



**Highland**  
REGIONAL HIGH SCHOOL  
*Home of the Tartans*



**Timber Creek**  
REGIONAL HIGH SCHOOL  
*Home of the Chargers*



**Triton**  
REGIONAL HIGH SCHOOL  
*Home of the Mustangs*

# Student-Athlete

# Booklet

## Created by....



Corey Dunham

“Walk your own path in life and not someone else’s.” - Corey



Jubreel Hason

“Blessed are the meek: for they shall inherit the earth.” -Matthew 5:5



Jabree Hason

“Overly focused, far from the time to rest now.” - Drake



Donald Thomas

“Hold your water never let the levees break”  
-Kur



Cameron Chambers

“Build your own dreams or someone else will build their own dream for you.” - Cam



Mike Robinson

“Rise and grind. Nothing comes to a sleeper but a dream.” -Mike Rashid



Andrew He

*“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” - Buddha*

# Table of Contents

Introductory letter .....	4
Checklist for Student-Athletes .....	5
Checklist Parents of Student-Athletes .....	6
How to Get Recruited .....	7
What you need to know about being a College Athlete .....	8
Recruiting .....	9
Question to Ask As You Consider Colleges .....	13
Academic Eligibility Requirements Division I & II .....	16
Division III .....	19
Road Map to Success .....	20
Sample Cover Letter .....	22
Sample Resume .....	23
Academic Plan for At-Risk Student Athlete .....	24
Helpful Website .....	25

## Introductory Letter

Dear Parents/Guardians,

Congratulations to you and your child's success in his/her respective sport and allowing them to be noticed by the NCAA. This is a great opportunity for your child to prepare for college/university. However, this time, things will not be the same as their will be more pressure on your child to perform at a higher level in their sport as well as manage their academic life. Most student-athletes go into college with the same mentality as they had when they were in high school and end up failing because they lack the knowledge to get them to the next level' or something to that nature. Now is the time to prepare. We have created this packet for your convenience to provide information on what you and your child should do to prepare for the NCAA season and their new life at college. Keep in mind that this is simply a guide about what your family should consider to prepare for the NCAA.

For your personal convenience, the district's counselors and athletic department are here to provide any assistance you may need. We believe the most efficient way to help "student-athletes" is by assessing them in a realistic way of their abilities will translate at this new level. We say "student-athletes" because that's what they are, students first, athletes second. We want to be able to assess them both in school and in their respective sports field.

Keep in mind that this is simply a guide about what your family should consider to prepare for the NCAA. This is not an official plan of success that you have to follow in order to succeed in the NCAA. Black Horse Pike Regional School District will provide assistance, but additional help may be required. Please look through this for information on what's to be expected in the NCAA for both athletics and academic requirements. We wish for your child to find success in their new life. Good luck and welcome to the NCAA!

Sincerely,

Black Horse Pike Regional School District Athletic Department

## Student Checklist

Below you will find a checklist which can serve as a guide to prepare for the transition from high school to college as easy as possible.

### **Pre-Season**

- Did I take my ACT?
- Have I taken by SAT?
- Do my grades qualify with NCAA Eligibility Center for the college I would like to attend?
- Did I complete my transcript and send to NCAA Eligibility Center by my counselor?
- Have I identified the schools I have interest in?

### **Mid-Season**

- Am I maintaining a good GPA?
- Did I check with my counselor to double check my eligibility for the NCAA?
- Am I meeting with my coach consistently to discuss colleges that are interested in me?

### **Post-Season**

- Have I participated in any college visits?
- Have I looked into the process of recruiting?
- Did I speak with my coach to discuss active recruiters?
- Did I meet with my parents/guardians and coach to pick a final college?
- Have I completed an application properly to the college I have chosen?

# Recruiting Checklist for Parents

## **Pre-Season**

- Learn the rules of recruiting for prospective student-athletes.
- Set goals with your child based on the requirements needed to participate in athletics in college.
- Hire an ACT or SAT tutor to maximize the academic success of your student.

## **In-Season**

- Make sure your child maintains satisfactory academic progress.
- Start a recruiting log. Log the correspondence between schools and your child.
- Plan official/unofficial visits.
- Register with the NCAA Eligibility Center.

## **Post-Season**

- Compile a highlight film.
- Send video and resume to target colleges.
- Apply to the schools that you are interested in.

