

# COLLEGE PATHWAYS HANDBOOK

## PART 1 - OPTIONS & ELIGIBILITY



# WHAT ARE MY OPTIONS OUT OF HIGH SCHOOL?

## COMMUNITY COLLEGE/JUNIOR COLLEGE (NJCAA)

- Two-year schools that provide affordable post-secondary education as a pathway to transfer to a university
- Gain an Associate's Degree by completing general education classes with a few degree-focused classes. This degree can then be used to transfer to a university
- Compete against other first & second year collegiate athletes
- 24 baseball scholarships per roster

## UNIVERSITY (NCAA)

- Four-year institutions that allow you to take general education classes + declare a degree focus straight away
- Gain a bachelor's degree in a selected area of study without having to transfer class credits from a junior college
- Compete against first, second, third and fourth-year collegiate athletes
- 11.7 baseball scholarships per roster

# WHAT IS THE NJCAA?

- »»» The NJCAA is the entity that oversee athletics in all community colleges and junior colleges.

NJCAA schools are only 2 years long & you can go to these BEFORE you transfer to a 4-year institution (NCAA).

At the completion of classes at junior college, you will receive an Associate's Degree that offsets not being NCAA eligible out of high school allowing you to then transfer.

- »»» This is a great route for players looking to get higher scholarship money as they have 24 baseball scholarships compared to 11.7 at NCAA universities.

They are also on average, more than half the cost of an NCAA school. They give you the opportunity to complete your general education classes at a cheaper cost

- »»» They also have a lower standard of academics for those who did not have the grades out of high school to go straight to a NCAA school.

It is essentially a great way of getting in the door and being seen.

Coaches from NCAA D1 & D2 levels would rather take a player from NJCAA then from outside of the U.S (like you are right now).

This is because they can see you in the college sports setting and see how your academics are doing within the US system

# WHAT IS THE NCAA?

- »»» The NCAA is a private entity that oversees athletics at all universities (4-year schools).  
They are split up into Division 1, 2 & 3
- »»» At the Division 1 level, they provide the highest level of baseball in college athletics
- »»» They allow students to declare a major from their first day, take general classes that everyone must (NJCAA or NCAA) and then head into a specific area of study without having to transfer credits from a junior college
- »»» The NCAA requires that students meet three criteria: having graduated from high school, be completing the minimum required academic courses, and having qualifying grade-point average (GPA) and SAT or ACT scores
- »»» They are more expensive due to the tuition costs and their only being 11.7 baseball scholarships
- »»» There are academic scholarships also available based on your high school GPA and SAT/ACT results

# HOW DO THEY COMPARE?

ADMISSION REQUIREMENTS	
NJCAA	NAIA/NCAA
Complete high school	Complete high school
	Complete core course requirements in high school (NCAA only)
	Take the ACT and/or SAT entrance exam(s)
	Register with the NAIA Eligibility Center and/or NCAA Eligibility Center
	Establish amateur eligibility with NAIA and/or NCAA Eligibility Center
	Submit high school transcripts, high school grades, ACT score, and/or SAT score

	NAIA	NCAA	NJCAA
ADMISSION			
ACT and/or SAT Entrance Exams	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Core Course Requirements	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Grades and Class Rankings	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Just a High School Diploma	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Register with Eligibility Center	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TYPE OF SCHOOL			
2-year school	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4-year school	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
ATHLETE RULES			
MLB Draft Eligible	<input checked="" type="checkbox"/>	After 3rd year or at age 21	<input checked="" type="checkbox"/>
Athletic Scholarships per Team	12	11.7*	24

\*NOTE: The NCAA is split into three divisions. Division I schools offer 11.7 baseball scholarships per team. Division II schools offer nine baseball scholarships per team. Division III schools, by definition, do not offer athletic scholarships. The Ivy League (e.g., Harvard, Yale, Princeton, etc.) does not offer any athletic scholarships, despite being classified as Division I schools.

