



**AUSTRALIAN
ATHLETICS**

NAVIGATING THE USA COLLEGIATE SYSTEM

A resource to assist potential student-athletes make informed decisions about their athletic and academic future.



Table of Contents

1. INTRODUCTION	5
2. USA COLLEGIATE SYSTEM – AN OVERVIEW	6
3. FIND A COLLEGE	7
4. STRUCTURE OF THE COLLEGIATE SPORT SYSTEM	8
4.1. National College Athletic Association	8
4.2. National Junior College Athletic Association	8
4.3. National Association of Intercollegiate Athletics	9
5. PRE-COLLEGE: ALL THINGS ACADEMIC	10
5.1. NCAA Eligibility versus College Eligibility	10
5.2. NCAA Eligibility	10
5.3. Required documents	10
5.4. Terminology	10
5.5. Test Score Information	11
5.6. ACT versus SAT Test	11
5.7. High School Timelines	12
5.7.1. 9 th Grade (Plan)	12
5.7.2. 10 th Grade (Register)	12
5.7.3. 11 th Grade (Study)	13
5.7.4. 12 th Grade (Graduate)	13
5.8. Academic Certification Decisions	13
5.9. Budgeting for College	15
5.10. USA Courses Recognised by Australian Industries	15
6. PRE-COLLEGE: ALL THINGS ATHLETIC	17
6.1. Amateurism	17
6.2. Financial Aspect of Amateurism	17
6.3. Enrolment	18
6.4. Recruiting Calendar	18
6.5. Key Terms in the NCAA Recruiting Period	19
6.6. Official & Unofficial Visits	20



6.7. Scholarships	20
6.8. What is a National Letter of Intent	20
6.9. Pros & Cons of Signing NLI	20
6.10. Examples of Scholarships	21
6.11. Athletic Scholarship Limits 2019-20	22
6.11.1. Men's Scholarship Limits Per Sport	22
6.11.2. Women's Scholarship Limits Per Sport	22
6.12. National Signing Day	22
6.13. Different Types of Scholarship Offers & Support	23
6.13.1. Full Ride Scholarship Offer	23
6.13.2. Partial Scholarship Offer	23
6.13.3. Preferred Walk-on Offer	23
6.13.4. Recruited Walk-on Offer	24
6.13.5. Unrecruited Walk-on Offer	24
6.13.6. Redshirt Scholarship Offer	24
6.13.7. Grayshirt Scholarship Offer	24
6.13.8. Blueshirt Scholarship Offer	25
6.13.9. Greenshirt Scholarship Offer	25
7. PRE-COLLEGE: ALL THINGS RECRUITMENT	26
7.1. Ways to get recruited	26
7.1.1. College Recruiter Approaches Potential Student-Athlete	26
7.1.2. Potential Student-Athlete Approaches College	26
7.1.3. Engagement of an Athletic Placement Company	26
7.2. Tips - How to get recruited	27
7.3. Tips - Athletic Resume	27
7.4. Tips - How to Make a College Decision	28
8. GOING TO COLLEGE	29
8.1. Visas	29
9. AT COLLEGE	29
9.1. NCAA Stakeholders	29
9.2. Employment	29
9.3. Medical Cover	29
9.4. Transfers	31
9.4.1. Determine if you are a transfer student-athlete	32



9.4.2.	Decide where you are going	32
9.4.3.	Registration with the Eligibility Center	32
9.4.4.	Transfer Options	33
9.4.5.	When can I compete?	34
9.4.6.	Transfer Exceptions	35

10. POTENTIAL QUESTIONS TO ASK COLLEGES **37**

10.1. General Questions **37**

10.2. Academic & Entitlement Questions **37**

10.2.1.	Scholarship	37
10.2.2.	Study or Classes	37
10.2.3.	Majoring	37
10.2.4.	Accommodation	37
10.2.5.	Meals	38
10.2.6.	Medical	38
10.2.7.	Equipment	38
10.2.8.	Employment	38
10.2.9.	Wellbeing	38

10.3. Athletic Questions **39**

10.3.1.	Coaching	39
10.3.2.	Training	39
10.3.3.	Competition	39
10.3.4.	Current Team	39
10.3.5.	Team Scholarship Strategy	39
10.3.6.	Recruiting	40
10.3.7.	Obligations or Restrictions	40
10.3.8.	Team Policies	40

11. NCAA FUN FACTS **41**



1. Introduction

Each year thousands of **Australian student-athletes** attend USA colleges to study and participate in collegiate sports. In the NCAA Division I & II this number has grown year upon year.

Australian Athletics have no strong stance on the US Collegiate System; we recognise that many athletes attend US colleges and thrive, whilst also understanding that many find it a challenge. Ultimately, the decision to attend a college in the US is for the athlete, their parents, and potentially their coach, to make, with the best interests of that particular athlete in mind. Any choice should balance the athlete's sporting goals with their individual personal development.

This resource has been developed by **Australian Athletics**, with significant assistance from the **Australian Institute of Sport (AIS)**, with the goal of assisting potential student-athletes, their parents, coaches and other significant stakeholders to understand the USA collegiate system in order to make an informed decision about their athletic and academic future. This information is provided as advice only, and prospective student-athletes should undertake their own research and due diligence before coming to a decision.

Note: Whilst every effort has been undertaken to ensure the information within this document is accurate, the reader should undertake their own research before arriving at a decision. In addition, various COVID-19 restrictions may alter the accuracy of the information provided.

Disclaimer: While all care has been taken in the preparation of this publication, none of the author(s) or Australian Athletics, including its officers, employees, and agents make any representation or warranty as to, or take any responsibility for, the accuracy, reliability, completeness or currency of any information or recommendations contained in this publication nor its usefulness in achieving any purpose. This publication has been prepared on the basis of information provided to Australian Athletics by the NCAA, and is publicly available at the date of publication.



2. USA Collegiate System – An Overview

There are over 3,700 accredited post-secondary education institutions in the USA. The term “College” is a generic term to describe all of them, but there are several categories, including:

- Junior (Community) Colleges: award associated degrees at the completion of two years of full time study;
- Colleges: award a bachelor’s degree at the completion of four years of full time study;
- Liberal Arts Colleges: typically, privately controlled and offer studies in humanities, social sciences, maths and natural sciences, rather than technical or professional subjects;
- Universities: generally, offer a broad range of both undergraduate and graduate degree programs.

Institutions can either be public or private and there is no distinction in quality between the two. Private institutions will usually charge higher tuition fees.

A Bachelor Degree course requires four years of study in the USA. The first two years of study are general years of study and the remaining two years focus on your major area of study. In Australia, many Bachelor degrees can be obtained in three years.

USA Junior (or Community) Colleges provide only the first two years of general college education. On completion of these two years, you will need to transfer to a “four-year school” to complete your degree. You **may** also be able to transfer your studies to an Australian university.



3. Find A College

Information about USA institutions can be found using the following “Find a College” search engines at:



These search engines allow you to enter a number of variables that you might be interested in researching, such as:

- Two or Four year colleges;
- Sports
- Athletic scholarships;
- Areas/majors/subjects of study

A list of schools will be created based on the variables you enter. From this list you can go directly via the links provided to the website of each institution.

