

Contents at a Glance

Introduction	1
Part I: The World of College Sports	7
Chapter 1: Getting the Basics: Athletic Scholarships 101.....	9
Chapter 2: Defining a College Athletic Scholarship.....	19
Chapter 3: College Alphabet Soup: NCAA, NJCAA, NAIA.....	35
Chapter 4: Clearing the Clearinghouse.....	47
Part II: Getting Recruited	71
Chapter 5: Knowing What Colleges Are Looking For.....	73
Chapter 6: The Game Begins: Getting Noticed.....	83
Chapter 7: The Full-Court Press: Calls, Letters, and E-Mails from Coaches.....	105
Chapter 8: What to Do If You Don't Get Noticed.....	125
Chapter 9: Recognizing College Recruiting Violations.....	139
Part III: Making College Visits	149
Chapter 10: The Play-by-Play of College Visits.....	151
Chapter 11: Taking Your Turn to Recruit.....	171
Chapter 12: Preparing for and Evaluating Each Visit.....	185
Part IV: Committing to a School	195
Chapter 13: Negotiating a Financial-Aid Agreement.....	197
Chapter 14: Making the Verbal Commitment.....	209
Chapter 15: Understanding the National Letter of Intent.....	219
Part V: When You're in the Big Leagues: For Existing College Students	229
Chapter 16: Maintaining Your Eligibility.....	231
Chapter 17: Redshirting.....	249
Chapter 18: Transferring.....	259
Part VI: The Part of Tens	271
Chapter 19: Ten Things Not to Do during the Recruiting Process.....	273
Chapter 20: Ten Considerations When Choosing a School.....	279

<i>Appendix A: College Scholarship Web Sites and Resources.....</i>	<i>287</i>
<i>Appendix B: Resources for College Recruiting and Selecting Colleges and Coaches</i>	<i>291</i>
<i>Index.....</i>	<i>299</i>

Table of Contents

***Introduction* 1**

About This Book	2
Conventions Used in This Book	2
What You're Not to Read.....	2
Foolish Assumptions	3
How This Book Is Organized.....	3
Part I: The World of College Sports	3
Part II: Getting Recruited	4
Part III: Making College Visits.....	4
Part IV: Committing to a School.....	4
Part V: When You're in the Big Leagues: For Existing College Students.....	4
Part VI: The Part of Tens.....	5
Icons Used in This Book.....	5
Where to Go from Here	5

***Part I: The World of College Sports*..... 7**

Chapter 1: Getting the Basics:

Athletic Scholarships 101 9

Sorting Through Scholarship Opportunities.....	10
Finding the Right Program.....	10
Taking the Clearinghouse Seriously	12
Going Through the Recruiting Process	13
Making College Visits.....	14
Committing to a School.....	16
Staying Eligible After You're in College	17
Transferring	17

Chapter 2: Defining a College Athletic Scholarship . . . 19

Understanding the True Value of a Scholarship	20
Show me the money!	20
What it looks like on paper.....	21
Asking the Big Question: What's a Full Scholarship?	26
The full ride	26
The numbers count	27
Riding the Full Four Years.....	29
How to keep your scholarship	29
Who decides if you get to keep your scholarship?	30
Defining the Term Half-and-Half: The Academic and Athletic Scholarship.....	32



**Chapter 3: College Alphabet Soup:
NCAA, NJCAA, NAIA 35**

Understanding the NCAA35
 Understanding the rules and who makes them36
 Grappling with the divisions37
Jumping In with the NJCAA41
 What is the NJCAA?41
 Playing a sport in a two-year school42
 Being eligible to play later in the NCAA.....43
Running with the NAIA43
 What is the NAIA?43
 Defining how the NAIA serves athletes.....44

Chapter 4: Clearing the Clearinghouse 47

Discovering the NCAA Initial-Eligibility Clearinghouse.....48
 Facts and figures49
 Cost and contract information.....50
Becoming a Division I Qualifier53
 Core course requirements54
 GPA and test-score requirements56
Division II and III Requirements59
NAIA and NJCAA Requirements61
Reviewing Unusual Student Situations —
 and Making Sure You’re Still Eligible62
 International student-athletes.....63
 Home-schooled athletes66
 The learning-disabled student athlete67