## **How to Get Recruited**

Getting recruited to any college/university is a long process and truly a journey. Once the choice is made to start working to receive any kind of athletic scholarship you must put yourself on a dedicated regiment. Talent is one thing, but what will always stick out to college coaches is an established skill level and a great understanding of basic knowledge at your position. If you can work to perfect the small nuances of your position you will stick out from the rest of the group of athletes. The more experience and exposure you gain, the possibility of becoming better in your respected field. Involving yourself in a local or nation organization will also assist in your exposure to potential colleges and universities. Along with doing these steps you must also be on track with the “Roadmap for Success” (see page 20).

## **What You Need to Know About Being a College Athlete**

Being a college athlete at any level (D1, D2, or D3) will take a lot of perseverance, dedication and hard work. As a college athlete, you must realize that you are a “Student-Athlete” this means that you are expected to be a model student in the classroom and a good athlete second. You must be ready for your day to be started with a 5am lift and conclude with a 9pm study hall. During these days you will not always feel your best and you will have to persevere through tough times with mental toughness. You have to be dedicated to accomplish your goals along with team goals. You will have to always work hard with everything you do. Working hard and handling your business will not be done in vain. When you handle your business you will be rewarded. The experience you gain can never be taken away. It will serve as lessons learned through your journey called life.



## Recruiting By Grade Level

Grade	DIVISION I MEN'S BASKETBALL	DIVISION I WOMEN'S BASKETBALL	DIVISION I FOOTBALL	DIVISION I MEN'S ICE HOCKEY	DIVISION I OTHER SPORTS	DIVISION II	DIVISION III
<b>10</b>	<p>Recruiting Materials – All forms of private correspondence beginning June 15 at the conclusion of sophomore year. Telephone Calls – At institution's discretion beginning June 15 following sophomore year. If PSA's educational institution follows a nontraditional calendar, at institution's discretion beginning day after conclusion of sophomore year.</p>			<p>Recruiting Materials – All forms of private correspondence beginning January 1 of the sophomore year. Telephone Calls – At institution's discretion beginning January 1 of sophomore year.</p>	<p>Women's Ice Hockey: Telephone Calls – One call to an international PSA from July 7 through July 31 following her sophomore year.</p>	<p>Recruiting Materials – June 15 immediately preceding the junior year. Telephone Calls – • June 15 immediately preceding junior year. • No limit on the number of telephone calls after the first permissible date. Off-Campus Contact – • June 15 immediately preceding junior year</p>	<p>Recruiting Materials – Permissible.* Telephone Calls – Permissible.* * Permissible freshman and sophomore years.</p>

Grade	DIVISION I MEN'S BASKETBALL	DIVISION I WOMEN'S BASKETBALL	DIVISION I FOOTBALL	DIVISION I MEN'S ICE HOCKEY	DIVISION I OTHER SPORTS	DIVISION II	DIVISION III
<b>11</b>	<p>Off-Campus Contact – Opening day of classes for PSA's junior year, subject to recruiting calendar. Junior year contacts outside of the April recruiting period may occur only at the PSA's educational institution. Junior year contacts during the April recruiting period may occur at the PSA's educational institution or residence.</p> <p>Official Visit – January 1 of the junior year.</p>	<p>Recruiting Materials – All forms of private correspondence beginning September 1. Telephone Calls – At institution's discretion beginning September 1 of the junior year. Except during July when calls are prohibited.</p> <p>Off-Campus Contact – September 1 of the junior year, subject to recruiting calendar. Junior year contacts may occur only at the PSA's educational institution or residence.</p> <p>Official Visit – No earlier than the Thursday following the NCAA Division I Women's Basketball Championship game of the PSAs junior year in high school.</p>	<p>Recruiting Materials – General correspondence beginning September 1. Telephone Calls – One call between April 15 and May 31.</p>		<p>Recruiting Materials – Sports other than cross country, track and field and swimming and diving. All forms of private correspondence beginning September 1. Cross Country, Track and Field and Swimming and Diving General correspondence beginning September 1. Telephone Calls – Sports other than cross country, track and field and swimming and diving.</p> <ul style="list-style-type: none"> <li>• At the institution's discretion beginning September 1 of the junior year</li> </ul> <p>Cross Country and Track and Field and Swimming and Diving</p> <ul style="list-style-type: none"> <li>• One call per week beginning July 1 following completion of the junior year.</li> </ul> <p>Unlimited calls during a contact period for CC and T&amp;F.</p>		<p>Off-Campus Contact –</p> <ul style="list-style-type: none"> <li>• Following completion of junior year.</li> </ul>

