

Fall 2009

To All 8th-12th Grade Students (and Parents),

If any of you are interested in participating on Division I, II or III level sports teams in college, becoming familiar with the NCAA's rules and regulations is extremely important.

You may have heard how some student-athletes weren't allowed to play sports their freshman year in college because they didn't get 'cleared' by the NCAA's academic standards. This happens when a HS athlete hasn't taken enough 'college prep' core courses at their high school, hasn't earned high enough grades in the ones they do take, and/or their SAT and ACT scores are too low to predict academic success in college (while playing a sport at the same time). The good news is, you go to CBA. **Most** (not all) of CBA's courses are 'college prep' and are approved by the NCAA as courses that will help prepare you for the rigors of a college curriculum. For anyone who transferred into CBA during high school, your grades and core courses will be submitted and approved not only from CBA but from your previous high school as well.

To be eligible to play as a freshman at a Division 1 college, the Clearinghouse requires you to have a high enough gpa in **16** approved core courses (e.g., English, Math, Social Studies, Science, Language) and a qualifiable SAT or ACT score in junior or senior year. For Division II college participation, your gpa has to be high enough in **14** core courses. Division III rules are not as strict. Most CBA students have no problem getting cleared for all levels because they have A's, B's and C's and a solid standardized test score to report. Students who haven't been cleared in the past are students who have way too many C's in their core classes and a low SAT or ACT score. The **higher** your gpa, the **lower** your standardized test scores can be and vice versa. The difference between a final course average of 79(C) vs. 80(B), or an 89(B) vs. 90(A) is *huge* with the NCAA and college admissions, so always do your best not to come up short. They'll take the highest SAT/ ACT score and you can take the tests as many times as you want.

Enclosed, please find a **list** of recommendations to follow for each grade level and CBA's list of NCAA **approved core courses**. Make sure you familiarize yourself with all the rules and regulations of recruiting and playing collegiate sports by going to the website at ncaaclearinghouse.net. If you're a senior or your junior year just ended, you'll need to register with the Clearinghouse by that website or www.eligibilitycenter.org.

We hope this information helps. Please feel free to call if you have any questions (446-5960 x 5).

Sincerely,

Mrs. Diana Merithew (10-12 th Counselor) Director of Guidance	Miss Theresa Quilty (10-12 th Counselor)	Mrs. Ann Sageer (9 th Counselor)	Mrs. Hanson (7-8 th Counselor)
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TO: Students Who Hope to Play Division I and Division II Sports in College
FROM: Miss Quilty, Mrs. Merithew, Mrs. Sageer and Mrs. Hanson
DATE: Fall 2009

Here are some suggestions to follow depending on the grade level you are in:

9TH GRADE

Get the best grades you are capable of getting in college prep courses and read as much as you can.
Have a good sports season.
Keep a log of all your personal stats, awards and any team or individual publicity.
Attend camps where college coaches are present.
Begin to talk to your counselor about career possibilities.
Get to know and maintain good relationships with other coaches and players from the community, other high schools and colleges.
Be respectful of opposing players and coaches. (Keep good relationships).
Don't be a discipline problem in school, outside of school, or in the athletic arena. Represent yourself, your family, and CBA in the best possible light. No technical fouls, yellow cards, swearing, unsportsmanlike conduct or poor attitude, etc., when you play. You never know who is watching you. Self-control is important.
Try out for Empire State Games and AAU teams if time allows and you're interested.
Play in summer leagues but don't burn out! Cross train and take time off to reduce injuries.
Take Regents exams over in August if you failed them or want to improve your grade. Read!!!
Know what GPA and SAT/ACT scores you'll need in your core courses to be cleared by the NCAA (www.ncaaclearinghouse.net).
Look up colleges and careers on the Internet (Collegeboard.com and Princetonreview.com are two suggestions).
Most of the toughest schools in the country require SAT II Subject Tests. Talk to your counselor about which ones you should take and when as soon as possible.
Become familiar with the "Contact" and "Dead" periods when communication with college coaches is possible.
Take the PLAN test in October at CBA (practice ACT college entrance test).

10TH GRADE

Continue with everything you did freshman year.
Begin to look more seriously at colleges (Division I, II and III) and the academic programs they offer.
Try to see some college teams play (local and distant).
Observe coaches to see if their coaching style and personality would be one you'd want to play for.
Observe teams to see if their style of play fits yours (e.g. controlled, fast break, passing team, running team, finesse, power team, if they're organized, disciplined, working as a team, etc.).
READ MORE!
Keep organized and stay ahead of deadlines.
Take the PSAT Test in October seriously (it's the practice SAT you'll take in the Spring of junior year).
Take the PLAN Test in November (available for this year's 10th graders only on this date).
Double-check any college SAT II requirements and take them accordingly in June if you need to.

11TH GRADE

Continue with everything listed for 9th and 10th grades.

Talk over your abilities with your coach(es) and be realistic.

Give your list of 10-15 schools to your coaches and ask if they would consider sending them a letter of recommendation, an e-mail, or make a phone call for you. Some coaches are more involved than others.

Write up an athletic and academic resume of all your accomplishments and send to many schools.

Your counselor will help organize it with you if you'd like.

Respond to every questionnaire you might get from a college coach if you're interested. If transcripts are needed, bring everything to Guidance.

