

## Guide for the College Bound Athlete

1. Introduction
  - a. JD Bio
  - b. Why I started this Clinic
2. What does it take to compete in College
  - a. What do programs look for?
  - b. What level do you want to compete at/
  - c. Big Fish/Small Pond
  - d. Honest Evaluation of Athlete
  - e. [www.directathletics.com](http://www.directathletics.com)
3. NCAA Rules that apply
  - a. Recruiting Rules
    - i. When are you a recruited athlete
    - ii. Phone calls
    - iii. Letters
    - iv. In person contact
    - v. Official vs Unofficial visits
      1. What do you need for an official visit
    - vi. Verbal Commitment vs NLI
  - b. Eligibility Center
    - i. Core Course
    - ii. GPA/Test Scores
    - iii. Amateurism
4. Financial Aid
  - a. Odds are remote, 603,000 girls compete in track and field compete for 4,500 scholarships
  - b. Athletic Scholarships
    - i. Men get 12.6, Women get 18.0 at Division I level
    - ii. Scholarships split up into pieces
    - iii. Different programs funded differently, and spend money differently
    - iv. Timeline of scholarships
  - c. Other Aid
  - d. Countable Aid Situation
  - e. Multi year scholarships
  - f. FAFSA
5. Admission into School
  - a. Requirements different than NCAA
  - b. Can't get everyone in, do get some breaks
    - i. Admission timeline
    - ii. AI level

## **Useful Links for the Clinic:**

**NCAA Guide for the College Bound Athlete**

<http://www.ncaapublications.com/productdownloads/CBSA.pdf>

**NCAA Eligibility Center**

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

**NCAA new academic requirements in 2016**

[www.2point3.org](http://www.2point3.org)

**Free Application for Federal Student Aid (FAFSA)**

<http://www.fafsa.ed.gov/deadlines.htm#>

**University of Washington Financial Aid Calculator**

<http://www.washington.edu/students/osfa/prospectiveug/aid.est.1.html>

**Direct Athletics Performance Lists**

[www.directathletics.com](http://www.directathletics.com)

**Track & Field Results Reporting System**

[www.tfrrs.org](http://www.tfrrs.org)

**Northwest High School Lists**

[www.athletic.net](http://www.athletic.net)