



**SO YOU WANT TO PLAY HIGH SCHOOL SPORTS.....and EVENTUALLY COLLEGE?**

You want to play sports in high school....and even have dreams of playing at a college or university in the future. The advantages of competing in college sports are both immediate and lifelong. Participating in college sports provides opportunities to learn, compete and succeed. Student-athletes as a group graduate at higher rates than their peers in the general student body and feel better prepared for life after college. So what do you need to know to become a college-bound student-athlete? Being a college-bound student-athlete starts the **MOMENT** you begin high school! Here are the most important things you need to know in order to plan ahead!

**NCAA Eligibility Requirements:** In order to be eligible to play in college, there are a few **IMPORTANT** things you need to know. Collegiate athletics has three levels: Division I, Division II, and Division II@all which have specific requirements.

**DIVISION I – Full Time Qualifier Requirements**  
 \*Athletics financial 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.
- Graduate from high school.

**DIVISION I – 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.
- Graduate from high school.

**DIVISION II – Full Qualifier Requirements**

- Complete 16 core courses:
  - 3 years of English; 2 years of math (Algebra I or higher); 2 years of natural or physical science (including one year of lab science if offered); 2 years of social science; 3 additional years of English, math or natural or physical science; 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
- Earn a Core-Course GPA of at least 2.200.
- Earn the ACT/SAT score matching your Core-Course GPA on the Division II Sliding Scale.
- Graduate high school.

**DIVISION II – Partial Qualifier Requirements**

- Complete 16 core courses:
  - 3 years of English; 2 years of math (Algebra I or higher); 2 years of natural or physical science (including one year of lab science if offered); 2 years of social science; 3 additional years of English, math or natural or physical science; 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
- Earn the ACT/SAT score matching your Core-Course GPA on the Division II Sliding Scale.
- Graduate high school.

**Therefore, the higher your GPA is will lower the required SAT/ACT scores required for eligibility.** Division III does not have any specific requirements at this time; each university sets their own academic standards for student athletes and financial aid. While Division III schools do not offer athletic scholarships, 75% of Division III student-athletes receive some form of merit or need-based financial aid. It is best to contact schools of interest and get the standards directly from them.

**How to Plan Ahead:**

- GRADE 9 → PLAN**
  - ~ Start planning now! Take the right courses and earn the BEST grades that you can. Aim for A's and B's!
  - ~ Ask your School Counselor for a list of your high school's NCAA Core Courses to make sure that you take the right classes. Or, find your high school's list of NCAA core courses at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- GRADE 10 → REGISTER**
  - ~ Register with the NCAA Eligibility Center at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
  - ~ If you fall behind on courses, don't take shortcuts to catch up. Ask your School Counselor for help with finding approved courses or programs you can utilize.
- GRADE 11 → STUDY**
  - ~ Check with your School Counselor to make sure that you are on track to graduate on time.
  - ~ Take the ACT and/or SAT and make sure to send your scores through each website to the NCAA Clearinghouse by using code 9999.
  - ~ At the end of the year, ask your School Counselor to upload your official transcript and fee waiver, (if applicable).
- GRADE 12 → GRADUATE**
  - ~ Take the ACT or SAT again, if necessary, and make sure we get your updated scores by using code 9999.
  - ~ Request your final amateurism certificate after April 1<sup>st</sup>.
  - ~ AFTER you graduate, ask your School Counselor to upload your final official transcript with proof of graduation.





Recruitment/College Things to Know: A **contact** happens any time a college coach says more than hello during a face-to-face meeting with a college-bound student-athlete or his/her parents off the college's campus. An **evaluation** happens when a college coach observes a student-athlete practicing or competing. A **verbal commitment** happens when a college-bound student-athlete verbally agrees to play sports for a college before he/she signs or is eligible to sign a **National Letter of Intent**. The commitment is not binding on the student-athlete and can be made at any time. When a student-athlete **officially commits** to attend a Division I or II college, he/she signs a **National Letter of Intent**, agreeing to attend that school for one academic year. CAMPUS VISITS: Any visit to a college campus by a student-athlete or his/his parents paid for by the college is an official visit. (Visits paid by student/families are considered unofficial visits.) During an **official visit** the college can pay for transportation to/from the school, lodging and three meals per day for the student-athlete and his/her parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports game. RECRUITING CALENDARS: NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

During a **contact period**, a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete or visit their high schools and write or telephone student-athletes or their parents.

During an **evaluation period**, a college coach may watch college-bound student-athletes compete, visit their high schools and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound student-athletes or their parents off the college's campus during an evaluation period.

During a **quiet period**, a college coach may not have face-to-face contact with college-bound student-athletes or their parents and may not watch student-athletes compete or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

During a **dead period**, a college coach may not have face-to-face contact with college-bound student-athletes or their parents and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

#### (NHPS) District Eligibility Requirements and Rules:

- Per the CIAC, eligibility for fall sports is determined by the number of credits received toward graduation at the close of the previous school year, not the fourth marking period grades. You must have received credit in at least four Carnegie units of work for which you did not previously receive credit to be eligible for fall sports participation. This may include credits earned during the summer. Thereafter, marking period grades, not semester grades, are used to determine eligibility. You must take and earn passing grades in at least four quarter Carnegie units and meet the academic requirements of your school to achieve eligibility. For additional information on academic eligibility, consult your athletic director, school counselor or school principal. Also, see Appendix B in the CIAC Handbook for additional information on eligibility.
- Scholastic failures may not be made up for eligibility purposes in any manner until the next report period when grades are distributed. Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for that marking period. Year end failures may be made up through successful completion of local school system approved summer school courses in the courses failed.
- First time ninth grade students will automatically be eligible for the first marking period. —You have eight consecutive semesters, or four consecutive years of eligibility from the date of initial entry into ninth grade. You may not participate in a specific school sport for more than four seasons in grades 9-12.
- Student eligibility is determined on the date that report cards are distributed or on the fourteenth calendar day following the end of a marking period, whichever comes first.
- You are responsible for knowing your school's (and/or coach's) eligibility policy, which may be different than the minimum policy established by the CIAC. Contact your athletic director or principal if you have questions on your school's eligibility policy.

Sports Offered in NHPS: Boys/Girls Basketball, Boys Baseball, Boys/Girls Cross Country, Football, Boys Golf, Boys Lacrosse, Boys/Girls Soccer, Girls Softball, Boys/Girls Tennis, Boys/Girls Indoor and Outdoor Track and Field, Girls Volleyball, and Boys Wrestling.

#### School Athletic Directors and Contact Information:

James Hillhouse High School- *Robert Voelker and Denisha Williams (475) 220-7500*

Hill Regional Career High School- *Michael Giardini (475) 220-5000*

Wilbur Cross High School- *Harold Haughton (475) 220-7450*

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