphasizing your abilities, character, academics and interests. He will arrange for you to meet with them and talk briefly (within the NCAA guidelines.)
6. He will encourage you to register and take the ACT and SAT tests at the appropriate times.
7. He will answer any questions that you may have with regard to the recruiting process.

WHAT YOUR COACH WILL NOT DO:

1. Mislead college recruiting coaches or exaggerate or inflate your ability level, size, athletic prowess, grades, eligibility, character, or interest. Our coaching staff will not recommend players whose reputation has been compromised by questionable character. Remember that our reputation is judged by your conduct when we recommend you for an award or to play at the next level.
2. “Find” you a scholarship!! This just isn’t within the realm of his power.
3. Fill out your NCAA Clearing House Information Form, fill out your SAT/ACT entrance forms, or pay any required fee’s for you. He will not be responsible for scheduling the proper classes in order to maintain your eligibility or meet the NCAA Eligibility requirements.

NOTE:

Remember, a coach does NOT “get” you a scholarship. That is something that YOU must “earn”. Regardless of how hard you work, or how deserving you are, sometimes it just doesn’t happen. Unfortunately, college recruiting is not an exact science and every recruiter will tell you that they make mistakes. If you don’t receive a scholarship, your options are not over. “It is not who starts the race, it’s who finishes it!” “Walking-On” to a program is an option, especially if you receive academic scholarship money. Keep this in mind: of all of the college/university athletes in the United States today, less than 5% are Division I, Grant-In-Aid full Scholarship recipients. Something else to remember: Rich Braham ~ UHS Class of 1989 ~ who became a WVU Consensus All-American, and is recently retired from his role as a starting center for the “Cincinnati Bengals” NFL football team, began his career as a “walk-on”, non-scholarship player for Coach Don Nehlen in the fall of 1989. Rich has now come full circle as he retired from the NFL several years ago. Scott Gyorko ~ UHS Class of 2001 ~ who became a

Full Grant-In-Aid Scholarship recipient in the Spring of 2002, began his career as an invited walk-on during his first semester at WVU, and quickly earned his scholarship by hard work, determination, heart, desire and making believers out of others. Andy Emery, Class of 2003, started as a walk-on with WVU and has now made the academic honor roll, and has won multiple awards as a “special-teams” superstar, and earned a scholarship in his Senior year! Mark Magro, played all four years at WVU on a grant-in-aid scholarship, and signed as a “free agent” with the St. Louis Rams, of the NFL. Mark Byrer ~ UHS Class of 1999 ~ was an All-American Division III Tight End at Grove City College in Grove City, PA, which is a non-scholarship grant-in-aid school, and is former member of our coaching staff. Cory Jackson has graduated from the University of Maryland, after playing on a full grant-in-aid scholarship, playing as a 3-year starter at the full-back position, then signing as a “free-agent” with the San Diego Chargers. Ryan Nehlen was an invited walk-on at WVU and went on to earn a full scholarship, and earned a try-out opportunity with the NFL Detroit Lions. He is currently on the football coaching staff at WVU. Brandon Tucker and Dominique Dixon received scholarship money to play at the Division II Level. Billy Kinney, our Punter/Kicker, turned down numerous scholarship offers to walk-on at WVU, and has now earned a full grant-in-aid scholarship. Tony Richardson received a full grant-in-aid scholarship at prestigious Virginia Military Institute, Jack Armstrong turned down multiple scholarship offers to walk on at the academically prestigious college of William and Mary where he then went on to earn a full scholarship, and is now the team captain.. So, it’s not about getting your picture in the paper, or about telling everyone that you got a “scholarship” on National Letter Of Intent Signing Day. It’s really about attitude, commitment and perseverance. Many athletes you read about or hear about getting a “scholarship” are never heard from again, because they lack attitude and determination. In addition, keep in mind that there are large amounts of academic scholarships, grants, etc. available to you that far exceed the small amount of athletic scholarship money that each school has available per year. Don’t think that you must earn an athletic scholarship in order to attend college and participate in sports. After all, it’s not “getting” the scholarship that really counts, it’s what you do with it that matters the most!!! Remember that current statistics state that 1 in 18,000 athletes, will ever become a professional athlete.

COMMON QUESTIONS FOR ATHLETES TO ASK DURING THE COLLEGE RECRUITING PROCESS

(By Lee Caryer, Coaches’ Quarterly)

1. What is next when they don’t want me?

After years of success in athletics, most athletes are rejected during recruiting. Hundreds may be contacted for each scholarship actually offered. The athlete who has loved a national power will be disappointed if only lower-ranked teams are interested. “There’s not much reality in recruiting,” said Jim Tressel, former football coach at three-time NCAA Division I-AA national champion Youngstown State University and current head football coach at Ohio State. “It doesn’t result in a happy ending for the majority, after all the expectations.”

