

Black Horse Pike Regional School District



Highland
REGIONAL HIGH SCHOOL

Home of the Tartans
450 Erial Road
Blackwood, NJ 08012



Timber Creek
REGIONAL HIGH SCHOOL

Home of the Chargers
501 Jarvis Road
Blackwood, NJ 08012



Triton
REGIONAL HIGH SCHOOL

Home of the Mustangs
250 Schubert Avenue
Runnemede, NJ 08078

Parent-Student Handbook

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Foreword

This booklet has been prepared as a reference guide concerning athletic policies, procedures, regulations, existing rules and information now in effect for Black Horse Pike Regional School District. It is hoped that this booklet will contribute to a better understanding of policies and procedures thereby conferring a harmonious and efficient athletic program. As a parent it is imperative to know, understand, and impress upon your son(s) and/or daughter(s) that they are students first and athletes second. Being a student first is a year-long commitment. The achievements attained by our teams will be reflected in positive memories, experiences and successes created by the students both on the field and in the classroom. It is our duty and obligation to positively contribute in the development of a well-rounded and experienced student. As we all know, athletics can play a tremendous role throughout this development of your student athlete(s).

Frank Torcasio
District Athletic Director

Purpose of the Interscholastic Athletic Program

The opportunities provided by the interscholastic athletic program will enable students to:

- Develop skills in all areas of growth: physical, intellectual, emotional and social.
- Develop interest in life-long leisure activities, either as participants or spectators.
- Develop self-discipline; self-motivation; good, strong character; and the ideals of good sportsmanship.
- Acquire special skills in the activities of their choice.
- Participate in team play and develop team-oriented skills that produce successful teams characterized by loyalty, cooperation, and fair play.
- Compete in interscholastic athletic events.
- Achieve personal, team, and school goals.
- Explore various career opportunities.
- Develop values, attitudes, and habits important for citizenship and participation in a democratic society.

Member of the Tri-County Conference (Highland and Triton)

www.tricountyconferencenj.org

TCC MISSION STATEMENT

The mission of the Tri-County Conference is to provide opportunities for schools to work closely together, while promoting educational experiences for student athletes, which will benefit them throughout their lives. The Conference will foster an educationally sound environment that values good sportsmanship, fair play, and a wholesome relationship among participants, spectators, schools, and communities.

TCC OBJECTIVES

- To equalize athletic opportunities for individuals and member schools.
- To promote uniformity in the arrangement and control of athletic contests.
- To continue to seek methods and means of promoting sportsmanship and academics.
- To continue to enhance the success of members at the individual, team, and Conference levels.

**Member of the Olympic Conference
(Timber Creek)**

PREAMBLE

The Olympic Conference believes that the educational experiences of students can be enhanced by developing relationships among neighboring schools. We further believe that cooperation by the participating schools will enhance the planning of interscholastic activities.

OLYMPIC CONFERENCE OBJECTIVE

The objective is to develop the mental, physical, moral and social domains of our students/athletes. The Olympic Conference will provide interscholastic competition that will develop wholesome rivalry and foster cooperation among members of the Olympic Conference.

Statement of Philosophy

Athletics is an integral part of the school program and, as such, is a vital facet in the life of the school. The purpose of the athletic program is to offer as many opportunities as possible to develop athletic skills, good attitudes, strong character, and school spirit, which reach beyond the athletic fields.

The various levels of our program have different functions and reasons for existing:

Freshman

This level of our program provides freshmen students with an opportunity to compete against other schools and against students who are near the same age, size and ability. These programs are designed to accommodate 9th grade athletes whose interest and skills in a particular activity go beyond the intramural level. Students capable of making these teams should all be given an opportunity to play in every contest if possible.

Junior Varsity

This program is an interscholastic level and is designed to bridge the gap between the freshman team and the varsity team. This program accommodates athletes whose interest and skills go beyond the intramural level, yet who are not ready to compete at the varsity level. Students capable of making these teams should all be given ample opportunity to play in as many contests as possible, as this is the training ground for future varsity competition and for honing special skills needed for the varsity team. This program is not designed for the senior student-athlete.

