

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

# **GUIDE FOR THE COLLEGE BOUND ATHLETE PARENT, COACH, AND ATHLETE**



<http://www.ncaa.org/>



<http://www.naia.org/>



<http://www.njcaa.org/>

## **2025-26 Presentation**

Last Modified August 6, 2025

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

# TABLE OF CONTENTS

<u>Introduction</u> .....	3
<u>So You Want to Attend College and Play Intercollegiate athletics?</u> .....	4
<u>Student Athlete Four-Action Plan</u> .....	5
<u>Collegiate System</u> .....	6
<u>Academic Standards Necessary to Obtain an Athletic Scholarship</u> .....	7
<u>NCAA &amp; NAIA Initial-Eligibility Clearinghouse</u> .....	9
<u>Realities of Earning an Athletic Scholarship</u> .....	10
<u>Questions to Ask During Your College Visits</u> .....	11
<u>Questions to Ask Yourself About Your College Visit</u> .....	12
<u>Important Terms</u> .....	13
<u>Appendix A</u> – College Athletic Profile Sheet .....	16
<u>Appendix B</u> – Athletic Statistics For College Bound Athletes .....	18
<u>Appendix C</u> – Additional Information .....	19
<u>Appendix D</u> – Sample Letter.....	20
<u>Appendix E</u> – Checklist For Student-Athletes and Their Parents.....	21

## INTRODUCTION

Dear Student Athlete:

You're at an age when the last thing you probably want is more advice. But there's only one thing to do with good advice – pass it on.

As the Activities Director of Oak Grove High School, the best advice I can pass along to you if you plan to compete athletically at the college level is to start asking questions early and prepare yourself academically.

- Are you on track to meet NCAA academic requirements?
- What is the graduation rate of athletic programs and the athletes in your sport at the colleges in which you are interested?
- What support services are available and how will your academic progress be tracked?

You'll notice that not one of these questions deals with the athletic side of being a student-athlete. Instead of focusing on which college can lead to a career in the pros, consider the following:

- The odds of a high school football player making it to the pros are about 6,000 to 1.
- The odds of a high school basketball player making it to the pros are about 10,000 to 1.

Take a hard look at those numbers and think about what will matter in the long run!

### A COLLEGE EDUCATION!

This guide is intended to help you and your family understand the process in obtaining an athletic scholarship and the rules that apply. If you have questions, contact your counselor at Oak Grove High School 816.690.4152 ext 1608 or the Athletic Office at 816.690.4152 ext 1603.

Choosing a college is difficult. Choose wisely to take the first step to that road of success.

Ryan Schartz  
Activities Director

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## SO YOU WANT TO ATTEND COLLEGE AND PLAY INTERCOLLEGIATE ATHLETICS

Selecting a college requires careful thought and foresight on your part. What are you looking for?

- School size
- Curriculum or major
- Geographic location
- Conference affiliation
- Scholarship or non-scholarship athlete
- Playing time
- Strength/competitiveness of athletic teams

### College Search (Free Tools)

Find the college that's right for you!

- [College Match](#) (Search by Name, Location, Size, Difficulty, Cost, Sport, Major...)
- [NAIA Schools](#) | [NCAA Schools](#) | [NICA Schools](#)
- [BigFuture](#) by College Board (Search by Test Scores, Location, Housing, Sports & Activities, Diversity)  
[College Search Step-by-Step](#)

Believe it or not, there is a college that can meet nearly all of your academic and athletic needs. The challenge is finding that institution. It will take some effort on your part, but isn't it worth the effort? Don't settle for mediocrity; find what you want and need.

Talk with your coaches, parents, teachers, etc., about your academic and athletic goals. Keep an open mind, listen to the viewpoints of everyone you talk to, but remember you are the one who has to decide because you are the one that will be spending the next 4-5 years of your life at the chosen college. Don't be afraid to ask for assistance in your search.

Where do you start?

Compile a list of schools that interest you. Write to several schools, not just your first choice. (Start early – preferably the spring of your junior year.) You can obtain addresses of colleges online or from the Counseling Office. Write the coach of each institution. Your initial contact should include a typewritten letter and short resume. The letter should be brief and to the point; its purpose is to make the coach aware of you, your interest in the school, and the athletic program. The resume should be an inventory of your academic and athletic accomplishments (see Appendix A). Include:

- **Personal Information:** name, address, telephone number, age, height, weight.
- **Education:** grade point average, ACT or SAT scores, class rank, senior academic program.
- **Athletic Accomplishments:** honors/awards earned, stats, camps/clinics attended, references. (Also include your coach's name, address, and phone number.)