2. What do I want?

A truly successful athlete learns to sacrifice individual goals for the benefit of the team. However, the decision of the right college to attend must be based on what is best for the athlete, not other people. Seek advice, support and ideas from caring adults, hopefully including parents, high school coaches and guidance counselors. But do **not** choose the school “where Dad went,” or “where Coach played.” The selection of a college is too personal and too important to be made by anyone other than the student. Jennifer Azzi went from Oak Ridge, Tennessee to Stanford to get “the best possible education” and because she “wanted a basketball program where she could come in and make a difference.” She took the Cardinal’s to a national championship while earning a degree in economics. But Katie Smith decided not to attend Stanford. She chose to stay close to Logan, Ohio and attend Ohio State University where she wanted to graduate from dental school after her basketball days ended. She set the Big Ten Conference career scoring record while achieving the kind of grades required for dental school. Two athletes, different decisions, both correct because the goals were different. “You want to match your goals with what each school has to offer,” Azzi said. “It’s really pretty easy to do, if you have goals.”

3. How do I know what I want?

This is really a two-part question. What do I want during college? What do I want college to prepare me to do in life? During college, how important is distance from home? How do I get back and forth? What about friends being able to see me play? Should the college be like high school? More urban? More rural? What should the student body be like? The head coach is important. What will he/she be like when recruiting is over? What do I have to do to play? (One athlete asked every coach, “What can I do to make your team better?” The answers helped explain how the coach saw the player’s ability and how well the coach understood his own system.) How is practice conducted? Is there a star system? What responsibilities do I have during the off-season? Yet, while an athlete wants a “playing relationship” with the coach, a good college choice recognizes the reality of turnover among college coaches. After the 1996 season, more than 20 percent of Division I football coaches resigned or were fired. Many athletes never play for the coach who recruited them; far more do not play for that coach for four years. Also, better athletes are recruited, position changes become necessary, athletes get injured, some athletes improve more than others...the athletic experience is an educated gamble at best. However, the academic experience, which prepares the young adult for 40-some years of earning a living and living a life, does not have to be.

4. Where do I want to be at age 40?

To decide how to prepare for the future, imagine yourself in the future, then figure out what must be done to get there. At the age of 40, what do you do to earn a living? Are you married? Kids? What else is important? To be a lawyer, law school admission and graduation are goals following college graduation. A good college choice will help achieve those. To teach math and coach soccer in high school, a very different set of college choices is required. Uncertain whether engineering or accounting is best? Look for schools which are strong in both fields, and make the final decision later.

5. How do I know this stuff?

The best way to know what college will be like and what the future holds is to talk with people who have first-hand knowledge of either one. Athletes in a program know what it is really like. Talk with them individually, not just in groups where they have to be careful what they say. Talk with several different players. The host on an official visit was carefully selected to provide the best possible view of the school; what are the others like? Do you want to be around them, and people like them, for four years? Ask open-ended questions, like “What do you like best about Coach, and what do you like least? What do you like best about practice, and what do you like least?” That encourages thoughtful answers. By the same token, ask adults what it is like to be in sales, construction, to be a nurse or to be married.

6. Am I making the right choice?

If the coach leaves before school starts, and I suffer a career-ending injury the first day of practice, would I make the same decision? If so, it is a good one.

M. COLLEGE ELIGIBILITY REQUIREMENTS

Contrary to popular belief, athletic skill and ability is not the only thing that matters when determining whether a player will have a post-high school athletic career. There are rules and regulations that dictate whether a person is eligible to play college sports, and athletic departments are bound to follow these guidelines regardless of how bad they would like to have you as a part of their team. Therefore, you would be wise to review the information that follows during your early years of high school so that you can be familiar with what will be expected of you should you desire to continue on with your athletic endeavors. It will also provide you with plenty of time to prepare for required tests and to make up for any unacceptable grades that may eventually stand between you and your goals. Please take time to complete the Division I and/or

*Division II Eligibility Worksheets to follow, to see where you fall at this time, and where you need improvement for the future. Keep in mind that if your final score does not fall in the **range listed on the SLIDING SCALE**, then you will not be eligible for actual play during your freshman year, and may not be eligible at all. If you have any questions about this information, please don't hesitate to ask Coach Kelley, or one of the guidance counselors at the school. For all of the current eligibility information that will be required during your year of entry into college, go to www.eligibilitycenter.org to register and let the website walk you through making sure that you will be eligible to play sports in college, when you graduate from high school.*

Below is some basic information for eligibility, some of which may be different for your graduating year, so please review the website for definitive guidance.

Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

| Student-Athletes | <u>Men's Basketball</u> | <u>Women's Basketball</u> | <u>Football</u> | <u>Baseball</u> | <u>Men's Ice Hockey</u> | <u>Men's Soccer</u> |
|--|-------------------------|---------------------------|-----------------|-----------------|-------------------------|---------------------|
| High School Student-Athletes | 549,500 | 456,900 | 983,600 | 455,300 | 29,900 | 321,400 |
| High School Senior Student-Athletes | 157,000 | 130,500 | 281,000 | 130,100 | 8,500 | 91,800 |
| NCAA Student-Athletes | 15,700 | 14,400 | 56,500 | 25,700 | 3,700 | 18,200 |
| NCAA Freshman Roster Positions | 4,500 | 4,100 | 16,200 | 7,300 | 1,100 | 5,200 |
| NCAA Senior Student-Athletes | 3,500 | 3,200 | 12,600 | 5,700 | 800 | 4,100 |
| NCAA Student-Athletes Drafted | 44 | 32 | 250 | 600 | 33 | 76 |
| Percent High School to NCAA | 2.9 | 3.1 | 5.8 | 5.6 | 12.9 | 5.7 |
| Percent NCAA to Professional | 1.3 | 1.0 | 2.0 | 10.5 | 4.1 | 1.9 |
| Percent High School to Professional | 0.03 | 0.02 | 0.09 | 0.5 | 0.4 | 0.08 |

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

Please keep in mind the following statistics when determining how critical your post-high school athletic career will be in deciding your future:

- About 5.8 percent, or approximately one in 17, of all high school senior boys playing interscholastic football will go on to play football at a NCAA member institution.
- About 2.0 percent, or approximately one in 50, of NCAA senior football players will get drafted by a National Football League (NFL) team.
- Approximately nine in 10,000, or approximately 0.09 percent of high school senior boys playing interscholastic football will eventually be drafted by an NFL team.

PUT IT IN PERSPECTIVE...
College Fact Sheet
For high School Football Prospects

From the Clell Wade Coaches Directory:

- There are only 1,372 four (4) year colleges and universities in the entire United States
- Out of the 1,372...only 699 play collegiate football
 - Of these 699, there are 117 schools at the NCAA division 1A football level
 - Of these 699, there are 119 schools at the NCAA division 1AA football level
 - Of the 119 schools in the NCAA Div 1AA, only 79 give full scholarships....50 are non-scholarship schools
- According to the NCAA, Division 1A programs have an annual limit of 25 scholarships, and a total number in a program of 86, on scholarship for any given year
- According to the NCAA, Division 1AA scholarship programs have an annual limit of 30 scholarships and a total number of 63 on scholarship, plus an additional 22 on partial scholarship for any given year.
- From the Clell Wade Coaches Directory, there are 14,928 High Schools in the entire United States that participate in football. There is a national average of 12 seniors per team, which computes to approximately 179,000 seniors that play football in the United States each year.
- A total of 195 colleges at the Division 1 level offer full scholarships. The average allotment of scholarships per year is 20 for Division 1A and 14 for Division 1AA
 - Division 1A = 20 scholarships x 117 schools = 2,320 total scholarships
 - Division 1AA = 15 scholarships x 79 scholarship schools = 1,185 total scholarships
 - Division 1A (2,320) + Division 1AA (1,185) = 3,505 total scholarships given to high school football players in each year
- 3,505 Division 1 scholarships divided by the total seniors playing each year computes to a 2% ratio of high school seniors across the United States that will receive a football scholarship each year to a Division I school
- There are 464 other football programs (Div 2, Div 3 & NAIA) that are non-scholarship, but can give out financial aid packages to attract football recruits. Each 4 year school below the Division I level brings in approximately 25 recruits per year
- Over a five year, the 699 4-year colleges playing football will bring in about 20 players per school, which equals approximately 14,000 recruits. **A typical high school football player's chances of playing collegiately at any level is about 8%**

This information is not meant to discourage you from setting your goals and working hard to achieve them... it is just merely the reality. If you aren't lucky enough to receive a grant-in-aid scholarship to play football, you can see by the above information, there are plenty of opportunities to continue your football career at a college of your choice



Dear College-Bound Student-Athlete:

This Guide has been designed to help you, your family and your high school administrators understand the NCAA initial-eligibility process and to prepare you for transitioning from high school to becoming an NCAA Division I or II student-athlete.

With more than 1,000 colleges and universities across three divisions, NCAA schools offer a variety of academic and athletics programs to meet your needs. From the smallest college towns to the largest metropolitan cities, NCAA member schools provide the opportunity for education and growth in dynamic learning environments. With so many choices available, it is never too early to start doing your homework. Work closely with your high school counselors, talk to college admissions officers, listen to your parents and mentors, and then choose wisely. You will be glad you did.