**JUNIOR COLLEGE /  
COMMUNITY COLLEGE  
(NJCAA)**

- Community colleges use an open admission policy which means that anyone with a high school diploma can attend.

In addition, Year 11 & Year 12 electives in Australia have no impact on being eligible to attend.

- Receive an Associate's Degree after two years which covers general education classes - these are required at both junior college and universities.

- It is cheaper than going to a university: higher education is expensive in the U.S. The tuition fees at community colleges are more affordable than going to university.

On average the cost for community college is less than half of taking an equivalent program at a public university. And private universities are usually even pricier

- If you maintain good grades you can then transfer to a university and start directly on the third year.

So you do the first two years at the community college and the last two years at the University.

In the end you get the same degree as if you would have done all four years at the University.

The only problem with having to transfer is getting the university to recognize all the credits that you took at junior college.

Some of them may not transfer as they were done at a different institution

- »»» Classes are generally easier than university courses
- »»» More game time opportunity as you are only competing against first and second- year players
- »»» Ability to enter the MLB Draft any year
- »»» Community college baseball rules allow for more practice time and games throughout the entire school year, giving players more opportunity during the fall semester to fine tune their skills during organized workouts or game play
- »»» Community college allows for up to two more years of physical growth and development for players who are still maturing physically
- »»» Community college provides undecided or uncertain students with up to two more years to research schools and find a good fit athletically and academically
- »»» Registration with the NCAA Eligibility Center is not needed



**UNIVERSITY  
(NCAA)**

# CHECKLIST FOR UNIVERSITY (NCAA)

For international students interested in playing at an NCAA Division I or II school, there are three primary steps to follow:

## »» Step 1: Register with the NCAA Eligibility Center

Start by registering with the NCAA Eligibility Center as early as possible to make sure you stay on track to meet the NCAA's eligibility standards. Eligibility standards include receiving both an academic and amateurism certification. In order to receive your certifications, the Eligibility Center will request certain documents to assist in the review process through your Eligibility Center account.

## »» Step 2: Understand Eligibility Requirements

Like all college-bound student-athletes with a goal to play NCAA Division I or II athletics, international students must meet specific academic requirements.

## »» Step 3: Submit Required Documentation

International college-bound student-athletes must submit the following academic documents:

- Your academic records for years nine and up
- Proof of graduation, including certificates, diplomas, transcripts and documentation
- SAT or ACT scores, sent directly from the testing agencies using code 9999

NOTE: Processing for your account does not start until the NCAA Eligibility Center receives a request from an NCAA member school for your eligibility status. Be sure to provide your NCAA identification number (located within your Eligibility Center account) to each of the coaches recruiting you.

# ACADEMIC ELIGIBILITY REQUIREMENTS FOR NCAA UNIVERSITIES

To play NCAA Division I sports, you need to meet the following academic requirements:

- ▶▶▶ Graduate high school
- ▶▶▶ Complete 16 NCAA - approved core courses in the correct subjects
- ▶▶▶ Earn a minimum core-course GPA of 2.300 (average of all core-courses)
- ▶▶▶ Sit an SAT or ACT exam and earn a combined SAT or ACT sum score that matches your core-course GPA on the Division I sliding scale to the right
- ▶▶▶ Register with the NCAA Eligibility Center

DIVISION 1		
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	37
3.400	490	37
3.375	500	37
3.350	520	37
3.325	530	37
3.300	550	37
3.275	560	37
3.250	580	37
3.225	590	37
3.200	600	37
3.175	620	37
3.150	630	37
3.125	650	37
3.100	660	37
3.075	680	37
3.050	690	37
3.025	710	37
3.000	720	37
2.975	730	37
2.950	740	37
2.925	750	37
2.900	750	37
2.875	760	37
2.850	770	37
2.825	780	37
2.800	790	37
2.775	800	37