**Season Schedule:** send a game schedule so that the college coach can possibly attend.

**Video:** if possible, send a video or let the college coach know one is available online.

After receiving academic and athletic information from the colleges, you must decide which colleges you would prefer to attend and wish to visit. See as many colleges as possible; coaches will most likely welcome your visit to their school.

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

# STUDENT ATHLETE FOUR-YEAR ACTION PLAN

## Freshman and Sophomore Year

- Plan a challenging academic program that will meet NCAA requirements.
- Maintain the appropriate Grade Point Average (GPA) in core courses. i.e. [Core-Courses](#)
- Take the PSAT and PLAN Test.
- Participate on high school athletic teams.
- Participate in off-season programs in your sport.
- Attend summer athletic camps at colleges that you might like to attend.
- Keep record of your athletic achievements ([Appendix B](#)).

## Junior Year

- Keep up your academic record.
- Take ACT or SAT Prep Classes.
- Take the ACT or SAT Test in spring.
- Develop a list of colleges with counselors for your academic match ([Appendix C](#)).
- Ask your coach for a realistic athletic evaluation – can you play sports at the collegiate level and at which level is appropriate – I, II, III.
- Continually update your athletic resume with improving results.
- Ask coaches for their assistance in the recruiting process.
- Send email of interest to college coaches with your athletic resume ([Appendix D](#)).
- Organize a filing system on all colleges that respond to your inquiry.
- Participate in summer programs, i.e. Federation tournaments, AAU teams, State select teams, Missouri State games and summer leagues as scouts often attend these.

## Senior Year

- Begin the checklist for Student Athletes and Parents Form ([Appendix E](#)).
- Meet with your counselor to make sure you meet current NCAA academic requirements, discuss your college choices and complete the College Athlete Profile Sheet ([Appendix A](#)).
- Complete the NCAA Eligibility process. <http://eligibilitycenter.org> (See counselors if questions)
- Complete the NAIA Eligibility process. <http://www.playnaia.org/> (See counselors if questions)
- Complete college applications.
- Fill out transcript request forms in the Counseling Office.
- Complete Financial Aid forms early (beginning October 1st).
- Re-take ACT or SAT Test (if needed).
- Update your resume and contact your list of college coaches.
- Produce your own video, or have your coach send game films to the college coach ([Appendix C](#)). Hudl or YouTube
- Respond immediately to any college coach who shows interest in you.
- Provide coach and counselor with your list of colleges, with coach's name, address, and phone number.
- Decide whether or not to use Commercial Recruiting Services ([Appendix C](#)).
- Wait to commit to college athletic visit invitations until you are certain of your top five schools.

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## COLLEGIATE SYSTEM

### Search NCAA Members by Division, State, or Sport

<https://web3.ncaa.org/directory/memberList?type=1>

#### NCAA Division I

Large universities like University of Missouri, Missouri State, UMKC, Southeast Missouri, University of Kansas, etc.

#### NCAA Division II

Smaller universities like University of Central Missouri, Lindenwood University, Missouri Southern, Northwest Missouri State, William Jewell College, etc.

#### NCAA Division III

Small colleges and universities like Washington University (MO), Westminster College (MO), Central College (IA), Simpson College (IA), etc.

#### NAIA Member Schools

[http://www.naia.org/ViewArticle.dbml?DB\\_OEM\\_ID=27900&ATCLID=205322922](http://www.naia.org/ViewArticle.dbml?DB_OEM_ID=27900&ATCLID=205322922)

National Association of Intercollegiate Athletics (small colleges like Avila, Central Methodist, Missouri Baptist University, Park University, William Woods University, etc., with some scholarships).

#### NJCAA Member Schools

<http://www.njcaa.org/colleges.cfm>

MCC-Blue River, MCC-Longview, MCC-Maple Woods, MCC-Penn Valley, St. Louis Community College, Moberly Area Community College, Johnson County Community College, etc. (some offer full scholarships to athletes).

#### Sports For Which Athletic Scholarships Are Offered

Scholarships for men are offered in one or more divisions in baseball, basketball, cross country, football (except Division I-A), golf, gymnastics, ice hockey, lacrosse, soccer, swimming and diving, tennis, indoor track, outdoor track, volleyball, water polo, and wrestling.