Your participation as a student-athlete will complement your academic education while teaching you life skills not available in the classroom. Growing as a person, both on and off the field, and getting your degree should be your top priority. This new phase of your life can be a wonderful experience if you work hard and prepare for it.

As the “front porch” of the NCAA and the first stop on your way to becoming an NCAA student-athlete, the NCAA Eligibility Center continually strives to make your registration and certification experience positive and beneficial. We are here to help you. So, do not hesitate to contact us if you need anything.

The NCAA Eligibility Center

The NCAA and NCAA Eligibility Center

How to Use this Guide...

The Guide addresses issues for three important groups of readers:

- High school students who hope to participate in college athletics at an NCAA college or university;
- Parents and legal guardians; and
- High school counselors and athletics administrators.

What is the NCAA?

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the student-athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

- 335 active Division I members;
- 288 active Division II members; and
- 432 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not.

What is the NCAA Eligibility Center?

The NCAA Eligibility Center will certify the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics.

To assist with this process, the Eligibility Center staff is eager to foster a cooperative environment of education and partnership with high schools, high school coaches and college-bound student-athletes. Ultimately, the individual student-athlete is responsible for achieving and protecting his or her eligibility status.

How to find answers to your questions

The answers to most questions can be found in this guide or by:

- Accessing the Eligibility Center's resource page on its Web site at www.eligibilitycenter.org, clicking on "Resources" and then selecting the type of student you are. You can then navigate through the resources to find helpful information.
- Contacting the Eligibility Center at the phone number on this page.

In addition, if you are sending transcripts or additional information to the Eligibility Center or have questions, please use the following contact information.

Eligibility Center Contact Information

NCAA Eligibility Center:

Certification Processing
P.O. Box 7136
Indianapolis, IN 46207-7136

Package or overnight delivery:

Certification Processing
1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202

Web address:

www.eligibilitycenter.org

Eligibility Center customer service:

| | |
|---------------------------|--------------|
| U.S. callers (toll free): | 877/262-1492 |
| International callers: | 317/223-0700 |
| Fax: | 317/968-5100 |

When to call the NCAA

Please contact the NCAA when you have questions such as these:

- What are the rules and regulations related to initial eligibility?
- What are the rules and regulations related to amateurism?
- What are the regulations about transferring from one college to another?
- What are the rules about athletics scholarships and how can they be reduced or canceled?
- I have an education-impacting disability. Are there any other requirements for me?

NCAA

P.O. Box 6222

Indianapolis, IN 46206-6222

317/917-6222 (customer service hours: Monday – Friday, noon – 4 p.m. Eastern time)

Core Courses, Grade-Point Average, Tests and Special Conditions

What Is A Core Course?

A core course must:

- Be an academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, nondoctrinal religion or philosophy;
- Be four-year college preparatory;
- Be at or above your high school's regular academic level (no remedial, special education or compensatory courses); and
- Be completed not later than the high school graduation date of your class [as determined by the first year of enrollment in high school (ninth grade) or the international equivalent].

Not all classes you take to meet high school graduation requirements may be used as core courses. Courses completed through credit-by-exam will not be used.

Check your high school's list of NCAA courses located on the Resources page of the Eligibility Center Web site at www.eligibilitycenter.org or ask your high school counselor.

Keep Track Of Your Courses, Units and Credits

By logging onto www.eligibilitycenter.org and clicking the "Resources" tab, then "U.S. Students" and "Are You on Track?" you will find the Divisions I and II worksheets, which will help you keep track of your completed core courses, units, grades and credits you received for them, plus your ongoing core-course grade-point average. Generally, you will receive the same credit from the Eligibility Center as you received from your high school. Examples are provided in the English and math sections of both worksheets:

1 trimester unit = 0.34 units
1 semester unit = 0.50 units
1 year = 1.0 unit

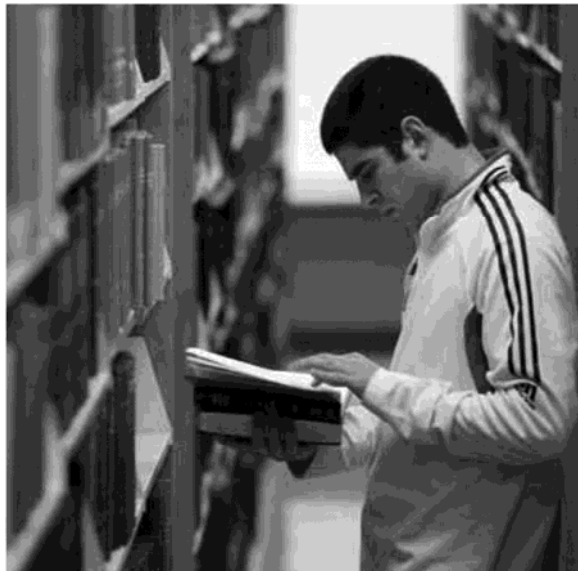
Nontraditional Courses

What are Nontraditional Courses?

