

Clover Hill High School



***Student-Athlete
Handbook***

Clover Hill High School
Athletic Department

Student-Athlete Handbook

Clover Hill High School would like to welcome you to our athletic program. We have an outstanding program that is committed to excellence in academics and athletics. The Clover Hill staff seeks to provide each athlete the opportunity to develop their individual talents to the fullest within the framework of the team. The welfare of each student-athlete and the rules of good sportsmanship are of prime concern in the daily conduct of our program.

Clover Hill operates under the rules of the Virginia High School League, the Dominion District, the Central Region and the Chesterfield County School Board. This handbook is to provide you with some of the major rules and regulations under which we operate and also to provide you with other information concerning your participation in the athletic program.

*****Please read this handbook carefully and return the signature page, which is to be signed by both the athlete and parent and the enclosed insurance form.*****

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Clover Hill High School
Athletic Department 2010-11

Director of Student Activities – Wayne Mehrer
Assistant Director – Shelly Herzing
Athletic Office - 639-4945

Fall Sports:

Varsity Football
JV Football
Freshman Football
Girls Volleyball
JV Girls Volleyball
Boys Volleyball
JV Boys Volleyball
Boys Cross Country
Girls Cross Country
Golf
Field Hockey
JV Field Hockey
Cheerleading
Cavalettes

Sean O'Hare
John Fout
Brice Harrington
B J Smith
Sara Hill
Georjean Lampley
Chris Wahrman
Jim Wahrman
Rachel Simpson
Jim Alberston
Rhonda Clopton
Jesse Bowman
Candice Cobb
Dee Metzger

WINTER SPORTS:

Boys Basketball
JV Boys Basketball
Girls Basketball
JV Girls Basketball
Wrestling
Boys Indoor Track
Girls Indoor Track
Cheerleading
Cavalettes

Frank Short
Robert Shelton
Jim Wahrman
Chris Wahrman
Chris Giles
Tiffany Street
Rachel Simpson
Candice Cobb
Dee Metzger

SPRING SPORTS:

Baseball
JV Baseball
Softball
JV Softball
Boys Soccer
JV Boys Soccer
Girls Soccer
JV Girls Soccer
Boys / Girls Track
Boys Tennis
Girls Tennis

Chris Wahrman
Brice Harrington
Glenn Corbin
Amanda Caffi
TBA
TBA
TBA
Fred Angel
Jim Wahrman
Joel Higham
Wilton Johns

Athletic Trainer [All Seasons]

Danielle Ross

Virginia High School League Eligibility Rules

In order to represent Clover Hill in any VHSL interscholastic contest a student shall meet the following VHSL requirements:

Bona Fide Student Rule-The student must be a regular bona fide student in good standing at CHHS. Any student under penalty of suspension, or whose character or conduct is such as to reflect discredit upon CHHS, is not considered in good standing.

Grade Rule-The student must be enrolled in the last four years of high school.

Semester Rule-The student is eligible for eight consecutive semesters from the date that they enter the ninth grade for the first time. The eight semesters count whether the student is enrolled in school or not.

Age Rule-The student shall not have reached the age of 19 on or before the first day of August of the school year that he/she wishes to compete.

Scholarship Rule-The student shall have passed five subjects offered for credit and which may be used for graduation for the immediately preceding semester, and shall be enrolled in five credit subjects for the current semester.

-Multiple credit classes count as multiple subjects (Ex. Voc. Tech)

-Classes taken over that the student has previously passed may not be used as credit subject.

Athletic Participation/Parent Consent/Physical Examination Rule-Prior to trying out for or beginning practice with any team, the student must turn in a completely filled in and properly signed VHSL (white) Parental Consent/Physical Form. The form must attest that the student has been examined by a physician and found physically fit to participate and that their consent to their participation. The student must have a new physical (dated after May 1) for each school year.

Transfer Rule-The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move on the part of their parent(s) or guardian.

Amateur Rule-The student shall be an amateur.

Awards Rule-The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.

