



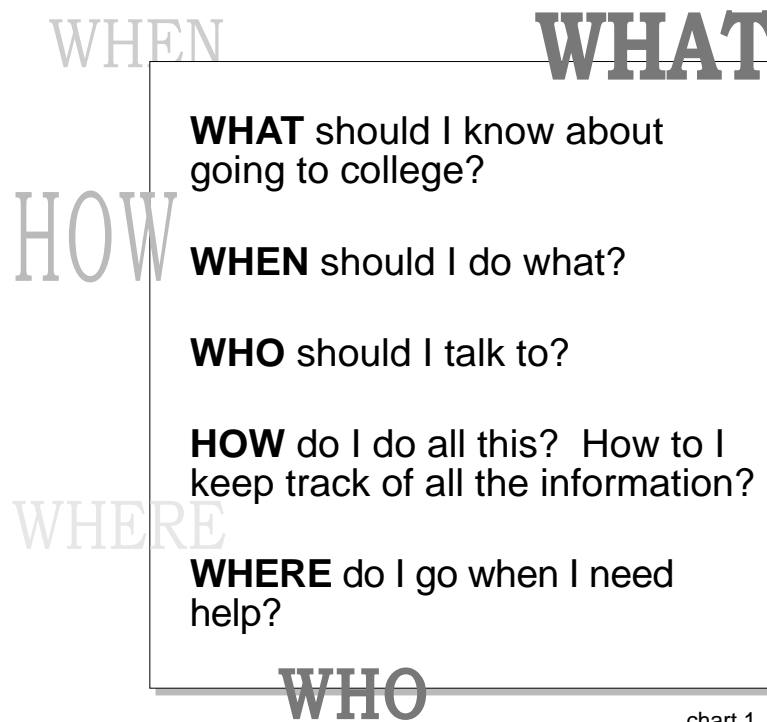
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# How to Use this Book

This book has been written for **YOU**, the student athlete. It brings together a lot of information about going to college and how to continue playing sports in college. Some of the forms and information, like financial aid guides, will change every year, but you will know what the forms are, why you need them and where to go to get updated forms and information.

We hope you will keep this **STUDENT ATHLETE'S PLANNING BOOK** with you through your high school career. If you use it the way it's supposed to be used, you will also have a real diary of your high school life as a person, student, athlete, and college prospect!





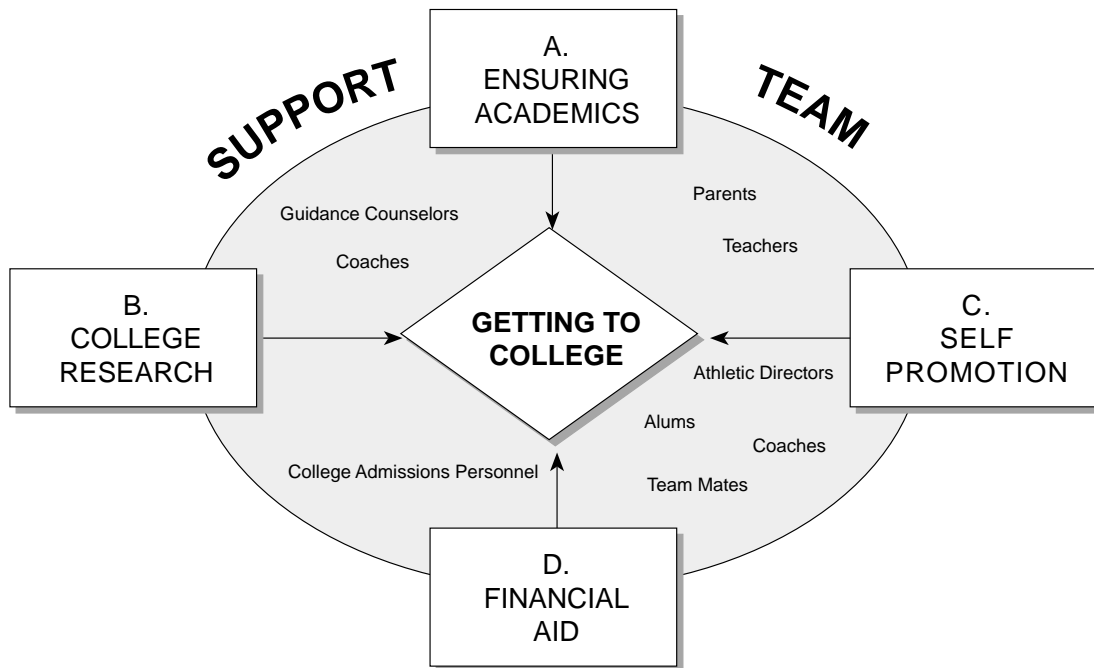
We divide our system into **FOUR** simple chapters:

**A. Ensuring Academics**

How do you make sure that you have completed all the necessary requirements?

**B. Researching Colleges**

Can you find a college and a coach that fits your abilities and would make you a better student athlete?



**C. Self Promotion**

How do you get someone's attention and let them know that you really want to go to college?

**D. Financial Assistance**

If a scholarship is not available, what financial aid is there to help you get through college?