Nontraditional courses are those taught through the Internet (online or virtual), distance learning, independent study, individualized instruction, correspondence, computer software programs or other similar means.

There are many types of nontraditional educational programs available to high school students. When considering an online, distance learning, correspondence or even a credit recovery program, there are several things to consider. However, the following themes should be kept in mind:

- There is no substitute for working hard and staying on course academically.



- NCAA rules require that all core courses are academic, four-year college preparatory courses. Also, courses that are taught through distance learning, online, credit recovery, etc. need to be comparable in length, content and rigor to courses taught in a traditional classroom setting.
- All courses must include ongoing access between the instructor and student, as well as regular interaction for purposes of teaching, evaluating and providing assistance. This may include, for example, exchanging of e-mails between the student and teacher, feedback on assignments, and the opportunity for the teacher to engage the student in individual instruction.
- Any course taken must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or during a more condensed time frame, such as six weeks, etc.
- Nontraditional courses should be clearly identified as such on the high school transcript.

A Note on Credit Recovery Courses

Many high schools offer credit recovery or credit retrieval programs for students to receive credit or new grades for courses that they took previously or to take courses for the first time to get ahead or catch up. If your high school offers credit recovery, students need to make sure the following conditions are met:

- The school must follow its credit recovery policies, whether the student is an athlete or not. The Eligibility Center may request the policy if necessary.
- The credit recovery course must be comparable to the regular course. There are many examples in which the course the student failed was a rigorous, college-preparatory course, and the credit recovery course is taught at a lower level and lacks adequate rigor.
- The credit recovery course must meet the NCAA legislated definition of a core course (including the new nontraditional definition).
- The credit recovery course should be clearly identified as such on the high school transcript.

Steps to Achieving Your Eligibility

Freshmen and Sophomores

- Start planning now!
- Work hard to get the best grades possible..
- Take classes that match your high school's list of NCAA courses. The Eligibility Center will use only approved core courses to certify your initial eligibility.
- You can access and print your high school's list of NCAA courses at www.eligibilitycenter.org.
- If you fall behind, use summer school sessions before graduation to catch up.

Juniors

- At the beginning of your junior year, complete your registration at www.eligibilitycenter.org.
- Register to take the ACT, SAT or both and use the Eligibility Center code "9999" as a score recipient. Doing this sends your score directly to the Eligibility Center.
- Double-check to make sure the courses you have taken match your school's list of NCAA courses.
- Ask your high school counselor to send an official transcript to the Eligibility Center after completing your junior year. If you have attended more than one high school, the Eligibility Center will need official transcripts from all high schools attended. **(The Eligibility Center does NOT accept faxed transcripts or test scores.)**
- Before registering for classes for your senior year, check with your high school counselor to determine the amount of core courses that you need to complete your senior year. If you fall behind, use summer school sessions before graduation to catch up.

Seniors

- Take the SAT and/or ACT again, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
- Continue to take college-prep courses.
- Check the courses you have taken to match your school's list of NCAA courses.
- Review your amateurism responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees).
- Continue to work hard to get the best grades possible.
- Graduate on time (in eight academic semesters).
- After graduation, ask your high school counselor to send your final transcript to the Eligibility Center with proof of graduation.

Eligibility Center Registration

Online Registration: The Eligibility Center has designed a new Web site with you, the student-athlete, in mind. This is where you will find the tools and information you need to begin your college experience as a student-athlete.

To register with the Eligibility Center, go online to www.eligibilitycenter.org. To create an account, either click on the "New Account" button at the top right of the screen or the cell phone on the left side of the screen.

Account Creation

You will need to provide a valid e-mail address to create an account and begin the registration process. Be sure you provide an e-mail address that will be active even after you complete high school.

About Me

In this section, you just need to pass along some quick facts about you—information such as your name, address, date of birth and gender.

My Coursework

You will need to enter the name and location of the high school you currently attend in this section. If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, you will need to have that information ready as well. List all schools you previously attended. Make sure to include all schools, whether you received grades or credits. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school.

My Sport

In this section, you will select the sport(s) you plan to participate in at an NCAA Division I or II college or university. The Eligibility Center will also ask about the high school and/or club teams you have been a part of and events you have participated in during your high school career.

Payment

Your account will be eligible for processing once the registration fee of \$60 for U.S. students or \$85 for international students has been paid (or submission of a fee waiver if you have been granted a waiver). You must pay online by debit, credit card or e-check.

Note: Effective September 1, 2010, the registration fee will increase to \$65 for U.S. students and \$95 for international students.