All Star Participation Rule-The student shall not have participated in any all-star contests.

Sportsmanship Rule-The student shall conduct himself in a sportsmanship manner at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

Ejection of a Player-Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next two contests.

Penalty for Giving False Information-Any student, or his parents, who gives false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

Questions concerning VHSL rules and eligibility should be directed to Wayne Mehrer, Director of Student Activities. (Office 739-6236)

Clover Hill Athletic Department Regulations and Policies

School Attendance

Athletes must be in attendance for a minimum of two blocks per day in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities.

Transportation

Transportation provided by the school must be ridden both to and from contests. When approved by the head coach, students may ride home with a parent. Parents must sign-out their child with their team's coach.

Equipment

Each athlete is responsible for all school equipment that is issued to him/her. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

Medical Procedures and Warning

The Clover Hill Athletic Department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to competition.

Standards of Conduct

The Clover Hill Athletic Department has established the following standards of conduct to insure that the athletes that represent Clover Hill conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspensions or dismissal from the team.

1. Use of tobacco or illegal use of alcohol or drugs.
2. Unexcused absences from practices or games.
3. Theft or destruction of school property including the property of schools that Clover Hill is visiting.
4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
5. Other actions detrimental to the team including involvement in disciplinary actions within the school.
6. Students placed in in-school or out-of-school detention will be suspended from all games and contests for one full week [5 days – Monday thru Friday.]. If the detention occurs during the pre-season, then the suspension shall be for the first week of the season.
7. Students suspended out-of-school will be suspended from all practices and games for a minimum of one week.
8. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days. **(Chesterfield County School Board Policy)**
9. Any player ejected from a contest for unsportsmanlike conduct will be automatically suspended from the next contest. **(VHSL Regulation-Any student ejected for fighting will be suspended for the next two contests.)**

Any athlete that is dismissed from a team or quits a team after the season begins may not begin practice with another team until the season of the team from which they were dropped has been completed.

VHSL Sportsmanship

All Athletes at Clover Hill Are Expected To Abide by The VHSL Sportsmanship Code at All Times.

Be Courteous to All

Know the Rules, Abide by and Respect the Official Decisions

Win With Character, Lose With Dignity

**Display Appreciation for Good Performance
Regardless of Team**

Exercise Self-Control

Permit Only Positive Behavior

Parent and Fan Expectations

As a parent and fan of Clover Hill athletics, your support of your child at athletic events is important to your child and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans. Rude and obnoxious behavior will not be tolerated at any Clover Hill contests. If it becomes apparent that you are unable to exhibit good sportsmanship, you will be asked to leave the contest.

SPORTSMANSHIP

from

A

to

Z

- A**ccept and abide by the decisions of the contest officials.
- B**e a good host to opponents and treat them as guests.
- C**ooperate with the coach, players and cheerleaders in trying to promote good sportsmanship.
- D**o unto others as you would have them do unto you.
- E**ncourage players to play hard and fair.
- F**ollow the rules of the contest at all times.
- G**ood sportsmanship is the "Golden Rule" in action.
- H**old assemblies before a contest to encourage students to display proper conduct.
- I**ntervene when inappropriate language or behavior is observed at athletic events.
- J**udgment calls on the part of the officials are not reason for inappropriate behavior.
- K**now, understand, and appreciate the rules of the contest.
- L**ose without excuses; win without boasting.
- M**odel language and behavior that is non-biased and is inclusive of individuals regardless of ethnicity, race, religion, sex or disability.
- N**ever criticize players or coaches for the loss of a game.
- O**pposing coaches, participants, cheerleaders, and fans must be respected at all times.
- P**rovide opportunities for informing student and adult spectators of their responsibility to uphold the standards of sportsmanship.
- Q**uestioning an official's call or making negative comments about an official is unacceptable behavior.
- R**ecognize and show appreciation for an outstanding play.
- S**hake hands with opponents prior to the contest and wish them good luck.
- T**each sportsmanship and demand that your players be good sports.
- U**se cheerleaders, pep groups, and other student leaders to help develop a sportsmanship program.
- V**ictory celebrations and unscheduled game rallies should not be permitted at events sponsored at your school.
- W**ork cooperatively with officials and other contest personnel for an efficient contest.
- eX**ercise self-control and be a good example for players and spectators.
- Y**elling, booing, or heckling an official's decision is unacceptable behavior.
- Z**ero in on sportsmanship—it's priority **NUMBER ONE**.