DIVISION 1		
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

▶▶▶ GPA's below 2.3 are Redshirt only

# WHAT IS AN NCAA CORE COURSE?

To be eligible to play at a NCAA Division I institution, the NCAA requires the completion of 16 core courses in Years 9-12:

- »»» 4 years of English
- »»» 3 years of Math
- »»» 2 years of Natural or Physical Science (including one year of lab science if offered by your school, i.e. general science in years 9-10, chemistry, physics, biology in years 11-12)
- »»» 1 extra year of English, Math or Natural or Physical Science
- »»» 2 years of social science (e.g. history, geography, economics, international relations, psychology)
- »»» 4 years of extra core courses (from any category above, or foreign language, comparative religion or philosophy)

The following Australian subjects are not recognised as NCAA core courses:

- »»» Information technology
- »»» Physical education, health and human movement
- »»» Business studies, accounting
  - Graphics, performing/visual arts/drama/music, technology
- »»» English as a second language (ESL)
- »»» VET courses

# EXAMPLE OF ELECTIVES

YEAR 9	YEAR 10	YEAR 11	YEAR 12
English	English	English (Standard)	English (Standard)
Math 5.3 (Advanced)	Math 5.3 (Advanced)	Math (Advanced)	Math (Standard)
Science	Science	Biology	Biology
History	History	Legal Studies	Legal Studies
Geography	Geography	Business Studies	PDHPE
PDHPE	PDHPE	PDHPE	
Food Technology	Food Technology		
Commerce	Design & Technology		
	Sport Studies		

# COLLEGE PATHWAYS HANDBOOK

## PART 2 - HOW DO I GET RECRUITED



# WHAT DOES THE TIMELINE LOOK LIKE?

## YEAR 9

- »» Sign up for a free Profile Page at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) for information on NCAA requirements.
- »» At the end of the year, ask your high school for your official transcript to upload to your NCAA Eligibility Center account

## YEAR 10

- »» Register for a Profile Page or Certification Account with the NCAA Eligibility Center
- »» Monitor your Eligibility Center account for next steps
- »» Decide on electives that will satisfy the 16 core courses required to be a NCAA qualifier out of high school
- »» At the end of the year, ask your high school for your official transcript to upload to your NCAA Eligibility Center account

# WHAT DOES THE TIMELINE LOOK LIKE?

## YEAR 11

- »» 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 high school for your official transcript to upload to your NCAA Eligibility Center account

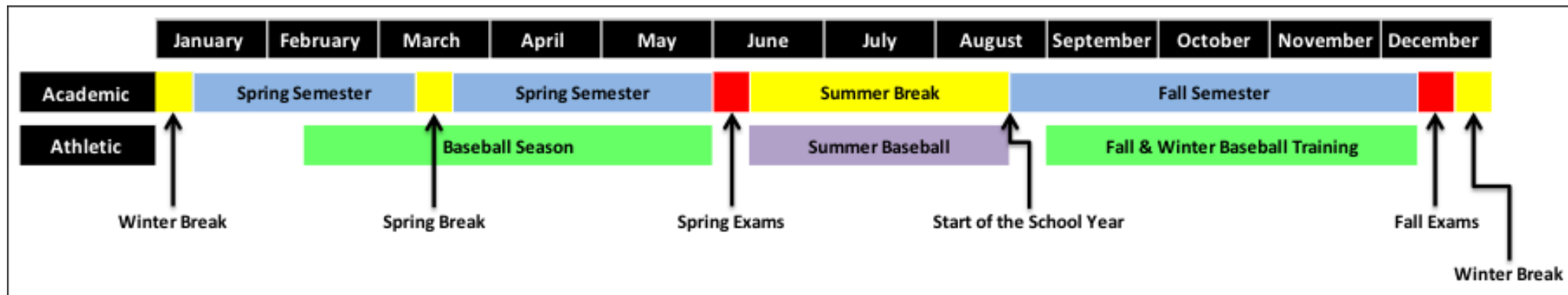
## YEAR 12

- »» Complete your final NCAA-approved core courses as you prepare for graduation
- »» Take the ACT or SAT again, if necessary, and submit your scores the NCAA Eligibility Center using code 9999
- »» Request your final amateurism certification in your account
- »» After you graduate, 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.



