



Sage Ridge School
College Preparatory Excellence

2011-2012

**Student-Athlete and Parent
Handbook**

INTRODUCTION

Welcome to another year of Sage Ridge School Athletics. This handbook contains the policies and procedures of the Sage Ridge School Athletics' Department and information concerning the responsibilities of coaches and athletes.

This handbook refers to the expectations of student-athletes & parents for both the upper and middle school. *Remember: Being a part of an athletic team is a privilege, not a right.* Furthermore, the Sage Ridge School Mission, Pillars, & Honor Code, which govern student behavior during the academic day, also extend to all facets of the athletic program.

CONTACTS

Listed below are the primary contacts for the athletic department. If you have any athletic related issues, please contact Patrick Casey.

Athletic Director	Patrick Casey Office – 775.852.6222, ext 514 Email – pcasey@sageridge.org
School Phone Number	775.852.6222
Athletic Website	www.sageridge.org/athletics
Athletic Scheduling	www.highschoolsports.net
Athletic Directions	www.sageridge.org/athletics/directions
Head of School	Daryl DiBitonto Office – 775.852.6222, ext 507 ddibitonto@sageridge.org
Assistant to the Head of School	Julia Ballinger Office – 775.852.6222, ext 504 jballinger@sageridge.org
Assistant Head of School	Colburn Shindell Office – 775.852.6222, ext 510 cshindell@sageridge.org

SPORTS TEAMS

Upper School Varsity Teams

FALL

Girls Cross Country
Boys Cross Country
Girls Volleyball
Boys Soccer
Girls Soccer

WINTER

Girls Skiing
Boys Skiing
Co-ed Wrestling
Boys Basketball
Girls Basketball

SPRING

Girls Track & Field
Boys Track & Field
Boys Golf
Boys Swimming
Girls Swimming

Middle School Sports Teams

FALL

Girls Cross Country
Boys Cross Country
Girls Basketball

WINTER

Boys Basketball
Girls Skiing - CLUB
Boys Skiing - CLUB
Girls Volleyball
Co-ed Wrestling

SPRING

Girls Track & Field
Boys Track & Field
Boys Golf - CLUB
Girls Golf - CLUB

SCHOOL STATEMENT

Athletics is an integral part of the Sage Ridge educational experience, forming a significant component of the traditional college preparatory focus of the school. Emphasis is placed upon the pursuit of team and individual excellence, especially fitness, leadership, and sportsmanship. Athletics, as a part of the Sage Ridge School program, supports the SRS mission and pillars.

ATHLETIC PHILOSOPHY

Upper School

Sage Ridge School athletic programs provide students that have the skills, commitment, time and dedication the opportunities to participate at a competitive level while developing life skills through the competitive experiences that emphasize personal growth, teamwork, and sportsmanship.

Middle School

Participation in Middle School athletics is strongly encouraged in grades 5 & 6 and required in grades 7 & 8. Middle School students have the opportunity to participate and experience the benefits of sport while being part of a team.

Middle School Try-Outs

Due to our growth, development as a department, our limited practice space and transportation resources, boys and girls basketball and girls volleyball will have a three day tryout at the beginning of the season to reduce the number of players on the team to the number who can dress for any single game: 11 for basketball, 12 for volleyball. Students in 6th/7th/8th grade will be eligible to make the "8th grade team" and 5th/6th/7th grade students will be eligible to make the "7th grade team." Options for those students who are not chosen for the 7th or 8th grade team include camps and possible "B" teams.

Note Regarding Playing Time on Interscholastic Teams

While there is no guarantee that there will be equal playing time, coaches do their best to make sure that everyone has an opportunity to play. Factors such as team size, level of experience,

level of competition, and length of the contest determine how many student-athletes participate in each game.