4. Structure of the Collegiate Sport System

In the USA, there are three different bodies involved in the organisation of College sport, and each has its own set of rules and regulations:



www.ncaa.org



www.naia.org



www.njcaa.org

4.1. National College Athletic Association

The National College Athletic Association (NCAA) governs “four-year” college and university members’ sporting programs.

This is the premier college competition in the USA and is comprised of three NCAA divisions (I, II and III), with Division I being the most prestigious.



Both Division I and Division II schools can offer athletic scholarships. Division III schools cannot offer athletic scholarships. However, they can offer other forms of financial assistance.

Some of the most prestigious colleges in the USA participate in the NCAA, such as Stanford, Harvard, Duke and UCLA. Whilst an athletic scholarship can assist with the cost of attending the school, a student-athlete must first meet the academic requirements of the college.

4.2. National Junior College Athletic Association

Junior or Community Colleges offer two year courses and their competition is governed by the National Junior College Athletic Association (NJCAA).

NJCAA Colleges compete in one of three divisions, and each division has regulations about what scholarships they can offer:

- Division I – may offer full athletic scholarships
- Division II – limited to awarding tuition, fees and books
- Division III – cannot provide athletically related financial assistance

There are 510 institutions that are members of the NJCAA and the website has a search function that allows you to find details of each college.

If you enter an NJCAA school as a student-athlete, **you must** stay at the school for two years. If you then transfer after two years **you may** be eligible to be a student-athlete for two more years at a four-year institution.

If you enter an NJCAA school as an academic student (i.e. not on an athletic scholarship) you can transfer after one year, which means you can have three years left of NCAA eligibility (NOTE: Standard eligibility for NCAA is four years).

4.3. National Association of Intercollegiate Athletics

Approximately 300 colleges compete in National Association of Intercollegiate Athletics (NAIA) competition, which has fewer recruiting restrictions and an easier application process than the other competitions already detailed. NAIA schools are “four-year” schools and there are two divisions. More than 90% of NAIA colleges offer athletic scholarships.



5. Pre-College: All things Academic

5.1. NCAA Eligibility versus College Eligibility

It is important to note that there are different eligibility requirements for academic admission into College and athletic admission into the NCAA:

- NCAA initial eligibility process is separate from the University admission processes
- Each institution makes its own admission decisions based on its own established criteria
- A prospect may be admitted to an institution (meeting academic eligibility) but not meet NCAA initial athletic eligibility standards, or
- A prospect may meet NCAA initial athletic eligibility standards but not be admitted to a specific institution due to academic eligibility.

5.2. NCAA Eligibility

College-bound student-athletes preparing to enrol in a Division I or II school must register with the NCAA Eligibility Center to ensure:

- 1) they have met amateurism standards (**see section 6.1 Amateurism**) and
- 2) are academically prepared for college course work. This includes:
 - a) Completing 16 NCAA-approved core courses:
 - Four years of English,
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it),
 - One additional year of English, math or natural/physical science,
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
 - b) Completing 10 of these NCAA-approved core courses including:
 - Seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
 - c) Earn at least a **2.3 GPA** in your core courses for Division I and **2.2 GPA** for Division II.
 - d) Earn a **SAT combined score or ACT sum score** matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible. See section 5.4 for Terminology.



See a **detailed summary** regarding **NCAA Eligibility for Internationals** in the [NCAA International Guide](#). For **Australia** scroll to page 37-52.

5.3. Required documents

Student-athletes are required to graduate with their Australian high school certificate from year 9 within a four-year period. For example, if you start Year 9 in 2015, then you must graduate year 12 at the completion of 2019. This provides challenges for Australian student-athletes who wish to pursue their final two years of high school over three years.

The following documents are required to assess the NCAA initial eligibility of each prospective student-athlete:

- Transcripts for the ninth year of schooling and up, and
- Acceptable proof of graduation.

5.4. Terminology

Grade Point Average (GPA) is a statistic summary that represents a student's performance over a stated period of time. Typically, it is calculated by adding all the numbered grades you have received and dividing them by the number of credits you have taken. In high school, it is simply a matter of tallying your grades and dividing that total by the number of classes. *GPA* is usually given on a scale from 0 (an F) to 4.0 (an A), though sometimes it goes higher than that, accounting for a grade of A+.

Scholastic Assessment Test (SAT) is a standardised test widely used for college admissions in the USA. Since it was debuted by the College Board in 1926, its name and scoring have changed several times, but is now commonly known as *SAT*.

American College Testing (ACT) is a standardised test used for college admission in the UAS. The *ACT* test covers four academic skills areas: English, mathematics, reading and science reasoning. It also offers an optional direct writing test. It is accepted by all four-year colleges and universities in the USA, as well as more than 225 universities outside of the USA.



5.5. Test Score Information

NCAA Division I: Division I uses a sliding scale to match SAT/ACT scores and core-course grade-point averages to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible.



For more information please see the [NCAA Division I Fact Sheet](#)

NCAA Division II: If you enrol full-time at a Division II school, you must meet all academic requirements and earn an SAT or ACT score matching your core-course GPA on the Division II sliding scale to be eligible to compete. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible.



For more information please see the [NCAA Division II Fact Sheet](#)

5.6. ACT versus SAT Test

You can choose to sit either of the two exams multiple times across different years (example: do the exam – or both – in Year 11 and repeat either of the two in Year 12 if not satisfied with the results).

When you register to take the exam, you have the option of sending up to four free score reports to the colleges or scholarship programs of your choice. Many colleges view receiving your scores early as a demonstration of your interest.

You may choose NCAA as one of your free score report recipients using the code 9999. NCAA will automatically choose the best result you would have achieved when doing multiple tests.

	ACT	SAT
Test-taker numbers (2018) Worldwide	1.9 million	2.1 million



Duration	2 hour 55 mins (+40 mins for optional writing test)	3 hours (+ 50 min for optional essay)
Number of Questions	215	154
Scoring Range	1-36	400-1600
Cost (as at 2019)	USD 50.50 (USD67 with essay)	USD 47.50 (USD64.50 with essay)
How The Score Is Calculated	The scaled scores from 1 to 36 are converted from your raw scores on each of the subject areas. Your raw score is simply the total number of questions you answer correctly in each section. <u>There is no point deduction for wrong answers on the ACT.</u>	The scaled score of between 200 and 800 (for each of the two parts) is converted from the raw score you earn on each section. Your raw score is simply the number of questions you answered correctly. <u>Skipped or wrong questions do not add or subtract from your raw score.</u>
Which Test Is Better For You?	https://blog.prepscholar.com/act-vs-sat	

Source: <https://blog.prepscholar.com/act-vs-sat>

5.7. High School Timelines

5.7.1. 9th Grade (Plan)

- *Start planning now.* Take the right courses and earn the best grades possible
- Find your high school’s list of NCAA-approved core courses at www.eligibilitycenter.org/courselist
- Sign-up for a free Profile Page at www.eligibilitycenter.org for information on NCAA requirements

