










The Student- Athlete Planning Guide Post- Secondary Choices

These guidelines are intended to assist the college bound student- athlete in the search for the right college. It should be used in conjunction with the:

Manhattan High School Post- Secondary Exploration Choices Handbook
provided by the Manhattan High School Counseling Department.

Hopefully it will answer questions regarding the unique concerns of the student- athlete, help you to realistically approach the college search and admission processes and lead to your success - both academically and athletically.

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- ◇ Choosing the best school seems like an enormous and intimidation task, but there is no reason to panic; by being organized and doing your own research and asking the right questions you will be able to make an informed decision - one that is right for YOU!
- ◇ Taking an analytical approach will help you to disseminate information. Universities and coaches are selling their programs, they'll tell you all the best things about their school - it is up to you to discover what weaknesses they might have. Make sure the information you receive is factual, this will enable you to correctly estimate your ability and that of the competition.
- ◇ Your investment of time and attention will determine the success of your college search. Be aware of recruiting services. Many companies and individuals, working on a profit- making basis, sell services that promise to speed up or ease the college admission process. In most instances, these claims are misleading, unsubstantiated and even fraudulent. Not only do families lose money, they also bypass valuable resources such as high school counselors and college admission professional, library reference materials or low- cost publications.
- ◇ Put ACADEMICS first!

I want to attend and play intercollegiate athletics . . .

WHAT DO I DO?

Selecting a college requires careful thought, time and foresight on your part. What are you looking for? (see 5 P's in Post- Secondary Handbook)

- ◇ School size?
- ◇ Curriculum / major?
- ◇ Geographic location?
- ◇ Strength / competitiveness of athletic teams?

Believe it or not, there is a college that can meet nearly all your academic and athletic needs. The challenge is finding that institution. It will take some effort on your part , but isn't your life worth the effort? Don't settle for mediocrity, find what you want and need.

Talk with your coaches, parents, teachers, etc . . . about your academic and athletic goals. Keep an open mind, listen to the viewpoints of everyone you talk with, but remember you are the one who has to decide because you are the one that will be spending the next 4 - 5 years of your life at the chosen college. Don't be afraid to ask for assistance in your search.

Where Do I Start?

Compile a list of schools you have an interest in. Start early -- spring semester of Junior Year. Orchard House's Index of Majors & Sports is a great resource. Manhattan HS coaches will provide Mr. Wichmann with a list of athletes who have indicated an interest and/ or the potential to participate in intercollegiate athletics. Juniors, by sport will have a brief meeting with Mr. Wichmann in March/ April to get the process rolling.

Contact the coach of each institution. Your initial contact should include a typewritten letter and athletic resume. The letter should be brief and to the point; it's purpose is to make the coach aware of you, your interest in the college, and in their athletic program. (see Sample in guide) The resume should be an inventory of your academic and athletic accomplishments.

* If possible, prepare a videotape / let the coach know one is available upon request *

What are the Different Divisions?

National Collegiate Athletic Association (NCAA)

Complete the NCAA Clearinghouse form at the end of the Junior academic year

Division I -- Schools may offer full athletic scholarships (tuition, fees, books, room & board.) Ivy League is an athletic conference (Div I) based on the premise that athletes do not receive scholarships.

Division II -- Schools are eligible to offer partial athletic scholarships.

Division III -- Schools have full-scale athletic programs but are not allowed to offer athletic based scholarships. They are, however, eligible to offer academic merit scholarships, performance scholarships and financial assistance based on need. Generally programs are open for all to participate.

Ask the coach about positive sources of financial assistance and how to apply for it.

National Association of Intercollegiate Athletics (NAIA)

Schools in this organization are generally smaller in student population. Depending on athletic budget, partial athletic scholarship are available. Generally programs are open for all to participate

National Junior College Athletic Association (NJCAA)

Two year institution providing partial to full scholarship opportunities. Generally programs are open for all to participate.

Club Sports / Spirit Teams

Many schools will provide many other opportunities for students to direct talents and energy.

Club sports -- can be any sport that is directly funded by the club.

Examples: Aikido, Cricket, Cycling, Fastpitch Softball, Hack - Footbag Assoc., Ice Hockey, Karate, Lacrosse, Mll Duk Kwon, Parachute, Racquetball, Rock Climbing, Rowing, Rugby, Sailing, Table Tennis, Tae Kwon Do, Water Ski plus a multitude of Recreational Sports.

Spirit Teams -- Programs provided to assist in team spirit.

Examples from K-State: Cheer Squad, Marching Band, Classy Cats, Color Guard, Feature Twirlers, Drum Majors, Stilts, Willie the wildcat

What Should I Know?