PROGRAM GOALS

Upper School

- To be competitive
- To exemplify sportsmanship in practice and games by showing respect for officials, coaches, visitors, parents, opponents, and teammates
- To experience success
- To improve athletic skills and knowledge of the game
- To develop a strong work ethic
- To build and maintain good physical fitness and a sense of individual wellness
- To develop habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment

Middle School

- To foster participation and improvement in a variety of activities
- To improve playing skills and knowledge of the game
- To develop respect for officials, coaches, visitors, parents, opponents, and teammates
- To build team spirit and cooperation
- To develop a strong work ethic
- To develop good habits of health and safety
- To develop an understanding that participation in the SRS Athletic Program requires responsibility, respect, and commitment
- To teach the value of healthy competition

IMPORTANT DATES

Upper School

	Sport	First Practice	First Contest	Post Season
Fall	Cross Country	August 15 th	See website	October 27 th
	Girls Volleyball	August 15 th	See website	November 4 th
	Soccer	August 15 th	See website	NA
Winter	Skiing	November 12 th	See website	February 25 th
	Boys Wrestling	November 12 th	See website	February 17 th
	Boys Basketball	November 12 th	See website	February 16 th
	Girls Basketball	November 12 th	See website	February 16 th
Spring	Track & Field	February 25 th	See website	May 11 th
	Swimming	February 25 th	See website	May 11 th
	Boys Golf	February 25 th	See website	May 7 th

Middle School

See website for up-to-date information regarding the start and finish of each sports season for Middle School student-athletes.

ATHLETIC WEBSITES

Sage Ridge School uses two different websites for its athletic department. The SRS website, www.sageridge.org, has information on which sports are offered, beginning and end dates, directions, contacts, and other pertinent information on the day-to-day operations of the athletic department. Highschoolsports.net has the up-to-the-minute scheduling information.

LEAGUE AFFILIATION

Upper School

The Upper School athletic teams compete in the Nevada Interscholastic Activities Association (NIAA). Sage Ridge School is a member of the 1A level and competes in the Northern League for many of our sports (Volleyball, Basketball, and Track & Field). As a member of the NIAA, Sage Ridge School works to create the best possible chance for our student-athletes to become successful. Sage Ridge School will conform to all rules and regulations of the NIAA. Sage Ridge School competes at the 2A level for Boys Golf, Wrestling, and Cross Country, the 3A level for Boys and Girls Soccer, and the 4A level for Boys and Girls Swimming and Boys and Girls Ski Racing.

Middle School

The Middle School athletic teams compete in the Tah-Neva League. The Tah-Neva League is made up of many middle schools from around the Reno/Tahoe area. Sage Ridge School competes in the Small School Division of the Tah-Neva League. Sage Ridge School conforms to all rules and regulations of the Tah-Neva League and the NIAA.

FACILITIES

Sage Ridge School has access to different facilities both on and off campus. On campus, we have access to the soccer field and the Great Space, which can accommodate many of the sports that we offer. Off campus we have limited access to South Reno Athletic Club and the Reno Parks and Recreation Facility on Neil Road. Sage Ridge School rents space for team practice and competitions.

Student-athletes and fans are expected to treat all facilities with respect. It is also important to remember that you represent the Sage Ridge community when you are at a SRS athletic contest.

Sports that are “in-season” are given priority over all other sports for access to the facilities. Priority is also given to Upper School teams.

Coaches are responsible for overseeing the facilities that they use and are responsible for the safety of the student-athletes under their supervision. Coaches may not leave the practice or game area until all student-athletes have been picked up and the facility is in its original condition. If there are any questions regarding the use of facilities, please contact the Athletic Director for further information.

SPORTSMANSHIP

Sage Ridge School has enjoyed a great tradition of sportsmanship throughout the past few years. This has been due to the stellar work of student-athletes, parents, coaches, and other team members. SRS Athletics follows the Honor Code first and foremost, but also abides by the following sportsmanship statement which is announced at every home contest.

“Welcome to another year of Sage Ridge School Athletics. This is a general announcement for all students, staff, faculty, parents, and any other members of the Sage Ridge School Community about the behavior at athletic events throughout the year.