Finally, we'd like to share something with you that's pretty cool. This is the only thing one of the world's greatest athletes has ever put in his office on the wall. No trophies. No news clips or pictures. No awards. No medals. Just this. . .

If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you like to win but think you can't,  
It's almost certain that you won't.

Life's battles don't always go  
To the stronger woman or man,  
But sooner or later, those who win  
Are those who think they can.

-Anonymous -

chart 2

# Introduction

College is an important step in life, and if you want college in your future, then read on. We want to help you get to college if you want to go, but, it's your responsibility to make it happen. That's right. . . **YOUR** responsibility.

Parents, coaches, counselors and teachers can support you. That is the "support team" you need to work with. But, before they do.... you have to decide that you really **want** to go to college and put yourself on the path for going to college.

It's up to you. You have to do it **early** so that you cover your bases.

## A Reality Check

Keep in mind, however, that **less than 1%** of all high school student athletes will receive an athletic scholarship to attend an NCAA college.

But, that **does not** mean that **ONLY 1%** of all high school athletes go on to play sports in college. There is a lot of opportunity out there, and there is lots of competition for that opportunity. It's the game of life. You've made it this far. There is every opportunity to make it the next step to college.

Don't be discouraged. There are **more than 10,000 scholarships available for women at more than 800 U.S. colleges!** A college degree is still one of the most coveted rewards in life. Make it your goal!

So let's get on the path to going to college. Your most important goal should be to meet the academic requirements to get there! If you're not sure you want to go to college, you should at least be sure to take the courses and get the grades you need to get into college. You will then be prepared to get into college if you do finally decide to go.

## Another Reality Check

The number one reason college coaches say that they have to pass over many talented student athletes is because those kids don't have the grades and the required courses to get into the college.

**NO AMOUNT OF TALENT OR ABILITY MATTERS IF YOU CAN'T MEET THE REQUIREMENTS TO ATTEND COLLEGE.**



When you “make the grade,” you open the world to a whole variety of ways to get yourself to college that include academic scholarships, state and federal grants, work study programs, and loans.

Maybe you’re a math whiz or fantastic art student in addition to your athletic skills. Many college coaches, admissions and financial aid officers today try to help student athletes with academic scholarships if there are no athletic scholarships left or offered.

**If you are as determined to make it to college as you are to play your sport, there will be a way!!!!**

Think of it like getting a job. No one is going to look for you to hire you. They don’t know who you are!!!! You have to prepare yourself and then let people know you exist and tell them what you can do for them!!!

This package contains the basic information you will need to get to college. It’s not everything, but we promise that if you **follow 4 simple guidelines**: 1) taking the right courses and making the required grades; 2) deciding where you want to go; 3) promoting yourself to college coaches; 4) having a plan to pay for college.

Follow this, and you will increase your chances of going to college AND playing your sport.

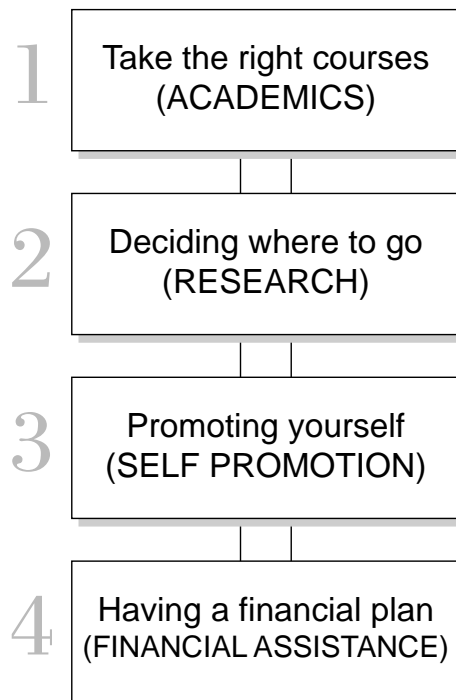


chart 3

# Basic Play Book

This whole college idea might seem a little overwhelming. Where to get started? What should you do? Where do you go for help? Don't stress. . . stay focused on the basics and you will get there. Spend a little time first and "memorize the plays."

## 1. Pick your "First Team"

Let your parents, counselor, coaches, teachers, and others know that you need their support and help because you are on a mission to go to college! This is your **SUPPORT SYSTEM**.

## 2. Sign up for the Right Courses

Take the courses you need to graduate from Seattle Public Schools and meet college admissions requirements.

HINT: If you take the courses required for NCAA Division I eligibility. . . you will make yourself eligible to attend just about EVERY college in America!

## 3. Get the Grades

Get and keep getting the grades you need to participate in Seattle Public Schools sports.

HINT: Shoot for the grade point average (and above) that you need to be eligible for NCAA Division I colleges.

## 4. Take the Tests

Take the PSAT and SAT tests. Take the ACT test, too, if you can. Get help. Be prepared. Set a goal to get the scores you need to go to college.

HINT: It may take a couple of tries. You can take these tests more than once!!!

## 5. Be a role model

Most college coaches care as much about who you are, your record of behavior and what people think of you as a person as they do about your athletic ability and your grades. Bad attitude and trouble in high school makes for poor teammates and students in college.