5.7.2. 10th Grade (Register)

- If you fall behind academically, ask your counsellor for help finding approved courses you can take
- Register for a Profile Page or Certification Account with the NCAA Eligibility Center at www.eligibilitycenter.org
- Monitor your Eligibility Center account for next steps
- At the end of the year, ask your counsellor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account



5.7.3. 11th Grade (Study)

- Check with your counsellor to make sure you are on track to complete the required number of NCAA-approved courses and graduate on time with your class
- Take the *ACT* or *SAT* and submit your scores to the NCAA Eligibility Center using code 9999
- Ensure your sports participation information is correct in your Eligibility Center account
- At the end of the year, ask your counsellor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account

5.7.4. 12th Grade (Graduate)

- Complete your final NCAA-approved core courses as you prepare for graduation
- Take the *ACT* or *SAT* again, if necessary, and submit your scores to the NCAA Eligibility Center using code 9999
- Request your final amateurism certification beginning April 1 (fall enrollees) or October 1 (winter/spring enrollees) in your NCAA Eligibility Center account at www.eligibility.center.org
- After you graduate, ask your counsellor to upload your final transcript with proof of graduation to your NCAA Eligibility Center account
- Reminder: Only students on NCAA Division I or II school’s institutional request list will receive a certification

5.8. Academic Certification Decisions

An academic certification will be conducted to determine if you meet the specific Division academic standards. Academic certifications are required for all college-bound student-athletes planning to compete at a Division I or Division II schools. Below are the most common decisions you may receive once a certification has been completed.

	Division I	Division II
Early Academic Qualifier	If you meet specific criteria after six semesters of high school (example: completion of Y9/10/11), you may be deemed an early academic qualifier for Division I and may practice, compete and receive an athletics scholarship during your first year of full-time enrolment. To	If you meet specific criteria listed below after six semesters of high school (example: completion of Y9/10/11), you may be deemed an early academic qualifier for Division II and may practice, compete and receive an athletics scholarship during your first year of full-time



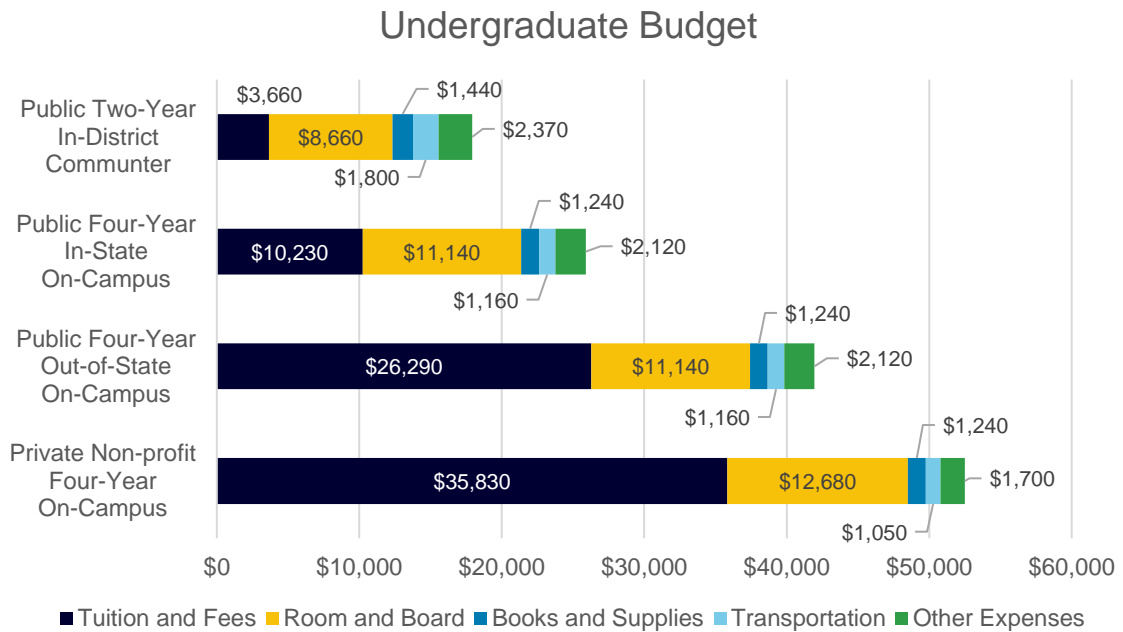
	<p>be an early academic qualifier, you will need:</p> <ul style="list-style-type: none"> ▪ A minimum ACT sum score of 75 or SAT combined score (math and critical reading) of 980. ▪ A core-course GPA of 3.000 or higher in a minimum of 14 core courses in the following areas: <ul style="list-style-type: none"> ○ Three years of English, ○ Two years of math and two of science ○ Two additional years of English, math or natural/physical science. ○ Five additional core courses in any area. <p>A final high school transcript must be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers</p>	<p>enrolment. To be an early academic qualifier, you will need:</p> <ul style="list-style-type: none"> ▪ A minimum ACT sum score of 68 or a minimum SAT combined score (math and critical reading) of 900. ▪ A core-course GPA of 2.500 or higher in a minimum of 14 core courses in the following areas: <ul style="list-style-type: none"> ○ Three years of English, ○ Three years of math. ○ Two years of natural or physical science. ○ Six additional core courses in any area. <p>A final high school transcript must be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers</p>
Qualifier	You may practice, compete and receive an athletics scholarship during your first year of full-time enrolment at an NCAA Division I school	You may practice, compete and receive an athletics scholarship during your first year of full-time enrolment at an NCAA Division II school.
Academic Redshirt (Div I) or Partial Qualifier (Div II)	You may receive an athletics scholarship during your first year of full-time enrolment and may practice during your first regular academic term but may NOT compete during your first year of enrolment. You must pass either eight quarter or nine semester hours to practice in the next term	You may receive an athletics scholarship during your first year of full-time enrolment and may practice during your first year of enrolment at a Division II school, but may NOT compete
Non-Qualifier	You will not be able to practice, compete or receive an athletics scholarship during your first year of enrolment at a Division I school.	You will not be able to practice, compete or receive an athletics scholarship during your first year of enrolment at a Division I school.

Source: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf (page 21)



5.9. Budgeting for College

Budgeting for a college adventure is not an easy task to complete. Using the below table as guide (**US Dollars**), the student-athlete can get a better understanding of the different expenses that are part of college life. International student-athletes are usually treated as “out-of-state” students in terms of tuition in public universities.



Source: <https://research.collegeboard.org/trends/college-pricing/figures-tables/average-estimated-undergraduate-budgets-sector-2019-20>

This illustration is an average guide of expected annual expenditure. True figures will depend on the cost of living in the colleges geographical location, any expenses that the sport program might not cover, and most importantly, the level of scholarship provided.

An Australia student-athlete will also need to budget for travelling costs such as international airfares and visas.

5.10. USA Courses Recognised by Australian Industries

It is important to understand that not all courses and associated qualifications from the USA are recognised in Australia. It is best to check in Australia whether or not the particular course you are considering will be recognised.