Women's scholarships are offered in basketball, cross country, field hockey, golf, gymnastics, lacrosse, soccer, softball, swimming and diving, tennis, indoor track, outdoor track, and volleyball.

#### Full Scholarship

Are sometimes referred to as a Grants-in-Aid (does not have to be paid back) which pays all costs: Tuition and Fees – Room and Board – Books.

#### Partial Scholarship

This type of scholarship will pay part of: Tuition and Fees – Room and Board – Books.

#### Walk-On

NO FINANCIAL AID is received by the student for his/her athletic participation as a Walk-On athlete.

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## **ACADEMIC STANDARDS NEEDED TO OBTAIN AN ATHLETIC SCHOLARSHIP**

### **Senior Athletes**

If you plan on competing in college sports, you must register with the NCAA Eligibility Center. It is the student's responsibility to fill out and submit the registration form. Go to: <http://www.ncaa.org/student-athletes/future>

### **NCAA Division I & II Freshman -Eligibility Standards**

2024-25 Academic Requirements:

➤ [D1 Academic Eligibility](#) | [D2 Academic Eligibility](#) | [D3 Academic Eligibility](#)

Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website ([NCAA High School Portal to view Core classes available by high school](#)).

Alternative to List of Courses! Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide. Always confirm with your high school counselor.

For more information, visit the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) (To make sure nothing has changed)

### **NAIA Has A Similar Process**

**NAIA Eligibility Center** Click here to register with the [NAIA Eligibility Center](#)

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## Visit the NCAA Web Site at [www.ncaa.org](http://www.ncaa.org)

Division I Initial Eligibility Toolkit

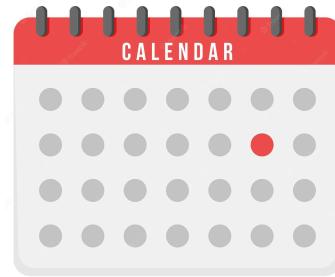
<http://www.ncaa.org/student-athletes/future/division-i-initial-eligibility-toolkit>

Play DII Sports

<http://www.ncaa.org/student-athletes/resources/division-ii-initial-eligibility-toolkit>

### Guide for the College-Bound Student Athlete

[NAIA](#) | [NCAA 2024-2025](#) | [NCAA Recruiting Calendars](#)



### NCAA Education Resources

- Initial Eligibility Brochure
- Division I Initial-Eligibility Quick Reference Sheet
- Division II Initial-Eligibility Quick Reference Sheet
- Comprehensive Guides

\*[How to Register with the the NCAA](#)

## NCAA INITIAL ELIGIBILITY CENTER

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. You also need to be registered with a Certification Account before you can make official visits or sign a National Letter of Intent in Division I or II.

<https://web3.ncaa.org/ecwr3/>

## NAIA Eligibility Center

Click here to register with the [NAIA Eligibility Center](#)

OAK GROVE HIGH SCHOOL CODE: **261507**

American College Testing (ACT) <a href="http://www.act.org">www.act.org</a>	Scholastic Aptitude Test (SAT) <a href="http://www.collegeboard.com">www.collegeboard.com</a>
<a href="#">ACT National Test Dates</a>	<a href="#">SAT Test Dates</a>

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

# REALITIES OF EARNING AN ATHLETIC SCHOLARSHIP

## Maximum Scholarships Allowed by the NCAA

For each sport, there are a maximum number of scholarships allowed. This doesn't mean that each school must offer this many scholarships; it means that by NCAA rule a school is limited to that many. Schools may choose to offer fewer, none, or not offer the sport at all. The allotment is generally less for Division II schools than Division I schools, which is one of the reasons why it is harder to get a full ride in a Division II school. Following are the allotments by sport:

### [College Athletic Scholarship Limits 2023-24 \(Full List\)](#)

Covid has complicated this because athletes have been granted additional eligibility

<b>Men's Varsity Sports 2020-21</b>					
<b>Scholarship limit per Team:</b>	<b>NCAA I</b>	<b>NCAA II</b>	<b>NCAA III</b>	<b>NAIA</b>	<b>NJCAA</b>
<a href="#"><u>Baseball</u></a>	11.7	9	-	12	24
<a href="#"><u>Basketball</u></a> *	13	10	-	-	15
<a href="#"><u>Basketball</u></a> - NAIA Div I	-	-	-	11	-
<a href="#"><u>Basketball</u></a> - NAIA Div II	-	-	-	7	-
<a href="#"><u>Bowling</u></a>	-	-	-	5	12
<a href="#"><u>Cross Country</u></a> - NCAA limits include T&F	12.6	12.6	-	5	10
<a href="#"><u>Fencing</u></a>	4.5	4.5	-	-	-
<a href="#"><u>Football</u></a> - NCAA I FBS *	85	-	-	-	-
<a href="#"><u>Football</u></a> - NCAA I FCS	63	-	-	-	-
<a href="#"><u>Football</u></a> - Other Divisions	-	36	-	24	85

