

SportsHopes

High School to College Pathway

Student-Athlete Support

GET STARTED: The Basics

Academic School Year 2015-2016

*The mission of **SportsHopes** is to help high school and community college student-athletes move forward to four-year colleges, play the sports they are passionate about in college, stay in college, graduate from college, work towards a career and obtain self-sufficiency.*

Student-Athlete Application for Assistance

Fill-in the form and submit your application online:

www.sportshopes.org

Assistance to Student-Athletes is free of charge





I WANT TO GO TO COLLEGE

Academics & Athletics
- a perfect pair -

Mentors,
Role Models,
Heroes

SportsHopes
High School to College Pathway
Student-Athlete Support

It's the dream of becoming a college athlete and a student. SportsHopes is the only organization that provides the support and resources you need to succeed in college. SportsHopes is a 501(c)(3) non-profit organization. (501c3) 12-0000000

Executive Director
President & President
1-800-461-7800
info@sportsHopes.org
www.sportsHopes.org

Jimmy Woodard

Founding Student-Athlete Mentor



***USC Gould School of Law -
Currently in 2nd year***

***UC Berkeley 2013 graduate -
Legal Studies major***

***Castro Valley High School -
Class of 2009***

Collegiate Study Abroad - Spain

***Varsity 3-sport athlete
throughout high school***

***“Success is something you attract
by the person you become”***

- **Academics 1st Athletics 2nd**
- **Keep your options open**
- **Network and Make Friends**
- **Set Goals - Strategize**
- **Follow your dreams**

Alyssa Boisse

Founding Student-Athlete Mentor



Corporate Office Administrator

Cal State University, East Bay

2014 graduate -

Human Development major

***Las Positas Community College
(Transfer)***

Castro Valley High School -

Class of 2009

Collegiate and high school

Dancer and Dance Instructor

***“It takes an athlete to dance,
but an artist to be a dancer”***

- **Community college pathway to four-year college:**
 - **Economical to attend a community college**
 - **Financial aid: FAFSA, Cal Grant, BOG and EOP&S**
 - **More time to decide on a major and your future**
 - **Complete lower division general ed courses first**
 - **Option if high school core course or SAT/ACT test requirements not met**
 - **Option for student-athletes recovering from injury**
 - **Option for students with personal/family reasons to stay close to home**

Dash Oliver

Founding Student-Athlete Mentor



***College Athletics Administration
and Coaching Career pathway***

***UC Berkeley 2014 graduate -
Legal Studies major***

***Castro Valley High School -
Class of 2009***

Collegiate Track Athlete

***Varsity 2-sport athlete
throughout high school***

“I would rather someone say I inspire them, then say I am the best”

- **High school sports injuries can change your pathway**
- **Multi-sport athletes have more options**
- **Step up to the plate, persevere and don't give up**
- **Go, grow and mature**
- **Keep the big picture in mind**



School Transcript

**Obtain current transcript
from your school registrar
showing courses/grades/GPA**

College coaches will request your transcript

Review With Your Counselor/Family:

Core Courses – Grades – GPA – SAT/ACT Scores

Each semester to determine if you meet NCAA and college core course academic eligibility requirements and SAT or ACT sliding scale scores as a student-athlete

NCAA 2015-2016 Guide for the College-bound Student-Athlete

<http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

DI and DII core course worksheets, eligibility requirements and SAT/ACT sliding scale graphs are located in the Guide

(The Guide is revised yearly. Know the facts and stay informed!)



Division I College “Full-Qualifier” as of 8/1/2016

To practice, compete and/or receive a DI athletic scholarship:

- Minimum core course GPA of 2.3 (Academic Redshirts GPA of 2.0)
- Complete at least 10 of required 16 core courses *prior to start of senior year*
 - Of the 10 core courses seven must be English, Math or Science courses
 - Grades earned in the 10 core courses are “locked in” prior to senior year
 - Re-taking a course to improve a grade: re-take prior to start of senior year
 - One core course may be taken after graduation from high school
 - Must meet the sliding scale grade point average to SAT or ACT score
 - Must GRADUATE from high school

Division II College “Full-Qualifier”

To practice, compete and/or receive a DII athletic scholarship:

As of today:

- Minimum core course GPA of 2.0
- Complete 16 NCAA core courses prior to starting college
 - SAT combined score of 820 (Reading/Math) or ACT sum score of 68 (English/Math/Reading/Science)
 - Must GRADUATE from high school

(Partial qualifiers may not compete first year and must meet either the 2.0 core course GPA minimum OR the SAT or ACT score)

As of 8/1/2018:

- Minimum core course GPA of 2.2
- Complete 16 NCAA core courses prior to starting college
- SAT or ACT score that matches GPA on DII “competition” sliding scale