Individual subjects that you study in the USA **may** count towards a degree at an Australian university, but this depends upon the individual subjects and the universities (both in Australia and the USA).



Further information about what recognition is given to qualifications from the USA is available at [Department of Education, Skills & Employment](#)

The above tool is helpful when you are looking for a job with no specific requirements around registration, licensing, professional memberships or other industry requirements. If this you the case, you can contact an Australian state/ territory government Overseas Qualifications Unit (OQU) to understand how your overseas qualification compares in Australia.

It is recommended that for occupations that require specialised knowledge and skills in Australia that have registration, licensing, professional membership or other industry requirements, advice is taken from the occupation-specific authorities responsible for these. General enquiries around the appropriate authority for your occupation can be send to qualsrecognition@education.gov.au



6. Pre-College: All things Athletic

6.1. Amateurism

Only an amateur student-athlete is eligible for intercollegiate athletics participation in a particular sport. When you register for a Certification Account with the NCAA Eligibility Center, you will be asked a series of questions about your sports participation to determine your amateur status. In some instances, the NCAA Eligibility Center staff may need to gather additional information to evaluate your amateur status.

The following activities will affect your amateur status and will be evaluated through the Amateurism Certification Process:

- Delaying your full-time collegiate enrolment to participate in organized competition
- Playing with professionals
- Signing a contract with a professional team
- Participating in tryouts or practices with a professional team
- Receiving payment or preferential treatment/benefits for playing sports
- Receiving prize money
- Receiving benefits from an agent or prospective agent
- Involvement with a recruiting service.

6.2. Financial Aspect of Amateurism

Prospective student-athletes may accept compensation from their sport while in high school, provided payments do not exceed costs for the individual to participate. However, after full-time enrolment at a collegiate institution, student-athletes may not play on or accept compensation or expenses of any kind from a professional team.

The NCAA defines a professional team as a team that does at least one the following:

- Declares itself to be a professional team; or
- Pays at least one of its players above actual and necessary expenses.

Before accepting any payments related to sport, check with the athletics compliance office at the NCAA school recruiting you. If payments are accepted, the Eligibility Center encourages you to keep receipts and records of all out-of-pocket expenses related to your participation on the team.

The NCAA defines actual and necessary expenses as:



- Meals
- Lodging
- Apparel, equipment and supplies
- Coaching and instruction
- Health/medical insurance
- Transportation
- Medical treatment and physical therapy
- Facility usage
- Entry fees
- Other reasonable expenses.

Receiving expenses outside of these items from your National Sporting Organisation (Australian Athletics), National Institute (e.g. WAIS, QAS), State Sporting Organisation (e.g. Athletics ACT), Regional Academy, Club or Competition Organisers will potentially affect your amateurism status and your eligibility. As a general rule, receiving financial support that covers the cost of necessary training and competition related expenses is allowed, but we recommended clarification with your school or the NCAA as and when required.

6.3. Enrolment

After you graduate high school, you have a certain amount of time, called a **grace period**, to enrol full time at any two-year or four-year college or university. If you do not enrol at the first opportunity after your grace period and continue to compete in organised competition, you will use one season of NCAA eligibility for each calendar year during which you continue to compete. You also may be required to serve an academic year in residence at your NCAA institution before you can compete.

6.4. Recruiting Calendar

The NCAA defines recruiting as “any solicitation of prospective student-athletes or their parents by an institutional staff member or by a representative of the institution’s athletics interests for the purpose of securing a prospective student-athlete’s enrolment and ultimate participation in the institution’s intercollegiate athletics program.”

NCAA member schools limit recruiting to certain periods during the year.

Recruiting calendars promote the wellbeing of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.



For additional information on **recruiting calendars**, visit the [NCAA Recruiting Calendar](#) site



6.5. Key Terms in the NCAA Recruiting Period

The **NCAA Evaluation Period** is a specific time of year when college coaches are allowed to watch an athlete compete in person or visit their school. However, coaches are not allowed to communicate with that athlete (or parents) off the college campus. Coaches can sit in the stands during a recruit's practice or game, as well as visit the recruit's school. This gives college coaches a chance to talk to the recruit's coach, teachers or guidance counsellor to get a better understanding of the student-athlete's character. After the visit, the coach may call or email the recruit and let them know how their experience was at the school or game.

The **NCAA Contact Period** is a time when all communication between athletes and coaches are open. Coaches can email, text, call, direct message and generally contact athletes and their parents through any NCAA-approved method. In-person contact can occur on the college campus, as well as at tournaments, at the recruit's school and home. In other words, the communication floodgates are open, so take advantage of this opportunity to get unlimited access to talk to coaches.

The most restrictive of all the recruiting periods is the **NCAA Dead Period**. During the dead period, coaches may not have any *in-person* contact with recruits and/or their parents. In other words, coaches are not allowed to talk to recruits at their college campus, the athlete's school, an athletic camp or even the grocery store. While the term "dead period" makes it seem like all recruiting stops during this time, that's actually not the case. Athletes and coaches are still allowed to communicate via phone, email, social media and other digital communication channels. The goal of the NCAA Dead Period is to give athletes a little bit of time and breathing room to think about what school they want to sign with.

The NCAA defines the **quiet period** as a time when "a college coach may not have face-to-face contact with college-bound student-athletes or their parents off the college campus and may not watch student-athletes compete or visit their high school." To break it down, the NCAA Quiet Period is a time you can talk to college coaches in-person on their college campus. However, the coach is not allowed to watch athletes compete in-person, visit their school, talk to them at their home, or talk to them anywhere outside of the college campus.

The goal of this period is to give elite recruits a break from getting visited by college coaches at their games and at their home. For average recruits, this time will feel like a contact period. You can still text, call, and email or direct message coaches during this time, and you should be reaching out to stay proactive in your recruiting.



6.6. Official & Unofficial Visits

Any visit to a college campus by a college-bound student-athlete or his/her parents paid for by the college is an official visit. Visits paid by the prospective student-athlete or their parents are unofficial visits.

Official visits – the college can pay for transportation to and from the college, lodging, meals, as well as reasonable entertainment expenses including three tickets to home sporting events.

Unofficial visits – the only expense that a college may pay for is three tickets to a home sporting event.

6.7. Scholarships

NCAA Divisions I and II schools provide more than \$2.9 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletic scholarships. See the below table regarding scholarship types and financial aid.

	Division I	Division II	Division III
Type	Multi-year, cost-of-attendance athletics scholarships available	Partial athletics scholarship	No Athletics Scholarships
Aid	58% of student-athletes receive athletics aid	59% of student-athletes receive athletics aid	80% of student-athletes receive non-athletics (= academic) aid

Source: <http://www.ncaa.org/about/resources/media-center/ncaa-101/our-three-divisions>

For Division I & II, if the athletic and academic ability is suitable for a university or college, the school can offer you an athletic scholarship to assist in offsetting your educational expenses. The contract of this scholarship is called the **National Letter of Intent**.