You may be wondering why some of the figures in the preceding chart are not whole numbers. There are two different designations: equivalency sports and headcount sports. For a headcount sport, each athlete on scholarship counts toward the maximum headcount the school can have on scholarship, so whether a player is given a full athletic scholarship or given only one dollar, s/he is counted toward the headcount for that sport. Since a men's basketball team can only have thirteen scholarship athletes in their headcount, a school might as well offer thirteen full scholarships so it can attract the thirteen best players possible. For headcount sports, full scholarships are more common. The list is not long. Men's headcount sports are basketball and football, and women's headcount sports are basketball, gymnastics, tennis, and volleyball.

For an equivalency sport, coaches have a certain total dollar amount in the "scholarship pot," but can split it up among multiple athletes in any proportions they want. They can carry more athletes on partial scholarships and this provides the opportunity to develop more players. It is harder to get a full scholarship in an equivalency sport because it is in the coach's best interest to use the allotment of scholarship money to get as many high potential athletes on the team as possible. Every other sport offered at the collegiate level not mentioned above as a headcount sport is an equivalency sport. Look back at the chart for a minute. You will notice that D-I men's soccer allows 9.9 scholarships and D-I men's volleyball allows 4.5. With eleven soccer players on the field at a time, and six volleyball players on a court, even all of the first string players can't be awarded full scholarships. And don't forget all the other players waiting on the sidelines. For most sports, partial-scholarship athletes, walk-ons, and non-scholarship athletes are an important part of the mix.

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## QUESTIONS TO CONSIDER ASKING DURING YOUR COLLEGE VISITS

Before you decide to make your first visit, carefully think about the kind of information you are going to need to eventually make a decision. Once you do, you will be able to ask intelligent questions.

### What to Ask the Coach/Recruiter:

- How do you qualify for the team? What are your expected time commitments (practice, weights, films, study table, etc.)?
- What are the behavioral expectations of the team?
- Can you participate in more than one sport?
- What position (event) do you want me to play (perform) and how many other athletes are being recruited for the same position?
- What is your philosophy of offense? Defense? Are you considering any changes?
- Will I be red-shirted? Will you provide a fifth year of financial help, if I need it?
- Are all injuries handled by a team doctor and by team insurance?

### What to Ask the Admissions Director/School Officials:

- Does the school have the academic curriculum I want?
- Can I meet the admission standards and academic requirements?
- Do professors allow tutoring and make-up tests when the team schedule conflicts?
- What is the teacher/student ratio?
- What is the overall attitude of the student body towards athletics?
- What is the number of courses and GPA I will be required to maintain to remain eligible?
- What are the different graduation rates for athletes? In my sport?
- What is the placement rate and the average starting salary for graduates in my academic field?
- What is my eligibility for additional financial aid?

### What to Ask of the Players at the School:

- What does your typical schedule look like? In-season? Off-season?
- Approximately how many hours a night do you study? Or do you have to go to the study hall?
- How do the teachers, professors, and students treat you in class?
- How do you like the living arrangements? Can we live off campus? Apartment? Fraternity/Sorority?
- Do you have access to an academic advisor and tutor? Is he/she any good?
- Do the coaches care about your academic progress?

### What to ask about Finances:

- If I don't get a scholarship, what forms of financial aid are available? Is this amount guaranteed every year?
- If a scholarship is offered, what exactly is included? How much will I have to pay?
- Is the scholarship renewable? By term? By year?
- If I am injured and cannot play, will I still have my scholarship?
- If I choose not to play, or my grades drop, will I lose my scholarship?
- Does the school provide a written contract, letter of intent?

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

## QUESTIONS TO ASK YOURSELF ABOUT YOUR COLLEGE VISITS

You will want to ask yourself several important questions after you have visited your schools in order to ultimately decide on the right school. These questions will provide a good start. Take the time to think about your answers, and be sure to talk to your parents, counselor and coach about answers that might be difficult for you. Remember, you want the right academic and athletic experience, so all these questions are important.