INSURANCE

Clover Hill High School requires that all participants in our athletic program must be covered by a private medical-accident insurance policy or purchase the student accident insurance that is offered through the school. **Adequate insurance coverage for each athlete is the responsibility of the parent or guardian.**

School accident insurance is offered to the students during the first week of school and is handled by First Service Insurance. If you need to purchase the insurance for fall sports (prior to the opening of school) please see the coach of the team or the athletic director for the insurance enrollment application and explanation of benefits. School accident insurance will cover athletes in all sports and activities except varsity football. A separate policy for varsity football is available for purchase.

VHSL CATASTROPHIC ACCIDENT INSURANCE COVERAGE

All students participating in interscholastic sports and activities under the jurisdiction of the VHSL are covered by the Lifetime Catastrophic Accident Insurance Plan. **This plan does not cover normal injuries but is a supplemental plan that begins benefits only when the expenses for a major covered injury have exceeded \$25,000.** For additional information on this plan or to file a claim, please see the athletic director.

Please complete the attached insurance form and return. This form must be attached to the physical form before athletes may participate.



NCAA FRESHMAN - ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

The NCAA initial-eligibility rules have changed.

If you plan to enroll in any Division I or Division II college or university in fall 2005 or after, please read this information carefully.

For students entering any college or university on or after August 1, 2005, your NCAA initial eligibility will be evaluated under the new rules as described on this sheet.

For students entering any Division I college or university on or after August 1, 2008, your NCAA initial eligibility will be evaluated under the 16 core-course rule as described on this sheet.

THE NEW RULE:

- **INCREASES** the number of core courses from 13 to 14. This additional core course may be in any area: English, mathematics, natural/physical science, social science, foreign language or non-doctrinal religion/philosophy. The breakdown of core-course requirements is listed below.
- **CHANGES** the Division I initial-eligibility index, or sliding scale. *See the reverse side for the Core GPA/test score sliding-scale index.*
- The 16 core-course rule **INCREASES** the number of core courses from 14 to 16 for Division I only. Students must complete **three** years of mathematics (Algebra I or higher), and **four** years of additional core courses. The additional core course may be taken in any area: English, mathematics, natural/physical science, social science, foreign language or non-doctrinal religion/philosophy. The breakdown of the requirements is listed below.

DIVISION I 2005-2007

14 Core Courses:
4 years of English.
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
1 year of additional English, mathematics or natural/physical science.
2 years of social science.
3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

DIVISION I 16 CORE-COURSE RULE 2008 and after

16 Core Courses:
4 years of English.
3 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
1 year of additional English, mathematics or natural/physical science.
2 years of social science.
4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

DIVISION II 2005 and after

14 Core Courses:
3 years of English.
2 years of mathematics (Algebra I or higher).
2 years of natural/physical science (1 year of lab if offered by high school).
2 years of additional English, mathematics or natural/physical science.
2 years of social science.
3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

PLEASE NOTE: Computer science is being **eliminated** as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005, may not use any computer science courses in meeting the core-course requirements, unless the course receives graduation credit in mathematics or natural/physical science, and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION

- In Division II, there is no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (Verbal and Math sections only) and the minimum ACT sum score is 68.
- Students first entering a Division I or Division II collegiate institution on or after August 1, 2005, must meet the new 14 core-course rule.
- Students first entering a Division I collegiate institution on or after August 1, 2008, must meet the 16 core-course rule.
- The SAT combined score is based on the Verbal and Math sections only. The new writing section will not be used.