6.8. What is a National Letter of Intent

A National Letter of Intent (NLI) is signed by a college-bound student-athlete when the student-athlete agrees to attend a **Division I or II college** for one academic year. Participating institutions agree to provide financial aid for **one academic year** to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid.



The NLI is voluntary and not required for a student-athlete to receive financial aid or participate in sports.

Signing a NLI ends the recruiting process since participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.

A student-athlete who has signed a NLI may request a release from his or her contract with the school. If a student-athlete signs a NLI with one school but attends a different school, he or she will lose one full year of eligibility and must complete a full academic year at their new school before being eligible to compete.

6.9. Pros & Cons of Signing NLI

Pros	Cons
The NLI provides security for both the college and student-athlete. Assurance of an athletic scholarship for one full academic year. It signals the end of the recruiting process and bans other college contact.	Traditionally seen as one-sided agreement, with a lot of contractual power sitting with the college
Security in case of injury between signing period (Dec-Feb) and start of classes (Aug)	The athlete loses one year of playing eligibility if changes his/her mind and transfer to a different school
Media coverage boost when signing on Signing Day	Fear of missing out on better offer is signing early/lower division
Big scholarship money is usually available early in the recruiting process, signing an early NLI can secure higher levels of support	The NLI is binding even if the coach who offered the letter leaves the college.

6.10. Examples of Scholarships

A full scholarship as ruled by the official guidelines will include all of but not exceeding the following components:

- Full coverage of tuition and fees
- Full coverage of required text books only
- Full coverage of room and board in an institution’s dormitory or an equivalent stipend cheque for student-athletes who live off campus
- On campus meal plan that can be utilised on campus or an equivalent stipend cheque for student-athletes who live off campus
- Some institutions do offer to cover health insurance.



This is the maximum allowance that an institution can allocate for a student-athlete in one academic year.

Any additional benefits allocated by the institution may be determined as a violation and constitute an NCAA investigation.

Full scholarships are very rare. Each sport has a set number of scholarships available. The scholarship level can increase annually based on academic and athletic performance, so if the scholarship is at 0.25 level for Year 1, that can be increased to 0.50, 0.75 or 1.0 based on athletic performances.

6.11. Athletic Scholarship Limits 2019-20

College Athletic Associations set the maximum number of athletic scholarships their member schools can award to student-athletes for official sports. Here are the limits within Cross Country and Track & Field for the 2019-20 year:

6.11.1. Men’s Scholarship Limits Per Sport

	NCAA I	NCAA II	NCAA III	NAIA	NJCAA
Cross Country	12.6	12.6	-	5	10
Track & Field	12.6	12.6	-	12	20

Source: <http://www.scholarshipstats.com/ncaalimits.html>

6.11.2. Women’s Scholarship Limits Per Sport

	NCAA I	NCAA II	NCAA III	NAIA	NJCAA
Cross Country	18	12.6	-	5	10
Track & Field	18	12.6	-	12	20

Source: <http://www.scholarshipstats.com/ncaalimits.html>

6.12. National Signing Day

National Signing Day has traditionally been the first day that a high school senior can sign a binding NLI for a collegiate sport with a school that is a member of the United States National Collegiate Athletic Association.



Although all NCAA sports have at least one National Signing Day, and most have two, College Football's is by far the most widely followed by fans and sports media. Traditionally, college football's National Signing Day is the first Wednesday of February.

6.13. Different Types of Scholarship Offers & Support

6.13.1. Full Ride Scholarship Offer

Full-ride athletic scholarships are available in six college sports:

- Division I Men's Football
- Division I Men's Basketball
- Division I Women's Basketball
- Division I Women's Gymnastics
- Division I Women's Tennis
- Division I Women's Volleyball

These are known as head count sports that create revenue for the school. A full ride covers the major costs of attending college like tuition, room and board, books, and some course fees. The term "full ride" doesn't mean for the "full four years". **Full ride scholarships, like all offers, are one-year agreements that may or may not be renewed.**

Other sports may offer full-rides (1.0 scholarship) out of their allocation, but this is dependent on the college, coach and program.

6.13.2. Partial Scholarship Offer

The remaining sports or "equivalency sports" in NCAA Division I and II are where coaches essentially have a pool of scholarship money that they can divide up amongst their team.

While not a full ride, a partial scholarship offer **may** still cover a significant portion of college costs. It may be that one student-athlete on a team gets a scholarship that covers tuition, while a teammate may only get offered a scholarship that covers the costs of books.

6.13.3. Preferred Walk-on Offer

Not all offers come with a monetary reward. Sometimes, the reward is simply a spot on the roster. A preferred walk-on offer means the coach would like you on the team but cannot (or will not) offer any financial assistance, at least for the first year.



Preferred walk-ons can earn a scholarship going into their second season, but nothing is guaranteed. Some student-athletes will turn down scholarship offers at smaller schools to play for a bigger program as a preferred walk-on.

Technically, preferred walk-ons don't have anything to sign on Signing Day, as they aren't receiving an athletic scholarship. However, walk-ons are an essential part of a successful team, and college coaches want to celebrate these signing as well.

6.13.4. Recruited Walk-on Offer

A recruited walk-on offer means there is interest from the coach but no financial assistance and you must still earn a spot on the team through additional try outs or summer training camp.

Although there is no financial assistance or even a guarantee of making the team, some student-athletes still view a recruited walk-on offer as a great opportunity to be playing at the highest level of competition.

6.13.5. Unrecruited Walk-on Offer

This is when a student-athlete qualifies for admission to the school and plans to join the team through an open tryout. In this scenario, there is usually a conversation with the college coach prior to enrolment to confirm the student-athlete will be able to try out for the team.

There is a lot to consider with any type of walk-on offer. This is especially true if you have scholarship offers from other schools.

6.13.6. Redshirt Scholarship Offer

Typically, a redshirt athlete will have a scholarship but cannot compete for one year. They will participate in all team activities like practice, training, and receive benefits such as academic tutoring, but they will not see any competition time.

However, they will get an opportunity to compete for four seasons in five years.

Reasons for being redshirted include a coach wanting a year to physically prepare an athlete for college competition, or a chance for a student-athlete to recover from an injury. An "academic" redshirt would be a freshman who may not meet the academic eligibility requirements coming out of high school.

6.13.7. Grayshirt Scholarship Offer

This is one of the most challenging offers from a college coach. In some cases, grayshirt offers are made by programs that have more commits than open spots.



Most coaches try to be clear about offers being made, but some committed student-athletes have been surprised to learn they have been grayshirted as National Signing Day nears.

A grayshirt offer means that an athlete will be on scholarship at the start of the second semester. That means they enrol first semester as a part-time student at the school or possibly a two-year school.

The good news is that grayshirt athletes will also have five years to compete for four seasons. Plus, there's a chance it could be turned into a regular scholarship offer if there is an unforeseen opening on the team's roster.

6.13.8. Blueshirt Scholarship Offer

Blueshirting is becoming a more popular (but hardly common) way to creatively manage the number of athletic scholarships. Blue shirt rules allow for unrecruited athletes to be awarded a scholarship at the start of freshman (first year of college) practice.