***Part II: Getting Recruited*..... 71**

**Chapter 5: Knowing What Colleges
Are Looking For 73**

Blue-Chippers Come in All Types and Sizes74
Analyzing the Three Kinds of Students76
 The ones who get recruited76
 The ones who recruit themselves77
 The ones who don’t fit either category78
Keeping Score: Academics Do Count78
Analyzing the Athlete off the Field:
 Looking at the Whole Athlete81

Chapter 6: The Game Begins: Getting Noticed 83

Discovering the New Kid on the Block.....84
 Playing club ball.....84
 Choosing sports camps86
 Working with the coach88

Working with Your Parents90
 Maximizing Your Exposure92
 Thinking outside the box or beyond the game.....93
 Picking up the phone: Don't be afraid to do PR.....94
 Creating your own portfolio.....96
 Corresponding with coaches97
 Appreciating the Role of the Media99
 Maximizing your 15 minutes of fame100
 Getting what you want printed100
 Working Mom and Dad as Your Public Relations Firm.....101
 Choosing what's on the agenda101
 How to help, not hinder102
 Working as a team.....102

**Chapter 7: The Full-Court Press: Calls, Letters,
 and E-Mails from Coaches 105**

Vying for the Sophomore106
 Letters of promise: What they really mean107
 Enjoy the ride: Keep on pedaling.....108
 Tracking the Junior and Senior Rush110
 The phone is ringing off the hook110
 What the recruiter really wants117
 In-home visits118
 Understanding the Misunderstandings.....119
 Negative recruiting119
 Who to talk to.....120
 Ensuring the Best Results121
 Toeing the line.....121
 The role parents can play.....122
 What Recruiters Wish You Understood123

Chapter 8: What to Do If You Don't Get Noticed 125

Playing without an Athletic Scholarship.....125
 Understanding the benefits126
 Taking that first step127
 Walking On129
 Prep work.....130
 The tryout.....131
 The promise: Talk of a future scholarship.....131
 Using the Recruiting Service132
 What a recruiting service can do for you132
 Researching their records134
 What questions to ask.....135
 Show them the money!.....136
 What not to do136

Chapter 9: Recognizing College Recruiting Violations 139

Defining Infractions139
Major versus secondary infractions140
The most common infractions.....141
Paying the penalties142
Playing (or Not) with an Infraction.....144
When the coach violates recruiting rules145
When the college makes a mistake.....145
Discovering the Wonders (and Horrors) of Boosters146
Defining the booster.....146
How boosters are involved
in the recruiting process.....147

Part III: Making College Visits..... 149

Chapter 10: The Play-by-Play of College Visits 151

Visiting the Campus.....151
Taking official visits152
Opting for unofficial visits153
How many visits can you make?153
When can you visit?154
How long can you stay?155
Who will be with you on an official tour?155
Who pays for entertainment?.....155
Where do you stay?157
Deciding Whether Your Parents Should Make the Trip.....158
Wooring your parents158
Leaving them behind.....158
Looking at a Typical Visit.....159
Walking the campus160
Sitting in on a class.....161
Touring the athletic facilities162
Passing the physical exam162
Playing with the team.....164
Looking at dorms and apartments165
Being Watched: Putting Your Best Foot Forward.....167
Pre-interviewing.....167
Selling yourself.....168

Chapter 11: Taking Your Turn to Recruit 171

Research, Research, Research172
Checking Up on Your Favorite Programs173
Calling References: Don't Be Afraid to Ask178
Talk to students179
Talk to faculty.....180

