

2008-2009 College- Bound Student-Athlete Guide

Dear District 115 Families:

The following booklet is designed to assist the college-bound student who is interested in participating in athletics at the college level. This booklet contains the following pieces of information:

- ❖ The roles and responsibilities of the student, parents, counselors and coach in the college selection process.
- ❖ The NCAA-approved core course list for Lake Forest High School students.
- ❖ The 2008-2009 NCAA Guide for the College-Bound Student-Athlete.
- ❖ A list of ideas should a student-athlete desire to contact a college coach.

This booklet should be used in cooperation with any college counseling information shared at workshops throughout the school year.

The Counseling Faculty at Lake Forest High School:

Jacque Berkshire, College Counselor

David Brandes, Counselor

Denise Brown, Counselor

Megan Miles, Counselor

Brad Naughton, Counselor

Barbara Papp, Counselor

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Robert Wagemann, Counselor

Merry Quinn, Director of Student Services

Tim Burkhalter, Athletic Director

Michelene Tomek, Assistant Athletic Director

Roles and Responsibilities

As a recruited athlete, there are additional responsibilities specific to the recruitment process that could significantly impact one's outcome. The list below illustrates roles and responsibilities that each should assume during the process.

The Student's Role and Responsibilities:

Be aware and understand eligibility requirements- The requirements established by the NCAA Clearinghouse can be confusing and difficult to understand. Understanding these requirements might save future surprises and/or problems that could occur during the eligibility process.

Be aware of approved core courses- The Confirmation of NCAA Approved Core Courses for Initial Eligibility (formerly the 48-H form) changes each academic school year. A current list of courses is provided for you in this packet.

Register with the NCAA Clearinghouse- To register, prospective student-athletes should access the registration materials by visiting the clearinghouse webpage at www.ncaaclearinghouse.net or www.ncaaclearinghouse.org. The NCAA strongly suggests the use of the online registration.

Contact coaches and admission offices at colleges- It is your responsibility to write the letters or make the phone calls requesting information about each college. Remember you are the one going to college so you should be the one making the contacts.

Keep updated files of college information- Your mailbox will be stuffed with college literature. Keeping an organized file of current college literature will help you to keep each college's information separate.

Keep updated files on coach contacts and information discussed- Information, recruiting status, possibilities, etc. can and probably will change through each contact with a coach. Keeping a list of each call and highlights of the discussion will help you know where you "stand" and what the next step will be.

Keep a list of priorities in selecting a college- Remember that there are many reasons for selecting a college. As you look at location, size,

governance (public vs. private), cost, athletic participation, etc., keeping a list of your "priorities" will help you stay focused on what YOU want in a college!

Seek out your counselor, coach, and/or college counselor for advice- You should contact your counselor, coach or college counselor at the beginning of the school year. Counselors will see you in Junior Seminars at the end of October. You can schedule an appointment with Ms. Berkshire for a college planning meeting through her administrative assistant. Discuss the possibilities, eligibility, and/or recruiting. Their experience can be a valuable asset during what can be a very confusing and frustrating time.

The Parent's Role and Responsibilities:

Be supportive of your child- Knowing that one can turn to his/her parents for help and support can very reassuring during this process. Although this is a student-based decision, it is a family process.

Help your child keep college files updated and organized

Allow your child to do the leg work- While this is a family-based decision, it should also be student-initiated. This means that the student needs to be the one doing the work: researching the schools, contacting the admissions offices, contacting the coaches, etc.

Help develop your child's responsibility/self-advocacy- Help and promote the student to develop the personal responsibility and self-advocacy skills necessary to become a successful college athlete.

The Counselor and College Counselor's Role and Responsibilities:

Serve as the student's advocate- Your counselor serves as your advocate and along with the college counselor is your spokesperson to the college admission offices. It is important that you keep him/her updated on your recruitment status.

Provide a neutral position- This can be overwhelming for you as the student-athlete. Pressures to apply "early decision" so coaches have more "weight" in the admission office, pressures to sign the letter of intent, coaches not committing to you, etc., can become confusing, frustrating, and may lead to premature decisions. Seek your counselor for neutral advice while sorting out emotions. A neutral advocate can help you stay focused!