For more information regarding the new rule, please go to www.ncaa.org. Click on "Student-athletes and Parents" in the "Custom Home Pages" section. You may also visit the clearinghouse Web site at www.ncaaclearinghouse.net.

IF YOU HAVE QUESTIONS ABOUT NCAA ELIGIBILITY, PLEASE CALL THE NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE TOLL-FREE AT 877/262-1492. YOU MAY ALSO CALL THE NCAA AT 317/917-6222.

DIVISION I CORE GRADE-POINT AVERAGE/ TEXT-SCORE SLIDING SCALE NEW CORE GPA/Test Score Index		
Core GPA	SAT ^{Verbal and Math ONLY}	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

What's the difference between Divisions I, II and III?

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100 percent of the minimum number of contests against Division I opponents -- anything over the minimum number of games has to be 50 percent Division I. Men's and women's basketball teams have to play all but two games against Division I teams; for men, they must play one-third of all their contests in the home arena. Schools that have football are classified as Division I-A or I-AA. I-A football schools are usually fairly elaborate programs. Division I-A teams have to meet minimum attendance requirements (average 15,000 people in actual or paid attendance per home game), which must be met once in a rolling two-year period. Division I-AA teams do not need to meet minimum attendance requirements. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

Division II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50% of their games against Div. II or I-A or I-AA opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Div. II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

STEPS IN CHOOSING A COLLEGE FOR THE STUDENT ATHLETE

I. Freshman Year

- A. Make an appointment with your counselor and let your counselor know you are an athlete hoping for an athletic scholarship
- B. Formulate your athletic plan by reviewing the NCAA guidelines, core course requirements, and basic college preparation requirements with your counselor (See NCAA Section of this handbook).
- C. Begin creating a resume that includes the following points:
 - 1. Personal information and activities – including athletic accomplishments, camps, and clinics.
 - 2. Education – GPA, academic achievements, and your core course requirement sheet.
 - 3. School information
Clover Hill High School
13301 Kelly Green Lane
Midlothian, VA 23112
Phone (804) 639-4940
Fax (804) 739-5000
 - 4. Academic goals – major interests and career goals.
 - 5. References – include the full name, address, and zip code (be sure to ask permission and provide the person with a stamped envelope when requesting that reference be written)
- D. Develop a list of colleges considering the following: academic goals, scholarship availability, strength of academic curriculum and athletic programs which include the athletic programs offered, strength of the athletic schedule, percentage of athletes who graduate, tutoring, criteria for admission, location, size, type of student body, library and research facilities, availability of internship or co-op programs and accessibility.

- II. ****Use the College Handbook, Peterson's Guide to Colleges, and Barron's profile of American Colleges to find this information***

III. Sophomore Year

- A. Review your schedule and your academic plans with your counselor.
- B. Begin tracking your core course GPA on your worksheet included in this handbook.
- C. If you do not have a 2.0, especially in the core courses you have already taken, **GET HELP NOW.**

- IV. If you are truly an outstanding athlete, you can generally expect to be recruited by colleges. There is also considerable financial aid available at most colleges for students who are good athletes, and not necessarily just for the outstanding athlete. The aid is either “reserved” for the athletes through designated scholarships or awarded on a preferential basis as a part of the financial need packaging process

- V. The key to receiving consideration for this type of aid will depend on your determination to recruit yourself and your talents. This recruiting procedure is based on contacting coaches of your sport at colleges you desire to attend. The college coaches, if convinced of a student athlete's potential contribution to their program, will take an active role in assisting you in the financial aid request. This process should begin your junior year. **See steps to market your Athletic Talent** at the end of this section.