You are eligible for a waiver of the registration fee only if you have already received a waiver of the ACT or SAT fee. (This is not the same as a U.S. state voucher.) You must have an authorized high school official submit your fee waiver documentation online. If you have not yet been granted a fee waiver by ACT or SAT, you are not yet eligible for a waiver of the registration fee.

Fee-Waiver Eligibility

ACT

In order to be eligible for an ACT fee waiver, a student must meet one of these indicators of economic need:

- Family receives public assistance;
- Student is a ward of the state;
- Student resides in foster home;
- Student participates in free or reduced-price lunch program at school;
- Student participates in federally funded TRIO Program such as Upward Bound; or
- Family income is at or below the 2010-11 Bureau of Labor Statistics Low Standard Budget.

SAT

You are eligible for consideration for an SAT fee waiver if you are:

- An American citizen or a foreign national taking the SAT in the United States, Puerto Rico or U.S. territories; or
- An American citizen living outside the United States; and you meet the financial eligibility guidelines for fee waivers, such as participating in the Federal Free and Reduced Lunch/National School Lunch Program at your school. Your guidance counselor will share any additional eligibility guidelines with you.

If you are a home schooled student in the United States, Puerto Rico or U.S. territories who cannot afford to pay the test fees, you must provide proof of eligibility to your local high school or agency fee-waiver administrator/counselor. Only a school or agency counselor can provide you with the fee-waiver card for the appropriate test.



Athletically Related Financial Aid

Athletics scholarships are awarded by NCAA Divisions I and II institutions. Division III institutions do not award financial aid based on athletics ability, but you may be eligible to receive academic scholarships or need-based financial aid. It is important to understand several points about athletics scholarships. (Note: The information below is a summary and does not include all Divisions I and II financial aid rules. Contact your college or university to get more detailed information about NCAA financial aid rules.):

- Athletics scholarships in Divisions I and II are initially awarded for up to one academic year. In Division I, they may be renewed annually up to a total of five years of athletics aid within six years after initial enrollment in college. In Division II, they may be renewed up to a total of 10 semesters/15 quarters of athletics aid. But please keep in mind that your athletics aid can be reduced or not renewed at the end of each year.
- Athletics scholarships can be renewed, reduced, increased or canceled from year to year for almost any reason. If your scholarship is going to be reduced or cancelled at any time, your college or university must first provide you with an opportunity to appeal that decision.
- Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (including tuition, fees, room, board and books) to very small scholarships that, for example, provide only required course-related books.
- You must report all scholarships you receive to your college financial aid office. The total amount of financial aid a student-athlete can receive and the total amount of athletics aid a team can award may be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources. Ask financial aid officials at the college or university about other financial aid you may be eligible to receive and about the impact of that aid on athletics aid limits.

An athletics scholarship is a tremendous benefit to most families, but you should have a plan to pay for those college costs not covered by a scholarship (e.g., travel between home and school). You should also consider how you will finance your education if your athletics scholarship is reduced or canceled.



Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person contact with you or your parents on or off campus at any time during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college; and
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center.

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial assistance or other benefits that the college does not provide to students generally.

Quiet period. During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a college-bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college-bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

Recruiting Calendars

To see recruiting calendars for all sports, go to NCAA.org.

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the Eligibility Center. By signing an NLI, the college-bound student-athlete agrees to attend the college or university for one academic year. In exchange, that institution must provide athletics financial aid for one academic year.

Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your eligibility.

If you have questions about the NLI, visit the Web site at www.national-letter.org or call 317/223-0706.



Summary of Recruiting Rules for Each Sport—Division I

| | RECRUITING METHOD | MEN'S BASKETBALL | WOMEN'S BASKETBALL | FOOTBALL | OTHER SPORTS |
|----------------|-----------------------------|---|---|---|--|
| SOPHOMORE YEAR | Recruiting materials | <ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your sophomore year. | <ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. | <ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. | <ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year. |
| | Telephone calls | <ul style="list-style-type: none"> You may make calls to the coach at your expense only. College may accept collect calls from you at end of your sophomore year. College coach cannot call you. | <ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. | <ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. | <ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. Women's Ice Hockey—A college coach may call international prospects once on or after July 7 through July 31 after sophomore year. |
| | Off-campus contact | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. |
| | Official visit | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. |
| | Unofficial visit | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. |