Looking at Graduation Rates and Academic Successes	182
Paying attention to athletic success and coaching changes	183
Probing colleges on probation	184
Chapter 12: Preparing for and Evaluating Each Visit	185
Getting Ready for the Interview	185
Asking the Important Questions	187
Giving Intelligent Answers to the Questions You're Asked	189
Nailing the Interview	190
After Your Interview	192
<i>Part IV: Committing to a School</i>	195
Chapter 13: Negotiating a Financial-Aid Agreement	197
Reading the Agreement	197
Reading between the lines	198
Understanding what you're signing	198
Knowing what kinds of scholarships are typically offered	200
Understanding the Rules of Negotiating	201
Honing a poker face	201
Separating fact from fiction	202
Mentioning what other schools are offering	203
Resisting the Pressure	204
When the coach pressures you to sign	204
If you don't commit, will someone else get your slot?	206
Chapter 14: Making the Verbal Commitment	209
The Big Decision: Making Your Choice	209
Getting advice	211
Reviewing your notes	212
Recognizing that not all that glitters is gold	213
Going with your gut	214
The Tough Calls: Phoning Your Second and Third Choices	215
Your Last Call: Making the Verbal Commitment	216
Planning the Next Steps	217

Chapter 15: Understanding the National Letter of Intent 219

- What Is a National Letter of Intent?.....219
 - Understanding the fine print.....220
 - Knowing what you’re committing to.....222
- Knowing When and Where to Sign.....224
 - Deciding whether to sign early224
 - Knowing the signing date for your sport.....225
 - Setting up a signing location226
 - Knowing who needs to be present at the signing228

Part V: When You’re in the Big Leagues: For Existing College Students.....229

Chapter 16: Maintaining Your Eligibility. 231

- Keeping Your Scholarship.....231
 - Maintaining your academic eligibility.....232
 - Maintaining your amateur status235
- Injury or Pregnancy?240
 - The rights of the student-athlete.....241
 - The rights of the college.....244
- Fighting for Your Rights247

Chapter 17: Redshirting 249

- Is My Shirt Really “Red”?.....249
- Why Redshirt?250
- Talking about the Timeline252
 - The five-year rule.....252
 - The 21-year-old rule253
 - Timing the playtime255
 - Changing the game plan and playing instead255
 - Redshirting history among coaches256
- Graduation and Redshirting: How One Affects the Other256

Chapter 18: Transferring 259

- Looking at the Rules260
 - Transferring from a two-year college to a four-year college.....260
 - Transferring from a four-year college to a four-year college.....263
 - Moving from a four-year college to a two-year college and back again264

Looking at Reasons to Move On265
 Your second choice doesn't cut it266
 You're not getting enough playing time266
 You don't have enough money, or you're
 not happy with the scholarship.....266
 The school is too challenging academically —
 or not challenging enough268
 You have personal or social reasons
 for transferring268
 Talking to Coaches268
 Seeking a Release from Your Scholarship269
 Starting the Recruiting Process Over Again269

***Part VI: The Part of Tens*271**

**Chapter 19: Ten Things Not to Do during
 the Recruiting Process 273**

Don't Overestimate Your Ability273
 Don't Underestimate Your Ability274
 Don't Count On Receiving a Scholarship274
 Don't Think You're Being Recruited Just Because
 You Get a Letter275
 Don't Downplay the Importance of Academics275
 Don't Devalue a Partial Scholarship276
 Don't Believe Everything You Hear276
 Don't Ignore Your Gut Instinct.....277
 Don't Be Afraid to Ask Questions277
 Don't Trust a Cheater277

**Chapter 20: Ten Considerations When Choosing
 a School 279**

Is the School Right for You Academically?279
 Is the School Right for You Socially?280
 Is the School Right for You Athletically?.....280
 Is the Coach the Best One for You?281
 How Much Time Will You Spend in School
 versus Playing Your Sport?282
 What Kind of Academic Services Are Offered
 to Student-Athletes?282
 What Is the Graduation Rate of Student-Athletes
 at the School?283
 How Many of the School's Athletes Have Transferred
 Recently?283
 What Kind of Medical Treatment Will You Have
 if You're Injured?284
 What's the Game and Practice Schedule
 during the Holidays?285

***Appendix A: College Scholarship Web Sites
and Resources287***

- Free \$ For College For Dummies287
- Free Application for Federal Student Aid287
- Scholarships.com.....288
- College Connection.....288
- FreeGovMoney.net288
- ScholarshipCoach.com288
- GuaranteedScholarships.com289
- CollegeBoard.org.....289

***Appendix B: Resources for College Recruiting
and Selecting Colleges and Coaches291***

Index299