**6. Pick Your Schools**

Dream a little. Pick 20-30 colleges you think you would like to attend as a student athlete. **Start early** so you know what courses, grades and test scores you will need to get in.

HINT: Look at a mix of schools from NCAA Division I such as the University of Washington or Washington State University to junior colleges. This gives you some “option plays” when it’s time to decide what to do.

**7. Get your stats together**

We put a form in this book for you that gathers the information the college coaches want! Fill one out every year for every sport.

HINT: Do one for your summer or private leagues, too.

**8. Promote yourself**

Let college coaches know you exist!!! Send them a SIMPLE letter to introduce yourself. They really read them and keep them!

HINT: College coaches like two things— to follow your progress through high school and to get letters that YOU wrote yourself.

**9. Do the Reality Checks**

Very few high school student athletes get athletic scholarships to college. Dream big... but make sure you know how to pay for college as a student athlete.

HINT: A four year “full ride” scholarship is a myth. Most full scholarships are reevaluated each year.

# Form Your Team

## PARENTS

Your parent(s) is much more than a sideline cheering team. They want you to achieve to your highest standard and can help in many ways. Parents can help you monitor your grades to make sure you are in compliance with graduation standards.

Involve them in your search of web sites for college selection and entrance requirements. Review with them financial aid requirements and ask for their assistance in exploring scholarship requirements. Have your parents assist you in reviewing materials that will prepare you for your SAT and ACT tests. **Most importantly**, share the contents of this manual with them and ask them for their help in making sure you can “get it together” and “move ahead.”

## COACHES

Your coach becomes one of your most important team members. Regardless of the sport you choose to participate in, your coach will know what is going to be required for you to “step into the future” of college athletic programs, or he/she can assist you in getting the information you will need to comply with requirements. Your coach can also assist you in monitoring your grades and courses to make sure you stay eligible and are on track for graduation. Coaches also know what is required to qualify for an athletic scholarship. Ask them early so you can set your goals. Your coach can help you maintain the “bio/resume” form that is in this book so that each year when you participate in sports you have it recorded and won’t have to rely on your memory.

## COUNSELOR/ACTIVITIES COORDINATOR

Most of the information you will need to chart your collegiate athletic course is available through your counselor or activities coordinator. They are there to help you every step of the way. After you research the web, share your findings with them. They may know of a site that you haven’t been directed to which can answer some of your unanswered questions. Your counselor and/or the activities coordinator will also be able to guide you through the steps you need to take to prepare for the PSAT, SAT, and ACT tests. They can give you a heads up on when to take the tests, monitor the grades you receive and advise you on whether or not to repeat the tests in the hopes of getting a better result. Ask them about the “*Princeton Review*” as a tool to assist you in receiving a higher score.



## **TEACHERS**

Many collegiate athletes choose to major in a field outside of athletics in addition to playing the sport of their choice. You may have a favorite subject, a favorite teacher and want to pursue a career in an area having nothing to do with athletics. Your teachers can advise you on the course requirements for your area of interest. They may be able to recommend certain colleges for a field of study. And, they may even have personal contacts for you at these schools. In most instances, these requirements will be in addition to those needed for athletics. Document these additional courses and grade requirements and insert them in this booklet for easy access. Review them with your teachers annually to make sure you keep current.

## **TEAMMATES**

Don't forget your teammates! These are kids just like yourself, who are trying to do what they can to get to college. Share your information and support each other. Remember that the only way to win is by being a team player. Coaches know this and recognize the value of good team players.

# The Web

You kids have it made! The Web will set you free! The Internet is the most powerful tool available to you for taking control of your future and getting into college as a student athlete. Why?

**INFORMATION ON**

## The Web

- College Information
- College Applications
- NCAA Eligibility Rules
- Specialized Information
- Financial Assistance
- Recruiting Info
- SAT, ACT Prep Courses
- Links to Other Sites

chart 4

### 1. COLLEGE INFORMATION

Every college (and junior college) out there has a website to provide:

- \* College admissions information (the requirements to get into the school) including application forms
- \* Financial aid information, including work study programs, grants and scholarships
- \* Information about campus life, the town, and anything you'd want to know about the school
- \* Information about the sports teams (including how to get in touch with the coach!)
- \* Names, addresses and phone numbers

### 2. NCAA ELIGIBILITY RULES

The NCAA and all of the other college and junior college athletic associations in America have a website with all of the eligibility rules, recruiting rules, lists and links to their member schools and information about being a student athlete.

HINT: The NCAA website can do a search that will tell you what courses your high school offers that they accept for NCAA eligibility!

### 3. SPECIALIZED INFORMATION

There are websites devoted exclusively to the needs of female student athletes—including athletic scholarship and other academic, sports and college information. There are websites devoted exclusively to high school athletics and college-bound student athletes.



HINT: Did you know that the Seattle Public Schools Athletic Department has a website for your school's teams? You can tell college coaches that they can follow your progress on the web.

#### **4. FINANCIAL AID**

The U.S. Department of Education has web pages and links to a large number of sites devoted to financial aid, grants, loans, scholarships and everything you need to know about getting money for a college education. You can even fill out the FAFSA form online!

There are websites that will search for academic, civic and athletic scholarship opportunities for student athletes— FOR FREE.

