

Preparing for College Athletics

The following information I put together while a collegiate football coach. This information may or may not pertain to students who are not student-athletes.

There are three things that every student athlete should do that will improve and help their recruiting and college selection process.

1 – FAFSA Application/EFC number

As of October 1 FAFSA is open for application. FAFSA is required for all student-athletes regardless of financial income or status. Filing a FAFSA application early is beneficial in two ways. First, more money is available to early applicants with financial need. Examples of this are Missouri Access grants and each college's SEOG grants. Second, any college coach you talk to about the cost of tuition or scholarships will need information you get from FAFSA. The key piece of information you will get after completing your FAFSA application is your Expected Family Contribution or EFC as many coaches will refer to it. Your EFC will be a number from 0 up. The higher the number the less aid and grants based on financial need will be available to you.

Later, once you have selected a school you will need to add their school code to the FAFSA application.

2 – Transcripts

Keep a copy of the most recent transcripts available to send via email or text. These do not need to be official transcripts. Coaches can use these transcripts to verify eligibility and potential for academic scholarships. One important thing to note is the 16 core credits that are mandatory to be eligible for college athletics. These classes are the only grades used in calculating core course GPA. The GPA required is done on a sliding scale with the ACT/SAT score. You can find a list of the high school's core courses on the NCAA.org website (current classes are listed at the end of this document). To calculate your core course GPA you can use the NCAA's core course calculator that is also available on their website at this link http://fs.ncaa.org/Docs/eligibility_center/DI_and_DII_Worksheet.pdf.

3 – ACT/SAT test scores

It is important to take the ACT or SAT at least once. It is required for all student-athletes to take the test. Eligibility is based on your core GPA (GPA for core courses only) on a sliding scale with your SAT/ACT score. This sliding scale can be found online at NCAA.org and Division I and Division II have different sliding scales.

Having your ACT score available for text or email is also very helpful for college coaches in your recruitment.

Types of Scholarships:

Division 1 FBS/FCS

For full scholarship institutions (Division 1 FBS and most FCS schools) scholarships are full tuition, room/board, and books. Any federal aid (Pell grants, etc) would be paid to the student-athlete each year. An official scholarship offer from one of these schools would indicate a full scholarship is offered. Each school has 85 full scholarships as part of their program at any one time. Currently Covid-19 rules have expanded that number, but it should return to 85 in the near future if it hasn't already.

NCAA Division II

Division II football programs have a wide range of scholarships. The NCAA has the cap for Division II programs set at 36 total scholarships. Receiving a "scholarship offer" does not necessarily and rarely means a full-scholarship is being offer. When a coach that says they are "offering you" it is important that you find out what type and how much of a scholarship you are being offered. Scholarships at this level are often referred to as packages. These packages include your federal financial aid and grants, athletic scholarship, academic scholarship(s), and possibly loans.

Division II athletic scholarships can range anywhere from \$0 to full tuition. Sometimes they make the offer in dollar amounts, but they can be offered as portions of the cost of attendance. Examples would be, a tuition scholarship which would cover tuition, room and board which would cover room and board, or books which would cover the cost of books.

A Package could look something like this: (all numbers are on a per year basis)

Cost of Attendance

Tuition	\$10,000
Room and Board	\$5,000
Books	\$1,000
Fees and other	\$750
Total Cost	\$16,750

Package

Pell Grant	\$6,495
Academic Scholarship	\$1,500
Athletic (football) Scholarship	\$2,500
Student Load	\$5,000

Total Package amount	\$15,495
Total Cost of Attendance	\$16,750
Out of Pocket	\$1,255

NCAA Division III

Division III does not have athletic scholarships, but could put a package together for your similar to the Division II package outlined above without the athletic scholarship.

NAIA

NAIA does have some athletic scholarships. The number of scholarships varies, but their scholarship offers should be structured in the same way NCAA Division II scholarships are structured.

