

# **A HIGH SCHOOL SCHOLARSHIP PLAN FOR TRACK AND FIELD**

## **FRESHMAN YEAR**

1. Join the high school track team
2. Discuss your goals with your coach and parents.
3. Set realistic goals for the year and record your performances.
4. Work hard in practice and give your all at the games.
5. Work hard in the classroom to obtain a good GPA.
6. Meet with your school counselor to ensure that you take the courses required to participate in college athletics.
7. Identify twenty colleges that you are interested in and make a list.
8. Find out if your twenty colleges have a track program and research their academic requirements.
9. Run summer track.

## **SOPHMORE YEAR**

1. Evaluate your freshman year's performance and determine if you met or exceeded your goals.
2. Discuss the year with your coach and parents and set goals for your sophomore year.
3. Work hard in the classroom and on the track.
4. Meet with your school counselor and teachers to evaluate your academic performance, courses, and your GPA from your freshmen year.
5. Start thinking about and studying for the PSAT and Pre ACT test.
6. Send initial contact letter to colleges of interest. volunteer/community service projects/join clubs and school activities(colleges look for well-rounded student athletes)
7. Start thinking about your career choices.
8. Decide if your college choices fit your career goals.
9. Narrow your colleges list to ten and research their track programs, coaches, schedules, and accomplishments
10. Run summer track

## **JUNIOR YEAR (THIS IS A BIG YEAR)**

1. Evaluate your sophomore year's performance and determine if you improved.
2. Discuss new goals with your parents and coach.
3. Take the PSAT in October (talk to school counselor)
4. Take the SAT or ACT in the spring.
5. Send sports resume kit.
6. During this year you can receive printed materials from college coaches. Make sure that you know the recruiting rules.
7. Start asking yourself questions such as:  
What do you want out of college?  
What do you want to study or major in?  
What do you want out of college athletics (professional, Olympics or just to pay for college?)
8. With your college choices you should:
  - Let the college recruiters know who you are.
  - Attend some of the track meets of colleges or universities that you are interested in and take some campus visits.
  - Contact the track coaches of your college choices and send them a letter or E-mail.
  - Tell them your name, high school, graduation year, GPA, track and field events performed, and your personal best in the events.
  - Always give them your address, telephone number, Internet address and high school coach's name.
  - Most importantly, let the recruiter know that you would like to be on their team.
  - Keep in regular contact with the recruiter; **DON'T LET THEM FORGET ABOUT YOU**
9. Run summer track

## **Between your Junior and Senior Year**

1. After July 1<sup>st</sup> of your junior year, college coaches can call you to recruit you. Be ready with a copy of your accomplishments, GPA, and questions for the coaches.
2. Make official visits to your colleges and meet with the coaches.

## **Senior Year**

1. Evaluate your junior year's performance.
2. Discuss the previous year with your coach and parents and set goals for your final year of high school track and field.
3. Take or retake the ACT or SAT early in the fall to better your score.
4. Get applications to the colleges of your choice.
5. Ask your teachers for recommendations by October
6. Turn in your application and recommendations by December.
7. Apply for financial aid even if you are planning for a scholarship by January.
8. Keep up with your academics and check your GPA.
9. Keep in contact with college coaches.
10. Make official visits to your top colleges which should be paid for by the college.
11. Sit down with your parents and coaches to discuss any offers made by college coaches. Also ask questions and take notes to compare offers.
12. Make your final choice and sign a letter of intent to the college that you choose within fourteen days of receiving it.
13. Run summer track and get a workout schedule from your college coach.

**NCAA Initial Eligibility**  
**Division I Core-Course Breakdown**  
(Courses Must Appear on your List of Approved Core Courses)

**16 Core Course Rule**

**16 Core Courses include:**

- 4 years of English
- 3 years of Mathematics (Algebra I or higher)
- 2 years of Natural/Physical Science (1 year of lab if offered)
- 1 extra year of additional English, Math, or Natural, Physical Science
- 2 years of Social Science
- 4 years of extra core courses from any category above, or foreign language, nondoctrinal/comparative religion/philosophy

These course requirements have to be met in order to receive an athletic scholarship. Work closely with your counselor and/or advisor to ensure that you are on the right academic track.

**NCAA Initial Eligibility**  
**Division II Core-Course Breakdown**  
(Courses Must Appear on your List of Approved Core Courses)

**14 Core Course Rule**

(Note: increase to 16 core courses for class of 2013 and beyond)

- 3 years of English
- 2 years of Mathematics (Algebra I or higher)
- 2 years of Natural/Physical Science (1 year of lab if offered)
- 2 extra years of additional English, Math, or Natural, Physical Science (3 years required in 2013 and beyond)
- 2 years of Social Science
- 3 years of extra core courses from any category above, or foreign language, nondoctrinal/comparative religion/philosophy (4 years required in 2013 and beyond)

These course requirements have to be met in order to receive an athletic scholarship. Work closely with your counselor and/or advisor to ensure that you are on the right academic track.

## **SPORTS RESUME KIT**

- Σ Cover Letter
- Σ Sports resume
- Σ Letters of recommendation (at least four)
- Σ Sports video
- Σ Event sport schedule
- Σ Copies of newspaper clippings, awards
- Σ Picture of yourself (in uniform)

## **ELEMENTS OF A SPORTS RESUME**

**Academic Information:** G.P.A./Class rank  
SAT/ACT scores  
Achievement Test scores  
Awards, Honors

**Athletic Information:** Statistics  
Physical Dimensions  
Competitions  
Sport Camps attended  
Awards, Honors

**Personal Background:** Leadership roles  
Memberships (organization in and out  
of school)  
Extra Curricular  
Community involvement  
Employment

**List of references with names, addresses, telephone numbers**

## EXAMPLE OF AN INITIAL CONTACT LETTER

Frankie Hill  
1234 Run Fast Drive  
Houston TX. 77083

August 24, 2010

Mr. Mike Jones  
Head Track and Field Coach  
Galena Park University  
1234 Galena Manor Drive  
Galena Park, TX. 77547

Dear Mr. Jones,

My name is Frankie Hill and I am writing to express my interest in the men's track and field program at Galena Park University. Next fall I will be entering my junior year at Northshore High school in Houston TX and I am beginning to look at colleges. I would appreciate any information that you can send me regarding your program, school, and the availability of athletic scholarships. Thank you in advance for your cooperation. I look forward to hearing from you in the near future.

Sincerely

Frankie Hill