The Athletic Program

- ❑ How do you qualify for the team?
- ❑ What conference / league?
- ❑ What is the game schedule? Travel? Accommodations? Transportation?
- ❑ What type of off- season activities are expected of you?
- ❑ What is the team's past record?
- ❑ What are your expected time commitments? Practice? Weights? Films? Study Table?
- ❑ Do your skills and background fit with the style and tempo of the athletic program?
- ❑ Do you like the coach? Agree with his/ her philosophy? Can you play?
- ❑ Do you like the players? (returners)
- ❑ What student athletes are presently in the athletics program at your position (or in your event) and how much eligibility do they have remaining?
- ❑ Does the coach want to "red shirt" you? Do you want to be "redshirted."

Academics

- ❑ Does the institution offer a degree program in the area of study in which you are interested?
- ❑ Is there an orientation program for incoming freshman?
- ❑ What educational support services are available to student- athletes(tutors, academic, advisors, study hall)?
- ❑ What grad- point average must a student- athlete maintain to remain eligible?
- ❑ What is the institution's graduation rate in your sport?
- ❑ Describe a typical day for a student- athlete? What amount of time is spent in classes, at practice, studying, traveling to games?
- ❑ What is the teacher / student ratio?
- ❑ What is the overall attitude of the student body toward athletics?
- ❑ What is the number of courses and grad- point average you will be required to maintain to remain eligible?

Financial Aid

- ❑ Are scholarships generally renewed each year for the four years a student- athlete attends the institution? If a student- athlete needs a fifth year to graduate, will the institution provide a scholarship for that year?
- ❑ What is the institutions's policy for renewing a student- athletes financial aid if the student- athlete is injured or unable to compete?
- ❑ Does the institution provide Pell Grant money to qualified student- athletes beyond the value of their scholarship? or, does the institution package the Pell grant dollars into the scholarship offer?
- ❑ Will the institution provide scholarships for summer school?
- ❑ Can you lose your scholarship because of poor grades?

Athletic Statistics for College-Bound Athletes

Basketball (Boys & Girls):

- Assists (per game)
- Rebounds
- Free Throw Percentage
- Field Goal Percentage (both 2 & 3 point)

Volleyball:

- Blocks
- Assists
- Kills
- Aces

Baseball & Softball:

- Batting Average
- Fielding Average
- ERA (pitchers)
- Won-Loss Record (Pitchers)
- Runs Batted In (RBI)
- Extra Base Hits
- Stolen Bases

Wrestling:

- Individual Record and at What Weights
- Season Takedowns
- Season Reversals
- Season Escapes
- Season 2 pt & 3 pt near fall points
- Falls
- Major Conf., Invitational or State Places

Football:

- Tackles (defensive player)
- Assists (defensive player)
- Sacks (defensive player)
- Interceptions (defensive back/linebacker)
- Fumbles recovered
- Yards Rushing (running back)
- Receptions - yards, average, touchdowns (running back & ends)
- Attempts, Completions, Total Yards, Passing/ Rushing (quarterback)
- Kickoffs - attempts, longest, average (kickers)
- Punt returns - attempts, longest, average
- Points scored - touchdowns, extra points
- Field Goals - attempts, longest, average, total points scored

Swimming:

- Event & Times
- Dives, Difficulty, Scores
- Major Conf, Invitational or State Places

Soccer:

- Goals
- Assists
- Blocked Shots

Tennis:

- Record & Position
- Major Conf., Invitational or State Places

Cross Country, Track & Field

- Times and Distance
- Distance in Field Event
(Shot Put, discus, long jump, triple jump)
- Height in Field Events (high jump & pole vault)
- Major Conference, Invitational or State Places

Golf:

- Scores
- Major Conf., Invitational or State Places

- Gymnastics: • Event & Scores
- Major Conf., Invitational or State Places

Sample Interest Letter to Coach from Athlete

Dear Head (*Women's / Men's*) (*Volleyball, Football, etc.*) Coach,

My name is *Ima Indian*. I am a senior (*volleyball, football, etc.*) player at Manhattan High School of Manhattan, Kansas. I am writing to you in order to express an interest in your (*volleyball, football, etc.*) program and to give you some information about myself both as a student and as an athlete. Manhattan High School is a public high school located in a college town community two hours west of Kansas City. Manhattan High School has a population of approximately 1900 students. About 70% of Manhattan High School graduates attend four year colleges and the school has an average ACT score of 22. The Manhattan High School Athletic program is part of the I-70 conference. We are a very competitive athletic conference, and a summary of my academic and athletics statistics follows.

Sport - Name of Head Coach

Your Name	Athletic Record
Position Played	Athletic Awards
Height / Weight / Speed	Position of Event
Address	Any other information
Phone	
Rank / GPA	
ACT / SAT	

Once Again, I am interested in your program and I believe that I can be a solid addition to your team, both athletically and as a person. You may obtain additional information about me by calling Coach _____ at Manhattan High School, 785-587-2100 or by calling me directly at home. Thank you for your time.

Sincerely,

Ima Indian