

## **The World of College Sports**

The world of college sports is as competitive as any activity in the United States. Players every year are getting bigger, stronger, smarter, and faster. In football alone, the average lineman on the collegiate level is 6'4" and bench presses over 400 pounds. Such athletes represent the finest in the world. VHS athletes therefore, are encouraged to remember the statistics mentioned in this brochure and to seek college primarily as an academic experience.

What you do now in high school will determine in large measure what you will do in college, on the court, playing field, and in the classroom. The success you realize in these areas will be the direct result of how hard you are willing to work while in high school.

Athletics requires an enormous amount of time.

*Now is the Time  
to Develop  
Positive Habits  
for Your Future!*

## **The Counselor and Coach Commitment**

Your Counselor and Coaches are committed to providing the assistance you will need to realize your academic and athletic goals. As much as we would like to guarantee you an athletic scholarship, this is an unrealistic expectation for all student athletes.

We will however guarantee that we will do all that we can to help you plan, work, and search for the appropriate college experience for you.

This brochure identifies for you and your parents the people who will help you reach your goals.

The Athletic Department recommends that student athletes choose a college based on their academic course of study and not solely on the strength of their athletic program. Our goal is to prepare you for life after athletics.

*Stay in Contact  
With Your Coach,  
Your Counselor,  
And Your College.*



## **VINELAND HIGH SCHOOL GUIDE FOR THE COLLEGE BOUND STUDENT ATHLETE**

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## **Do you need to plan carefully for High School and College Athletics?**

Consider these facts:

- Only 3% of high school football players receive a scholarship to play in college; most of these are partial scholarships.
- Only 1.5 % of high school basketball players receive scholarships to play in college— these are also mostly partial scholarships.
- 38% of Division I (major college) football players graduate at the end of five years of college. This percentage is even lower for Division I Basketball.
- Tennis, swimming, and other athletic scholarships are typically limited due to financial restrictions on the part of the college.
- If you receive a questionnaire from a major college expressing interest in you as a football player, the odds are 320:1 that you will ever receive a scholarship.
- Most full scholarships are a combined scholarships between Athletics and Academic monies.

**Academics  
is the  
Answer!**

## **What's the Game Plan?**

### **Your Freshman Year:**

Make an appointment with the school nurse to receive an in school physical prior to the start of your season, there is no charge for an in-school physical. Your parents must complete the appropriate portions of the physical packet. This must be done prior to start of each season that you would like to participate throughout your high school career.

Meet with your Guidance Counselor to discuss your four year plan as a roadmap to college. Identify yourself as a potential college bound student athlete by telling your coach and counselor your college athletic goals.

Meet again with your counselor before registration for the sophomore year to discuss college entrance requirements and to assure compliance with the NCAA Eligibility Center. This should be done in early February.

### **Your Sophomore Year:**

Take the PSAT.

Meet again with your counselor before registration for your Junior year to assure compliance with the NCAA Eligibility Center.

**Familiarize yourself with the  
NCAA Eligibility Center Web Site:**

<https://web1.ncaa.org/eligibilitycenter/common/>

### **Your Junior Year:**

Take the SAT OR ACT in October.

Meet with your counselor before registration for your senior year to be sure to meet college admission requirements and to assure compliance with NCAA eligibility rules.

Continue to work with the NCAA Eligibility Center Website for specific qualification needs.

Take the SAT a second time if necessary

Inform your counselor and coach of your desire to participate in athletics at the college level.

Visit potential colleges

### **Your Senior Year:**

Take the SAT again if necessary

Meet with your counselor early in the fall to review your transcript to assure compliance with the NCAA Eligibility Center.

Meet with your coach to discuss your potential to play at certain colleges.

Mail College applications

Review the NCAA Eligibility Center to assure your eligibility status.

**Study hard and continue  
to get good grades  
throughout your  
senior year!**