#### **5. COLLEGE APPLICATION TESTS**

There are websites devoted exclusively to preparing for and taking the PSAT, SAT and ACT tests. You can prepare for these tests by taking online prep courses.

#### **6. LINKS, LINKS, and MORE LINKS**

Every sport you participate in has an unbelievable number of different websites and links with every kind of information you want and need to know about going to college as a student athlete. You can even tap into clinics, college camps and talent showcases that are available in your sport at the colleges you might want to attend.

#### **7. RECRUITING**

There are websites devoted exclusively to college student athlete recruiting.

We have included a short list of some websites that are a good starting point for you. There are **hundreds** out there that can help you get ahead in this game.

**CAUTION:** Learn the recruiting rules early. An unintentional mistake can cost you a college career. Visit the NCAA website or ask your coach about recruiting rules.

**TAKE CONTROL OF YOUR FUTURE— TAKE ADVANTAGE OF THE WEB!!!!**



## The Web PLAY Book

<b>Address</b>	<b>Description</b>
<a href="http://www.ncaa.org">www.ncaa.org</a>	NCAA
<a href="http://www.naia.org">www.naia.org</a>	NAIA
<a href="http://www.njcaa.org">www.njcaa.org</a>	Junior Colleges
<a href="http://www.collegelink.com">www.collegelink.com</a>	College help site
<a href="http://www.collegebound.net">www.collegebound.net</a>	College help site
<a href="http://www.collegeboard.org">www.collegeboard.org</a>	SAT/College help site
<a href="http://www.sportspiks.com">www.sportspiks.com</a>	Recruiting
<a href="http://www.highschoolcoach.com">www.highschoolcoach.com</a>	HS Coaches
<a href="http://www.academic-sports.com">www.academic-sports.com</a>	Women's Sports Scholarships
<a href="http://www.finaid.com">www.finaid.com</a>	Financial Aid
<a href="http://www.collegeedge.com">www.collegeedge.com</a>	College Scholarships
<a href="http://www.prospectwatch.com">www.prospectwatch.com</a>	HS Sports and Recruiting
<a href="http://www.soccerrecruiting.com">www.soccerrecruiting.com</a>	Soccer Recruiting
<a href="http://www.hooked.net">www.hooked.net</a>	Women's Softball Recruiting
<a href="http://www.footballprospects.com">www.footballprospects.com</a>	Football Recruiting
<a href="http://www.osn.com">www.osn.com</a>	Online recruiting

# Timelines

**Timing is everything**, and in taking charge of your future in going to college, it's no different. In each year, beginning in your Freshman year, there are milestones that you should accomplish. If you are now a Sophomore, Junior, or Senior, it's not impossible to catch up. It just means that you are going to have to work a little harder.

The most important thing to check is your course work. Have you taken the courses that are required by the NCAA Clearinghouse? If you have any questions about your curriculum, talk to your coach or your guidance counselors. They are here to help you.

## **“You’ve Got What It Takes”**

Let your team know that you are committed to success and you need their support, help and encouragement. Be assured that you are the key player in this game of excellence and that to succeed you must get good grades and meet all the requirements for graduation and entrance into the college of your choice. Don't be overwhelmed with the amount of information you receive.

Take things one step at a time and ask one of your team members to explain anything you don't understand. You might consider sharing information and partnering with one of your high school teammates to research colleges and requirements. And finally, if you're lucky enough to find a mentor who has “been there and done that,” add him or her to your team. It makes for a *win-win* situation.





**(Grades - Required Courses - Grades - Tests - Grades)**

*“I worked to keep my grades up, but I didn’t know I had to have three credits in Social Studies before I could graduate! I should have checked the requirements for graduation when I entered high school!”*

*“My grade point is just not high enough to get into the college I selected! I shouldn’t have goofed off in my freshman year!”*

*“I waited until the last minute to take the test and my SAT score were so low, I’ll never be able to go to college let alone play college sports!”*

Comments such as these should not keep you from realizing your dream of graduating, attending the college of your choice and participating in college level athletics. The challenge of attaining these goals will, however, take hard work on your part, and attention to detail from the time you begin your freshman year until you graduate.

You need to discover the Seattle Public Schools’ requirements for graduation and sports participation the minute you enter high school and review them annually to make sure you have all of your bases covered. By using the checklist contained in this manual, you’ll be able to keep a running account of how you are doing.

Taking the right courses and maintaining a good grade point average is just a part of your assignment.

If you want to be a NCAA (National Collegiate Athletic Association), NAIA (National Association of Intercollegiate Athletics) or NJCAA (National Junior College Athletic Association) athlete upon graduation, you’ll also need to check and meet their standards for participation. Remember, requirements may change annually, so **renew your information base** each year.

Again, be sure to check the standards determined by the NCAA or other association so that you **sign up for the right courses**.

## About The NCAA Clearinghouse

There are three divisions of colleges in the NCAA (National Collegiate Athletic Association). Division I are the major colleges like UCLA and the University of Washington. Division II and III colleges are generally smaller schools.