Varsity

This is the program designed to compete against the best teams from other schools. It is possible for students from grades 9 through 12 to compete at this level in a particular activity. The varsity program is the school's athletic showcase and should always represent the best we have to put forward at any time. The excellence we seek from coaches and athletes in the varsity phase of our athletic program is not less than the excellence we seek from students and teachers in the classroom. Opportunities to play in contests are determined by the coach. Positions on any team or squad are not guaranteed from year to year. Students must try out every year. Seniors that have participated in the athletic program for the previous three years are not automatically guaranteed a position. Also, underclassmen (9th, 10th, 11th) who have achieved the varsity level are not guaranteed to make the varsity squad in subsequent seasons. They must try out for available positions and cuts are possible.

Academics

The number one priority for your son or daughter at the Black Horse Pike Regional School District should be the pursuit of academic excellence. Athletics is an extension of the classroom and offers an excellent opportunity to learn about one's self and working with others. Students are encouraged to seek extra academic help if necessary. Student-athletes should arrange with their teachers and coaches to make an appointment for extra help before school, during any scheduled study halls, during the common lunch period, or after school prior to practice.

Athletic Insurance

All students are covered by the school's insurance policy as secondary coverage. This means that the parent's/guardian's medical insurance will be used first as the primary insurance and any costs beyond the primary carrier's coverage will then be covered by the school's policy. Parent/Guardian's must submit the proper paperwork to the school for coverage to be enacted. This paperwork, along with the accident report form, can be picked up from the athletic trainer's office.

Eligibility

Credits:

1. To be eligible for athletic competition during the first semester (September 1 to January 31) a pupil must have passed 25% of the credits (30) required by the State of New Jersey for graduation (120), during the immediately preceding academic year.
2. To be eligible for athletic competition during the second semester (Feb. 1 to June 30), a pupil must have passed the equivalent of 12.5% of the credits (15) required by New Jersey for graduation (120) at the close of the preceding semester (Jan. 31). Full-year courses shall be equated as one-half of the total credits to be gained for the full year to determine credits passed during the immediately preceding semester.

Athletic Forms:

1. Physicals:
 - a. The student-athlete must have a current physical on file in the nurse's office.
 - b. Physicals are good for 365 days.
2. FamilyID:
 - a. All other athletic forms are found on the website www.familyID.com .
 - b. This is where a parent/guardian will go to sign their child(ren) up for a sport EACH season
 - c. All information and a link to familyID are located on the Athletics page or each school.
 - i. There is also a tutorial located on the Athletics page for how to sign up on FamilyID

ImPACT Testing:

3. Every athlete must complete the ImPACT test online before they can participate in a sport.
 - a. It is done every two years.

Fines:

4. If an athlete owes a fine, it must be paid to their Vice Principal in order to be eligible to participate.

Discipline:

5. Any athlete with more than 100 points is not eligible to participate in a sport. This is "Principal's Probation."

Transfer Form:

- a. If an athlete has transferred from another school (district), a transfer form must be executed before the athlete is eligible to participate in a regular season game (contest).

The Athlete's Code For Eligibility

- Participation in athletics is a privilege that may be earned by students who can fulfill and adhere to basic requirements of scholarship and physical capability and exhibit proper behavior attitudes.
- This privilege of representing the school on athletic teams may be denied a student and he/she may be declared ineligible by the administration if:
 - 1) At any time citizenship or behavior falls below the accepted standard;
 - 2) Established training rules are violated; or

The following are basic elements of the Athletic Code:

- School Attendance (Policy & Regulation 5200 Attendance) – Students must be in school by the beginning of the common lunch period if they wish to participate in practice or game on that day. The Athletic Director or an Administrator must approve exceptions.
- Smoking (Policy & Regulation 5530 Smoking) – Extensive studies have been made by health agencies indication that the use of tobacco is hazardous to an individual's health. Schools prohibit smoking. Athletes found guilty of smoking or using tobacco products will be in jeopardy of losing eligibility.
- Alcoholic Beverages (Policy & Regulation 5530 Substance Abuse) – There is no question as to the deleterious effect to the physical well-being on an individual consuming alcoholic beverage. The school cannot condone the consumption of alcoholic beverages by any student who wishes to participate in the athletic program. Therefore an athlete who is found to have consumed any alcoholic beverage, regardless of whether on or off school premises, shall be considered in violation of the athlete's code, thus jeopardizing his/her eligibility.
- Drug Policy (Policy & Regulation 5530 Substance Abuse) – In accordance with the Drug Policy adopted by the Board of Education, any student suspected of the use of drugs, or possession thereof, will be reported to the administration. Any student found to be in violation of established Board Policy will be in jeopardy of losing eligibility.
- Unbecoming Conduct (Policy & Regulation 5600 Pupil Discipline/Code of Conduct) – An athlete is a representative of his school and his attitude and conduct reflect the standards of the school. Improper conduct (whether in the classroom or the community), including insubordination to those in authority, may upon evaluation by school authorities, result in disciplinary action which could include the forfeiture of the privilege of representing the school in athletic competition.