VI. Junior Year

- A. Letters from coaches are not permitted until after the beginning of your junior year. Look through this information and begin making a list of college choices.
- B. Take the PSAT – October of your junior year
- C. Take the SAT – spring of your junior year. The ACT is required of some schools instead of the SAT. Be sure to check the individual college's catalogue.
- D. Attend the school's SAT prep program
- E. Attend Chesterfield School's college open house night.
- F. By the end of your junior year try to narrow your choices to 10-15 colleges. Use the summer months to visit colleges, write coaches, and attend camps so that as many college coaches can see you as possible.
- G. College coaches can contact you after July 1 of your junior year. It is important that you sit down with your parents to set up a recruiting procedure and schedule for phone calls, logging visits and calls by coaches, and setting time limits. Recruiting is a very intense process that will take away from your studies and enjoyment of your senior year unless you plan ahead.
- H. Apply to the **NCAA Initial-Eligibility Clearinghouse** at the end of your junior year.
- I. Begin creating a final resume.

VII. Senior Year

- A. Refine your college list to 5-10. During your senior year you may receive only one expense-paid (official) visit to a particular campus and you may receive no more than 5 such visits. You should make a list of questions to ask the college coach and admissions counselor before you make such a visit. These questions should cover each of the following areas:
 - 1. Finances – types of financial aid and scholarships available
 - 2. Eligibility – does the school have a national letter of intent? What course load & GPA is required to continue to play?
 - 3. Athletic Program – What is the game and traveling schedule? What off-season activities are required? How much time are you required to spend at practice or in the training room each week?
 - 4. Academic Climate – Can you meet the admissions and academic requirements? Do professors allow tutoring and makeup tests when the team schedule conflicts with classes?
- B. Continually update and **Type your activity sheet**. It will be sent with each transcript and scholarship request.
- C. Inform your counselor of your college choices.

1. Keep a letter in your file granting permission to send transcripts to certain colleges or
2. In form guidance each time that you want a transcript sent.

VIII. Remember there is a fee each time that you request that a transcript be sent.

- A. Take the SAT in November and the Achievement Test (ACT) in December. Take the SAT in January if you are looking at a top school and have not scored between 1,000 and 1,150. If your SAT score is borderline for the college you are considering be sure to check with the college coach to determine your chance of being accepted. You have to be admitted by the Admissions Office in order to play!
- B. Initiate the application process to colleges:
 1. Request an application from the admissions office.
 2. Complete your application and submit it to the admissions office unless told otherwise by the coach. Observe all deadline dates.
 3. Request a transcript from your counselor two week before it's due; if you need a recommendation, ask for this two weeks before it's due also.
 4. Have Admissions Testing Program forward your College Board scores (SAT) if required.
 5. Schedule an interview if necessary or desired.
- C. Consider all offers of admission.
 1. Notify the college of your choice that you accept their offer of admission.
 2. Notify all other schools of your decision not to attend and thank them for their consideration.
- D. Fill out the Financial Aid Form (FAFSA) located in the Guidance Office and give it to your counselor. Your counselor will help you determine eligibility for specific scholarships.

Steps To Market Your Athletic Talents

1. Discuss with your counselor the range of colleges for which you are academically qualified. Talk to your coach to determine which college would suit you athletically. Be realistic about your ability and chances of being offered a college scholarship.
2. Find the name of the coach in your sport at each college on your list (10-15). The *National Directory of College Athletics* can be used for this information.
3. Write a personal letter to the coach. Include a resume detailing your athletic and academic achievements and goals, and any evaluations you have received from camps. Send a schedule of your school's games and tournaments. If the coach is unable to see you in action, send him/her a videotape of a game.
4. Ask your coach to follow up your letter with either a letter or a phone call.
5. Make a formal application to the college. Few college coaches will take much interest in you unless you actually apply to the college.
6. After applying, remain in touch with the college coaches. Ask about the status of your application and your request for a scholarship or other kinds of financial aid.
7. If possible, visit the college and the coach and sell yourself. Remember, college coaches need not only first string players, but also backup players.
8. Attend summer league, camps, and clinics to attract college recruiters. At the beginning of the camp, you should ask coaches if they would be willing to watch you play in order to write an evaluation at the end of the camp.
9. If you do not receive any scholarship offers from the schools that you have contacted, do not give up. Talk to the coach about playing the first year without a scholarship, while gaining the skill and experience necessary to receive an offer the next year.