Division I:	310 schools
Division II:	267 schools
Division III:	387 schools

The other major national college athletic associations are the NAIA, the National Association of Intercollegiate Athletics and the NJCAA, the National Junior College Athletic Association. Evergreen State College in Olympia is an example of an NAIA member. Edmonds and Bellevue Community Colleges are examples of NJCAA schools.

There are also many colleges in the U.S. that have athletic programs but have no affiliation with one of these three organizations.

### **So what is the NCAA Initial Eligibility Clearinghouse?**

The Clearinghouse determines your academic eligibility to participate in NCAA college sports programs.

**If you want to attend an NCAA Division I or Division II college to participate in sports, you must be registered and apply for certification with the NCAA Clearinghouse after your junior year.**

The Clearinghouse has very specific core course requirements, grade point average minimums and SAT and ACT test scores that you **MUST MEET** to be eligible to participate in NCAA college sports.

You can get the application form from your guidance office, your counselor, or ask your coach or athletic director for help. We also suggest that you visit the NCAA web site (you can find out everything— including what NCAA-approved courses your school has) or call the NCAA Clearinghouse hotline at 1.800.638.3731 for a brochure (*NCAA Guide for the College-Bound Student Athlete*) which also has the Clearinghouse registration form. The brochure explains the Clearinghouse in detail and answers the most common questions about eligibility.

**DON'T WAIT UNTIL YOU ARE A JUNIOR TO GET THE INFORMATION!!!!**

It is important that you understand what courses you must take throughout your high school career to meet NCAA core course requirements.

**Remember, the #1 reason student athletes are turned away from colleges is because they have not met the admissions requirements for the school.**

**If you are a junior or senior now.... don't panic.** Get the Clearinghouse information. Register and find out where you are. Determine what you need to do to become eligible if you want to attend a Division I or Division II school AND plan to participate in sports as a college Freshman.

HINT: Aim high! If you set your academic goals (college prep courses, grade point average and SAT/ACT test scores) in high school to meet NCAA Division I eligibility standards, you will have set yourself up to be able to attend a large number of different schools in all three college athletic associations!!!

On the following pages are checklists that you can use to **keep track of the courses that you take** and your grades in the core courses required by the NCAA Clearinghouse.



# NCAA Clearinghouse Checklist

## INSTRUCTIONS

- 1) Track the courses that you take and the grades you receive.
- 2) Update the form each year.
- 3) Calculate your Grade Point Average (GPA).
- 4) Always check the NCAA rules for any changes to this checklist.

### ENGLISH CORE (Minimum of 8 units for Division I; 6 units for Division II)

1	Course Title	Date Completed	Grade	Units	GPA (A=4; B=3; C=2; D=1)
2	Course Title	Date Completed	Grade	Units	GPA
3	Course Title	Date Completed	Grade	Units	GPA
4	Course Title	Date Completed	Grade	Units	GPA
5	Course Title	Date Completed	Grade	Units	GPA
6	Course Title	Date Completed	Grade	Units	GPA
7	Course Title	Date Completed	Grade	Units	GPA
8	Course Title	Date Completed	Grade	Units	GPA

### MATH CORE (Minimum of 4 units for Division I; 4 units for Division II)

1	Course Title	Date Completed	Grade	Units	GPA
2	Course Title	Date Completed	Grade	Units	GPA
3	Course Title	Date Completed	Grade	Units	GPA
4	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA

### SOCIAL SCIENCE CORE (Minimum of 4 units for Division I; 4 units for Division II)

1	Course Title	Date Completed	Grade	Units	GPA
2	Course Title	Date Completed	Grade	Units	GPA
3	Course Title	Date Completed	Grade	Units	GPA
4	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA

### SCIENCE CORE (Minimum of 4 units for Division I; 4 units for Division II)

1	Course Title	Date Completed	Grade	Units	GPA
2	Course Title	Date Completed	Grade	Units	GPA
3	Course Title	Date Completed	Grade	Units	GPA
4	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA

# NCAA Clearinghouse Checklist

(page 2 continued)

<b>MATH OR SCIENCE (Minimum of 2 units for Division I; 2 units for Division II)</b>					
1	Course Title	Date Completed	Grade	Units	GPA (A=4; B=3; C=2; D=1)
2	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA
<b>ADDITIONAL CORE (Minimum of 4 units for Division I; 4 units for Division II). Includes Foreign Language, Math, and Science.</b>					
1	Course Title	Date Completed	Grade	Units	GPA
2	Course Title	Date Completed	Grade	Units	GPA
3	Course Title	Date Completed	Grade	Units	GPA
4	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA
+	Course Title	Date Completed	Grade	Units	GPA

CORE GPA
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## SEATTLE PUBLIC SCHOOLS MINIMUM HIGH SCHOOL GRADUATION REQUIREMENTS

<u>Subject</u>	<u>Credits</u>
English/Language Arts	3.0
Social Studies	3.0
Mathematics	2.0
Science	2.0
Occupational Education	1.5
Physical Education	2.0
Health	.5
Fine Arts	.5
Restricted Elective (from areas above)	.5
Electives (World Language and any other area)	5.0
<b>Total Credits for Diploma</b>	<b>20.0</b>

Note: Schools with alternative schedules may require more credits for graduation.