COMMUNICATION POLICY

STEP 1: Student-Athlete communicates problem, questions, concern with head coach during a scheduled meeting time.

STEP 2: In the case that the student-athlete/head coach meeting does not satisfy both parties the parent, student-athlete and head coach shall schedule a time to meet to discuss problem, question or concern.

STEP 3: In the case that the student-athlete, parent, head coach meeting does not satisfy all parties then a meeting between all parties and the Athletic Director or VP in charge of Athletics shall schedule a time to meet to discuss problem, question or concern.

STEP 4: If Steps 1-3 do not satisfy the situation, the issue shall be taken to the Principal and a plan of action will be put into place at the Principal's discretion.

We firmly believe that in order for our student-athletes to learn the importance of self-confidence, communication skills, maturity and conflict resolution skills that they should always be sure to fulfill Step 1 prior to any other course of action. In many instances honest, open and respectful communication between coach and student-athlete can settle most issues.

Sportsmanship – Code of Conduct

Good sportsmanship is one of the key areas of emphasis for all our teams and student-athletes. The NFHS, NJSIAA, and the TCC/Olympic Conference/West Jersey Football League have all stressed the importance of good sportsmanship and have set up guidelines for our teams to follow. BHPRSD has taken steps in order to maintain a safe and healthy atmosphere for our student-athletes and coaches to compete.

It is imperative for all student-athletes, parents, coaches and other spectators to understand that high school athletic programs are in continuum with the educational institution's objectives first. The field/court/mat/pool is just an extension of the classroom. With this in mind, it is expected that all behavior surrounding our athletic classrooms reflect the same atmosphere that we demand in all academic classrooms. Spectators should remain positive and not allow their emotions to interfere with the competition in any manner.

Unsportsmanship like conduct will not be tolerated from students, coaches, or spectators. Please be vigilant and proactive in approaching anyone that is not maintaining good sportsmanship behavior. Realize ahead of time that not all officials' calls may go our way. Always turn a negative situation into a positive learning experience. Always model the appropriate respectful behavior. Any person failing to comply with this code or the spirit of these rules may be prohibited from attending further athletic events.

The Athletic Department will continue to inform and educate our parents, fans and the public on the importance of good sportsmanship.

Sportsmanship Responsibilities - NJSIAA

The Player:

- 1) Treats opponents with respect
- 2) Plays hard, but plays within the rules
- 3) Exercises self-control at all times, setting the example for others to follow.
- 4) Respects officials and accepts their decisions without gesture or argument.
- 5) Wins without boasting, loses without excuses, and never quits.
- 6) Always remembers that it is a privilege to represent the school and community.

The Spectator:

- 1) Attempts to understand and be informed of the playing rules.
- 2) Appreciates a good play no matter who makes it.
- 3) Cooperates with and responds enthusiastically to cheerleaders.
- 4) Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
- 5) Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game.
- 6) Respects property of others and authority of those who administer the competition.
- 7) Censures those whose behavior is unbecoming.

Acceptable and Unacceptable Behavior Standards – NFHS

Acceptable Behavior:

1. Positive applause during introduction of players, coaches and officials.
2. Players shaking hands with opponent who fouls out while both sets of fans recognize player's performance with applause.
3. Accept all decisions of officials.
4. Cheerleaders lead fans in positive school yells in positive manner.
5. Handshakes between participants and coaches at end of contest, regardless of outcome.
6. Treat competition as a game, not a war.
7. Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.