Remember - - Your counselor and coach are here to help you explore alternatives, but cannot make you a better college candidate and cannot change the facts of grades, rank, and test scores that are a part of your record. **You have the ultimate responsibility for the college selection application process and your credentials.** This handbook is provided as only a guide to help you with this process.

SELECTING THE RIGHT COLLEGE

All colleges that adhere to NCAA standards provide the same basic financial assistance. The major difference between “full” scholarship is not the money but the educational value. You should select the school that offers you the best educational opportunity, which includes athletics. Carefully select your campus, professors, coaches, and courses. You should thoroughly check the school as a visitor before you check in as a student-athlete. You should get answers to as many of the following questions as possible before you pay a visit.

- Is the school fully accredited?
- Does the school offer the major that you want?
- Are your grades adequate for admission? (If you can’t get in; you can’t play)
- Does your high school guidance counselor believe that you can handle the college curriculum?
- Is the scholarship guaranteed for four years or can the school terminate it at any time?
- If you are injured, will you be able to keep the scholarship?
- How much will your schooling cost in addition to the scholarship?
- If you work to earn extra money, will you get any help finding a job?
- Are loans any part of the package of financial aid?
- Will the athletic department pay for a tutor?
- Can you afford to travel home during vacations, and can your family afford to travel to the school to see you play?
- Would you like to play for the current coach?
- Do most of the former athletes who played for this coach have their degrees? (You can ask for a graduation rate report)
- Does your high school coach believe that you would fit into the college’s program?
- Has anyone attempted to encourage you to accept anything you know to be illegal under NCAA guidelines?
- Has the importance of your being a student and earning a degree been emphasized? (One major injury can end your athletic career but an education lasts a lifetime)

Based on your answers to these questions select your top 10 schools and visit them. Try to be as objective as possible during your visit and keep an open mind. Don’t forget when you sign a letter of intent, it’s for the total institution and not just the athletic department. Select the school that offers you the best combination. You want to succeed as a student and as an athlete.

Checklist for a College Visit

Quality	Importance	Rating	Rank College
Program/major availability			
Academic reputation			
Instructional staff			
Athletic program			
Dorm facilities			
Eating facilities			
Student Body			
Distance from home			
Graduation rates			
Scholarship reports			
Size of college			

Signing a National Letter of Intent

Finally, do not sign anything until you receive advice from your high school coach and your guidance counselor. You need to have time to look over the information.

NCAA Recruiting Rules and Regulations

Clover Hill High School is concerned for the welfare of the student-athlete. The student-athlete stands to lose the most when recruiting violations occur. It must be emphasized that a student-athlete may lose his/her entire eligibility and an opportunity for intercollegiate competition at an NCAA school if there is a violation of the recruiting rules by a university, any of its coaches or representatives, or himself.

One of the best ways to prevent recruiting violations is to learn the basic rules and regulations observed by NCAA member institutions. Please take the time to review the following excerpts from the NCAA guide.

Recruiting – Division I

You become a “prospective student-athlete” if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you or your relatives or friends any financial aid or other benefits that the college does not provide to prospective student generally.

You become a “recruited prospective student-athlete” at a particular college if any college coach or representative of the college’s interest (booster or representative) solicits you or any member of your family for the purpose of securing your enrollment and participation in intercollegiate athletics at that college. Activities by coaches or athletic representatives that cause you to become a recruited prospective student-athlete may include, but is not limited to, the following:

1. Providing you with transportation to the college campus;
2. Entertaining you or any member of your family in any way (meals, tickets, movies, lodging, rides, etc) on or off campus, except you may receive a complimentary admission to an athletic event on campus when you visit with a group, such as a high school team;
3. Placing telephone calls to you or any family member, or
4. Visiting you or any member of your family anywhere other than on the college campus.

NO ALUMNI or representative of a college’s athletic interest (boosters or representatives) can be involved in your recruiting. There can be no phone calls or letters from boosters. This does not apply if it is part of a college’s regular admissions program for all prospective athletes.