**In addition to the above, the following requirements apply beginning with the graduating class of 2001:**

- Students will be required to have at least a 2.0 or above cumulative GPA and a 2.0 or above cumulative GPA in all required courses in English/Language Arts, Mathematics, Social Studies and science.
- 
- Students will also be required to:
  1. Read, understand and evaluate a minimum of 20 books over four years.
  2. Write a comprehensive, well-researched paper to be orally presented and defended during the senior year.
  3. Write effective directions, procedures, letters and summaries over four years.
  4. Demonstrate proficient skill in all five math strands as evidenced by performance equivalent to Integrated Math 2 by the senior year.
  5. Participate in Service Learning Activities to be jointly developed by the District and school sites. This will be phased in as follows:

Class of 2001  
20 hours

Class of 2002  
40 hours

Class of 2003  
60 hours



### **Graduation Requirement Review**

We plan to develop our vision of the Seattle Public Schools high school graduate as we work with the community over the next few months. As part of this process, we will review and redefine the high school graduation requirements.

Seattle Public Schools and the Washington Interscholastic Activities Association (WIAA) both have rules about participating in sports in high school. These rules deal with academic requirements, attendance, behavior and everything you need to know about staying eligible for high school athletics.

# **B** Research Colleges

As we said in the introduction to this book, there are a lot of things to consider in choosing a college that's right for you— like cost, size, location and fields of study. But if you want to continue to compete in sports in college, you need to match your academic goals and your sports skill level to colleges so you have the best chance to be considered academically and athletically for admission.

For right now, we suggest you focus on getting your first college list. Work on identifying those schools where you would want to go **and** be able to participate in sports. Juniors and seniors may have a better idea of where they want to go and can put together a “short list” right out of the gate. But if you haven't spent ANY time thinking about where you want to go to college, the following exercise is designed to help you over that hurdle.

**HINT:** Cost, distance, financial aid and degree program are the biggest factors for most students when they sit down to think about colleges. You have the added challenge of considering your athletic ability and your true desire to play college sports!

Here are a few ideas you can use to put together a list of schools to look at:

1. List the 10 colleges you most want to go to. . .with or without playing sports.
2. List the 5 colleges you believe you could go to AND play sports based on your skill level.
3. If they don't appear on your “A” list of top 10 college picks, then pick two colleges each from NCAA Division II & III and the NAIA that you would like to consider going to AND play sports (six total).
4. List AT LEAST two junior colleges you would consider attending AND playing sports
5. Ask your parents or guardian to give you the names of five colleges they would want you to attend.

6. Ask your counselor and favorite teacher for a list of 3 to 5 schools they would recommend for you.
7. Ask your high school coach(es) for a list of 5 schools he/she thinks you could attend (and would recommend you to).
8. Ask your summer league or club sport coach for a list of 5 schools they think you could attend (and would recommend you to).
9. Ask your best friend and your 2 closest teammates to each give you 3 colleges they think you should go to (6 total).
10. Compile all the college names and make a special note of those schools that you, your parents, coaches, friends and counselors have also recommended.
11. Go to the Web (or library reference books) and get the important information on each school. Fill out the simple profile sheet for each school that contains:

\*Cost

\*Admissions requirements (GPA, test scores, pre-admissions, application deadlines)

\*Athletic/academic scholarship & financial aid information

\*Coaches name & address

\*Anything else you want to know (game schedules, housing costs, etc.)

Put all of this information together and keep it in this book! Forms are available at your Counseling Office (a sample follows this page).

HINT: during your junior summer and senior fall, your goal should be to have your serious choices list down to no more than 10 colleges. Break those 10 down to the top 3 that you want everyone to help you get into..... and have the rest of the list as your “back up” plan.

Now you’ve done a lot of work in one exercise. The most important thing you have accomplished is to involve your “college team” in your life and decisions about going to college. You know what you want.... and the people who will need to help you get what you want.

Following are worksheets that you can use to help you record your research on colleges. Use your own method to keep track, but do take time to research those colleges which interest you.

# C Self Promotion

**Self-promotion** is an important aspect of our program of **Getting More Athletes to College**. Very simply, self-promotion is keeping track of your grades, test scores, individual statistics and performance and letting the right people know about it. It's not boasting or bragging; it's just about reporting the facts.



You, as the student athlete, control how much self-promotion you wish to do and when. At all times, be prepared. Be prepared to talk about your plans and aspirations with people who ask; be prepared to send information to coaches and colleges when requested; be prepared to stay on top of your game of Self Promotion.

Let your coach know that you will need his or her help in tracking your statistics. Remember your coach is part of the First Team and needs to know what you need.

Included in this section of the book are suggestions on the type of information that you, as a student athlete, should consider collecting and recording and how you can get that information into the hands of coaches, recruiters, and others who are making decisions about college recruiting.

## **BASIC INFORMATION**

If you keep track of your personal information each season or each year, it will be much easier on you rather than scrambling around pulling together all the information at one time. Make an effort to review your information at the end of each sports season to go over the basic checklist and update your information accordingly.