Transcript requests- If you need an unofficial copy of your transcript to make a visit to a college, you need to see Mrs. Hall in the Transcript/College Counseling Office. A gold Transcript Request card is to be filled out and there is a transcript fee of \$3.00 per request.

Provide NCAA Clearinghouse Information- Counselors, Ms. Berkshire, and Mr. Burkhalter all have information regarding the policies and procedures of the certification process.

Give advice on college choices- Your counselor and the college counselor can be most helpful to you in categorizing your list of colleges. You are recommended to have a few "reach" schools and "safety schools". Your counselor and college counselor can both offer insight as to which schools fall into each group.

Assist the family in the process- Remember this is a family process. If parents have any questions, they should feel free to contact the counselor or college counselor for assistance.

The Coach's Role and Responsibilities:

Provide Insight- Your coach can share information with you regarding your possible level of participation. Speaking with your coach about the realities of participating at each level (Division I, Division II, Division III) can be helpful information for you during the college and recruitment process.

Be involved during the college coach's visit to Lake Forest High School- Coaches from colleges/universities frequently visit Lake Forest High School and your coach can be very instrumental in orchestrating these visits. You are encouraged to speak to your coach regarding these possibilities.

Provide necessary recruitment information to student-athlete- Your coach also has information regarding the recruitment process that could be helpful to you. Seek their advice throughout the process to help you make an informed decision.

Be available to speak with families- Your coach can provide you with necessary information regarding the recruitment process. Utilize their expertise and resources!

Getting Yourself Recruited

Do you feel that you have "what it takes" to participate in collegiate athletics? Perhaps the program of your dreams doesn't even know that you exist! One way to help your cause is to send information about yourself to prospective colleges. Here are some tips to help you get started:

1. Have an open and honest conversation with your coach about your athletic ability. Your coach can give some suggestions as to the size and type of program for which your talents are best suited.
2. Treat this like a job search. Write a cover letter and resume. Samples have been provided for you on the next two pages. This may be sent via email or regular mail.
3. Be certain to obtain the name of the coach to whom you are writing. Most colleges have websites which will provide the information. Do not send impersonal mass mailings or information which contains false or misleading information.
4. Research the college's athletic and academic programs. Do not contact schools for which you can meet their academic requirements or stated athletic standards.
5. If you receive profile forms or questionnaires from coaches, complete them and return them as soon as possible.
6. Football and basketball players may want to skip the resumes and just send a cover letter and game tape or CD.
7. Follow up with a phone call from you, the potential collegiate athlete, not the parent.

Be patient during this process!

- Please note that Lake Forest High School does not promote or endorse any private marketing services.

Sample Cover Letter

Your name
Address
City, State, Zip
Telephone Number
Date

Coach's Name
Title
Name of College
Address
City, State, Zip

Dear Coach (Coach's Name):

I am a student at Lake Forest High School and will graduate in June of (year).

I am forwarding the attached athletic resume to you. Included is information about my academic and athletic abilities. I am very interested in attending your school and presently plan to pursue a degree in (area of interest).

I would be most interested in discussing with you, or your representative, the possibility of participating in your (name of sport) program.

For your convenience, I have attached the complete (name of sport) schedule for the year. I look forward to hearing from you in the near future.

Sincerely,

Your Name

SAMPLE RESUME

JOE/JANE JACKSON

Your Address
City, State, Zip
Telephone Number
Email Address

Your Date of Birth
Your Height
Your Weight

Academic Background:

List grade point average
List standardized test scores
Indicate type of classes taken:
A.P./Honors/College Prep
Any academic awards earned

Extra-curricular Activities:

List non-athletic clubs, community service or work experience; church activities

Athletic Background:

Name of sport
Level of participation (varsity, jv, etc.)
Any awards earned

Athletic Intentions:

State your plans: "I hope to pursue both soccer and baseball in college. However, I am willing to consider the possibility of concerning on one sport depending on the institution which I attend."

References:
(given ONLY with permission)

Name of coach, title, telephone number
Names of other coaches, titles, telephone numbers