

Student Athlete. Congratulations on pursuing your dream of playing collegiate sports! In order to play at the next level there are a few things you need to do....

***Good Grades, Positive Attitude, Good Attendance in School and Practice!***

- Continue to work hard in season and off season with your current sport
- Are you coachable? Can you take constructive criticism?
- **Stay eligible- grades are important!**
- Make sure you plan for the appropriate high school courses to meet eligibility requirements
- Be prepared to answer questions from coaches- why do you want to be a student athlete and for that college/university
- Register to take ACT/SAT (know what score you need)
- Register with the appropriate eligibility center:
  - NCAA Division I, II, III, <https://web3.ncaa.org/ecwr3/>
  - NAIA: <https://www.playnaia.org>

**Advice:** Before you go on any visit, do your research- What type of school (DI, DII, DIII, NAIA, etc.), background of the coach(es), team's records, stats, profiles of athletes, types of majors of the athletes, who is in their conference, whose their mascot, information on the college- location, size, demographics, campus/dorm life, career placement, majors offered, tutors/help availability, cost, financial aid, etc.

**Questions to ask on your college visits/recruiting visits**

**To Coach:**

- What is a typical day for your athletes?
- What is the practice/training schedule?
- Where do you see the future of this program?
- What is the GPA/grade requirement to play on your team?
- What positions are you looking to fill?
- How big is this year's recruiting class?
- How many are on scholarship?
- Are there a JV and Varsity teams?
- Are incoming freshman automatically red-shirted?
- What does the off-season training consist of?
- Are athletes required to live on campus?
- Are athletes required to stay during the summer months?

**To athletes on the team:**

- How do you like the coaching staff?
- How do you manage training and academics?
- What is a typical day? (Compare this to the coach's answer).
- What supports are there for you? (physically, academically and emotionally)
- How have you handled adversity?
- How do the older athletes support the new recruits?
- Can you study abroad and be an athlete?
- How many credits do you take during each semester?
- Do you have any advice for me?

- If you could do it again would you choose this university?

**To Support Staff: Academic, Administration, Compliance, Training, etc.**

- How will you help me succeed academically, including tutor available (free)?
- What are the placement and graduation rates for student athletes?
- Can student athletes do internships and study abroad?
- What is the athlete's training schedule?
- Who helps register and monitor eligibility?
- What is the training schedule?
- Are there Athletic Trainers on site?
- What are your training/weight lifting philosophies?
- Where/What should I be doing now?
- Are there degree programs athletes can't do?

\*\* This information was adapted from a variety of sources:

- <https://www.nsr-inc.com>
- <http://www.ncsasports.org>
- Professional collaborations