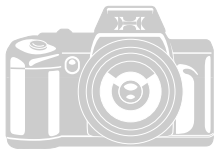
## 1. BIOGRAPHY

Your personal biography is so important to those who need a quick, snapshot description of who you are, how you're doing in school, what you play, and how you can be reached. The biography will capture information such as:

- Name
- Address
- Physical Characteristics
- High School
- Sports that You Play
- Athletic Awards
- Academic Awards
- Coaches
- Community Service History
- Grades
- Test Scores

In this booklet is a form that will help you keep track of your bio information each year.

## 2. PHOTO



Be sure to include a copy of your most recent school photo if possible. This can be scanned and printed onto your Biography. The photo acts to personalize the Biography and gives the reader more information about who you are.

## 3. STATISTICS AND GAME SCHEDULES

Keeping track of your statistics, regardless of what sports you play, is an important habit to develop. In swimming, tracking your times provides coaches a sense of your progression; batting averages, shots on goal, and field goal percentages do the same for baseball, soccer, and basketball.

You should contact your coach at the end of each season in order to obtain your current statistics. Keep a record of these plus your own comments on the season (how well did the

team play, what place in your league standings did your team achieve, special awards given to the team and to yourself, etc.)

Keeping a copy of your game schedule and the scores is also important. This gives coaches an idea of how tough your league is and when you will be playing.



#### **4. NEWSPAPER CLIPS**

It's always nice to see your name in print, so be sure to clip out any newspaper articles that include your name and your team's name. Make a note of the newspaper and the date on each clipping and keep these in a safe place. Don't forget to include your school newspaper.

#### **5. NOTES FROM YOUR COACH**

If possible, ask your coach to provide you with a written evaluation of your performance during the season. The evaluation should include your key strengths, weaknesses, team contributions, and a projection of your areas of improvement.

Remember that your coach is a critical link between you and college recruiters. The more a coach knows about your interest in college, the more they can help you when you need it.

## DISTRIBUTING YOUR PERSONAL INFORMATION

Now that you have all this information, what do you do with it? Coaches and recruiters use this information to compare you against other athletes they are considering for their teams. Having this information in one place, on paper, is helpful to them during their initial screening.

College coaches may send you their own bio form in order to build their file on you, however, most of them will ask for the same information. You will be ready to complete their form if you keep track of your information on a regular basis.

### 1. Coaches

Getting your information into the hands of coaches and recruiters is YOUR job, and the more effort you put into this, the better the results will be.

Once you have begun to research the colleges who have the academic and sports programs that are of interest to you, make a note of the coach's name and address and immediately send a letter of interest. The letter should state clearly your desire to go to this college and your hope to receive as much information as possible about the school and the sports program.

Demonstrate initiative and true interest in the sports program. Do it early. Be excited!

Hint: You can learn about the team, the coach, and the program on their website.

Make sure you have some knowledge about the team, the reputation of the team and coach, and be prepared to communicate why you think a coach should be interested in *you*.

### 2. Players

If you can, try to make contact with one of the players on the team. Players can provide a lot of insight into their coaches when they meet someone who they believe could add to the success of their team. Find ways to get to meet them and learn as much as you can about the team and the philosophy of the coach. This is an opportunity for you to determine whether this is really a college program for you.

At some point, when you have the opportunity to meet the coach, you will have information that may convince him or her that you would be an asset to the team.

Make a few notes mentally and on paper about your conversations with players. (Record these notes in your Research Section).

### **3. Alums**

Alums, (people who have graduated from the college) particularly those who have played for a college in which you have interest, can provide good information and suggestions for you. If you can, seek them out (i.e. neighbors, friends of the family, etc.) and sit down to discuss your interest in the college. Provide them with your personal biography, and ask them whether they would provide you with a letter of introduction.

Many alums are part of their school Alumni Association and may have the opportunity to be in contact with coaches and recruiters.

### **4. Via the Website**

Today, the website is a communications backbone for just about anyone, including college recruiters and coaches.

There are many services that will offer you the opportunity to create your biography and post it online. These services will also assist in getting information to the college of your choice. Generally these services are not free and a one-time fee must be paid.

We have provided some Web addresses of recruiting sites so you can see what's out there. As you explore the Internet and promote yourself to colleges, you are going to run across a variety of college sports and scholarship recruiting services that charge money to get you in front of coaches.

These websites and online services have become very slick and sophisticated. If you want to see what we mean, go to **www.osn.com** (Online Scouting Network) and take a look. This is one example of what recruiting services are doing and offering via the web.

Is it worth the money and should I use a recruiting service? BE CAREFUL! We can't tell you if it is right for you or not. We can't say if it will work for you or not. YOU have to make those decisions with your parents or guardian. It is getting so competitive to get noticed by college coaches that some people say anything you can do to get an advantage and get college coaches' attention is worth it.

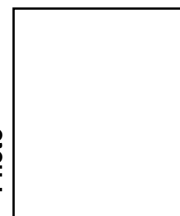
On the other hand, many college coaches are now getting so overwhelmed with information from these services (on top of personal contact from student athletes, parents and coaches) that many potential recruits' profiles sent by recruiting services are ending up in the waste can before they are even considered.

Just remember that most college coaches say that two things get their attention about someone they have never heard of:

1. A personal letter written by the student athlete.
2. A call or letter from your coach.

# Seattle Public Schools Athletes Bio and Resumé

Photo



## INSTRUCTIONS

- 1) Complete this Bio and Resumé form and keep in a safe place.
- 2) Update the form each year and with each sport.
- 3) Obtain letters of recommendation from your coaches.