Grade	DIVISION I MEN'S BASKETBALL	DIVISION I WOMEN'S BASKETBALL	DIVISION I FOOTBALL	DIVISION I MEN'S ICE HOCKEY	DIVISION I OTHER SPORTS	DIVISION II	DIVISION III
<b>12</b>			<p>Telephone Calls –</p> <ul style="list-style-type: none"> <li>• One phone call per week beginning September 1 of the senior year.</li> <li>• At the institution's discretion during a contact period. Off-Campus Contact –</li> <li>• Sunday following the last Saturday in November.</li> </ul> <p>Official Visit –</p> <ul style="list-style-type: none"> <li>• Opening day of classes of the senior year.</li> </ul>		<p>Off-Campus Contact –</p> <ul style="list-style-type: none"> <li>• July 1 prior to senior year or the opening day of classes of his or her senior year in high school, whichever is earlier, subject to recruiting calendars.</li> <li>• Women's Ice Hockey – July 7 prior to senior year or the opening day of classes of his or her senior year in high school, whichever is earlier.</li> <li>• Women's Gymnastics -- July 15 prior to senior year or the opening day of classes of his or her senior year in high school, whichever is earlier.</li> <li>• No more than three (3) off campus contacts.</li> </ul> <p>Official Visit –</p> <ul style="list-style-type: none"> <li>• Opening day of classes of the senior year.</li> </ul>	<p>Official Visit –</p> <ul style="list-style-type: none"> <li>• Opening day of classes.</li> </ul>	<p>Official Visit –</p> <ul style="list-style-type: none"> <li>• Opening day of classes.</li> </ul>

	<b>DIVISION I MEN'S BASKETBALL</b>	<b>DIVISION I WOMEN'S BASKETBALL</b>	<b>DIVISION I FOOTBALL</b>	<b>DIVISION I MEN'S ICE HOCKEY</b>	<b>DIVISION I OTHER SPORTS</b>	<b>DIVISION II</b>	<b>DIVISION III</b>
<b>Evaluations and Checklists</b>	<p>130 recruiting-person days during academic year. ~Not more than seven (7) recruiting opportunities (contacts and evaluations combined) per academic year. ~Practice and competition site restrictions. ~ All communication prohibited during a certified event.</p>	<p>112 recruiting-person days during academic year. ~Not more than seven (7) recruiting opportunities (contacts and evaluations combined) academic per year. ~Practice and competition site restrictions. ~ All communication prohibited during the July evaluation periods. ~ Evaluations at non scholastic events and no institutional camps or clinics that occur on a Division I campus are prohibited.</p>	<p>42 evaluation days during fall evaluation period. 168 evaluation days during spring evaluation period. ~Limit of three (3) evaluations during academic year: • One evaluation during fall; • Two evaluations - April 15 through May 31 (one evaluation to assess athletics ability and one evaluation to assess academic qualifications). ~Not more than six (6) off-campus contacts per PSA at any site. ~ During spring evaluation period (April 15 through May 31), FBS head coach or head coach-in-waiting may not: <ul style="list-style-type: none"> <li>• engage in off-campus recruiting,</li> <li>• participate in off-campus coaching clinics,</li> <li>• visit a PSA's educational institution, or;</li> <li>• meet with a PSA's coach at an off-campus location.</li> </ul>           ~Practice and competition site restrictions.         </p>	<p>Not more than seven (7) recruiting opportunities (contacts and evaluations combined) academic per year. Beginning June 15 at the conclusion of the sophomore year (or the day after the conclusion of the sophomore year for a PSA who attends an educational institution that uses a nontraditional academic calendar), not more than 3 of the 7 opportunities may be off-campus contacts each year</p>	<p>50 evaluation days in softball August 1 – July 31. 80 evaluation days in women's volleyball or women's sand volleyball August 1 – July 31 (for institutions that sponsor only one of the two sports). 80 evaluation days and 20 additional evaluation days (of sand volleyball competition only) August 1 – July 31 (for institutions that sponsor both sports). ~Seven (7) recruiting opportunities (contacts and evaluations combined) per PSA and not more than 3 of the 7 opportunities may be contacts (contacts permissible during senior year only). ~Practice and competition site restrictions.</p>	<p>~There is no limit on the number of evaluations ~There is no limit on the number of off-campus contacts. ~Practice and competition site restrictions.</p>	<p>~There is no limit on the number of evaluations . ~There is no limit on the number of off-campus contacts. ~Practice and competition site restrictions.</p>