# THE US COLLEGE BASEBALL SEASON



# AM I READY?

- Playing baseball in college demands commitment above and beyond a student's academic workload.

There will be early practices, training sessions, home games and travel all while trying to take 4-5 classes per semester and maintain good grades.

- Which division level will be the best talent fit?

This is a good time to bring in your current high-performance manager for their analysis of your current skill sets, athleticism and prospects for improvement.

The benchmarks that we outlay will also give you a better understanding of this.

Athletes should also watch college games at each different division level to get a better feel for the caliber of play.

Be honest and realistic while always striving for the best option for you.

# TARGETING COLLEGE PROGRAMS

»» Make a long list of schools that interest you.

»» Consider the below:

- › Your academic talents
- › Your athletic talents
- › Your academic goals
- › Your athletic goals
- › Your professional aspirations
- › Cost
- › Location
- › The progression of their players moving on to universities if focusing on junior colleges

# HOW DO I INTRODUCE MYSELF?

- »»» Collect e-mail addresses for all coaches on your school list. (Check team websites for coach contact biographies and contact information.)
- »»» Provide all coaches with:
  - › CV/Resume of achievements both athletically and academically; and
  - › Video.
- »»» Know exactly what you want the coach to know about you.
- »»» Have a professional e-mail address – use your own not your parents.
- »»» Format your e-mails properly.
- »»» Use proper grammar.
- »»» Use spell check.
- »»» Be enthusiastic.
- »»» Be informed.

# WHAT SHOULD BE IN MY VIDEO?

- »» Skills video showcasing the very best you have to offer – if coaches want game footage they will ask for it afterwards.
- »» Update this regularly and only ever post/send the highest of your abilities
- »» Under 5 minutes
- »» Introduce your name, height, weight, position at the start of the video
- »» Be honest realistic about the position you are showcasing – eg. you may be a pitcher that hits at club level but isn't at a collegiate level for that position
- »» Never lie

## HITTERS

- »» Run (timed 60-yard dash with stopwatch in view)
- »» Throw (crow-hop into a screen with radar gun behind screen in camera view for velocity x3)
- »» Swing (side on & 45-degree + exit velocity x3-5, readings into a screen with radar gun from tee/soft-toss/BP with readings in view x3-5)
- »» Defence (fielding ground balls + throwing to bases for INF & fielding groundballs/taking fly balls + throwing to bases for OF x3-5 for each)

# WHAT SHOULD BE IN MY VIDEO?

## PITCHERS

- »» View from behind catcher with radar gun readings for each pitch x3-5
- »» View from behind pitcher for each pitch x3-5
- »» View from 45-degree angle x3-5
- »» Crow-hop into a screen with radar gun behind screen in camera view for velocity x3

## CATCHERS

- »» Frame/Receive x3-5
- »» Block x3-5
- »» Throw (with pop time to 2nd recorded with stopwatch in camera view)

# AMATEURISM

Amateurism requirements do not allow:

- »»» Contracts with professional teams
- »»» Salary for participating in athletics
- »»» Prize money above actual and necessary expenses
- »»» Play with professionals
- »»» Tryouts, practice or competition with a professional team
- »»» Benefits from an agent or prospective agent
- »»» Agreement to be represented by an agent
- »»» Delayed initial full-time collegiate enrollment to participate in organized sports competition.

# THINGS TO REMEMBER

- »»» Keep your social media platforms professional – coaches will look through prospective players social media channels.

Inappropriate photos or offensive language should never be posted online

- »»» Understanding scholarships – NCAA 11.7, NJCAA 24.

When the recruiting process starts, understand that your best tool is your academics and having other offers to schools that you can bargain with.

- »»» The time of the year, time of the day, introduction email & first impression can be huge