Like a redshirt, they will practice with the team but won't be allowed to compete for a year. This allows a team that may have too many commits to essentially borrow against their next year's scholarship total. The rules are rather strict in regard to what is defined as being "unrecruited." That means there was:

- No official visit
- No in-home coach visit
- No signed National Letter of Intent
- No form of athletic aid

Given the recruiting restrictions, it is still a pretty rare occurrence for a student-athlete to be considered for a blueshirt scholarship offer.

6.13.9. Greenshirt Scholarship Offer

More and more fall sport (e.g. Cross-Country) athletes are getting a jump on their college careers by graduating in December and enrolling a semester early. The benefits to greenshirting include the chance to get ahead on classes, attend spring training and practice with your new team while on scholarship before the new fall season.

Student-athletes who greenshirt are allowed to compete in their first year but they can also redshirt and have five years to compete for four seasons.



7. Pre-College: All Things Recruitment

7.1. Ways to get recruited

7.1.1. College Recruiter Approaches Potential Student-Athlete

For some potential student-athletes, a college coach will directly scout you. For Australian athletes this can occur at Junior/Youth International Events (*i.e. World Under-20 Championships*), National Events (*i.e. National Championships*) and/or State Events (*i.e. State Championships*).

The relevant college coach may continue to assess your athletic attributes through other events once you have been identified and once they know your competition schedule. This could be conducted in person or by video.

7.1.2. Potential Student-Athlete Approaches College

College coaches potentially receive hundreds of emails each week regarding recruitment for college scholarships. It is vital that you are able to grab their attention.

The subject line should have your name, position/event/discipline, current grade and potentially a key stat. Make sure the email includes your current athletic resume and a highlight and/or skills video, so the coach can conduct an initial evaluation.

Tailor the email to the individual coach and avoid creating a mass email to all coaches. While keeping the email brief, you may want to include why you are interested in that colleges program.

A follow up call to a coach after sending an email is good advice. Prepare for the call including, developing a script or running sheet. Do some research about the college, including the team's past performance and why you are interested.

7.1.3. Engagement of an Athletic Placement Company

There are a variety of generic and sport-specific third party Athletic Placement Companies that provide service for fee. This service includes evaluating your athletic and academic abilities, providing guidance around collegiate rules and regulations, assisting with the development of your athletic resume and trying to locate or find potential colleges and scholarships.

It is crucial that before you provide payment to a company you conduct your own research and that understand the terms and conditions of the contract.



7.2. Tips - How to get recruited

The **first step** is to understand what division and college standard best reflects your current developmental status from both an athletic and academic perspective.

Discussion with your family, coaches, teachers, club, State Sporting Organisation, National Sporting Organisation, National Institute Network and/or performance support team will help in assisting you identify your current and potential athletic and academic status.

The **second step** is to start researching colleges and compile a list that reflect your developmental needs (see where other Australian's at your level have gone). Start with a wide range of colleges and narrow it down as you progress.

The **third step** is to gather all your personal information regarding your athletic and academic capabilities and compile this into a resume. For further information about this, please refer to 7.3 Tips – Athletic Resume.

The **fourth step** is to start communicating with college coaches. As explained in 7.1 Tips - Ways to get recruited, there are several ways to communicate with a college and a coach.

It is important during this period of time that you understand the NCAA recruiting rules and recruiting calendar. It is also essential to understand the academic requirements to be eligible. All of these can either prohibit or inhibit your potential to be recruited.

7.3. Tips - Athletic Resume

Widely regarded as one of the most significant aspects for a prospective student-athlete is an Athletic Resume.

It is imperative that the resume captures the attention of the college coach, has all the required detail, but is simple, relevant and concise (1-2 pages).

It is critical that you proof read your resume before you provide it to a college coach. Triple check all details and make sure your contact details are correct.

What details should be provided?

Personal details and information. This includes name, hometown, sport, primary event/discipline, email address, telephone number and team.



Academic accomplishments. This includes your high school name, graduation date, cumulative *GPA*, *SAT/ACT* score, potential core academic course and desired major.

Athletic capabilities and achievements. This includes sport-specific performance statistics, anthropometrics, testing results, and career achievements or awards.

Highlight video. A link which provides a high-level insight into your athletic capabilities. Ideally this video should be from competition. Ensure the link is correct as a coach won't follow this up if it doesn't work.

Up-coming schedule. If a coach is interested in you, they are likely to want to further evaluate and your athletic abilities and verify your statistical output.

References. Provide at least three references. You should have an athletic (coach), academic (teacher) and character (esteemed figure) reference.

7.4. Tips - How to Make a College Decision

It is important that you have all the information required to make an informed decision. Section 10 (**Potential Questions to Ask Colleges**) should help you collate additional information that may not be publically available.

If a college has made an offer or is likely to make an offer, it is recommended that you go on a **campus visit**. Seeing the campus is a great way to understand if the college is a good fit for you. You get to see the college's culture, infrastructure and meet with the coach in person. This gives you the ability to gain more information and insights to help with making a decision.

You should compare the financial aid packages that have been offered and negotiated to you, during the recruiting process.

If a program doesn't have budget or has limits on their athletic scholarships, a college can often make up the different with a merit-based or academic scholarships.

Once you have gathered all the information regarding a relevant college, overlay this information with your athletic and academic goals to determine whether this college has the right environment to assist you with achieving your goals.



8. Going to College

8.1. Visas

Applying for and securing a student visa is another significant task to be completed during the recruitment process. As an international student-athlete, you will be issued with a F1 Visa that will span the duration of the university attendance.

You will not be able to complete the visa application until you have been accepted into an American university. The college will issue you an I-20 form that provides information about the reason for entering America, the duration of the stay, and the university that will be attended.

Once the required documentation has been received, you will need to apply to the USA Embassy or Consulate to be granted a student visa. You will also need to visit the USA Embassy or Consulate (<https://au.usembassy.gov/embassy-consulates/>) and be interviewed prior to final approval for the student visa.



9. At College

9.1. NCAA Stakeholders

Position	Role
College Presidents	Lead their schools and the NCAA
Athletic Directors	Oversee athletics staff on their campus and guide policy decisions
Faculty Athletics Representatives	Serve as liaisons between academics and athletics
Compliance Officers	Manage the NCAA rules and policies on campus
Conference Staff	Lead the governing bodies that organise competition amongst schools
Academic Support Staff	Prepare athletes for the classroom and future careers
Coaches	Develop student-athletes on and off the field
Sport Information Directors	Document and share player and team achievements
Health & Safety Personnel	Support college athlete wellbeing

Source: <https://www.ncaa.org/about/resources/media-center/ncaa-101/what-ncaa>

9.2. Employment

On an F1 visa, the student-athlete is allowed to work on campus, generally up to 20 hours per week during regular full-time semesters and more than 20 hours during school breaks. On campus work is typically at on campus locations such as cafeteria, library or admission office, and in these instances you are usually an employee of the university.