| | RECRUITING METHOD | MEN'S BASKETBALL | WOMEN'S BASKETBALL | FOOTBALL | OTHER SPORTS |
|-------------|-------------------------------------|--|---|--|---|
| JUNIOR YEAR | Recruiting materials | <ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year. | <ul style="list-style-type: none"> You may begin receiving September 1 of junior year. | <ul style="list-style-type: none"> You may begin receiving September 1 of junior year. | <ul style="list-style-type: none"> You may begin receiving September 1 of junior year. Men's Ice Hockey—You may begin receiving recruiting materials June 15 after your sophomore year. |
| | Telephone calls | <ul style="list-style-type: none"> You may make calls to the coach at your expense. | <ul style="list-style-type: none"> You may make calls to the coach at your expense. | <ul style="list-style-type: none"> You may make calls to the coach at your expense. | <ul style="list-style-type: none"> You may make calls to the coach at your expense. |
| | College coaches may call you | <ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31 after your junior year. | <ul style="list-style-type: none"> Once per month in April (on or after the Thursday following the Women's Final Four) and May. Once between June 1 and June 20 after your junior year. Once between June 21 and June 30 after your junior year. Three times in July after your junior year (maximum of one call per week). | <ul style="list-style-type: none"> Once from April 15 to May 31 of your junior year. | <ul style="list-style-type: none"> Once per week starting July 1 after your junior year. Men's Ice Hockey—Once per month beginning June 15, before your junior year, through July 31 after your junior year. Women's Ice Hockey—Once per week beginning July 7 after your junior year. |
| | Off-campus contact | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> Allowed starting July 1 after your junior year. Gymnastics—allowed beginning July 15 after your junior year. Women's Ice Hockey—Allowed beginning July 7 after your junior year. |
| | Official visit | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. | <ul style="list-style-type: none"> None allowed. |
| | Unofficial visit | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. | <ul style="list-style-type: none"> You may make an unlimited number of unofficial visits. |

| | RECRUITING METHOD | MEN'S BASKETBALL | WOMEN'S BASKETBALL | FOOTBALL | OTHER SPORTS |
|-------------|--|---|---|---|---|
| SENIOR YEAR | Recruiting materials | • Allowed. | • Allowed. | • Allowed. | • Allowed. |
| | Telephone calls | • You may make calls to the coach at your expense. | • You may make calls to the coach at your expense. | • You may make calls to the coach at your expense. | • You may make calls to the coach at your expense. |
| | College coaches may call you | • Twice per week beginning August 1. | • Once per week beginning August 1. | • Once per week beginning September 1. | • Once per week beginning July 1. • Men's Ice Hockey—Once per week beginning August 1. • Women's Ice Hockey—Once per week beginning July 7 after your junior year. |
| | Off-campus contact | • Allowed beginning September 9. | • Allowed beginning September 16. | • Allowed beginning Sunday following the last Saturday in November. | • Allowed. |
| | Official visit | • Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges. | • Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges. | • Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges. | • Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges. |
| | Unofficial visit | • You may make an unlimited number of unofficial visits. | • You may make an unlimited number of unofficial visits. | • You may make an unlimited number of unofficial visits. | • You may make an unlimited number of unofficial visits. |
| | Evaluation and contacts | • Up to seven times during your senior year. | • Up to five times during your senior year. | • Up to six times during your senior year. | • Up to seven times during your senior year. |
| | How often can a coach see me or talk to me off the college's campus? | • A college coach may contact you or your parents/legal guardians not more than three times during your senior year. | • A college coach may contact you or your parents/legal guardians not more than three times during your senior year. | • A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October and November. • Two evaluations—April 15 through May 31 (once to evaluate athletics ability and once to evaluate academic qualifications). | • A college coach may contact you or your parents/legal guardians not more than three times during your senior year. |

Summary of Recruiting Rules—Divisions II and III

| | DIVISION II | DIVISION III |
|----------------------|--|---|
| Recruiting materials | • A coach may begin sending you printed recruiting materials September 1 of your junior year in high school. | • You may receive printed materials any time. |
| Telephone calls | • A college coach may call you once per week beginning June 15 between your junior and senior year. • You may make calls to the coach at your expense. | • No limit on number of calls or when they can be made by the college coach. • You may make calls to the coach at your expense. |
| Off-campus contact | • A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. • A college coach is limited to three in-person contacts off campus. | • A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year. |
| Unofficial visits | • You may make an unlimited number of unofficial visits any time. | • You may make an unlimited number of unofficial visits any time. |
| Official visits | • You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges. | • You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college. |

The NCAA salutes
400,000
student-athletes
participating in
23 sports
at more than 1,000
member institutions



NCAA Eligibility Center
Certification Processing
P.O. Box 7136
Indianapolis, IN 46207-7136

www.eligibilitycenter.org

877/262-1492
317/223-0700 (international callers)

317/968-5100 (fax)

Eligibility
Center

Special Information for Athletes

If you weren't a planner before, but you want to play sports while in college or go to college on an athletic scholarship, you'd better become a planner now. There are many regulations and conditions you need to know ahead of time so that you don't miss out on possible opportunities.