As a member of the Nevada Interscholastic Activities Association, we would like to take this time to remind you that sportsmanship and the objectives of our educational institution are a top priority. Your entry into this event entitles you to enjoy and support the student-athletes hard work as they look to compete for their schools. We request that your support is expressed in a positive and encouraging manner. Booing, taunting, intimidating, and/or any other type of unsportsmanlike conduct towards any player, coach, official, or other will not be tolerated and are grounds for immediate removal from the facility. Your cooperation and support of the values of respect and good citizenship is appreciated. Thank you and enjoy the contest.”

ELIGIBILITY

The academic criteria for eligibility for extracurricular commitments (sports, drama, etc.) are based on a student's letter grades in the quarter previous to, and during, the time-period of the activity.

The established assessment points of the academic year are used to determine eligibility from one point in time to another: mid-quarter and quarter. For example, if the student wishes to join a team or cast, he or she must not only meet the academic requirements in the previous quarter, but also the current quarter of the activity. Note: 4th quarter grades affect initial fall sport/drama eligibility.

Guidelines

Any student who earns two or more D+'s or below or any F or below will be removed from the activity until the next assessment point (mid-quarter or quarter) unless the student appeals his/her removal and the appeal is granted. Until such appeal is granted, the student may not play or practice.

Incomplete Grade

Students who receive a grade of incomplete and do not meet the contracted deadline to complete the work due are removed from the activity until the next assessment point.

Reporting of Student Status and Appeals Process

Within 24 hours from the posting of grades at an assessment point, the Registrar provides the names of students earning grades below C- to the Athletic Director and the Assistant Head of School. It is the responsibility of the Athletic Director to inform the student and the student's parents of the aforementioned student's ineligibility status. Within 48 hours of notification, the student may appeal the decision to the Eligibility Appeals Council. The EAC reviews appeals on a case-by-case basis. The EAC's decision is final. The EAC is composed of the following:

Eligibility Appeals Council

Athletic Director

The Appealing Student's Advisor

Assistant Head of School (Chair)

This policy applies to all Sage Ridge School students in both divisions.

Exceptions:

1. 1st quarter 9th grade students.
2. Newly enrolled 10th, 11th, or 12th grade students
3. First year middle school students

Late Arrival to School

Students must comply by school policy relating to attendance. Students must be on campus by 10:45 a.m. in order to participate in any extracurricular activity (practice, games, or any other team activity). Friday determines eligibility for all weekend events.

Upper School NIAA Rules on Eligibility

As stated in NIAA rules, student-athletes in the Upper School must also maintain a 2.0 GPA at all grading periods to be eligible to participate in Upper School sports. Upper School student-athletes must meet NIAA and Sage Ridge School requirements in order to participate. NIAA rules on eligibility may not be appealed like SRS rules and are final until the following grading period.

STUDENTS WHO ARE HOME SCHOOLED

Sage Ridge School does not allow home schooled children to compete on SRS sports teams.

PARTICIPATING IN NIAA SANCTIONED SPORTS NOT OFFERED BY SAGE RIDGE SCHOOL

SRS students are not allowed to participate in NIAA sanctioned public school athletics that are not offered at Sage Ridge School.

NAC 386.792 Pupil who attends private school that does not offer sanctioned sport. (NRS 386.430) A pupil who attends a private school that does not offer a sanctioned sport is not eligible to participate in that sanctioned sport at his school of residence. (Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

AFTER SCHOOL PRACTICES

Upper School

The Upper School practice schedule is set up by the coaches. Please check www.highschoolsports.net for all practice and game schedules. The Upper School typically practices five days a week for no more than two hours each day. Teams that travel off campus to practice must remain under two hours each day. It is the responsibility of the coaches to publish their practice schedules prior to their seasons. Attendance at practice is kept by the coaches. Consequences for late and/or missed practices are assigned by individual coaches.