After the first academic year in the USA, the student-athlete can participate in three specific types of off-campus employment, such as CPT (curricular practical training), OPT (optional practical training) and STEM OPT Extension (additional 24 months' extension of the OPT for particular fields of study).



9.3. Medical Cover

The NCAA (and NAIA & NJCAA) requires all college student-athletes to carry health insurance in order to participate in any NCAA sport at any Division level.

Every student-athlete should ensure three basic criteria are met before entering college to play sports:

- The student has a medical insurance policy that is equal to or greater than the deductible offered by the [NCAA Catastrophic Injury Insurance Program](#)
- The student's university or college has provided a certificate stating the insurance policy is in place and active
- The health insurance policy will be active through all years the student is participating in college-level NCAA sports.

At a basic level, the NCAA requires all college-level student-athletes to carry health insurance. That policy can be through a parent's insurance, a private student plan, or through the university.

For Australian student-athletes, if you have a worldwide insurance plan with an Australian provider, it is highly recommended to check compliance with the USA Healthcare reform laws.

Prior to 2005, many students and their parents had to pay out of pocket for expenses due to the cost and nature of some sports injuries. However, the NCAA passed legislation in 2005 that requires all universities to certify students have adequate coverage before they participate in college-level sports.

The NCAA also established a Catastrophic Injury Insurance Program, paid for by the NCAA, which offers coverage for students and their families whose injuries exceed \$90,000 through private insurance or \$75,000 through institutions participating in the NCAA Group Basic Accident Medical Program.

9.4. Transfers

The decision to transfer to another school involves important and sometimes difficult choices. But it can also be a great option if you did not get to your first choice in Year 1 and would like to give it a second shot later in the process.

There are two main scenarios involved with transferring. The most common one is for a student-athlete currently enrolled in a Junior College (two-year program) transferring to a NCAA/NAIA school (four-year program), while the other one is a transfer between two four-year programs, therefore within NCAA Divisions or NAIA.



There is a common check-list to help guiding the process:

9.4.1. Determine if you are a transfer student-athlete

To learn which transfer rules apply to your situation, you first need to determine whether your situation meets the common definition of a transfer. Ask yourself if you have met any of the conditions, called **transfer trigger**, of a typical transfer situation:

- Have you been a full-time student at a two or four-year college during a regular academic term?
- Have you practiced or competed with a college team? This includes during any full-time and part-time enrolment and includes reporting to any practice that occurred prior to the start of an academic term.
- Have you received any athletics aid from a college while attending summer school?
- Have you received any financial aid while attending an NCAA Division I school during the summer?

If you answered “yes” to any of the above questions, you are a transfer student-athlete because you have met conditions that trigger your transfer status. Now you need to learn how to meet the transfer rules so you can play your sport at a new NCAA school.

9.4.2. Decide where you are going

Now that you know if you are a transfer student-athlete, you need to decide which school you want to attend. As you think about new schools, keep in mind academics are just as important as athletics.

Aspects you should gather information on:

- Your new school’s division
- Your new school’s conference
- Your new school’s admission policies including semester/trimester structure

9.4.3. Registration with the Eligibility Center

By now you should know whether you are a transfer student-athlete, which school you want to attend and what your initial eligibility status is. If you want to transfer to a Division I or II school and you have never registered with the NCAA Eligibility Center, you need to visit www.eligibilitycenter.org to register before you continue the transfer process.



If you have not yet registered with the NCAA Eligibility Center, your initial eligibility status is non-qualifier. Schools cannot assume you are a qualifier or partial qualifier.

9.4.4. Transfer Options

Transferring from a two-year program to a four-year program (i.e. Junior College to the NCAA)

Type of Transfer	Profile of the Student-Athlete
2-4 Transfer to NCAA Division 1	You plan to attend a Division I school and you never attended a four-year school full time
4-2-4 Transfer to NCAA Division 1	You plan to attend a Division I school. You attended a four-year school full time and now attend a two-year school full time
2-4 Transfer to NCAA Division 2	You plan to attend a Division II school and you graduated from your two-year school
4-2-4 to NCAA Division 2	You plan to attend a Division II school. You attended a four-year school full time and now attend a two-year school full time.
Transfer to Division III	You plan to attend a Division III school.

Source: <http://www.ncaapublications.com/productdownloads/TGONLINE22019.pdf> (page 11-17)



Full details on the above types of transfer can be found in the [NCAA Two-Year Transfer Guide](#)

Transferring between four-year programs (within NCAA/NAIA)

Type of Transfer	Profile of the Student-Athlete
Transferring from NCAA Division I	Student-athlete must request a “notification of transfer” through the compliance office to contact a new school
Transferring from NCAA Division II	Student-athlete must obtain “written permission” to contact a new school. Many Division II schools are using the transfer portal
Transferring from NCAA Division III	Student-athlete must obtain “written permission” to contact a new school. Some Division II schools are using the transfer portal



Transferring from NAIA

NAIA student-athlete wishing to contact an NCAA Division I or III school must obtain a permission from their current NAIA School.

NAIA student-athlete wishing to contact an NCAA Division II school, permission to contact is not required to begin speaking with the NCAA Division II school.

However, if the NCAA Division II school chooses to begin recruiting you, it is obligated by NCAA recruiting rules to notify your NAIA school of any recruiting activity

Source: <http://www.ncaapublications.com/productdownloads/TGONLINE42019.pdf> (Page 11-12)



Full details on the above types of transfer can be found in the [NCAA Four-Year Transfer Guide](#)

9.4.5. When can I compete?

Generally, you need to spend one academic year at your new school as a full-time student before you are eligible to compete. This time is called an **academic year of residence** (also known as sitting out period).

There are several aspects of your college experience that determine when you may compete after transferring.

Depending on your college experience, you may be able to compete as soon as you transfer or you may need to spend one academic year at your new school as a full-time student before you are eligible to compete.

Requiring student-athletes to sit out of competition for a year after transferring encourages them to make decisions motivated by academics as well as athletics. Most student-athletes who are not eligible to compete immediately benefit from a year to adjust to their new school and focus on their classes.

Student-athletes who must sit out for a year at their new school may practice with their new team and get an athletics scholarship if they were academically eligible when they left their previous school.

For your academic year of residence to count, you must attend classes only at the school where you plan to compete and you must be a full-time student (generally at least 12 credit hours). You cannot meet this requirement by attending your new school part time or by not attending school at all.



Each school determines its own full-time status, so check with the compliance department at your new school to find out how many credit hours you need to take.

9.4.6. Transfer Exceptions

There are a number of transfer exceptions that could allow you to practice, compete or receive an athletics scholarship during your first year at your new school. Remember, other school or conference rules also may affect your timeline. Talk to the compliance staff at your new school about whether you qualify for a transfer exception.

Your new school will decide if you qualify for a transfer exception. Lastly, if you don't meet a transfer exception, then you will need to meet all transfer criteria listed within the 2-4 or 4-2-4 sections outlined previously in this guide.

There are several basic restrictions for transfer exceptions:

- If you were a partial qualifier or a non-qualifier during your first year, you must spend at least one academic year of residence before you can use a transfer exception
- If you signed a National Letter of Intent and transfer during your first year as a full-time college student, you may not be able to compete at your new school for a certain period of time
- You may not use an exception if you are completing a year of residence at your current school.