# Questions To Ask When Considering Colleges

## **Admissions Questions:**

1. What are the colleges' requirements for admission?

Most colleges have a criteria for admission such as:

- SAT/ACT Scores
- SAT Subject Tests (how many, which subjects)
- High School Courses
- Essays
- Interviews
- Letters of Recommendation
- Extra-Curricular activities
- Others

2. Does your college offer early action or early decision?

If they do not offer early admission, once they accept your application, you have to go to that school.

## **Financial Aid Questions:**

3. What are your college's financial aid deadlines for the Free Application for Federal Student Aid (FAFSA) and College Scholarship Service (CSS)?

If a student needs financial aid or help, it is important to know when the deadlines are to apply for financial aid or scholarships.

4. What scholarships does your college offer students?

Finding out what scholarships they offer could be essential for you to save money, if they offer a scholarship and you have the requirements, you just might come home with a scholarship.

5. What percentage of students receive some form of financial aid?

Shows how willing the school is to accept underprivileged students.

6. What is the average debt of students at graduation?

The amount a student owes after graduating is important to know in case the student is not successful, they do not want to have to carry around a huge debt.

7. What is the average amount of parent loans?

This shows how much the parents will have to contribute.

8. What is the average cost to attend your college once you subtract the average financial aid package from total tuition, room, board, and fees?

It's good to know what the actual cost of just the college itself to see if it's worth getting anything extra.

### **Housing Questions:**

9. What type of housing is assigned to freshmen?

Do freshman students get the same dorms as everybody else?

10. Are freshmen guaranteed on-campus housing?

If one wants to stay on campus, it's important to know if they even offer it for freshman students.

11. Are freshmen all grouped together on campus?

Will they be surrounded by peers?

12. How is housing handled after freshman year?

Good to know if a student wants to dorm further more

13. Does the college assist students in finding off-campus housing?

College assistance to find off-campus housing is very helpful and could save you a lot of money

14. What meal plans are available?

Save money with a meal plan.

15. Are meals offered on Saturday and Sunday? What time of day do they begin?

On weekends students need to know if they can eat.

## **Sports Participation Questions:**

16. What opportunities exist for participation in an organized program of intercollegiate/intramural sports?

17. Does the college offer \_\_\_\_\_, (sport of your interest)?

✓ NCAA level?

✓ Team record?

✓ Campus contact person \_\_\_\_\_

# **Academic Eligibility for Students- Divisions I & II**

## **Division I Academic Eligibility**

To be able to compete in the NCAA sports during your first year at a Division I school, you must meet academic requirements for your core course, grade point average (GPA) and test scores. The requirements are changing for students who enroll full-time at a Division I school after August 1, 2016.

If you enroll before August 1, 2016

You must graduate and meet ALL the following requirements:

- Complete 16 core courses:
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a 2.0 GPA or higher
- Earn an SAT combined score or ACT score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.



If you enroll AFTER August 1, 2016

You must graduate high school and meet ALL the following requirements:

- Complete 16 core courses:
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
  - Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
- Earn at least a 2.3 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

## **Division II Academic Eligibility**

If you enroll in a Division II college and want to participate in athletics or receive an athletics scholarship during your first year, you must:

- Graduate from high school;
- Complete these 16 core courses:
  - 3 years of English
  - 2 years of math (Algebra 1 or higher)
  - 2 years of natural or physical science (including one year of lab science if offered by your high school)
  - 3 additional years of English, math, or natural or physical science
  - 2 years of social science
  - 4 years of additional core courses (from any category above, or foreign language, non-doctrinal religion or philosophy)
- Earn a 2.000 grade-point average or better in your core courses;
- Earn a combined SAT score of 820 or an ACT sum score of 68.