Name		<input type="checkbox"/> Male <input type="checkbox"/> Female		Social Sec. Number		Date of Birth	
Address			City		State		Zip
Phone	Email Address		Height	Weight	Graduation Date		
Father's Name		Father's Occupation		Mother's Name		Mother's Occupation	
Current High School		Phone	Verbal SAT Scores		Math SAT Scores		ACT Scores
Address			City		State		Zip
Freshman GPA		Freshman Class Rank ____ of ____		Sophomore GPA	Sophomore Class Rank ____ of ____		
Junior GPA		Junior Class Rank ____ of ____		Senior GPA	Senior Class Rank ____ of ____		
Guidance Counselor			Phone		Email Address		
Anticipated College Major							

## SPORTS BIO (Update for EACH team on which you have played)

Sport	Month and Year Played	Team Name	<input type="checkbox"/> High School <input type="checkbox"/> Community <input type="checkbox"/> Other (specify)				
Team Record		Position(s)	Name of Coach(es)		Phone No.		
Statistics Relevant to Sport (i.e. pitch speed, field goals, etc.)							

Honors/Awards

Sport	Month and Year Played	Team Name	<input type="checkbox"/> High School <input type="checkbox"/> Community <input type="checkbox"/> Other (specify)				
Team Record		Position	Name of Coach(es)		Phone No.		
Statistics Relevant to Sport (i.e. pitch speed, field goals, etc.)							

Honors/Awards

**SPORTS BIO (Update for EACH team on which you have played)**

Sport	Month and Year Played	Team Name	<input type="checkbox"/> H.S. <input type="checkbox"/> Community <input type="checkbox"/> Other (specify)	
Team Record		Position	Name of Coach(es)	Phone No.
Statistics Relevant to Sport (i.e. pitch speed, field goals, etc.)				
Honors/Awards				

Sport	Month and Year Played	Team Name	<input type="checkbox"/> H.S. <input type="checkbox"/> Community <input type="checkbox"/> Other (specify)	
Team Record		Position	Name of Coach(es)	Phone No.
Statistics Relevant to Sport (i.e. pitch speed, field goals, etc.)				
Honors/Awards				

Sport	Month and Year Played	Team Name	<input type="checkbox"/> H.S. <input type="checkbox"/> Community <input type="checkbox"/> Other (specify)	
Team Record		Position	Name of Coach(es)	Phone No.
Statistics Relevant to Sport (i.e. pitch speed, field goals, etc.)				
Honors/Awards				

**COMMUNITY SERVICE RECORD**

Organization	Supervisor	Phone
When did you work for this organization and what did you do?		

Organization	Supervisor	Phone
When did you work for this organization and what did you do?		

Organization	Supervisor	Phone
When did you work for this organization and what did you do?		

# D Financial Assistance

How do you pay for college? Figuring out the answer is a big part of your decision to go to college. As we pointed out earlier, the first step is to make up your mind that you want to prepare to go to college.

Many student athletes think athletic scholarships are going to be their ticket to college. Athletic scholarships are very tough to get, and the lesser the sport, the less likely it is that there will be money for athletic scholarships in your sport.

Remember – there is no such thing as a four-year, full-ride athletic scholarship. Too many things can change over four years. Athletic scholarships are generally renewed each year based on a lot of factors including your academic performance and eligibility, your behavior and conduct on and off the campus, and finally, your athletic ability and contributions to the college program.

Don't worry! Athletic scholarships are just one piece of the puzzle in paying for college as a student athlete. There are many options to help you pay for your education:

1. Athletic scholarships
2. Academic scholarships
3. Local, state, regional and private scholarships
4. Grants
5. Your hard-earned savings
6. Work-study programs that help you find work on- or off-campus during the school year
7. Your parents' hard-earned savings
8. Loans and gifts from relatives
9. Federal, state and local education loans

Most students combine a number of these options. It wouldn't be impossible to combine **every one** of them to pay for college.

Where should you start?

1. First, organize your information.

Make sure you get your parent/guardian's profession, employment and contact information on your bio sheet. You will use this information often. College coaches will ask you for this type of information on their evaluation forms.

Hint: Ask your parents if they know of any college aid available through their employer or the profession they work in.

2. Talk to your parent or guardian NOW about paying for college.

What do they think? Share the information you have with them. You need to take the responsibility for your future, but get the rest of your "team" thinking about paying for college too.

3. Research colleges and think about how much things cost.

Visit the schools' financial aid websites. Check out what types of athletic scholarships they have for your sport.

4. To get financial aid, you will have to fill out the **Free Application for Federal Student Aid (FAFSA)** during your senior year and send it to the government.

This form requires financial information about your parents so they will need to help you.

The following publication, "Paying for College," provides a lot of information that can help you figure out the details of paying for your education. It includes sections on choosing a college, college costs and options for financial aid. It also has a list of resources where you can get more information on different types of financial aid.

You should review this information and share it with your parent or guardian. It's a good tool to help you understand financial aid and figure out how to pay for YOUR college education.