You, or your family, may not receive any benefit, inducement, or arrangement such as cash, clothing, cars, improper expenses, transportation, gifts, or loans to encourage you to sign a National Letter of Intent or to attend an NCAA school.

A college coach may contact you in person off the college campus only **on or after July 1 after completion of your junior year of high school**. In all sports except football, phone calls from faculty members and coaches (but not boosters) are not permitted until on or after July 1 after completion of your junior year. In the sport of football, phone calls from faculty members and coaches (but not boosters) are not permitted until on or after August 15 after completion of your junior year.

Phone calls from faculty members are not permitted until on or after July 1 following the completion of your junior year. Coaches may accept collect calls from you on or after July 1 following completion of your junior year; however, coaches may not utilize a Toll-free (1-800) number to receive telephone calls from you (or your parents or legal guardians.)

Letters from Coaches, faculty members, and students, (but not boosters) are permitted until September 1 at the beginning of your junior year in high school.

Any face-to-face between a college coach and you or your parents, during which any of you say more than “hello” is a contact, regardless of the conversation. These contacts are not permissible “bumps.”

In all sports, coaches may contact you off the college campus a total of **three** times at any site. However, a coach may visit your high school (with the approval of your high

school principal) only **once** during a contact period. In addition, in the sport of football, coaches from a particular college may visit your high school on not more than three days during the football contact period.

In all sports, coaching staff members may evaluate you on not more than **four** occasions each year. All competition that occurs on consecutive days within a tournament counts as a single evaluation.

In the sports of football and basketball only, there are specified periods when a coach may contact you off the college campus and/or attend your practice and games to evaluate your athletic ability. For specific dates consult the NCAA Guide for the College-Bound Student-Athlete.

Knowingly furnishing the NCAA or your college false and misleading information about your involvement or knowledge of an NCAA rules violation will make you ineligible. If you think you have been improperly or unfairly recruited, please notify the conference office or the NCAA.

Visits to Colleges

You can visit any campus at any time at your own expense. On such a visit you may receive a maximum of three complimentary admissions for you and those who accompany you to a game on that campus and a tour of off-campus practice and competition sites in your sport, and other institutional facilities within 39 miles of the campus

During your senior year in high school, you may receive only **one** expense-paid (official visit) to a particular campus and you may receive no more than **five** such visits. The restriction applies even if you are being recruited in more than one sport. You may not be provided an official visit unless you have presented the college with a high school (or college) transcript and a score from a PSAT, and SAT, or an ACT test taken on a national test date under national test taking conditions. The academic transcript may be an unofficial photocopy of an official document from a high school (or college.)

In addition, Effective August 1, 1993, a college may not provide an official visit to you in a sport that has an early signing period for the National Letter of Intent prior to the initial signing date in that sport if you have not presented to the college with minimum Prop 48 requirements of a SAT score of 700 or an ACT score of 17, and a minimum 2.0 GPA in at least seven core courses. **[Note: Effective August 1, 1994, an Initial-Eligibility Clearinghouse will verify these credentials.]** If you do not present the above-mentioned academic credentials, you may not begin an official visit until 24 hours after the last day of the early signing period in that sport.

During your official visit (which may not exceed 48 hours), you may receive round-trip transportation between your home and the campus. If you do not think you will attend

the college, do not waste the college's time or recruiting money by making a visit. You do not have to use your five allowable visits.

During your official visit, you, and your parents may receive meals, lodging, and complimentary admissions to campus athletic events. Such admissions may provide seating only in the general seating area of the facility used for the event. In addition, a student host may help you become acquainted with normal campus life. The host may be given \$20.00 per day to cover all cost of entertaining you (and your parents, legal guardians, or spouse); however, the money cannot be used to purchase college souvenirs such as t-shirts or other college mementos.

Your official visit is one of the most important aspects of the recruiting process. Use it to learn as much as possible about the college. Talk to as many coaches, faculty members, and students as possible during your visit. **Remember**, the college you will choose will be your home for four years. Choose wisely!