

# STUDENT ATHLETES AT SOUTH HILLS

## ***REMEMBER***



As a college-bound student-athlete, you are responsible for your eligibility — that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a difficult first step, but the benefits of being a student-athlete are worth the effort.

# High School Timeline

## 9<sup>TH</sup> GRADE



- *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 [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist).
- Sign up for a free Profile Page at [eligibilitycenter.org](https://eligibilitycenter.org) for information on NCAA requirements.

## 10<sup>TH</sup> GRADE

REGISTER



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

# 11<sup>TH</sup> GRADE



- Check with your counselor 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 counselor at each high school or program you attended to upload your official transcript to your NCAA Eligibility Center account.

# 12<sup>TH</sup> GRADE



- 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 Oct. 1 (winter/spring enrollees) in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your NCAA Eligibility Center account.
- *Reminder:* Only students on an NCAA Division I or II school's institutional request list will receive a certification.

# Academic Requirements

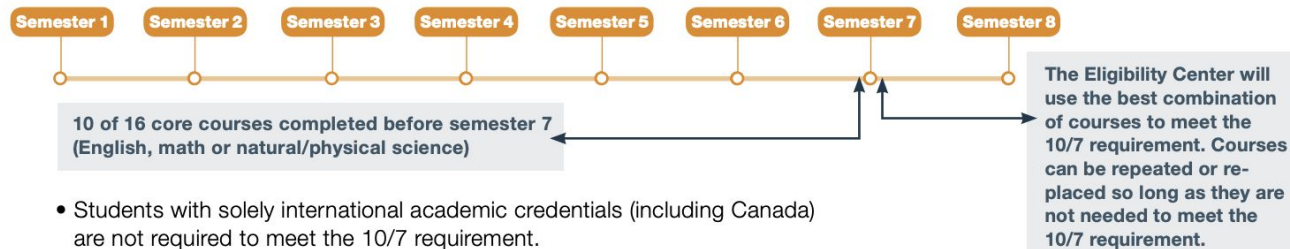
## DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, core-course GPA and test scores. To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate from high school and meet *all* of the following requirements:

1. Complete a total of 16 core courses in the following areas:



2. Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses completed to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement.





3. Complete the 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division I full qualifier sliding scale. Review the sliding scale on **page 20** to ensure your score meets Division I requirements.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

## 9<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 10<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 11<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 12<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

# Calculating GPA

## GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your core-course grade-point average based on the grades you earn in NCAA-approved core courses. Only your best grades from the required number of NCAA core courses will be used.

Your GPA is calculated on a 4.000 scale. Numeric grades such as 92 or 87 are changed to letter grades such as A or B. The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. Weighted honors or

advanced placement courses may improve your core-course GPA but your high school must notify the NCAA Eligibility Center that it weighs grades in these classes.

In “Pass/Fail” grading situations, the NCAA Eligibility Center will assign your high school’s lowest passing grade for a course in which you received a “Pass” grade. For most high schools, the lowest passing grade is a D, so the NCAA Eligibility Center generally assigns a D as a passing grade.

### Calculating Your Quality Points

In order to determine your quality points earned for each course, multiply the quality points for the grade by the amount of credit earned.

#### Examples:

- An A grade (4 points) for a trimester course (0.34 units):  
 $4 \text{ points} \times 0.34 \text{ units} = 1.36 \text{ total quality points}$
- An A grade (4 points) for a semester course (0.50 units):  
 $4 \text{ points} \times 0.50 \text{ units} = 2.00 \text{ total quality points}$
- An A grade (4 points) for a full-year course (1.00 units):  
 $4 \text{ points} \times 1.00 \text{ units} = 4.00 \text{ quality points}$

The worksheets on **pages 21** and **25** will help you to determine your core-course GPA.

### QUALITY POINTS

A = 4 points  
B = 3 points  
C = 2 points  
D = 1 point

### UNITS OF CREDIT

1 quarter unit = 0.25 units  
1 trimester unit = 0.34 units  
1 semester unit = 0.50 units  
1 year = 1 unit

# Sliding Scale

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	560	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Sum*
2.750	810	59
2.725	820	60
2.700	830	61
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	76
2.250	1000	77
2.225	1010	78
2.200	1020	79
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86

ACADEMIC REDSHIRT

# Requirement Worksheet



Student Name: \_\_\_\_\_

## NCAA Eligibility Requirements Worksheet

Minimum of 16 Core Courses (College Prep)

Core Courses – English, Math, Science, Social Science, (Foreign Language)

10 of these to be taken **BEFORE** your senior year (should have or be doing in regular schedule)

Minimum combined 2.0 GPA in those courses (goes up to 2.3 fall of 2016)



Use this template to help track your courses and grades received to help calculate your core course GPA

Remember to always check with your counselor to make sure all courses are NCAA approved.

English (4 years)	Sem 1	Sem 2

Math (3 years)	Sem 1	Sem 2

Social Science (2 years)	Sem 1	Sem 2

Science (2 years)	Sem 1	Sem 2

1 additional year (Eng, Math, Sci)	Sem 1	Sem 2

4 years additional courses from any area above and/or Foreign Language	Sem 1	Sem 2

Column A		Column B
A:	X 4 =	
B:	X 3 =	
C:	X 2 =	
D:	X 1 =	
F:	X 0 =	
Total:		
Total Column B/Total Column A = Core GPA		

You must also take the SAT or ACT. There is a sliding scale to determine your eligibility comparing your core course GPA with your SAT or ACT score. The higher your combined GPA is in core courses, the lower your test scores can be. The lower your core courses GPA is, the higher your SAT or ACT scores must be. See the scale at the NCAA Eligibility Center Online.

Finally, you must register with the NCAA Eligibility Center. Go to <http://www.eligibilitycenter.org/>. You should only register if you are intending on competing at a Division I or Division II University.

Core GPA: \_\_\_\_\_

SAT Score Needed: \_\_\_\_\_ (or)

ACT Score Needed: \_\_\_\_\_





# Now what...



## QUESTIONS TO ASK

While you are on a campus visit, consider asking questions about these topics to learn more about the school, athletics program and life on campus. You also can get suggestions of questions to ask coaches and administrators at [ncaa.org/student-athletes/future/choosing-college](https://ncaa.org/student-athletes/future/choosing-college).

- Academic resources.
- Scholarship renewals.
- Financial aid and cost of attendance.
- Admissions requirements.
- Study abroad/internships.
- Athletic training and medical expenses.
- Degree programs and graduation rates.
- Team time demands.
- On-campus housing.
- Coaching philosophy and style.
- Injuries and rehabilitation.
- Graduation rates.
- Schedule planning and time management.
- Playing time.

### REMEMBER



In addition to receiving your academic and amateurism certification from the NCAA Eligibility Center, you also must apply and be accepted to your DI or DII college before you can compete on campus.