Be aware of what's legal and what's not regarding the NCAA recruiting rules by inquiring at any Division I, II or III college's athletic department or the NCAA website.

Visit campuses. Make sure they have at least three academic majors you'd consider studying.

Work closely with your parents and other coaches who know you well.

Send videos of your best performance to coaches, especially if you aren't being highly recruited.

Use the directory in Miss Quilty's office to obtain college coaches names/addresses if you can't get it online.

Do well on the PSAT in October at CBA (practice test for the SAT).

Take standardized tests in the spring (SAT and ACT, possibly SAT II Subject Tests).

You **must** send your standardized test scores to the Clearinghouse by putting code 9999 down on the SAT/ACT registration form (section titled "Send score reports to colleges").

During the summer, if they're available, start working on filling out college applications online. Don't send anything yet, just save it. Start with the Common Application first (commonapp.org).

Keep all college materials organized (by size, state, major, etc.)

Listen to what college students have to say about their schools, but make up your own mind. Visit.

Send updated stats and achievements to coaches.

Xerox copies of the unofficial transcript you'll be given in Guidance class in the fall in case college

coaches ask to have it sent to them **or fill out a Transcript Request sheet in Guidance, giving us permission to send your transcript to any coach that asks.** If any coach needs official transcripts, we'll send it from the Guidance Office but you need to fill out that form. ***All financial responsibilities*** at CBA must be up to date before a transcript can be sent or given to a coach or college.

At the end of junior year, over the summer or by September, register online at www.ncaaclearinghouse.net (or www.eligibilitycenter.org) (fee approx. \$60.00) if you're planning to play Division I or Division II sports in college. **Let the Guidance Office know you've registered so we can send your transcript.**

12TH GRADE

Retake the SAT and ACT in the fall if you want to improve your scores. Finish up SAT II responsibilities if your college requires them (Put code 9999 down on registration form).

If coaches are calling you at all hours of the night, don't be afraid to set boundaries with them ("I have a big test to study for so thanks for calling but I can't talk long...") or use a quick text or email.

Apply to colleges by November. There may be a few late schools that'll show interest and that's fine.

Finish up a strong academic and athletic year.

Make official or unofficial college visits. For Division I, you're only allowed 5 "official visits." Be careful about waiting too long to commit if a school has offered an athletic scholarship. Colleges might go with someone else if you wait too long to decide.

Keep contacting coaches if you are seriously interested but don't be discouraged if the feeling isn't mutual. Other doors may open.

Take the initiative and be responsible, serious and organized when meeting with coaches.

Don't be shy about asking college coaches and players the tough questions (Will I play freshman year? Do I keep my scholarship all 4 years if I get injured? How many others in my position are you recruiting? Etc.)

You won't know if you're NCAA-cleared until after you graduate and we've sent a final transcript and proof of graduation. Check your online status.

Cover all your bases. Don't put all your eggs in one basket. Have backup plans and do a good job of researching. You'll go a long way! Good Luck! We'll help you anytime you need it.

DIVISION I OR DIVISION II COLLEGE-BOUND ATHLETES
YOU NEED TO BE CLEARED BY THE NCAA

Please go to www.ncaaclearinghouse.net for detailed information and to learn the rules for athletes entering college in 2009 or after. Read the general information regarding recruiting rules, academic eligibility and all SAT/ACT requirements. **You need to have at least 2.0 gpa in sixteen of these core courses along with a certain SAT or ACT score to qualify to play Division I sports. For Division II sports, you need to have a 2.0 average in fourteen of these core courses.**

The following courses at CBA are considered acceptable core courses by the NCAA:

ENGLISH (all 4 years will be averaged in)

English (9)
English (10)
American Literature (11)
British Literature (12)
(AP) English Literature (12)
(AP) English Language (11)
Living Shakespeare
Creative Writing
Writing

NATURAL/PHYSICAL SCIENCE (2 years)

Earth Science (Lab)
Biology (Lab)
Chemistry (Lab)
Physics (Lab)
Anatomy/Physiology (Lab)
(AP) Physics (Lab)
(AP) Biology (Lab)
(AP) Chemistry (Lab)

SOCIAL SCIENCE (at least 2years)

Global (9)
Global (10)
U.S. History & Govt. (11)
Economics (12)
American Government (12)
Psychology (12)
(AP) U. S. History
(AP) European History
(AP) Government
Intro to Law/Social Justice
Comparative World Issues

ADDITIONAL CORE COURSES

French 1
French 2
French 3
French 4
Spanish 1
Spanish 2
Spanish 3
Spanish 4
(AP) French
(AP) Spanish

MATHEMATICS (3 years)

Intro Calculus/Statistics
H Analysis/Calculus
Pre-Calc/Stats
Calculus
(AP) Calculus
Algebra/Trigonometry
(AP) Statistics
Functions/Statistics
Algebra
Geometry
Intro to Calc/Stats

NON-ACCEPTABLE CORE COURSES

Studio Art, AP Art, Foundations, Ceramics
Band/Chorus
PE classes
Computer classes
Business/Marketing
Health
Intro-Art, Music
Sports Marketing
Religion classes
Advanced Wellness
Music Writing & Improvisation
Music Theory