- Would I attend this school if I had no intention of competing in my sport?
- Will I be academically successful at this school? Athletically? How do I measure up?
- Did any of the recruiters have bad things to say about other schools that are recruiting me?
- Did any recruiters promise that I would compete right away, even be a starter? If they did, they may have been less than honest.
- Do the coaches and players seem to genuinely care about each other?
- Were the coaches and players I met honest, available to me and others, or did they seem phony?
- Were the coaches interested in academics? Did they question my educational and career interests?
- Were they knowledgeable about my intended program of study? If not, did they introduce me to someone who was able to answer my question?
- Will I fit in with the rest of the student body at this particular school? Will I be comfortable associating with them for four or more years?
- How will I feel if one or more of the coaches leaves? Will I still be happy with the school?
- Does the school satisfy all the requirements that I identified earlier with my parents and counselor? This probably is the most important question. Give it a lot of thought, and be sure to talk it over with everyone before you make your decision.

## IMPORTANT TERMS

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

<b>Agents</b>	High school and college athletes are in violation of NCAA rules if they agree (orally or in writing) to be represented by an agent while in high school or college.
<b>All-Star Games</b>	High school athletes are permitted to participate in only two all-star games per sport.
<b>Blue-Chipper</b>	A “blue-chipper” is any exceptionally gifted high school athlete who is being recruited by a significant number of major colleges.
<b>Booster</b>	High school athletes may not be contacted by boosters (persons who represent a school’s athletic interests) or alumni for purposes of promoting their selection of certain schools. This restriction does not apply, however, to alumni who contacted students as part of the college’s regular admission program for all prospective students.
<b>By-Law 14.3</b>	The NCAA legislation for Division I and II colleges (formerly Proposition 48) requires high school student athletes to satisfy the provisions of a specific core curriculum, a minimum grade point average, and minimum ACT or SAT scores in order to participate in college sports. By-Law 14.3 also specifies graduation from high school.
<b>Clearinghouse</b>	The Clearinghouse is an extension of the NCAA coordinated by ACT to determine the eligibility of high school student athletes to be recruited and ultimately given scholarships by athletic programs in Division I and II colleges and universities.
<b>Contacts</b>	Any face-to-face meeting between a college coach and you or your parents. High school athletes may not be contacted off the college campus on or before July 1, following the completion of his or her junior year. Refer to <i>NCAA Guide for the College-Bound Student/Athlete</i> for information regarding the number of contacts permitted.
<b>Core Curriculum</b>	A provision of By-Law 14.3 that requires student/athletes to complete an academic program of at least 13 academic units, consisting of at least four years of English, two of mathematics (composed of one year of algebra and one year of geometry), two in social studies, two in natural or physical science

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

	(including at least one laboratory class) and two additional courses from the following areas: English, mathematics, natural or physical science, and two additional courses (which may be taken from the already-mentioned categories or foreign language, computer science, philosophy).
<b>Drug Policies</b>	Each academic year, student athletes are required to sign a drug testing consent form at the time of reporting for practice or prior to the Monday of the college's fourth week of classes, whichever occurs earlier. Anyone who tests positive during routine testing is ineligible for further participation, subject to appeal for reinstatement.
<b>Financial Aid</b>	Student athletes who have met the requirements by By-Law 14.3 receive financial aid from the college that includes tuition and fees, room and board, and books. See the <i>NCAA Guide for the College-Bound Student/Athlete</i> regarding the specifics of aid in other circumstances.
<b>Letter of Intent</b>	The National Letter of Intent is administered by the Collegiate Commissioners Association and involves a commitment from the student-athlete to attend a specific school. For detailed information, contact the conference office of the colleges of interest. It is also important not to sign an institutional or conference letter of intent prior to the National Letter of Intent signing date.
<b>NAIA</b>	The National Association of Intercollegiate Athletics normally represents smaller schools and does provide financial aid for athletic purposes.
<b>NCAA</b>	The National Collegiate Athletic Association is the primary regulatory body for intercollegiate athletics. Information can be secured from them by writing to the NCAA, 6201 College Blvd., Overland Park, Kansas 66211-242, or calling 913-339-1906.
<b>Professionalism</b>	High school and college athletes are considered professionals if they are paid to compete in an athletic contest; commit in writing or orally to an agent or a professional sports