### **Division III**

- Division III athletics provides a well-rounded collegiate experience that involves a balance of rigorous academics, competitive athletics, and the opportunity to pursue the multitude of other co-curricular and extra-curricular opportunities offered on Division III campuses. At this level there are no scholarships therefore, the student will have to find another means of college funding.
- Division III playing season and eligibility standards minimize conflicts between athletics and academics, allowing student-athletes to focus on their academic programs and the achievement of a degree.
- Division III offers an intense and competitive athletics environment for student-athletes who play for the love of the game, without the obligation of an athletics scholarship.
- Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern.
- Division III athletics departments are dedicated to offering broad-based programs with a high number and wide range of athletics participation opportunities for both men and women.
- Division III places primary emphasis on regional in-season and conference competition, while also offering 36 national championships annually.
- Division III affords student-athletes the opportunity to discover valuable lessons in teamwork, discipline, perseverance, and leadership, which in turn make student-athletes better students and responsible citizens.
- Division III features student-athletes who are subject to the same admission standards, academic standards, housing, and support services as the general student body. The integration of athletics with the larger institution enables student-athletes to experience all aspects of campus life.
- Division III encourages student-athletes to take advantage of the many opportunities available to them, both within and beyond athletics, so that they may develop their full potential as students, athletes, and citizens.

## Roadmap for Success

### ***Freshman Year:***

- Learn the recruiting process.
- Focus on developing leadership skills in your sport (i.e. Captain).
- Improve on your athletic skills. Ask your coaches for feedback.
- Inform your coach and guidance counselor that you want to participate in college athletics.
- After your season, improve on individual techniques and skills respective to your sport.
- Consider lifting weights and conditioning, as these are important factors in collegiate athletics.
- Keep up on your academics and hire a tutor if you begin to fall behind.
- Research your favorite schools and familiarize yourself with the requirements of each.

### ***Sophomore Year:***

- Begin calling and emailing college coaches to develop relationships with the staff. Be sure to express interest by sending them a resume and any highlight films that you may have at a varsity level. Ask as many questions as you can.
- Keep a well-balanced diet and begin to participate in both developmental camps and exposure camps (in front of college coaches) in the spring or summer time.
- Prove to your high school coach that you are capable of playing at a competitive high school level (Varsity).
- Be sure that your social media outlets are clean. Several college coaches refer to these sources to find out about a prospect's character.
- Continue excelling in the classroom and begin to look toward SAT or ACT prep classes.
- Begin taking unofficial visits to schools that interest you.

## ***Junior Year:***

- **September 1<sup>st</sup>** - This is the first day college coaches (at the Division 1 level) can initiate contact to a prospect/recruit.
- Athletes may begin to receive offers at this point. Be sure to understand the recruiting rules.
- Whether you are starting in your respective sport or not, be sure to construct a highlight film of your season.
- Send your sophomore highlights and junior season schedule to your favorite schools (or schools that fit you the most) prior to the start of the season.
- Register for the ACT/SAT. Prepare for this through the PSAT and enrichment courses.
- Develop a GPA goal and meet everything necessary to achieve it.
- Make sure you are on pace with the NCAA Eligibility Center requirements.
- Plan as many visits as possible. Make sure you ask several questions on these visits.
- Attend college camps at potential schools that you would like to play.

## ***Senior Year:***

- **September 1<sup>st</sup>** - This is the first day college coaches (at the Division 1 level) can call prospects/recruits.
- Make sure you are aware of your college application deadlines.
- Retake the ACT or SAT if needed.
- Continue creating and sending your highlight film and athletic resume.
- Choose official visits wisely.
- If you have committed, ask your college coach for a workout schedule.
- Continue maintaining a successful GPA.

## Cover Letter

Student name  
Student Address  
Student email

Coach Name  
Athletic Department  
College/University  
Town, State, Zip code

Dear Coach,

I am very interested in attending (college/university name) and would like more information on the (name of sport) program. I've been playing (name of sport) for the past four years of my high school career and would like to continue playing it at the (college/university name).

I've been finding success throughout my four year of high school. I've been nominated for (list awards, titles, and recognitions) at the (list places) for (list reason why). I have sent an envelope that includes a copy of my sports resume along with an article based off an interview I had with the (name of newspaper and reporter) in (month).

I plan on visiting the (college/university name) in the fall of (year) once I get in contact with you. If you could contact me upon receiving this letter, I would love to have the opportunity to learn more about (college/university name) and the (sport) program. Thank you for your time and please do not hesitate to contact me.