(Partial qualifiers may not compete first year, must meet a 2.0 core course GPA minimum AND earn an SAT or ACT score that matches GPA on DII “partial qualifier” sliding scale)

<http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

Summer School / Evening School **Core Course Credit Recovery**

**If requirements not met seek advice about
how to make-up core courses/grades**

**Semester core courses with less than required minimum
GPA should be re-taken or take a replacement course**

**Some core courses may be taken online, however,
courses that require a lab (such as Chemistry) cannot**

**Some colleges do not accept online core courses or will only
accept defined timeframe/teacher-led online core courses**



SAT and/or ACT Tests

**Take SAT and/or ACT test at least twice by December of senior year
(Fee waivers may be available)**

Send scores to colleges and the NCAA

Compare scores to GPA on NCAA sliding scales

Some colleges may also require two SAT Subject Tests

SAT = www.collegeboard.org

ACT = www.actstudent.org

NCAA Registration – Obtain NCAA ID #
Send Transcripts to NCAA (Code 9999)

**Register with the NCAA during sophomore year,
or asap after, and finalize by spring of senior year
(Fee waiver may be available)**

**Sign NCAA Transcript Release form
and turn into your school counselor
(High schools may do this electronically)**

www.eligibilitycenter.org

http://fs.ncaa.org/Docs/eligibility_center/TranscriptReleaseForm.pdf



Sports Stats

**Collect your best Stats
in your sport(s)
current year and past year**

Sports Video Highlights

and

One Full “Best” Game on DVD

Create a highlights video/DVD (3-5 minutes long) and upload to YouTube for college coaches to view via an email link. If requested, make copies of the DVD to mail to college coaches.

Some sports may not require highlights



Professional Email Address

**Create an email address
you will use only for
college pathway needs**

Leadership/Volunteer Work

**Perform community service and
participate in leadership roles**

**This demonstrates to colleges your good
character and well-roundedness**

List of Colleges

Build a list of 10-25 colleges you are interested in across all colleges for reaching out to college coaches

A shorter list is used for college applications

DI, DII, DIII

<http://web1.ncaa.org/onlineDir/exec/divisionListing>

NAIA

www.naia.org



Research/Reach Out to College Coaches via Email/Phone/Mail/Recruit Forms

**End of sophomore year and throughout
junior and senior years**

Obtain college coach names, positions and email addresses from their websites, write a brief and professional email introducing yourself (to applicable college coaches at one college per email):

Introduce yourself; share your athletic stats and/or links such as MaxPreps, HUDL, Athletic.net; your YouTube highlights link; your academic GPA and SAT or ACT scores; your NCAA ID #; your community service/leadership work; thank them for their time; finish with your full name and all of your contact information.

(Send email only first as any attachments may get blocked or spammed.)

College coaches recruit Varsity student-athletes but get on radar early!

Research/Apply to Colleges **via Regular Admissions Applications Online**

**Summer/Fall of senior year depending
on college application dates**

**Apply to a minimum of five (or more) colleges to enable college pathway
options should recruitment by college coaches not occur for whatever reasons**

(College Application Fee Waivers may be available)

**Apply for EOP – Educational Opportunity Program –
if low-income or educationally disadvantaged**

***Acceptance to a college via regular admissions
application pathway enables opportunity
to walk-on to a sport at a college***

Compare College Admissions Core Course Requirements with the NCAA Core Course Requirements as they may differ

NCAA requires 16 core courses but DI and DII differ

NCAA: <http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

CSU's and UC's require 15 core courses with a Foreign Language and Visual & Performing Arts requirement

(ASL – American Sign Language accepted)

however the NCAA requires neither

CSU's: https://secure.csumentor.edu/planning/high_school/subjects.asp

UC's: <http://www.ucop.edu/agguide/a-g-requirements/index.html>

DIII and NAIA college requirements may differ from DI, DII and the NCAA requirements



Official / Unofficial Visits to College Campuses

Try to Obtain

Official Visits (maximum of 5 to DI / unlimited to DII):

Difficult to obtain –

College coaches invite you to visit their campus.