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

	organization; request that their names be placed on a draft list; use their athletic skills for pay in any form (TV commercials, et al.); play on a professional team; or play on an amateur team and receive any payment or gratuity.
<b>Prospective Student-Athlete</b>	A player is a “prospective student athlete” once he or she starts ninth grade of school. Prior to the completion of the junior year, high school students can meet with college coaches, but only on the coach’s campus.
<b>Red Shirt</b>	An athlete is “red-shirted” when he/she is withheld from actual competition for one year. The athlete may practice with the team during that season but, because of injury or coach’s decision, he/she cannot play in games. Be advised that the athlete must compete his or her athletic eligibility within a six-year period once matriculated at the college level.
<b>Visits</b>	Prospective student-athletes are permitted by NCAA requirements only one expense-paid visit to a particular college. Subsequent visits to that college must be paid for by the athlete. Student athletes are allowed a maximum of five such visits. In essence, they can visit only five schools during the senior year on paid visits, regardless of the number of sports they play.

## APPENDIX A COLLEGE ATHLETIC PROFILE SHEET

COMMON PERSONAL DATA REQUESTED BY COLLEGE COACHES AND PROSPECTIVE STUDENT ATHLETE QUESTIONNAIRES

(Softball Sample: [Taylor Snead](#) Track & Field Sample: [Joslyn Snead](#) )

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_  
*First* *Middle Initial* *Last* *M/D/Y*

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Social Security Number:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

**Graduation Date:** \_\_\_\_\_ **Class Rank:** \_\_\_\_\_

**ACT Composite:** \_\_\_\_\_

**SAT Math:** \_\_\_\_\_ **SAT Verbal:** \_\_\_\_\_ **SAT Total:** \_\_\_\_\_

**Overall GPA (on 4.0 scale):** \_\_\_\_\_

**Core Course GPA (on 4.0 scale):** \_\_\_\_\_

**Financial Aid Forms Completed:** \_\_\_\_\_ **FAFSA** \_\_\_\_\_ **Profile** \_\_\_\_\_

**NCAA or NAIA Eligibility Process Completed:** \_\_\_\_\_ **Yes** \_\_\_\_\_ **No** \_\_\_\_\_ **ID#** \_\_\_\_\_

**College Academic Interest:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Hand Use (R or L):** \_\_\_\_\_ **Dominant Foot (R or L):** \_\_\_\_\_

**40 Yard Time:** \_\_\_\_\_ **Vertical Jump:** \_\_\_\_\_

**Maximum Bench Press:** \_\_\_\_\_ **Maximum Squat:** \_\_\_\_\_

**Other Stats:** \_\_\_\_\_

**Sports Played in High School:**

**Sport:** \_\_\_\_\_

**Position:** \_\_\_\_\_

**Number:** \_\_\_\_\_

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

College Sport Interest: \_\_\_\_\_

**Academic Honors and Achievements:**

---

---

**Personal Best Sports Performances and Stats:**

---

---

**Athletic Honors Received:**

---

---

**Information Verified by:**

Counselor/Dean Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Counselor/Dean Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Varsity Coach Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Varsity Coach Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Other Signature: \_\_\_\_\_ Phone: \_\_\_\_\_

**High School Information**

Fort Osage High School  
2101 North Twyman Road  
Independence, Missouri 64058  
Main Office Telephone: 816-650-7063

Class: 5

Mid Seven Conference (White)