8. Applause at end of contest for performances of all participants.
9. Everyone showing concern for injured player, regardless of team.
10. Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior:

1. Yelling or waving arms during opponent's free-throw attempt; zero individual attacks.
2. Disrespectful or derogatory yelling, chants, songs, or gestures at any time before/during/after game.
3. Booing or heckling an official's decision.
4. Criticizing officials in any way; displays of temper with an official's call.
5. Yells that antagonize opponents.
6. Refusing to shake hands or give recognition for good performances.
7. Blaming loss of game on officials, coaches or participants.
8. Laughing or name-calling to distract an opponent.
9. Use of profanity or displays of anger that draw attention away from the game.
10. Doing own yells instead of following lead of cheerleaders.

ACADEMICS

GRADE-POINT AVERAGE

How Your Core-Course Grade-Point Average is Calculated

The clearinghouse will calculate the grade-point average of your core courses on a 4.000 scale. The best grades from your NCAA core courses will be used. Grades from additional core courses you took will be used only if they improve your grade-point average.

The clearinghouse will assign the following values to each letter grade:

A – 4 points	C – 2 points
B – 3 points	D – 1 point

Special High-School Grades and Grade-Point Average

Our District uses plus and minus grades (like A+ or B-), the plus or minus will not be used to calculate your core-course grade-point average.

Our District normally "weights" honors or advanced course, these weighted courses may improve your core-course grade-point average. Our District must notify the clearinghouse of such weighting. To see if your high school has a weighted scale that is being used for calculating your core-course grade-point average, visit <http://www.ncaaclearinghouse.net> for an explanation of how these grade weights are handled.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



NCAA Division I Initial-Eligibility Requirements

Core Courses: (16)

- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
 - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
 - These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
 - Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see below).

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
 - SAT: critical reading and math sections.
 - Best subscore from each section is used to determine the SAT combined score for initial eligibility.
 - ACT: English, math, reading and science sections.
 - Best subscore from each section is used to determine the ACT sum score for initial eligibility.
- All ACT and SAT attempts *before* initial full-time collegiate enrollment may be used for initial eligibility.
- Enter 9999 during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. ***Test scores on transcripts will not be used.***

Core Grade-Point Average:

- Only core courses that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
 - Core-course GPA is calculated using the best 16 core courses that meet subject-area requirements.
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
 - Core-course GPA is calculated using the best 16 core courses that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

DIVISION I

Core-Course Requirement (16)

- 4 years of English
- 3 years of math (Algebra I or higher)
- 2 years of natural/physical science (1 year of lab if offered)
- 1 year of additional English, math or natural/physical science
- 2 years of social science
- 4 years of additional courses (any area above, foreign language or comparative religion/philosophy)

DIVISION I – 2016

Qualifier Requirements

**Athletics aid, practice, and competition*

- 16 core courses
 - Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science.
 - "Locked in" for core-course GPA calculation.
- Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
- Graduate from high school.

DIVISION I – 2016

Academic Redshirt Requirements

**Athletics aid and practice (no competition)*

- 16 core courses
 - No grades/credits "locked in" (repeated courses after the seventh semester begins may be used for initial eligibility).
- Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 2).
- Graduate from high school.

Sliding Scale A

Use for Division I prior to August 1, 2016

NCAA DIVISION I SLIDING SCALE

Core GPA	SAT	ACT Sum
	Verbal and Math ONLY	
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B

Use for Division I beginning August 1, 2016

NCAA DIVISION I SLIDING SCALE

Core GPA	SAT	ACT Sum
	Verbal and Math ONLY	
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86



Division II Initial-Eligibility Requirements

Core Courses

- Division II currently requires 16 core courses. See the chart below.
- Beginning August 1, 2018, to become a full or partial qualifier for Division II, all college-bound student-athletes must complete the 16 core-course requirement.

Test Scores

- Division II currently requires a minimum SAT score of 820 or an ACT sum score of 68. Beginning August 1, 2018, Division II will use a sliding scale to match test scores and core-course grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science.
- When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.

Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's approved List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- The current Division II core GPA requirement is a minimum of 2.000. Division II core GPA required to be eligible for competition on or after August 1, 2018, is 2.200 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- The minimum Division II core GPA required to receive athletics aid and practice as a partial qualifier on or after August 1, 2018, is 2.000 (corresponding test-score requirements are listed on the Sliding Scale on Page No. 2 of this sheet).
- Remember, the NCAA core GPA is calculated using NCAA core courses only.

DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

**DIVISION II
COMPETITION SLIDING SCALE**

Use for Division II beginning August 1, 2018

Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

**DIVISION II
PARTIAL QUALIFIER SLIDING SCALE**

Use for Division II beginning August 1, 2018

Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

COLLEGE PLANNING

COLLEGE PLANNING STARTS ON DAY 1 OF YOUR ENTRANCE INTO THE BLACK HORSE PIKE SCHOOL DISTRICT

- *Take a challenging academic load. Take courses that will be helpful and prepare you for the college experience.
- *Develop a rapport with your guidance counselor and stay in close contact with your counselor, particularly during your junior and senior year.
- *Explore information available in guidance concerning college visits, scholarships and special programs.
- *Look for colleges that match your academic and athletic abilities. (Be realistic) Ask your coach to evaluate your ability and provide input into good matches.
- *Attend college nights or college fairs.
- *Visit colleges that interest you during the summer.
- *Gather information about college admission requirements. Look for schools with academic programs that interest you.
- *Ask your coach for college recruiting information and the desire to have your name supplied when coaching correspondence is received.
- *Investigate financial aid opportunities where applicable.
- *Involve your family in your decision.
- *Get all college applications out by the fall of your senior year. (This includes getting teacher and coach recommendation letters, so ask early and respectfully remind)
- *Take pride in your academic record!! Keep in mind colleges will be evaluating you as a person as well as a student/athlete, so your conduct in and out of school is important!!

COLLEGE PLANNING

RECRUITING TIPS

(Written by: Bucknell University Head Coach Joseph Susan)

1. RECRUITING IS NOT A RACE, DON'T WORRY ABOUT THE OFFERS SOMEONE ELSE HAS

2. Do work for yourself, make phone calls, send emails and create videos or video links, it shows us responsibility on your part

3. Your high school coach will not get you a scholarship, your talent as a student-athlete will

4. **Your high school coach will be honest** with you and with college coaches, they want what is best for you

5. The more game footage we see the better we feel about our evaluation of your talent as a student-athlete

6. A highlight film is important, please back it up with game footage

7. **Include your academic information** on anything you send to us, **GPA** and **TEST SCORES** are what we need. Be honest about this information it is critical to this process.

8. Be the best student you can be, challenge yourself with the courses you take

9. Tak the **SAT** and or **ACT** early and repeat it at least two times

10. Don't jump between tests; take one or the other, you will improve by test familiarity

11. Sign a transcript release form in guidance so we can access your unofficial transcript

12. Many high schools do not include **SAT/ACT** info on transcripts, have copies that you can provide to us

13. There are specific times during the year when we can call you or return a call, be aware of them as many times when student-athletes or their parents call and leave a message to return the call, we can't

14. See as many schools as you can. Go to games and visit campuses in the spring, understand these are unofficial visits

15. Call the schools prior to your visit so we know you are coming

16. Be selective about your camp schedule, one day camps are the best for rising seniors

17. Go to camps at schools that have shown an interest in you, where there will be coaches from a variety of schools and where you will learn the game; **IN THAT PRIORITY ORDER**

Recruiting Tips (Cont'd)

18. Be careful about combines, college coaches cannot attend them

19. Be first in line in camps, that means a lot

20. Compete in camps, one on ones are a great indicator of who you are

21. Your senior year performance is critical to your future success as a STUDENT-ATHLETE

22. Remember an offer is only an offer if it is in writing

23. Once an offer is made it does not last forever, you will need to make a choice and at times schools fill up without you knowing it

24. Remember that the word “**commitment**” has special meaning, we take it seriously, “soft, silent, partial” really do not fit in well with a word as strong as **commitment**

25. Use the knowledge and experience of your parents, your siblings and your coaches and teachers; they have the advantage of having been there already

26. Enjoy the process, don't let it overwhelm you

27. Pick the school where you will thrive as a student, as a player, and more important; **AS A PERSON**

28. Be thorough in your search, ask questions.

29. Be careful to listen to hear what College Coaches are telling you, sometimes it's not what you think you hear.

30. Be a good filter when it comes to hearing college recruiters, everyone has their own method of recruiting, you do it once, we do it every year

31. Be very cautious about recruiting services that tell you they will get you a scholarship, they charge you and have their best interests in mind.

32. When it comes down to it..... **YOU GET YOU RECRUITED**

33. Enjoy being in High School. It is one of the best experiences in your life.