You may use an exception to **compete immediately if you meet one of the following conditions** and receive certification from your compliance office on campus.

Transferring from a two-year program to a four-year program (Junior College to NCAA)

a) If you never attend a four-year school (transfer 2-4)

- Your sport is dropped or is not sponsored at your two-year school and you plan to attend a Division I or II school
- You plan to attend a Division II school and have not been recruited by that school
- You have not participated in your sport for two years and plan to attend a Division I or II school
- You plan to attend a Division III school.

b) If you have attended a four-year school and now attend a two-year school (transfer 4-2-4)

- You want to return to your original school



- Your sport was not sponsored at your first four-year school
- You have not participated in your sport for two years
- You plan to attend a Division II school and have not been recruited by that school
- You plan to attend a Division III school.

Transferring between four-year programs

a) To NCAA Division I and II

If you transfer from a four-year school to an NCAA Division I or II school, you may use an exception to compete immediately if you meet one of the following conditions and receive certification from your compliance office on campus:

- This is your first transfer
- You return to your first school without participating in sports at the second school
- Your sport is dropped or is not sponsored at your current school.
- You are non-recruited or non-scholarship
- You have not participated in your sport for two years
- Graduate or post-baccalaureate (second bachelor degree) participation.

b) To NCAA Division III

If you transfer from a four-year school to an NCAA Division III school, you may use an exception to compete immediately if you have not practiced or competed in intercollegiate sports. If you participated in intercollegiate sports at your current school, you may use an exception only if you would have been both academically and athletically eligible had you stayed at your current school.



10. Potential Questions to Ask Colleges

10.1. General Questions

- Why should I pick your program over another one which is recruiting me?
- What is a typical day for an athlete?

10.2. Academic & Entitlement Questions

10.2.1.Scholarship

- Specifically, what expenses does the financial aid and/or scholarship package cover? (tuition, board, meals, books, special assessments, supplies)
- Is financial aid available for summer school?
- If I'm injured, what happens to my financial aid?
- What conditions are used to determine the annual renewal of a scholarship?
- How many credits are required for me to keep my financial aid?
- For what reasons could I possibly lose my scholarship?
- Do you typically increase scholarship amounts after freshman year?

10.2.2.Study or Classes

- Are there athletic study halls/tutoring?
- Am I allowed time to make up classes and tests missed because of the competition schedule?
- Do athletes attend summer school to reduce the in-season course load?

10.2.3.Majoring

- What are some of the common majors of athletes in the team?
- Are any athletes majoring in _____?
- Will I be able to major in _____?
- What is the graduation rate of the program?

10.2.4.Accommodation

- What accommodation would I have access to? (on/off campus, with teammates/regular students, location to college/practice facilities/shops/dangerous areas)
- Is the accommodation covered between semesters (summer course option)?
- Are there separate dorms/dining/work out facilities for the athletes? Are athletes required to use them?



10.2.5.Meals

- Do athletes have the same meal plan as regular students?

Note: Division I schools should provide student-athletes with unlimited meals and snacks.

10.2.6.Medical

- What medical expenses are covered by the college?
- What access to medical providers will I get?
- What level of support will I be provided with in terms of physiotherapy, massage therapist, physicians, nutritionist, and recovery physiologists?
- Do you provide and have budget for private health insurance coverage?
- Can I receive injury advice from Australian Athletics?
- What are the injury rates and types within the sports program?

10.2.7.Equipment

- What equipment and apparel costs are covered and what will I be required to provide?

10.2.8.Employment

- What are my opportunities for employment while I'm a student?
- Does your school offer assistance in locating internship opportunities?
- Does your school offer assistance with job placement and resume building?

10.2.9.Wellbeing

- What policies do you have in place around athlete wellbeing and engagement?
- Does your school offer assistance with job placement and resume building?



10.3. Athletic Questions

10.3.1.Coaching

- How would you describe your coaching style?
- What kind of athletes do best with your coaching style?
- What makes you different from other coaches in your division?
- What kind of athletes succeed here?
- How do you balance athlete development versus a win-mentality?
 - Does your job depend on qualification of student-athletes for the National Championships?
- Have you ever recruited/coached international or Australian players before? What was your experience?
- When does your coaching contract end? Do you see yourself here in 4 years?

10.3.2.Training

- What would a typical schedule look like?
- What does the season/off-season practice schedule look like?

10.3.3.Competition

- Do freshmen compete?
- What percentage of freshmen remain on the team all four years?
- How much competition opportunities do you see me getting?
- What is the travel schedule like?

10.3.4.Current Team

- What are the strengths and weaknesses of the team?
- What is the biggest need of the team?
- What event do you see me competing in?
- What is the team GPA?

10.3.5.Team Scholarship Strategy

- How many/types of scholarships are available for my class?
- Are scholarships for 1 year or 4 years?
- What are your redshirt policies? Will scholarship cover a fifth year?
- What is your walk-on policy?
- Do you have official tryouts for the team?



10.3.6. Recruiting

- How many other students are you recruiting for my event right now?
- What are you looking for in an athlete?
- Where do you rank me on your list of possible recruits for my event?
- What is the recruiting timeline?

10.3.7. Obligations or Restrictions

- Are there any summer obligations?
- Can I compete in other sports?
- Can I travel back home to Australia for Christmas?
- Can I travel to compete for Australia at major Championships?

10.3.8. Team Policies

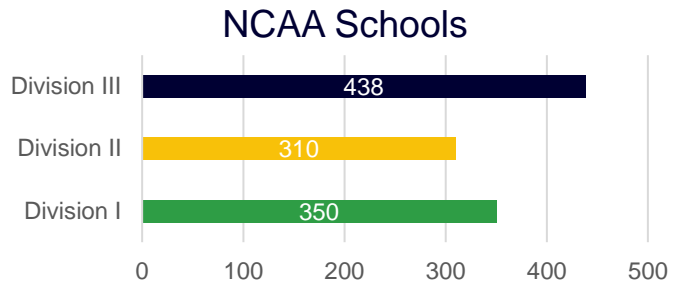
- How are conflicts between academic and athletic commitments handled?
- How accommodating are faculty staff with athletes missing practices?
- What is the team policy on athletes missing competitions to attend National Team duties?



11. NCAA Fun Facts

1,098 college and universities

102 athletics conferences



Nearly **half a million** college athletes make up the **19,886** teams that send more than **57,661** participants to compete each year in the NCAA's **90** championships in **24** sports across **3** divisions

150,000

Scholarships are awarded annually to Division I & II student athletes

\$2.9

Billion is award in athlete scholarships annually

HOW IS EACH DIVISION GOVERNED?

NCAA schools develop and approve legislation for their own division. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings



Division I student-athletes graduate at a higher rate than the general student body



Division II is the only division with schools in Alaska, Puerto Rico and Canada



Division III's largest school has 25,725 undergraduates. The smallest? 285



**AUSTRALIAN
ATHLETICS**