District: 7

School Enrollment: 1500

Athletic Director 816-650-7041

**APPENDIX B**  
**ATHLETIC STATISTICS FOR COLLEGE BOUND ATHLETES**

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

<p><b>BASKETBALL (Boys and girls)</b></p> <ul style="list-style-type: none"><li>• Assist</li><li>• Rebounds</li><li>• Free Throw Percentage</li><li>• Field Goal Percentage (2 and 3 point)</li></ul> <p><b>BASEBALL AND SOFTBALL</b></p> <ul style="list-style-type: none"><li>• Batting Average</li><li>• Fielding Average</li><li>• ERA (Pitcher)</li><li>• Won/Loss Record (pitcher)</li><li>• Runs Batted In</li><li>• Extra Base Hits</li><li>• Home Runs</li><li>• Stolen Bases</li></ul> <p><b>CROSS COUNTRY, TRACK AND FIELD (Boys and Girls)</b></p> <ul style="list-style-type: none"><li>• Times and Distances</li><li>• Height in Field Events</li><li>• Distance in Field Events</li><li>• Major Conference, Invitational, and/or State Series Performance</li></ul> <p><b>FOOTBALL</b></p> <ul style="list-style-type: none"><li>• Tackles (defensive player)</li><li>• Assists (defensive player)</li><li>• Sacks (defensive player)</li><li>• Interceptions (defensive player)</li><li>• Fumbles recovered (defensive player)</li><li>• Yards rushing-numbers of attempts, yards per carry, total yards (running backs)</li><li>• Receptions-yards, average, touchdowns (running backs &amp; receivers)</li><li>• Passes Completed-attempts, total yards, interceptions (quarterbacks)</li><li>• Kickoffs-attempts, longest, average (kickers)</li><li>• Punts-attempts, longest, average (punters)</li><li>• Kickoff Returns-attempts, longest, average</li><li>• Punt Returns-attempts, longest, average</li><li>• Points Scored-touchdowns, extra point, field goals</li><li>• Field Goals-attempts, longest, total points scored</li></ul>	<p><b>GOLF (Boys and girls)</b></p> <ul style="list-style-type: none"><li>• Scores</li><li>• Average</li><li>• Major Conference</li><li>• Invitational and State Series</li></ul> <p><b>SOCER (Boys and Girls)</b></p> <ul style="list-style-type: none"><li>• Goals</li><li>• Assists</li><li>• Blocked Shots</li></ul> <p><b>TENNIS (Boys and Girls)</b></p> <ul style="list-style-type: none"><li>• Record &amp; Position</li><li>• Major Conference, Invitational and/or State Series Performance</li></ul> <p><b>VOLLEYBALL (Boys and Girls)</b></p> <ul style="list-style-type: none"><li>• Blocks</li><li>• Assists</li><li>• Kills</li><li>• Aces</li></ul> <p><b>WRESTLING</b></p> <ul style="list-style-type: none"><li>• Individual Record and Weight Class</li><li>• Season and Career Takedowns</li><li>• Season and Career Reversals</li><li>• Season and Career Escapes</li><li>• Season and Career 2 point and 3 point Near Falls</li><li>• Falls</li><li>• Major Conference, Invitational and/or State Series Performances</li></ul>
---	---

## APPENDIX C

### ADDITIONAL INFORMATION

**\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\***

**RESEARCH LITERATURE:**

- Athletic Scholarships "A Complete Guide," Conway Greene
- Barron's Best Buys on College Education
- College Blue Book
- Lovejoy's College Guide, Inc.
- Peterson's Sports Scholarships and College Athletic Programs
- Recruiting Realities, Jack Renkens
- The Ultimate Recruitment Guide & Notebook, David Kaplan

**COMMERCIAL RECRUITING SERVICES:**

- NCSA <http://www.ncsasports.org/> (866) 495-5172
- Athnet Get Recruited <http://www.athleticscholarships.net/> 1(800)612-0070
- beRecruited.com <http://new.berecruited.com/>

PRODUCING A VIDEO: (YouTube works well to publish videos online) Example: [Taylor Snead 2019 Softball](#)

- Highlight basic skills, running, throwing, hitting, fielding, catching, jumping, etc.
- Edit your highlights and make them available online.
- Send a copy of a complete game.

**IMPORTANT NOTICE:** By clicking on a link below, you will be opening a new browser window and leaving our website. Although we have reviewed the websites prior to creating the link, we are not responsible for the content of the sites. Information on linked website pages may become dated or change without notice, and we do not represent or warrant that information contained on these linked pages is complete or accurate. We suggest that you always verify information obtained from linked websites before you act upon such information.

There are several scholarship databases available for use in finding monies for college. The following are some of the more popular sites.

- [www.armedforcescareers.com](http://www.armedforcescareers.com) – Information on pursuing a career in the US Armed Forces.
- [www.collegenet.com](http://www.collegenet.com) – Offers college search, financial aid assistance, scholarship search, and applications.
- [www.edupass.org](http://www.edupass.org) – Financial Aid information for foreign students.
- [www.fastweb.com](http://www.fastweb.com) – Free scholarship search service.
- [www.finaid.org](http://www.finaid.org) – Tips, questions, and information regarding financial aid.
- [www.mapping-your-future.org](http://www.mapping-your-future.org) – College and career planning information.
- [www.petersons.com](http://www.petersons.com) – Information on SAT, scholarships, college selection.
- [www.schoolfinder.com](http://www.schoolfinder.com) – Offers assistance on identifying interests, colleges, and scholarships.
- [www.usnews.com](http://www.usnews.com) – Guide to the best college bets for the money, application checklist, and financial assistance.
- [www.wiredscholar.com](http://www.wiredscholar.com) – Scholarship search and financial aid information.
- [www.blackexcel.org](http://www.blackexcel.org) – resource primarily African-American families and first-generation college students.

