

# SportsHopes

*High School to College Pathway*

*Student-Athlete Support*

**GET STARTED: The Basics**

**Academic School Year 2016-2017**

*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](http://www.sportshopes.org)**

**Assistance to Student-Athletes is free of charge**





SportsHopes

SportsHopes

MIDIAN BELAYS  
CANYON VALLEY NATIONAL

Hollister

SportsHopes

sportsHopes



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 non-profit organization that provides the support and resources you need to succeed in college. SportsHopes is a non-profit organization that provides the support and resources you need to succeed in college.

Founder & President  
1-800-461-7888  
info@sportsHopes.org  
www.sportsHopes.org

# ***Jimmy Woodard***

***Founding Student-Athlete Mentor***



***USC Gould School of Law -  
Currently in final 3<sup>rd</sup> 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 1<sup>st</sup> Athletics 2<sup>nd</sup>**
- **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 2016-2017 Guide for the College-Bound Student-Athlete*

<http://www.ncaapublications.com/productdownloads/CBSA17.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 “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
  - Re-take/replace a core course to improve a grade either prior to start of senior year OR have more than 10 core courses completed at start of senior year in order to re-take/replace
  - 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/CBSA17.pdf>



# Summer School / Evening School

## Core Course Credit Recovery

If requirements not met seek advice about how to make-up core courses/grades and visit: [www.NCAA.org/courselist](http://www.NCAA.org/courselist)

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 (Code 9999)**

**Compare scores to GPA on NCAA sliding scales**

***Some colleges may also require two SAT Subject Tests for impacted/competitive majors however the NCAA does not***

**SAT = [www.collegeboard.org](http://www.collegeboard.org)**

**ACT = [www.actstudent.org](http://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://www.eligibilitycenter.org)**

**[https://web3.ncaa.org/ECWR2/NCAA\\_EMS/pdf/Transcript\\_Release\\_Form.pdf](https://web3.ncaa.org/ECWR2/NCAA_EMS/pdf/Transcript_Release_Form.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](http://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/CBSA17.pdf>

*CSU's (2.0 GPA) and UC's (3.0 GPA California residents / 3.4 GPA nonresidents)*

*require 15 core courses with a Foreign Language requirement*

*(ASL – American Sign Language accepted) and a Visual & Performing Arts requirement*

*The NCAA requires neither FL or V&PA courses*

CSU's: [https://secure.csumentor.edu/planning/high\\_school/subjects.asp](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*





# ON THE LIGHTER SIDE

<p><b>FEATURED</b></p> <p><b>THAI WRAP WITH CHICKEN</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro sauce</small></p> <p><b>THAI WRAP WITH TOFU</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>GRILLED VEGGIE WRAP</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>COBB SALAD</b> \$8</p> <p><small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey mustard dressing, ranch dressing, house-made dressing</small></p> <p><b>ITEM</b></p>	<p><b>THAI WRAP WITH CHICKEN</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro sauce</small></p> <p><b>THAI WRAP WITH TOFU</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>GRILLED VEGGIE WRAP</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>COBB SALAD</b> 8.00 <small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey mustard dressing, ranch dressing, house-made dressing</small></p>	<p><b>RASPBERRY CHICKEN SALAD</b> 8.00 <small>Spring Mix tossed with fresh berries, sprouts, walnuts, feta cheese, topped with green chicken</small></p> <p><b>PAD THAI NOODLE SALAD</b> 8.00 <small>Pad Thai noodles with fish, red peppers and green onions</small></p> <p><b>CHICKEN ITALIANO SANDWICH</b> 8.00 <small>Chicken and garlic, olive oil, roasted green beans, tomato, mozzarella, marinara sauce, topped with melted cheese and cubanelle bread</small></p> <p><b>CRANBERRY TURKEY PESTO SANDWICH</b> 8.00 <small>Roasted turkey with whole cranberries and a herb and garlic dressing</small></p> <p><b>SUSHI</b> 8.00 <small>California roll or shrimp tempura roll</small></p>	<p><b>CHOBANI YOGURT</b> 3.00 <small>Assorted flavors</small></p> <p><b>32 OZ. SOUVENIR SODA</b> 5.00</p> <p><b>BOTTLED WATER</b> 4.00</p> <p><b>NAKED JUICE</b> 6.00</p> <p><b>16 OZ. SOUVENIR MUG*</b> 7.00 <small>Serving 16oz coffee and hot chocolate</small></p> <p><b>12 OZ. HOT DRINK*</b> 4.00 <small>Serving 12oz coffee and hot chocolate</small></p>	<p><b>FEATURED</b></p> <p><b>CRANBERRY PESTO TURKEY SANDWICH</b> \$8</p> <p><small>Roasted turkey with whole cranberries and a herb and garlic dressing</small></p> <p><b>ITEM</b></p>	<p><b>FEATURED</b></p> <p><b>THAI WRAP WITH CHICKEN</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro sauce</small></p> <p><b>THAI WRAP WITH TOFU</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>GRILLED VEGGIE WRAP</b> \$8</p> <p><small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>COBB SALAD</b> \$8</p> <p><small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey mustard dressing, ranch dressing, house-made dressing</small></p> <p><b>ITEM</b></p>	<p><b>THAI WRAP WITH CHICKEN</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated chicken and cilantro sauce</small></p> <p><b>THAI WRAP WITH TOFU</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>GRILLED VEGGIE WRAP</b> 8.00 <small>Assorted rice with peanut sauce, crispy vegetables, marinated tofu and cilantro sauce</small></p> <p><b>COBB SALAD</b> 8.00 <small>Chickadee, avocado, tomatoes, cheddar, chicken, cucumber, hard-boiled egg, honey mustard dressing, ranch dressing, house-made dressing</small></p>	<p><b>RASPBERRY CHICKEN SALAD</b> 8.00 <small>Spring Mix tossed with fresh berries, sprouts, walnuts, feta cheese, topped with green chicken</small></p> <p><b>PAD THAI NOODLE SALAD</b> 8.00 <small>Pad Thai noodles with fish, red peppers and green onions</small></p> <p><b>CHICKEN ITALIANO SANDWICH</b> 8.00 <small>Chicken and garlic, olive oil, roasted green beans, tomato, mozzarella, marinara sauce, topped with melted cheese and cubanelle bread</small></p> <p><b>CRANBERRY TURKEY PESTO SANDWICH</b> 8.00 <small>Roasted turkey with whole cranberries and a herb and garlic dressing</small></p> <p><b>SUSHI</b> 8.00 <small>California roll or shrimp tempura roll</small></p>	<p><b>FEATURED</b></p> <p><b>CRANBERRY PESTO TURKEY SANDWICH</b> \$8</p> <p><small>Roasted turkey with whole cranberries and a herb and garlic dressing</small></p> <p><b>ITEM</b></p>
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# 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](http://www.fafsa.ed.gov)**  
**Cal Grant - After filing FAFSA - CA students who go to CA colleges: [www.calgrants.org](http://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](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.collegegrants.org](http://www.collegegrants.org)**

**[www.fastweb.com](http://www.fastweb.com)**

**[www.scholarships.com](http://www.scholarships.com)**

**U.S. Department of Education: [www.ed.gov](http://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**





**Questions or Assistance  
please contact:**

**Jennifer Oliver, Founder & President, SportsHopes:  
[joliver@sportshopes.org](mailto:joliver@sportshopes.org)**

**Submit online Student-Athlete Application for Assistance:  
[www.sportshopes.org](http://www.sportshopes.org)**

**SportsHopes, PO Box 21146, Castro Valley, CA 94546**

**SportsHopes is a 501c3 nonprofit public charitable org**

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