



January

## Information for Athletes and their Parents

### Be aware of athletic eligibility

Zeeland High Schools have eligibility requirements for athletes. Based on MHSAA rules, students must be passing at least 4 of 6 classes in order to be eligible to play sports. *Keep in mind that some athletic teams may have even stricter requirements.*

### Be involved

Many coaches have pre-season meetings for the parents of their athletes. These meetings are usually very informative, and they give parents an opportunity to meet the coaching staff. They also give parents an opportunity to meet and talk with the parents of other athletes.

If your child's coach has a parent meeting, be sure to attend. Zeeland also has a booster organization that supports the various athletic teams. If possible, become involved.

### Support your athlete

The best way to help your athlete is to provide encouragement and to be positive, both at home and in the stands. If your child has a problem at any time during the season, encourage your child to talk to the coach. Many times, this important step is missed and parents go directly to the coach or athletic director.

### Playing a sport in college

Colleges belong to associations, and these associations have specific academic requirements that athletes must meet before they can play a sport in college. Most college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), which is an organization that has rules on eligibility, recruiting, and financial aid for prospective student-athletes. If your son/daughter is interested in playing college sports or receiving an athletic scholarship, here is some info you need to know about NCAA rules.

#### ***Divisions***

The NCAA has three membership divisions: Division I, Division II, and Division III. Generally, larger schools compete in Division I and smaller schools compete in Divisions II and III. Division I schools (ex. University of Michigan) usually recruit athletes in many different sports, and they also offer athletic scholarships. Division II schools (ex. Grand Valley State University) also recruit and offer scholarship money, but Division III schools (ex. Hope College) cannot offer athletic scholarships, although they may or may not recruit actively.

#### ***Guidelines for Eligibility***

If a student intends to participate in Division I or Division II athletics as a college freshman, he/she must be certified by the **NCAA Eligibility Center**. The NCAA Eligibility Center certifies the academic and amateur credentials of all students who want to play sports at an NCAA Division I or II institution as freshmen. In order to practice, play and receive an athletics scholarship, students need to meet certain academic benchmarks. Eligibility is determined solely by the Eligibility Center and not by the college or university you wish to attend. Eligibility decisions are different for each division and are based on grade-point averages for core curriculum courses (English, math, science, social studies, foreign

language or non-doctrinal/comparative religion or philosophy) and scores on the SAT or ACT. The SAT and ACT are nationally recognized standardized tests that are used for college admissions (all students in the State of Michigan are required to take the SAT as part of the Michigan Merit Exam in the spring of the junior year). Below is a timeline for steps to take in achieving college athletic eligibility. This information is also available [HERE](#).

### 9<sup>th</sup> and 10<sup>th</sup> Grades

- Work hard to get the best grades possible
- Inform your counselor of your intent to participate in college athletics.
- Take classes that match your school's NCAA list of approved core courses (the list can be found at <http://www.ncaa.org/playcollegesports>).
- Register for a free "Profile Page" at <http://eligibilitycenter.org> in order to receive reminders about NCAA eligibility requirements.

### 11<sup>th</sup> and 12<sup>th</sup> Grades

- Double check to make sure the courses you've taken match your school's NCAA list of approved core courses, found at <http://www.ncaa.org/playcollegesports>, and that you are also on track to take at least 16 core classes prior to graduation.
- Work hard to get the best grades possible and graduate on time.
- Register for a "Certification Account" with the NCAA Eligibility Center at <http://www.ncaa.org/playcollegesports> and complete the amateurism questionnaire.
- Request your official transcript be sent to the NCAA Eligibility Center.

Visit <http://www.ncaa.org/playcollegesports> to download "The College Bound Guide for the Student-Athlete" and to learn more about becoming an NCAA athlete.

Additionally, please visit [www.playnaia.org](http://www.playnaia.org) for information about athletic eligibility requirements for colleges in the National Association of Intercollegiate Athletics (NAIA) (ex. Aquinas, Cornerstone). They are different from the NCAA.

## Exams

January is the time of year where freshmen experience their first high school exams. In most classes, exams are cumulative tests of all the material learned the previous semester in a course and are worth 10-20% of a student's overall semester grade. Therefore, it is important for students to organize their materials and their time in advance of studying for exams.

It is recommended that parents sit down with students prior to exam week and complete the "**Exam Success Plan**" below. For each of your classes, record the following information:

Class:	The name of the class
Grade:	What your current grade is for that class
Weight:	What your exam is worth (points, percentage of total grade, etc. – this may vary by teacher)
Priority:	Rank your six classes 1-6 with "1" being the class you need to spend the most time studying for
Study Plan:	List what you will need to study in order to do well on your final
Materials:	List the materials you will need in order to study for your final. Circle any items you currently do not have and will need to get in order to study properly.

Class	Grade	Weight	Priority	Study Plan	Materials
1 <sup>st</sup> .					
2 <sup>nd</sup> .					
3 <sup>rd</sup> .					
4 <sup>th</sup> .					
5 <sup>th</sup> .					
6 <sup>th</sup> .					