All or some expenses may be paid for by the college

– transportation/room/meals/campus sports event

Unofficial Visits (unlimited):

Easier to obtain, but no guarantees. You can request or college coaches can invite you. NO expenses are paid for except three tickets to a campus sports event

Apply for FAFSA - Free Application Federal Student Aid **Cal Grant / Scholarships & Grants / Student & Parent Loans**

FAFSA - On or asap after January 1 of senior year - Have tax docs: www.fafsa.ed.gov

Cal Grant - After filing FAFSA - CA students who go to CA colleges: www.calgrants.org

California Middle Class Scholarship: <http://www.csac.ca.gov/mcs.asp>

California Dream Act: http://www.csac.ca.gov/dream_act.asp

NCAA: <http://www.ncaa.org/about/resources/finances/student-athlete-benefits>

Scholarships / Grants

<https://bigfuture.collegeboard.org>

www.scholarships.com

www.fastweb.com

www.collegegrants.org

U.S. Department of Education: www.ed.gov

FAFSA, Grants and Student/Parent Loans (subsidized/unsubsidized)

**Research military and corporate/company scholarships
that may be available through family or guardians**

ON THE LIGHTER SIDE

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|---|---|---|--|--|---|---|---|--|
| <p>FEATURED</p> <p>THAI WRAP WITH CHICKEN \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro slaw</small></p> <p>THAI WRAP WITH TOFU \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>GRILLED VEGGIE WRAP \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>COBB SALAD \$8</p> <p><small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey roasted nuts, ranch dressing, topped with blue cheese dressing</small></p> <p>ITEM</p> | <p>THAI WRAP WITH CHICKEN 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro slaw</small></p> <p>THAI WRAP WITH TOFU 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>GRILLED VEGGIE WRAP 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>COBB SALAD 8.00 <small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey roasted nuts, ranch dressing, topped with blue cheese dressing</small></p> | <p>RASPBERRY CHICKEN SALAD 8.00 <small>Spring Mix tossed with fresh berries, sprouts, walnuts, feta cheese, topped with green chicken</small></p> <p>PAD THAI NOODLE SALAD 8.00 <small>Pad Thai noodles with fish, red peppers and green onions</small></p> <p>CHICKEN ITALIANO SANDWICH 8.00 <small>Chicken and garlic, olive oil, roasted green beans, tomato, mozzarella, marinara sauce, topped with melted cheese and oregano</small></p> <p>CRANBERRY TURKEY PESTO SANDWICH 8.00 <small>Roasted turkey with whole cranberries and a hot chili pesto dressing</small></p> <p>SUSHI 8.00 <small>California roll or shrimp tempura roll</small></p> | <p>CHOBANI YOGURT 3.00 <small>Assorted flavors</small></p> <p>32 OZ. SOUVENIR SODA 5.00</p> <p>BOTTLED WATER 4.00</p> <p>NAKED JUICE 6.00</p> <p>16 OZ. SOUVENIR MUG* 7.00 <small>Serving 16oz coffee and hot chocolate</small></p> <p>12 OZ. HOT DRINK** 4.00 <small>Serving 12oz coffee and hot chocolate</small></p> <p>ITEM</p> | <p>FEATURED</p> <p>CRANBERRY PESTO TURKEY SANDWICH \$8</p> <p><small>Roasted turkey with whole cranberries and a hot chili pesto dressing</small></p> <p>ITEM</p> | <p>FEATURED</p> <p>THAI WRAP WITH CHICKEN \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro slaw</small></p> <p>THAI WRAP WITH TOFU \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>GRILLED VEGGIE WRAP \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>COBB SALAD \$8</p> <p><small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey roasted nuts, ranch dressing, topped with blue cheese dressing</small></p> <p>ITEM</p> | <p>THAI WRAP WITH CHICKEN 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro slaw</small></p> <p>THAI WRAP WITH TOFU 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>GRILLED VEGGIE WRAP 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro slaw</small></p> <p>COBB SALAD 8.00 <small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey roasted nuts, ranch dressing, topped with blue cheese dressing</small></p> | <p>RASPBERRY CHICKEN SALAD 8.00 <small>Spring Mix tossed with fresh berries, sprouts, walnuts, feta cheese, topped with green chicken</small></p> <p>PAD THAI NOODLE SALAD 8.00 <small>Pad Thai noodles with fish, red peppers and green onions</small></p> <p>CHICKEN ITALIANO SANDWICH 8.00 <small>Chicken and garlic, olive oil, roasted green beans, tomato, mozzarella, marinara sauce, topped with melted cheese and oregano</small></p> <p>CRANBERRY TURKEY PESTO SANDWICH 8.00 <small>Roasted turkey with whole cranberries and a hot chili pesto dressing</small></p> <p>SUSHI 8.00 <small>California roll or shrimp tempura roll</small></p> | <p>FEATURED</p> <p>CRANBERRY PESTO TURKEY SANDWICH \$8</p> <p><small>Roasted turkey with whole cranberries and a hot chili pesto dressing</small></p> <p>ITEM</p> |
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**Questions or Assistance
please contact:**

**Jennifer Oliver, Founder & President, SportsHopes:
joliver@sportshopes.org**

**Submit online Student-Athlete Application for Assistance:
www.sportshopes.org**

SportsHopes, PO Box 21146, Castro Valley, CA 94546

SportsHopes is a 501c3 nonprofit public charitable org

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