REPUBLIC HIGH SCHOOL - APPROVED CORE COURSES

Courses labeled by H are A=5, B=4, C=3, D=2

English

	DEVELOPMENTAL READING	Yes
	ENGLISH IA	Yes
	ENGLISH IIA	Yes
	ENGLISH IIIA	Yes
	COMPETITIVE DEBATE / ORAL INTERP / FORENSICS H Max 1	No
	CREATIVE WRITING	No
	ENGLISH III HONORS	No
	ENGLISH I	No
	ENGLISH II	No
	ENGLISH III	No
	ENGLISH IV	No
	PUBLIC SPEAKING	No
	WORD STUDY	No
H	ENGLISH 1 HONORS	No
H	ENGLISH 2 HONORS	No
H	ENGLISH IV (HON)	No

Social Science

	AMERICAN GOVERNMENT	No
	AMERICAN GOVERNMENT (AP)	No

	AMERICAN HISTORY	No
H	AMERICAN HISTORY HONORS	No
	ANCIENT HISTORY (HON)	No
	ECONOMICS (HON)	No
H	HONORS PSYCHOLOGY	No
	PSYCHOLOGY	No
	SOCIOLOGY	No
	WORLD AFFAIRS HONORS	No
	WORLD GEOGRAPHY	No
	WORLD HISTORY	No
H	WORLD HISTORY HONORS	No

Mathematics

Course	Title	Max	OK	Disability
Weight		Credits	Through	Course
	#NAME?			Yes
	ALGEBRA I			No
	ALGEBRA IA (.5 UNIT MAX)			No
	ALGEBRA IB (.5 UNIT MAX)			No
	ALGEBRA II			No
H	ALGEBRA II (HON)			No
	AP CALCULUS			No
	AP COMPUTER SCIENCE A			No
	CALCULUS			No
	CALCULUS (HON)			No
	COLLEGE ALGEBRA			No
H	COLLEGE ALGEBRA (HON)			No
	GEOMETRY			No
H	GEOMETRY HONORS			No
	STATISTICAL ANALYSIS			No
	TRIG I (HON)			No
	TRIGONOMETRY			No
	TRIGONOMETRY/PRE-CALCULUS HONORS			No

Natural/Physical Science

Course	Title	Lab	Max	Disability
Weight			Credits	Course
	ACCELERATED PHYSICAL SCIENCE	X		No
	ANATOMY & PHYSIOLOGY	X		No
	AP BIOLOGY	X		No
	AP CHEMISTRY	X		No
	AP COMPUTER SCIENCE A			No
	APPLD BIO-CHEM	X		No
	BIOLOGICAL INQUIRY	X		No
	BIOLOGY I	X		No
H	BIOLOGY I HONORS	X		No
	BIOLOGY II (HON)	X		No
	CHEM I	X		No
	CHEM II (HON)	X		No
H	CHEMISTRY I HONORS	X		No
	EARTH SPACE SCIENCE	X		No
	ENVIRONMENTAL SCIENCE	X		No
	ENVIRONMENTAL/FORENSIC SCIENCE	X		No
	PHYSICAL SCIENCE	X		No
H	PHYSICAL SCIENCE HONORS			No
	PHYSICS (HON)	X		No

Additional Core Courses

Course	Title	Max	OK	Disability
Weight		Credits	Through	Course
	FRENCH I			No
	FRENCH II (HON)			No
	FRENCH III (HON)			No
	FRENCH IV (HON)			No
	SPANISH I			No
	SPANISH II (HON)			No
	SPANISH III (HON)			No
	SPANISH IV (HON)			No

Social Media and Highlight Films

Social Media

The best social media for recruiting is by far Twitter. Make sure you use your full name in your twitter name. This makes it easy for a coach to find you. Make sure you have allow messages without being a follower selected so that a coach can message you. In your Twitter Bio include the following information.

1. Your name
2. Your high school (Republic)
3. Your graduating class
4. Your position(s)
5. Your height, weight, 40-time, vertical jump, bench press, or sport statistics.

Tweet guidelines.

- Be positive in your posts. Having Twitter wars or posting negative things on twitter will hurt your recruitability.
- Use decent grammar and spelling in your tweets.
- Be careful who and what you like and retweet.

Feel free to follow as many coaches at schools you are interested in. Tweet your highlight film and DM links to your highlights to coaches at schools you are interested in.

A good DM to a coach would read something like this

*"Hey Coach [Coach's last name here], My name is [your name here] and I am a [2022/2023/2024] [YOUR POSITION HERE] at Republic High School. I am very interested in [Coach's School here]. Would you mind taking a look at my highlight film and see if you have any interest in me. I would also love any feedback you might see in my video on how I can continue to improve my game. Thank you for your time and consideration,
[Your name here]"*

Highlight Film

Using Hudl to make your highlight film is fairly simple. Make sure you put your best plays first. Many college coaches will not watch more than 3-4 plays before moving on to their next player. Make sure you do not use plays where you are getting a penalty (like roughing the passer, horse collar tackles, or holding) whether called or not. A good highlight film needs to have at least 10-12 plays and can have as many as possible of quality good plays.