Middle School

The Middle School practice schedule is set up by the coaches and Athletic Director. Please check www.highschoolsports.net for all practice and game schedules. The Middle School practices four days a week for up to an hour and a half each day. Practices run from 3:30 to 5:00 p.m.

This can change based on the sport and if the team practices with the Upper School. It is the responsibility of the coaches to publish their practice schedules prior to their seasons. Attendance at practice is kept by the coaches and students who do not attend practice may lose the opportunity to play in games.

GAMES & TRAVEL

Throughout the season, teams generally leave school early in order to make it to games out of town. When traveling and/or missing school, the following guidelines apply:

- Student-athletes must speak with their teachers **IN PERSON AND IN ADVANCE** when game schedules dictate they will miss class. Emails do not suffice. All school work must be completed and turned in before they leave campus.
- The Athletic Director will notify the office of departure times and release times for teams. Students may not leave class before the posted dismissal time.
- Student-athletes must travel to and from all games on team transportation. SRS prefers that everyone travels back to campus together. However, it is understood that some families need to take their children directly from the game. Families who wish to do so need to meet the guidelines set forth by the coach in regards to taking a child home from a scheduled competition.
- Coaches are responsible for reporting to the Athletic Director any game or practice injury, any game disturbance involving a student-athlete, coach, parent, official, or spectator, whether home or away; or any breach of school policy. This must be done immediately so the Athletic Director can assist in remedying the situation.
- Student-athletes are responsible for purchasing their own meals on any team travel.
- When visiting other schools' facilities, team areas must be left cleaner than when you arrived.
- SRS vehicles are to be cleared of all personal belongings and trash following the return to Sage Ridge School.
- When student-athletes are using locker room facilities, they must be properly supervised.
- Student-athletes should be respectful and courteous.
- Remember student-athletes are representing Sage Ridge School and are expected to act in a manner that would make people proud of our school. Please wear Sage Ridge School attire and colors whenever possible.
- On days when school is in session, students must be on-campus by 10:45 a.m. in order to participate in any team related activity.
- Overnight Trips: Coaches will chaperone the team at all times and know the whereabouts of all team members and managers at all times. The coach will perform a bed check each night of the trip. Teams will eat together, with the coach as a supervisor. All Sage Ridge School rules apply on overnight trips. A final "lights out" time will be given to the athletes and checked by a coach.

POST SEASON

Upper School

As a member of the NIAA, teams may travel in the post season because of season ending regional and state tournaments. It is the responsibility of the student-athlete to pay for travel in the post season; the athletic department makes the reservations for the team to travel together. However, the lack of financial resources should not preclude someone from participating in the post season. If someone is unable to pay for the travel expenses, the Athletic Director should be contacted immediately.

Middle School

The middle school does not travel overnight to games in the post season. It competes in the Tah-Neva league and all post season games are within the driving range for Sage Ridge School.

RELEASE TIME

Missed class time for athletic events constitutes an excused absence. Members of the faculty assist student-athletes in making up missed work, but students are responsible for contacting faculty for assistance prior to leaving campus. It is the responsibility of student-athletes to let their teachers know before the day of the game that they will be missing class. It should be understood that there may be consequences for those who do not give the proper notice to their teachers.

SCHEDULING

Generally, the Athletic Director handles the scheduling for all sports teams. In some cases, coaches take the lead and create the schedule with the Athletic Director. The Athletic Director also schedules the officials for athletic contests. Before each competition, the Athletic Director confirms games and officials.

TRANSPORTATION

SRS vehicles are used to transport athletes to and from athletic competitions. Transportation to and from games and practices begin and end at Sage Ridge School. Parents may elect to pick-up their son/daughter at away practice or game locations, but students are only released to their own parent/guardian. Students are not allowed to travel with other students to games and practices, unless prior approval has been given by the Athletic Director.

In the event a parent would like their child to ride home with another parent, a written authorization from the parent or guardian must be provided to the head coach and Athletic Director prior to the practice or contest (unless prior arrangements have been made and approved by the coach and Athletic Director).

DIRECTIONS

Directions to all schools and other sites are shown on the SRS website.

TEAM UNIFORMS

The Athletic Director orders uniforms and equipment. Team uniforms will be replaced by the athletic department as the need arises and on a consistent basis. Uniforms for new teams are designed by the Athletic Director with input from the Coach.

When representing SRS, all team members must be in correct team uniform. Optional clothing (i.e. warm ups) worn by a team must be approved by the Athletic Director prior to purchase. Uniforms and/or warm-ups that are not returned in a timely manner to that athletic department are charged to the family, at the cost of the replacement.

The letterman jacket is maroon and black with different styles for boys and girls. The Athletic Director has both styles in the athletic department for student-athletes who may want to buy varsity jackets.

LETTERING

Lettering is administered on a school-wide basis. In order to receive a Varsity Letter for participation, the student-athlete must:

- Finish the season as a productive member of the team
- Attend at least 90% of all practices, excused or not
- Participate in at least 50% of all competition on the Varsity level

TEAM CAPTAINS

All teams are required to have team captains. Coaches may choose a team captain or through a secret ballot with the coach and/or Athletic Director counting these ballots and should be done at the end of each season to prepare for the next year.

STUDENT-ATHLETE ADVISORY BOARD (SAAB)

The SAAB will meet with the Athletic Director at least once a month to go over student issues in athletics. Members will be chosen by the Athletic Director and will include all grade levels and sports at Sage Ridge School. The purpose is to:

- Bring student-athlete issues to the Athletic Director
- Organize gatherings like the end of the year banquet for all student athletes
- Act as leaders in the athletic department as needed
- To provide structured feedback on athletic policies, rules, and regulations

TEAM SPORT PARENTS

The role of designated team sport parents is to assist the Athletic Director in communicating team information to the families of their teams and provide for the well-being of team members during practices and games. Jobs will vary from sport to sport. They include, but are not limited to:

- Scheduling food and drinks for games.
- Helping the Athletic Director in getting information out to other parents.
- Working as an outlet for parents to voice their concerns, much like PAC members do for each division.
- Assisting with hosting visiting teams.
- Assisting with the coordination of end of the season banquets.
- Assisting the Athletic Director with other jobs related to each sport.

STUDENT-ATHLETE RESPONSIBILITIES

Sage Ridge School student-athlete responsibilities include, but are not limited to:

1. Attending all practices, games, team meetings, and award nights.
2. Demonstrating proper conduct and sportsmanship, following all school and league guidelines during practices, competitions and travel.
3. Being respectful, supportive, and cooperative when dealing with officials, coaches, and opponents.
4. Contacting classroom teachers to make arrangements for class time missed due to athletic contests.
5. Demonstrating respect for, and care of, athletic facilities, equipment, and uniforms.
6. Turning in all required forms to the coach, Athletic Director and/or front office including physical examination, parental release, and parental permission form.

Upper School

There are three sport seasons each school year. Depending on number of years of Upper School Sage Ridge School attendance, students meet the athletic graduation requirement as follows:

1. Four years at Sage Ridge requires students to participate in six of the twelve seasons.
2. Three years requires participation in four seasons.
3. Two years requires participation in three seasons.

Two seasons of the maximum requirement may be met by participation in athletics outside of Sage Ridge School with approval of Athletic Director. After School Theater and Madrigal Choir may be substituted for athletics at any time.

Upper School Extracurricular Credit Substitutions

A Sage Ridge School student who has demonstrated a sustained commitment to an external activity (athletic and/or artistic) may apply to receive TWO extracurricular credits of the required amount determined by the number of years the student is enrolled at Sage Ridge School (ONE season = ONE credit). Four years at Sage Ridge School requires students to participate in six of the twelve seasons. Three years requires participation in four seasons. Two years requires participation in three seasons. In order to be eligible for the application process, 1) a minimum of TEN hours of practice time per week must be met, 2) all activity time is coached or supervised by a certified adult, 3) hours accumulated by missing regularly scheduled class time to achieve the minimum required hours will not be accepted.

Applications for extracurricular substitutions must be made in writing by the coach or certified adult prior to October 1st of the school year in which the student is requesting extracurricular credit and submitted to the Athletic Director. Applications must include the following information:

1. Practice and competition/performance schedule.
2. Overall time commitment (Monday through Friday).
3. Justification for extracurricular substitution.
4. Signature of student, parent, and coach/supervisor.

Once the application is received by the Athletic Director, the request is reviewed by the Assistant Head of School, Head of School, and Athletic Director.

Absences due to an approved extracurricular substitution will be considered excused.

Middle School

Sage Ridge School considers physical activity crucial to the proper growth and development of its students. For that reason SRS requires both physical education during the school day and one season of either athletics or theater participation for each student in each of the 7th and 8th grade years. In grades 5 and 6, all students are required to take both physical education and participate in an intramural program organized by the Middle School Intramurals Coordinator.

- 1) Students in SRS sponsored athletics are not excused from physical education. MS athletics meets between three and four times per week.
- 2) Student participation in Middle School Student Government and Middle School Honor Council fulfills the SRS extracurricular requirement.
- 3) Students participating in external athletic activity who meet the conditions mentioned below may be excused from physical education for the duration of ONE quarter only.
 - Request must be made in writing and submitted to the Athletic Director THREE weeks prior to the specific quarter of the school year in which the student is requesting the exemption. Request will then be submitted for administrative review.
 - Students must be involved at least 90 minutes a day, Monday through Friday, in athletics. This must be documented on the appropriate form with the signature of the supervisor of the activity (provided by supervisor).
 - Students who miss class time for the reasons (i.e. game/competition travel) above will receive one day to make up work for each day missed up to a maximum of three days. This policy applies to middle school students participating in any form of after school athletics.

Middle School Extracurricular Exemption:

A 7th grade or 8th grade Sage Ridge student, who has demonstrated a sustained commitment to an external activity (athletic and/or artistic), may apply to receive exemption from the required extracurricular activity (athletics or theater) during their 7th and 8th grade school years at Sage Ridge School. In order to be eligible for the application process, 1) a minimum of TEN hours of practice time per week must be met, 2) all activity time is coached or supervised by a certified adult, 3) hours accumulated by missing regularly scheduled class time to achieve the minimum required hours will not be accepted.

Applications for extracurricular exemption must be made in writing by the coach or certified adult prior to October 1st of the school year in which the student is requesting exemption and submitted to the Athletic Director. Applications must include the following information:

1. Practice and competition/performance schedule.
2. Overall time commitment (Monday through Friday).
3. Justification for extracurricular exemption.
4. Signature of student, parent, and coach/supervisor.

Once the application is received by the Athletic Director, the request is reviewed by the Assistant Head of School, Head of School, and Athletic Director.

Absences due to an extracurricular substitution will be excused.

EXPECTATIONS OF SRS FAMILIES

SRS community members represent the entire community when they attend an athletic event. Just as coaches and student-athletes are expected to display excellent behavior, community members are expected to do the same. There is nothing better than having a great turnout for a game, promoting sportsmanship, and providing a warm welcome to our opponents and their fans. Specifically, SRS community members are expected to:

- Give positive encouragement at all contests.
- Be publicly supportive of the coaches, and of decisions, even if in disagreement.
- Promote the “team” concept to their son/daughter.
- Help their children take responsibility for their actions.
- Encourage their children to talk to their coaches if they have any questions.
- Ask questions and express concerns regarding their child’s role on any team in private. Before, during, and after a contest is not the time to approach a coach.

DRUGS/ALCOHOL POLICY

Student-athletes, who possess or use drugs or alcohol at any time during the season, may be dismissed from the team and have their privileges revoked for future athletic seasons. The following is the school policy on drugs and alcohol. Note: Student-athletes must also abide by rules and policies set out by the NIAA.

“Any student possessing or using drugs or alcohol at any time is subject to immediate expulsion. This includes, but is not limited to: (a) any student who uses drugs or drinks alcohol off campus and returns to campus and (b) any student and/or parent who provides alcohol/drugs to other students regardless of where this takes place.” (Student-Parent Handbook)

“Sage Ridge School is a non-smoking campus. Smoking is not permitted at any time by students, faculty, or parents anywhere on campus or in areas adjacent to campus. Violation of this policy by students may result in immediate suspension from school. Students who repeatedly violate this policy are subject to expulsion.” (Student-Parent Handbook)

Student-athletes must also abide by rules and policies of the NIAA.

COLLEGE PROCESS

“Choosing a college is difficult.

Choose wisely to take the first step down the road to success.”

2011-2012 NCAA Guide for the College-Bound Student-Athlete

The College Application Process

A Sage Ridge School student-athlete who chooses to use his/her athletic participation the same way he/she would use his/her participation in other extracurricular activities should consult with his/her coach and college counselor to determine if the following options would be appropriate:

- Have the coach write a letter of recommendation to the college admission office.
- Have the coach provide the college counselor with information regarding the student-athlete’s participation in athletics to be included in the school’s letter of recommendation.

A commitment to high school athletics (or any other extracurricular activity) may be an influential factor in an admissions’ decision. It will be important to present this information appropriately to college admissions officers.

The Prospective Student-Athlete

A Sage Ridge School student becomes a “prospective student-athlete” for college once he/she begins classes in 9th grade. During his/her high school athletics career, a Sage Ridge student-athlete may achieve many things which may include any or all of the following: Junior Varsity participation, Varsity participation, individual statistics, contributions to team statistics, individual awards, leadership positions, sport camp participation, and tournament participation. The student-athlete must decide, after consulting with his/her coaches, college counselor, and the athletic director, in what way her high school athletic participation can best enhance his/her college application.

There are a number of possibilities for the student-athlete. After compiling a list of schools which best meet the student-athlete’s academic needs, he/she must decide whether or not he/she wants to participate in the collegiate athletic experience. If he/she chooses not to participate in collegiate athletics, his/her athletic career can be used to bolster his/her college application much like participation in any other extracurricular activity. Should the student-athlete say, “yes,” to college athletics, he/she should take into account the following factors:

1. **The size of the school:** The NCAA assigns colleges to one of three divisions – Division I, II, or III – depending on the size of the school. Division I, II, and III athletic programs differ in intensity, focus, and length of season.

Division I:

Division I institutions must sponsor at least 7 sports for men and 7 sports for women with 2 team sports for each gender. Each playing season has to be represented by each gender as well. There are contest participant minimums for each sport, as well as scheduling criteria:

14 core courses are required as well as high school graduation

- 4 years of English
- 2 years of Mathematics (Algebra I or higher)
- 2 years of Natural/Physical Science
- 1 year additional English, Mathematics, Natural/Physical Science
- 2 years Social Science
- 3 years additional courses from above or foreign language, religion/philosophy

Division II:

Division II institutions must sponsor at least 4 sports for men and 4 sports for women with 2 team sports for each gender, and each playing season represented by each gender.

Division II teams usually feature a number of local or in-state student-athletes.

14 core courses are required as well as high school graduation

- 3 years of English
- 2 years of Mathematics
- 2 years of Natural/Physical Science
- 2 years additional English, Mathematics, Natural/Physical Science
- 2 years Social Science
- 2 years additional courses from above or foreign language, religion /philosophy

Division III:

Division III institutions have to sponsor at least 5 sports for men and 5 for women, with 2 team sports per gender, and each playing season represented by each gender.

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. There is special importance on the impact of athletics on the participants rather than the spectators. The student-athlete's experience is of paramount concern.

2. Athletic Scholarships:

Division I and II schools may offer athletic scholarships to the best student-athletes. These scholarships are only available to a small percentage of high school athletes and the commitment level for the student-athlete make involvement in other campus activities difficult.

Division III schools may not offer athletic scholarships, but will, when appropriate, put together a need-based financial package for students interested in athletics.

In order to compete at the collegiate level, prospective student-athletes must complete the following tasks:

- Review and understand the grade and test requirement for the college bound student-athlete.
- Become familiar with the current Guide for the College-Bound Student-Athlete developed by the NCAA and available from the college counselor or athletic director.
- Complete and submit the NCAA Clearinghouse form – required for all Division I and II athletic eligibilities. This form is available on line at www.naaclearinghouse.net. This form must be submitted during 11th grade.
- Clearinghouse Customer Service:
 1. Hours: 8am-5pm CST
 2. Toll free telephone: 877-262-1492
 3. 24 hour response line: 877.861.3003
 4. Mailing Address: P.O. Box 4043 Iowa City, Iowa 52243-4043
- When registering for the SAT or ACT, you can mark code 9999 so that the Clearinghouse will be one of the institutions receiving your scores
- The Clearinghouse will send your eligibility status to any Division I or II college that requests it.
- What position will I play on your team?
- How would you best describe your coaching style?
- Describe preferred, invited and uninvited walk-on situation. How many make it, compete, and earn a scholarship?
- Can I “red-shirt” my first year?
 1. The term “red shirt” is used to describe a student-athlete who does not participate in competition in a sport for an entire academic year. Each student is allowed no more that 4 season of competition per sport.
- How good is the department in my major?
- If I am injured, what happens to my financial aid?
- What are the details of financial aid at your institution?
 1. What does my scholarship cover?
 2. What can I receive in addition to the scholarship and how do I get more aid?

At the completion of 11th grade, have an Athletic Resume together which includes, but is not limited to, the following information:

- Appropriate individual and team statistics
- Team records (overall, tournament, league, regional, state)
- Any individual recognition or awards (team, league, regional, state, national)
- Any team leadership positions
- Attendance at any summer sports camps
- Participation on any club team or summer league information

Prepare a letter of introduction to the coach(es) of the sport(s) at each college you are interested in applying.

- Personalize it
- Enclose a copy of your athletic resume
- Test Scores
- Class Rank
- AP classes
- Season schedule
- Extracurricular activities
- Contact Information
- Best times, results, performance in three to five events/competition.

Request a letter of recommendation from your coach, an opposing coach, and an official.

During the fall of 12th grade, schedule appointments with college coaches and admission personnel. Ask your coach and/or Athletic Director at Sage Ridge School to contact the collegiate coaches you are scheduled to meet by telephone or letter.

Attend sports camps to be held at one of your top college choices.

Explore opportunities for exposure – Junior Olympics, AAU competitions, etc.

Remember, there will be some disappointments in this process – there will be miscommunication, misunderstanding, and misdirection.

- College coaches are communicating with large numbers of prospective student-athletes.
- Not all coaches will communicate your potential role on his/her team.
- College coaches might not have as much influence in the admissions decision as they will lead you to believe. **REMEMBER, ADMISSIONS OFFICES, NOT COACHES, ADMIT STUDENTS.**

RECRUITED STUDENT-ATHLETES

According to NCAA regulations, a student-athlete becomes a “recruited prospective student-athlete” at a particular college once any coach or representative of the college’s athletics interests approaches you about enrolling and participating in athletics at that college. A student-athlete may not be contacted until after September 1st of 11th grade or in person until after July 1st after 11th grade. It is important to keep recruiters’ accolades in perspective. Those same accolades are being repeated to other “recruited prospective student-athletes” to secure the best student-athletes for his/her school.

From your coaches, you can expect the following during this process:

- Completion of forms from college coaches representing statistical and evaluative information in a timely manner.
- Encouragement and assistance during the process
- Telephone calls to college coaches to introduce you as a student-athlete
- Follow-up on your contact with college coaches
- Letters of recommendation