Sincerely,

(Name)

# Sample Resume

Tyron El Chap Johnson  
83 Lance Ave, Erial, NJ 08081  
Bronson9@gmail.com

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## **Objective**

My goal is to attempt to maintain society in which people can feel safe and comfortable.

## **Work Experience**

Apr 15 to Present

### **Lifeguard**

West Berlin  
Shake Keys  
Grades 11, 12  
35 Hrs. /Week  
Total Hours: 70

## **Education**

Sep 12 - Present  
**Timber Creek** - Erial, New Jersey

## **Extracurricular Activities**

Nov 10 - Present  
**Wrestling**  
Grades 6, 7,8,10  
**Art Club**  
Grades 9,10,11,12

## **Awards/Certificates**

Sep 15  
**Principal's List**  
Grade 9,10,11,12  
Apr 14

## **References**

Matt Washington  
Supervisor  
Shake Keys  
535 NJ-73, West Berlin, NJ, 08091  
Mtthwshtrftn@yahoo.com

# Academic Plan For At-Risk Students

Student-Athletes who are having academic concerns face eligibility issues. Students who struggle or at risk can follow a plan:

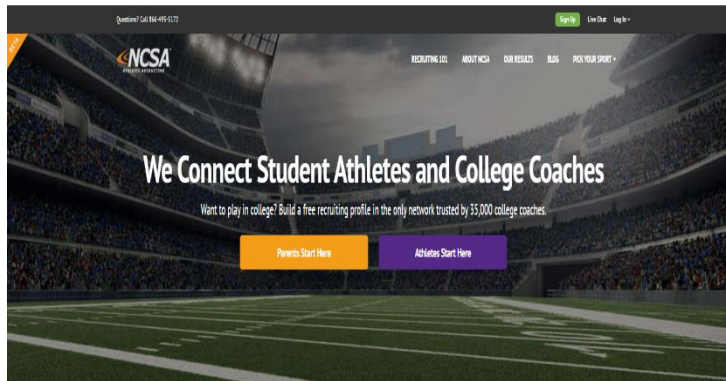
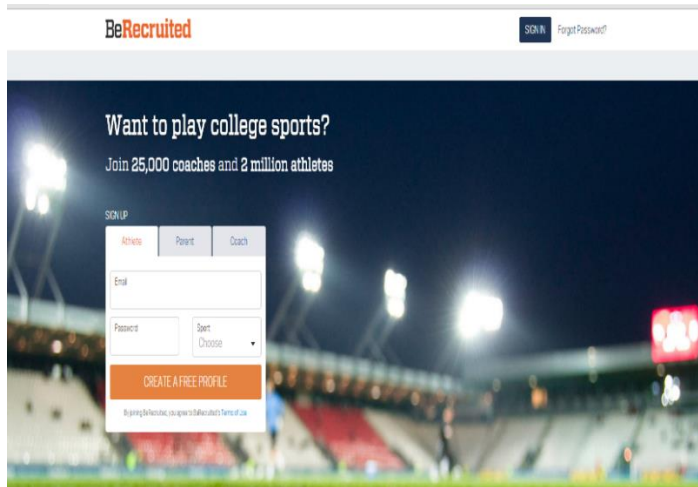
- **Meet Weekly-** Attempt to meet weekly with your counselor to track your progress.
- **Checklist-** Your counselor and you should devise a task competition sheet. You two should meet often to monitor progress.
- Stay on top of grades and be sure to get extra help from teachers if possible
- **A Second Option-** Those who continue to earn poor grades have the opportunity to enroll at a Postgraduate institution or a Junior College until his/her grades improve. If athletic abilities are up to par and grades improve, the student can be given scholarships at NCAA schools.
- Below is the sliding scale of the NCAA requirements for GPA, SAT and ACT score:

<b>Sliding Scale A</b>		
<i>Use for Division I prior to August 1, 2016</i>		
<b>NCAA DIVISION I SLIDING SCALE</b>		
Core GPA	SAT <small>Verbal and Math ONLY</small>	ACT Sum
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

<b>Sliding Scale B</b>		
<i>Use for Division I beginning August 1, 2016</i>		
<b>NCAA DIVISION I SLIDING SCALE</b>		
Core GPA	SAT <small>Verbal and Math ONLY</small>	ACT Sum
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



# Helpful Websites



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