## **APPENDIX D SAMPLE LETTER**

**(Email has become the standard and much less formal than below)**

**[Sample Emails: Softball: Taylor Snead](#)**

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

Date  
College Coach  
Name of College  
Address of College  
City, State Zip Code

Dear Coach:

I would like to take a moment of your time to introduce myself. My name is \_\_\_\_\_, and I have completed my junior year at Oak Grove High School in Oak Grove, Missouri

During the last month, I have spent time with the college counselor doing research on which colleges would be a good match for me both academically and athletically. I am very interested in your college and would appreciate receiving information about your school, as well as about the \_\_\_\_\_ program.

I have played \_\_\_\_\_ for Oak Grove High School since my freshman year. During the ninth grade, I received my Sophomore Letter and was the leading scorer on our team.

As a sophomore, I was moved up to the Varsity and have started every game since then while playing three different positions. For the past two years, I have led my teammates in scoring and assists and have been voted "Best Defensive Player" by the Varsity coaching staff. Our team has won the \_\_\_\_\_. I was chosen to be on the All-Conference Team and received Honorable Mention All-State this past year. You may contact my coach, \_\_\_\_\_, at \_\_\_\_\_, if you are interested in seeing a video of one of our games. Coach \_\_\_\_\_ said he would send it to you.

Academically, I have taken a solid college preparatory program here at Oak Grove High School maintaining a B average and ranking 65th in a graduation class of 351 students. My current ACT Test score is 24.

Thank you for your time. I look forward to hearing from you in the near future.

Sincerely yours,

Your Name  
Your Address  
Your City, State, Zip Code  
Your Phone Number

## APPENDIX E

### CHECKLIST FOR STUDENT-ATHLETES AND THEIR PARENTS

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

The following checklist will assist you with the process of making the transition from high school to collegiate sports. Because the transition involves academic as well as athletic issues, several people will be involved in your decision. Be sure to see each of these individuals at the appropriate time.

- Meet routinely with your counselor to assure your NCAA compliance
- Read and follow procedures in the [NCAA Guide for the College-Bound Student Athlete](#)
- Create a College Athletic Profile i.e. [Taylor Snead](#) (Free) or use a pay service like [NCSA](#)
- Visit with the [Fort Osage College Advisor](#) about college planning
- Research and explore various colleges. [NCAA](#) | [NAIA](#) | [NJCAA](#)
- Complete Online Prospective Athlete Questionnaires and follow up with an email to the coach
- Talk to your coach about your interest in college sport
- Take the ACT and/or the SAT test! Make sure to send it to the [NCAA Eligibility](#) Center during registration for the ACT. Code is 7777
- Visit schools you might want to attend or schools that are showing interest in you
- Schedule meetings with your counselor and coach to discuss the college search process
- Apply to the colleges you are seriously considering. Visit their website and look for links about Admissions then follow the steps to apply.
- Complete the NCAA Eligibility process and submit your fee. Some individuals may qualify to apply for a fee waiver. (See your counselor or Mr. Schartz)
- Request that your transcripts be sent to the colleges you are interested in attending. See Oak Grove office.
- Send your [ACT](#) and/or SAT test scores to the NCAA and/or NAIA Eligibility Center. Do this when you register to take the ACT or it will cost you \$13 each to send them.
  - NAIA Code: 9876
  - NCAA Code: 9999

## NOTES

- Guide to the College Bound Athlete Document:

\*\*\*Meet routinely with your high school counselor to assure your compliance\*\*\*

- Oak Grove College Resources: [A+ Program](#) and College Advisor Resources
- Visit the [NCAA High School Portal to view Core classes available at Oak Grove high school](#).
- Local Oak Grove Scholarships available in January ([Apply](#))
- Understand the difference between “Local” Oak Grove Scholarships, College Merit-Based Scholarships, and College/University Foundation Scholarships

## FUN FACTS

- [Facts about NCAA Recruiting](#)
  - Estimated probability of competing in NCAA athletics beyond high school

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL							
Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	7,300,000	546,400	429,400	1,083,300	488,800	35,200	440,300
NCAA Student-Athletes	492,000	18,700	16,600	73,700	34,600	4,100	24,800
Percentage Moving from High School to NCAA	6%	3.4%	3.9%	6.8%	7.1%	11.7%	5.6%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%

\*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts.