

***JISD ATHLETICS***  
***Helping Your Athlete***  
***Succeed Academically***  
***and***  
***Go To COLLEGE***



***JISD STRONG IN THE COMPETITION, AND IN THE CLASSROOM!***

# ACADEMIC EXPECTATIONS OF STUDENT ATHLETES

## **OBJECTIVE:**

It will be our goal as a staff to ensure that a student athlete is prepared to compete in the classroom and in athletics. In order to prepare student athletes for the next level of competition we must realize that grades are as important as their athletic ability. All coaches want athletes who can perform athletically and academically.

## **EXPECTATIONS:**

The need to challenge student athletes academically early in their high school careers cannot be stressed enough. Too many athletes wait until their senior year to decide that they want to play college sports and then have to scramble to improve their GPA before graduation. We need to pay attention to their grades NOW! Earning a 70 in a core class will not cut it! We must encourage the student athletes to get good grades, do homework and turn it in on time. Head Coaches are responsible for checking grades every progress report and 9 weeks report card. Make sure all student-athletes are academically eligible to participate in accordance with the eligibility calendar. **Understand that 33% of all core courses are accomplished their FRESHMAN year.**

## **THE CHALLENGE:**

We must challenge our student athletes to sign up for Honors classes whenever possible. This will impress college coaches, and college admissions officers love to see student athletes challenge themselves academically. Passing these classes will greatly improve the student athlete's GPA and ultimately improve their class rank! In addition, have every athlete strive to score an 80 or higher in each class.

## **THE ACADEMIC PLAN:**

- Each student athlete must strive to maintain at least a 3.0 GPA at all times – this calculation should only include core classes.
- If a student athlete receives a grade below 70 in a core class, mandatory tutoring will be enforced 2 days a week until the grade is brought above the 70 mark. Tutoring logs should be kept.
- Each Head coach should monitor the tutoring log for their sport whether an assistant coach is in charge of the responsibility or not.

## CONVERSION CHART FOR ADVANCED CLASSES

<b>Level 5 - K/Q/H/D/G 1.1</b>	
<b>Mark</b>	<b>Point Value</b>
100	110
99	109
98	108
97	107
96	106
95	105
94	103
93	102
92	101
91	100
90	99
89	98
88	97
87	96
86	95
85	94
84	92
83	91
82	90
81	89
80	88
79	87
78	86
77	85
76	84
75	83
74	81
73	80
72	79
71	78
70	77

<b>Level 6 - I/P 1.2</b>	
<b>Mark</b>	<b>Point Value</b>
100	120
99	119
98	118
97	116
96	115
95	114
94	113
93	112
92	110
91	109
90	108
89	107
88	106
87	104
86	103
85	102
84	101
83	100
82	98
81	97
80	96
79	95
78	94
77	92
76	91
75	90
74	89
73	88
72	86
71	85
70	84

# **CORE COURSE GPA**

Dear Parent/Guardian,

We are pleased to inform you that Veterans Memorial High School is making CoreCourseGPA.com, a web-based software program, available to all Veterans Memorial High School student-athletes and their parents/guardians **free of charge**.

**If your child has aspirations of competing athletically as a freshman at an NCAA Division I or Division II school, they must meet NCAA Initial-Eligibility minimum standards,**

including minimum core course GPA and SAT/ACT test score requirements.

CoreCourseGPA.com is an innovative tool that allows you to easily track your son or daughter's progress towards meeting these requirements, beginning as soon as the first semester of their freshman year.

**To activate your child's CoreCourseGPA.com membership, follow these simple steps:**

1. Go to **www.CoreCourseGPA.com**
2. Click on "**New Free Member Account**" in the upper left corner and enter the School ID and School Code:

**Students/Parents:**

School ID: 446277

School Code: 799012399

3. Click "**Continue.**"
4. **Fill in the appropriate fields** in the **Create New Student Account** form.  
*\*\*Remember to write down the new Member Name and Password you have created\*\**
5. Click "**Submit.**"  
*Congratulations! You have successfully created your CoreCourseGPA.com member account.*

**To login to your member account and begin using the CoreCourseGPA.com software, follow these simple steps:**

1. Go to **www.CoreCourseGPA.com**
2. Enter your **Member Name** and **Password** in the **Member Login** box in the upper right corner.  
*\*\*Use the Member Name and Password you created during the account activation process\*\**
3. Click "**Login.**"  
*Begin using your CoreCourseGPA.com account!*

CoreCourseGPA.com incorporates the NCAA recognized core courses for Veterans Memorial High School into the online course entry forms, calculates BOTH Division I and Division II core course GPA, automatically factors weighted grades into calculations and tracks course requirements for BOTH Division I and Division II. Your son or daughter's core course information is saved for the duration of their high school career.

Veterans Memorial High School is proud to make this innovative software available to you free of charge. We believe CoreCourseGPA.com will be a very useful academic tool for you and your student-athlete.

CoreCourseGPA.com also provides you access to free recruiting webinars through FreeRecruitingWebinar.org, a nonprofit program. Webinar previews as well as full length recruiting webinars may be accessed on the FreeRecruitingWebinar.org website. Viewing a full length webinar is highly recommended to learn about the facts and rules of recruiting. The recruiting process starts in the freshman year. Make sure you are prepared.

Sincerely,

**Vanessa Craft/Eric Truesdale**

**IT IS IMPORTANT TO NOTE THAT YOUR USE OF CORECOURSEGPA.COM IS NOT A SUBSTITUTE FOR REGISTERING WITH THE NCAA ELIGIBILITY CENTER AFTER THE COMPLETION OF SIX HIGH SCHOOL SEMESTERS.**

## FINANCIAL AID COMPARISON SHEET

	College #1	College #2	College #3	College #4
<b>Name</b>				

### Your Cost of Attendance

Cost of Attendance	College #1	College #2	College #3	College #4
Tuition and Fees				
Room and Board				
Books and Supplies				
Travel				
Personal Expenses				

### Financial aid Award

Gift in Aid	College #1	College #2	College #3	College #4
Scholarships				
Grants				
Other Gifts				

Self Help/Loans	College #1	College #2	College #3	College #4
Federal Stafford/ Direct Loan				
Federal Perkins Loan				
Other Student Loans				
Work Study				

### Total Cost of Attendance – Total Financial Aid Package = Estimated Family Contribution (EFC)

Cost	College #1	College #2	College #3	College #4
Total Cost to Attend				
Total Financial aid				
Estimated Family Contribution				

## ORGANIZATIONAL CHART

<b>Important Items</b>	<b>College 1</b>	<b>College 2</b>	<b>College 3</b>	<b>College 4</b>	<b>College 5</b>
Name of College					
Location					
Admissions (GPA, Class rank, Test Scores)					
Majors Offered					
Student Population					
Early Admission Deadline					
Reg. Admission Deadline					
Scholarship App. Deadline					
Cost of Attendance					
Coach's Name					
Address and Phone Number					
Email Address					
# of Years as Coach					
Assistant Coach's Name					
Association and Division					
Conference					
# of Athletes Graduating					
Graduating in My Position					
Athlete's Size (Height and Weight)					
Time, Distance, Average Score, or Level of Play of Current Team Members					
Team Win/Lose					

## WEBSITE REFERENCES

[www.act.org](http://www.act.org)

Register for ACT college exam

[www.collegeboard.com](http://www.collegeboard.com)

Register for SAT college exam

[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

Register for eligibility with NCAA DI and DII

[www.fafsa.gov](http://www.fafsa.gov)

Apply for financial aid

[www.ncaa.org](http://www.ncaa.org)

Informative website on recruiting rules

[www.univsource.com](http://www.univsource.com)

Informative website that includes links to all public and private 2-4 year colleges/universities in 6 different states:  
(CA, FL, GA, NY, TX, NC)

[www.studentedge.com](http://www.studentedge.com)

(Access Code: REUCZFKW)

Practice for the ACT, SAT, AP exams and ASVAB tests

[www.corecoursegpa.com](http://www.corecoursegpa.com)

Website that monitors students core course GPA and informs students what ACT/SAT score they will need relevant to their current core course GPA. Tracking starts with your 9<sup>th</sup> grade year.



# RECRUITING CALENDAR

Each sport has a set timeline regarding communication and recruiting. Below are links for sports at the DI or DII level.

[Division 1 Bowl Sub-division Football Recruiting Calendar](#)

[Division 1 Championship Subdivision Recruiting Calendar](#)

[Division 1 Baseball Recruiting Calendar](#)

[Division 1 Men's Basketball Recruiting Calendar](#)

[Division 1 Women's Basketball Recruiting Calendar](#)

[Division 1 Cross Country and Track & Field Recruiting Calendar](#)

[Division 1 Men's Golf Recruiting Calendar](#)

[Division 1 Women's Volleyball Recruiting Calendar](#)

[Division 1 Softball Recruiting Calendar](#)

[Division 1 All Other Sports Recruiting Calendar](#)

[Division 2 Football Recruiting Calendar](#)

[Division 2 Men's Basketball Recruiting Calendar](#)

[Division 2 Women's Basketball Recruiting Calendar](#)

[Division 2 All Other Sports Recruiting Calendar](#)

## SAT/ACT TESTING DATES

Test Date	Test	Registration Deadline	Late Registration	Multiple Choice Scores Available
August 27, 2022	SAT	July 29, 2022	August 16, 2022	September 19, 2022*
September 10, 2022	ACT	August 5, 2022	August 19, 2022	September 23–November 2, 2022*
October 1, 2022	SAT	September 2, 2022	September 20, 2022	October 14, 2022*
October 22, 2022	ACT	September 16, 2022	September 30, 2022	November 4–December 16, 2022*
November 5, 2022	SAT	October 7, 2022	October 25, 2022	November 18, 2022*
December 3, 2022	SAT	November 3, 2022	November 22, 2022	December 16, 2022*
December 10, 2022	ACT	November 4, 2022	November 11, 2022	December 23, 2022– February 3, 2023*
February 11, 2023	ACT	January 6, 2023	January 20, 2023	February 24–April 7, 2023*

March 11, 2023	SAT	February 10, 2023	February 28, 2023	March 24, 2023*
April 15, 2023	ACT	March 10, 2023	March 24, 2023	April 28–June 10, 2023*
May 6, 2023	SAT	April 7, 2023	April 25, 2023	May 19, 2023*
June 3, 2023	SAT	May 4, 2023	May 23, 2023	June 12, 2023*
June 10, 2023	ACT	May 5, 2023	May 19, 2023	June 23–August 4, 2023*
July 15, 2023	ACT (Not Offered in NY)	June 16, 2023	June 23, 2023	July 28–August 28, 2023*

# Steps for APPLYING FOR COLLEGE

## SENIOR YEAR

Career Planning and College Center Contacts:

Alissa Perez - [aperez095@judsonisd.org](mailto:aperez095@judsonisd.org)– College Counselor

Paula Rodriguez - [prodriguez509@judsonisd.org](mailto:prodriguez509@judsonisd.org)- Career Counselor

### College Admissions Checklist:

- Explore a career
- Apply for admission
- Test – SAT/ACT
- Visit Campus
- Explore -Texas Success Initiative (TSI)
- Apply for Financial Aid
- Apply for Housing
- Apply for Scholarships
- Register for Orientation

1. Request a high school transcript to be submitted to your college or university of choice. Make sure to include your grade point average, high school rank and ACT/SAT scores.
2. Explore a career path by completing a Career Assessment at your high school Career Center.
3. Apply to the college/university of your choice. Apply online at [www.applytexas.org](http://www.applytexas.org) for Texas public universities. This is the preferred method of applying for a junior college or public university.
4. Register to take the SAT/ACT exam for college admissions.
  - For the SAT exam log onto [www.collegeboard.com](http://www.collegeboard.com)
  - For the ACT exam log onto [www.actstudent.org](http://www.actstudent.org)
5. Make a connection with an Admissions Recruiter from the college or university of choice.

Ask to be put on a prospective student list to begin getting college information in the mail.
6. Meet with the Admissions Recruiter at your high school during lunch visits or visit the college or university campus.
7. Begin getting information on the Texas Higher Education Assessment exam (THEA). You may also take the Accuplacer exam. An Accuplacer exam is an alternate exam to the (THEA). For information on test dates and locations log onto [thea@mail.nesinc.com](mailto:thea@mail.nesinc.com).
8. Next, apply for the Personal Identification Number (PIN) online to [www.pin.edu.gov](http://www.pin.edu.gov) and sign up for a PIN number for the student and for the parent. The PIN number is the code that the U.S. Department of Education uses to identify you online. REMINDER: Parents file your income tax as early as possible this year. The earlier parents apply, the smoother the Financial Aid process.

9. Next, begin applying for the Free Application for Federal Student Aid (FAFSA). You can log onto [www.fastweb.com](http://www.fastweb.com) to read about financial aid resources and to learn how to apply for Financial Aid.
10. Keep a planner for your scholarship process. Begin applying for available scholarships and keep track of all scholarship deadlines.
11. Apply for housing, if you desire to live on campus. You can apply for housing arrangements while completing the Admissions process.
12. Once accepted into the college or university of choice, then sign up for the Freshman orientation for advising and registration.

# NLI Signing Dates for Prospective Student-Athletes Signing 2021-2022 and Enrolling 2022-2023

Sport (s)	Initial Signing Date	Final Signing Date
Division I Basketball (Early Period)	November 9, 2022	November 16, 2022
Division I Basketball (Regular Period)	April 12, 2023	May 17, 2023
Division I Football (Early Period)	December 21, 2022	December 23, 2022
Division I and II Football (Midyear JC Transfer)	December 21, 2022	January 15, 2023
Division I and II Football (Regular Period)	February 1, 2023	Division I: April 1, 2023 Division II: August 1, 2023
All Other Division I and II Sports	November 9, 2022	August 1, 2023

# QUESTIONS TO ASK YOURSELF ABOUT YOUR COLLEGE VISITS

You will want to ask yourself several important questions after you have visited your schools in order to ultimately decide on the right school. These questions will provide a good start. Take the time to think about your answers, and be sure to talk to your parents, counselor and coach about answers that might be difficult for you. Remember, you want the right academic and athletic experience, so all these questions are important.

1. Did any of the recruiters have bad things to say about other schools that are recruiting me?
2. Did any recruiters promise that I would compete right away, even be a starter? If they did, they may have been less than honest.
3. Would I attend this school if I had no intention of competing in my sport?
4. Do the coaches and players seem to genuinely care about each other?
5. Will I be academically successful at this school? Athletically? How do I measure up?
6. Were the coaches and players I met honest, available to me, and others, or did they seem phony?
7. Were the coaches interested in academics? Did they question my educational and career interests?  
Were they knowledgeable about my intended program of study? If not, did they introduce me to someone who was able to answer my question?
8. Will I fit in with the rest of the student body at this particular school? Will I be comfortable associating with them for four or more years?
9. How will I feel if one or more of the coaches leave? Will I still be happy with the school?
10. Does the school satisfy all the requirements that I identified earlier with my parents and counselor?  
(This probably is the most important question. Give it a lot of thought, and be sure to talk it over with everyone before you make your decision.)

# Questions to ask Recruiters

College coaches and recruiters will ask you plenty of questions during your recruiting process to learn more about you. And, it is just as important that you ask them questions too. Just as recruiters are trying to find players that best fit their program, you need to find out which schools best fit you.

## ATHLETIC QUESTIONS

1. What position will I play on our team?
2. Can you describe the other players competing at my position?
3. Can I "redshirt" my freshman year?
4. What are the physical requirements each year?
5. How would you best describe your coaching style?
6. What is your game plan?
7. When does the contract of the head coach expire?
8. Please describe the preferred, invited and uninvited walk-on situation.
9. How many make it, compete and earn scholarships?
10. Is medical insurance required for my participation?
11. If so, is it provided by the college?
12. If I am serious hurt while competing, who is responsible for my medical expenses?
13. What happens if I want to transfer to another school?

## ACADEMIC QUESTIONS

1. What are the strengths and weaknesses of the academic department I choose to major in?
2. Describe your academic support program.
3. What percentage of players on scholarship graduate in 4 years?
4. If I am diagnosed and documented with a disability, what kind of academic services are available?
5. Are there restrictions in scheduling classes around practice?

## COLLEGE LIFE

1. What is the typical class size?
2. What are the residence halls like?
3. Will I be required to live on campus throughout my athletic career?
4. What is a typical day for a student-athlete?



## FINANCIAL AID

1. What are the details of financial aid at your institution?
2. How long does a scholarship last? Year-to-year or is it a 4 year commitment?
3. If I am injured, what happens to my financial aid?
4. What are my opportunities for employment while I am a student?
5. How much financial aid is available for summer school?
6. Under what circumstances would my scholarship be reduced or cancelled?
7. Are there academic criteria needed to maintain my scholarship?
8. What scholarship money is available if I suffer an athletic career ending injury?
9. What scholarship money is available after eligibility is exhausted to help me complete my degree?
10. Will my scholarship be maintained if there is a change in coaches?

**VMHS Approved Courses: These courses will count toward core GPA calculation.**

<b>ENGLISH COURSES</b>				
Course Title	A Points	B Points	C Points	D Points
CREATIVE WRITING	4	3	2	1
DEBATE	4	3	2	1
ENGLISH I	4	3	2	1
ENGLISH I HONORS	5	4	3	1
ENGLISH II	4	3	2	1
ENGLISH II HONORS	5	4	3	1
ENGLISH III	4	3	2	1
ENGLISH III AP	5	4	3	1
ENGLISH IV	4	3	2	1
ENGLISH IV AP	5	4	3	1
INTRO TO JOURNALISM	4	3	2	1

<b>MATH COURSES</b>				
Course Title	A Points	B Points	C Points	D Points
ADVANCED QUANTITATIVE REASONING	4	3	2	1
ALGEBRA 2	4	3	2	1
ALGEBRA I	4	3	2	1
ALGEBRA I HONORS	5	4	3	1
ALGEBRA II HONORS	5	4	3	1
CALCULUS AP	5	4	3	1
GEOMETRY	4	3	2	1
GEOMETRY HONORS	5	4	3	1
PRE CALCULUS	4	3	2	1
PRE CALCULUS HONORS	5	4	3	1
STATISTICS	4	3	2	1
STATISTICS AP	5	4	3	1

<b>NATURAL/PHYSICAL SCIENCE COURSES</b>				
Course Title	A Points	B Points	C Points	D Points
ANATOMY AND PHYSIOLOGY	4	3	2	1
AQUATIC SCIENCE	4	3	2	1
ASTRONOMY	4	3	2	1
BIOLOGY	4	3	2	1
BIOLOGY AP	5	4	3	1
BIOLOGY HONORS	5	4	3	1
CHEMISTRY	4	3	2	1
CHEMISTRY HONORS	5	4	3	1
ENVIRONMENTAL SCIENCE AP	5	4	3	1
ENVIRONMENTAL SYSTEMS	4	3	2	1
FORENSIC SCIENCE	4	3	2	1
INTEGREATED PHYSICS AND CHEMISTRY - IPC	4	3	2	1
MEDICAL MICROBIOLOGY	4	3	2	1
PATHO PHYSIOLOGY	4	3	2	1
PHYSICS	4	3	2	1
PHYSICS 2 AP	5	4	3	1
PHYSICS AP	5	4	3	1

<b>SOCIAL SCIENCE COURSES</b>				
Course Title	A Points	B Points	C Points	D Points
ECONOMICS	4	3	2	1
ECONOMICS AP	5	4	3	1
GOVERNMENT	4	3	2	1
GOVERNMENT AP	5	4	3	1
HUMAN GEOGRAPHY AP	5	4	3	1
PSYCHOLOGY	4	3	2	1
SOCIOLOGY	4	3	2	1
US HISTORY	4	3	2	1
US HISTORY AP	5	4	3	1
US HISTORY DUAL CREDIT	4	3	2	1
WOMEN AND GENDER STUDIES	4	3	2	1
WORLD GEOGRAPHY	4	3	2	1
WORLD HISTORY	4	3	2	1
WORLD HISTORY AP	5	4	3	1

<b>ADDITIONAL CORE COURSES</b>				
Course Title	A Points	B Points	C Points	D Points
SPANISH 1	4	3	2	1
SPANISH 2	4	3	2	1
SPANISH 2 HONORS	5	4	3	1
SPANISH 3	4	3	2	1
SPANISH 3 HONORS	5	4	3	1
SPANISH 4 AP	5	4	3	1
SPANISH 5 AP	5	4	3	1

Non-Core courses:

Any courses not listed above are considered “Non-Core courses.” What does this mean? While students will receive credit toward graduation for a denied course, these courses will not count toward their core GPA for NCAA eligibility.

# Frequently Asked Questions:

What is the NCAA ClearingHouse?

The NCAA Eligibility Center certifies whether prospective college athletes are eligible to play sports at NCAA Division I or II institutions. It does this by reviewing the student-athlete's academic record, SAT® or ACT scores, and amateur status to ensure conformity with NCAA rules.

What are NCAA Divisions I, II, and III?

The NCAA is the governing body of many intercollegiate sports. Each college regulated by the NCAA has established rules on eligibility, recruiting and financial aid and falls into one of the three membership divisions (Divisions I, II and III). Divisions are based on college size and the scope of their athletic programs and scholarships.

When should students register?

The NCAA recommends that student-athletes register at the beginning of their junior year in high school, but many students register after their junior year. There is no registration deadline, but students must be cleared by the Eligibility Center before they receive athletic scholarships or compete at a Division I or II institution.

How do students register?

Students must register online at <https://web3.ncaa.org/ecwr3/>. They will have to enter personal information, answer questions about their course work and sports participation outside of high school and pay a registration fee.

Can students have the registration fee waived?

Students who have received a waiver for the SAT or ACT are eligible for a waiver of the registration fee. The student's counselor must submit confirmation of the student's test fee waiver. Go to the [NCAA Eligibility Center High School Portal](#) for more information.

What records does the Eligibility Center require?

Students should arrange to have you send their high school transcript as soon as they have completed at least six semesters of high school. The transcript must be mailed directly from their high school. They must also arrange to have their SAT or ACT test scores reported directly by the testing company to the Eligibility Center. Students can arrange this when they register for the tests.

You are responsible for sending in students' final transcripts and proof of graduation at the end of their senior year.

How often can students update their athletics participation information?

Students can update the information on the athletics participation section online as often as they want (and should update it regularly), up until the time when they request a final certification of their status. At that point — usually three to four months before enrolling in college — students must finalize their information.

What are the NCAA academic eligibility requirements?

To play sports at an NCAA Division I or II institution, the student must:

- Complete a certain number of high school core courses (defined below).
- Earn a certain minimum grade point average in these core courses.
- Earn a certain minimum score on the SAT or ACT.
- Graduate from high school.

For more information, see the NCAA's *Guide for the College-Bound Student-Athlete*, in the [Publications section of the NCAA website](#).

What are core courses?

This is the name that the NCAA gives to high school courses that meet certain academic criteria specified by the association. Students must complete a certain number of core courses for NCAA Division I and II eligibility.

How are high school courses classified as core courses?

All participating high schools submit lists of the courses that they offer that meet NCAA core-course criteria. If approved, the courses are added to a database that the NCAA Eligibility Center maintains. You can check this database or view a list of approved core courses on the [NCAA Eligibility Center High School Portal](#) to see whether your student-athletes are enrolled in courses that will count toward NCAA eligibility.

It is often the counselor who provides the NCAA with the list of your school's core courses and updates it annually. The NCAA may ask for more information before approving a core course.

What are the NCAA amateurism eligibility requirements?

To play sports at an NCAA Division I or II institution, the student athlete must follow NCAA amateurism rules about receiving a salary or prize money for athletic participation, playing with a professional team and other areas. For more information, see the *Guide for the College-Bound Student-Athlete*.

Keep in mind

The best way for students to prepare for a future in college athletics is to complete the approved core courses and earn appropriate grades in them. Indeed, more students fail to qualify to play NCAA sports because of lack of appropriate course work than for low test scores.

Make sure your athletes are enrolled in the courses on your high school's core-course list, and also know the eligibility requirements of the [NCAA Eligibility Center](#). Then make sure your athletes are taking the necessary courses, earning the necessary grades and doing anything else they must to stay on track for NCAA eligibility.

Click here to register:

<https://web3.ncaa.org/ecwr3/>