First, think about whether or not you have what it takes to play college sports. It's a tough question to ask, but it's a necessary one. In general, playing college sports requires the basic skills and natural ability, a solid knowledge of the sport, overall body strength, speed, and sound academics. Today's athletes are stronger and faster because of improved methods of training and conditioning. They are coached in skills and techniques, and they begin training in their sport at an early age. Remember, your talents will be compared with those from across the U.S. and around the world.

Second, know the background. Most college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse (www.ncaaclearinghouse.net). The Clearinghouse was established as a separate organization by the NCAA member institutions to ensure consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

You should start the certification process when you are a junior in high school. Check with your counselor to make sure you are taking a core curriculum that meets NCAA requirements. Also, register to take the ACT Assessment or SAT I as a junior. Submit your Student Release Form (available in your guidance counseling office) to the Clearinghouse by the beginning of your senior year.

Initial Eligibility of Freshman Athletes for Division I and II

Students who plan to participate in NCAA Division I or II college sports must obtain the Student Release Form from their high school, complete it, and send it to the NCAA Clearinghouse. This form authorizes high schools to release student transcripts, including test scores, proof of grades, and other academic information, to the Clearinghouse. It also authorizes the Clearinghouse to release this information to the colleges that request it. The form and corresponding fee must be received before any documents can be processed. (Fee waivers are available for economically disadvantaged students. Check with your counselor for fee waiver information.)

Students must also make sure that the Clearinghouse receives ACT Assessment and/or SAT I score reports. Students can have score reports sent directly to the Clearinghouse by entering a specific code (9999) printed in the ACT Assessment and SAT I registration packets.

Once a year, high schools will send an updated list of approved core courses (formerly 48H), which lists each course offering that meets NCAA core course requirements. The Clearinghouse personnel will validate the form. Thereafter, the Clearinghouse will determine each student's initial eligibility. Collegiate institutions will request information from the Clearinghouse on the initial eligibility of prospective student-athletes. The Clearinghouse will make a certification decision and report it directly to the institution.

Three Types of Eligibility are Possible

1. Certification of eligibility for expense-paid campus visits.
2. Preliminary certification of eligibility to participate in college sports (appears likely to meet all NCAA requirements but not yet graduated).
3. Final certification granted when proof of graduation is received.

Additional information about the Clearinghouse can be found in the *Guide for College-Bound Student-Athletes*, published by the NCAA. To get a copy of this guide, call 800-638-3731 (toll-free). You can also visit the NCAA Web site at <http://www.ncaa.org>

National Association of Intercollegiate Athletics (NAIA) Regulations

The National Association of Intercollegiate Athletics (NAIA) has different eligibility requirements for student-athletes. To be eligible to participate in intercollegiate athletics as an incoming freshman, two of the following three requirements must be met:

1. Have a 2.0 (C) or higher cumulative final grade point average in high school.
2. Have a composite score of 18 or higher on the ACT Assessment or an 860 total score or higher on the SAT I on a single test administered on a national test date.
3. Have a top-half final class rank in his or her high school graduating class.

Student-athletes must also have on file at the college, an official ACT Assessment or SAT I score report from the appropriate national testing center. Results reported on the student's high school transcript are not acceptable. Students must request that their test scores be forwarded to the college's admission office.

If you have additional questions about NAIA eligibility, contact them at:

NAIA
23500 W. 105 Street
P.O. Box 1325
Olathe, Kansas 66051-1325
Telephone: 413-971-0044
Web: <http://www.naia.org>

CampusChamps.com

[CampusChamps.com](http://www.CampusChamps.com) is a free web site sponsored by American Education Services (AES). This website provides high school and college athletes with a one-stop shopping solution for their college planning and financial aid needs altogether online in a friendly, sports-based community. Features of this site include tips on writing an athletic resume and search functionality which allows you to plug in the sport you wish to play, the division at which you wish to play, and returns to you a list of all colleges which meet your criteria.



SPECTATOR CODE OF CONDUCT



1. Be informed of the playing rules of the sport.
2. Appreciate a good play regardless of who makes it.
3. Cooperate with the cheerleaders and do not interfere with their cheers.
4. Show concern for an injured athlete, regardless of team affiliation
5. Do not taunt, jeer, or attempt to distract the members of the opposing team
6. Avoid the use of profanity and derogatory or disrespectful yells, chants, songs, or gestures
7. Refrain from offensive or unruly behavior which reflects poorly on the school you are supporting
8. Respect school property and the authority of school officials.
Remember that you are a guest of the host school.
9. Stand attentively during the playing or singing of the National Anthem
10. Do not publicly criticize the coaches or athletes for the loss of a contest
11. RESPECT THE CONTEST OFFICIALS AND ACCEPT THEIR DECISIONS WITHOUT PUBLIC PROTEST. RECOGNIZE THAT WITHOUT THEM, WE DO NOT HAVE A GAME

SPORTSMANSHIP IS EVERYONE'S CONCERN