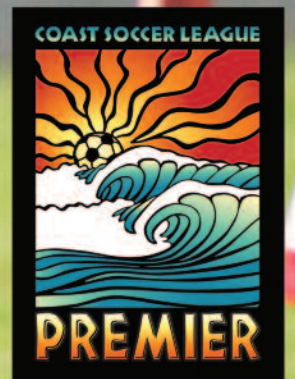


Issue Three | October 10, 2015

Premier

MAGAZINE



PRIME STEAKS. LEGENDARY SERVICE.

Fine Wine • Private Dining • Exceptional Menu



MORTON'S[®]

THE STEAKHOUSE

South Coast Plaza in Costa Mesa
1641 W. Sunflower Ave. • 714.444.4834

mortons.com



Some call it a dream,
we call it



REAL.

EVENTS, WEDDINGS, EQUESTRIAN & MORE

THE *Village*
AT GALWAY DOWNS



WEDDINGS
AT GALWAY DOWNS



THE
POLO FIELDS
AT GALWAY DOWNS



Welcome to Temecula's hallmark of great.
An incredible Equine, festive and wholesome
tradition. *Outdoors, indoors, for fun, for life.*

SEE | STAY | WED | RIDE | GROW
Learn more at GalwayDowns.com



GALWAY DOWNS

A LEGEND REBORN.

38801 Los Corralitos Rd, Temecula, CA 92592 | [t](#) [f](#) [i](#) [p](#)

LA PREMIER FC WHITE

We are definitely looking forward to our 4th straight season in the CSL Premier League, as it is the best competition in Southern California week in and week out. The competition in the Premier League tests the players both mentally and physically throughout the 3 months of competition and prepares players for the future.

Last year LA Premier FC White set out on an ambitious schedule beginning in September with CSL Premier. Head Coach, Savio Silveira, laid out a plan with the ultimate apex being a fully funded trip to Real Madrid Spain,



through Generation Adidas, for the team and coaches to train with the Real Madrid Youth Academy. To earn that once in a lifetime opportunity, LA Premier FC White would

have to win the Championship of the Las Vegas Mayor's Cup Generation Adidas Challenge in Las Vegas, Nevada for the U16 age group. This was the only age group and the only year this trip was to be offered.

Savio started preparing LA Premier FC White during the Premier League season, and then entered League Cup to continue building and preparing the team for the players ultimate goal. LA Premier FC White ran the table convincingly in League Cup and then continued to build towards the ESPN Disney Showcase in Florida in December. The players postponed their High School season to be able to work towards their goal of being able to travel to Madrid. LA Premier FC White then won the ESPN Disney Showcase in Florida in December, and took that momentum into training after the New Year's holiday preparing for February in Las Vegas.

February in Las Vegas came and LA Premier FC White went undefeated in Las Vegas and won the Championship, and earned a fully funded trip to the Real Madrid Academy in Spain. The journey started with Savio being able to work with the team for 3 months during a very competitive League season.

LA Premier FC White left for Madrid, Spain on August 21, 2015. Upon arriving the team was escorted from the airport, in a top of the line team bus, to the Ciudad del Futbol. The Ciudad del Futbol is the facility where the Spanish National Team stays and trains to prepare for international competition. The facility was amazing... the team was provided with its own personal chef (whom prepared 3 meals a day for them), 5 full sized training fields that were immaculately maintained by the Greenkeepers' (the fields were cut 3 times a day), and each player was provided training kits by Gener-



ation Adidas for every day they were in Spain along with their own bed to lay their head down at night. The Ciudad del Futbol was the home base for the LA Premier FC White team for their stay in Madrid. Also staying at the Ciudad del Futbol during the same time was Vicente del Bosque, the Spanish National Team Head Coach. Vicente was one of the nicest, unassuming men you could have met; he signed autographs and took pictures and conversed with the players on a

daily basis. Every morning Vicente del Bosque would be drinking his coffee downstairs preparing for the following week at the Ciudad del Futbol, as the Spanish National Team would be coming in to prepare for the European Championships, and he would give time to the players of LA Premier FC White.

LA Premier FC White would be transported twice a day to training at the Real Madrid Training Facility. The Real Madrid training facility is the most unbelievable facility anyone has seen or witnessed. There isn't any facility that compares to this facility in the United States, this includes any professional Sports team. The players were given access to a locker room in which would be theirs for the 10 days. In addition they were provided with Real Madrid youth academy training kits for training. A typical day would involve breakfast at 7:00am, transportation at 8:00am to training at Real Madrid, head to the locker room and get dressed and prepared for the 2 hour training session with Real Madrid, after training shower and change and transport back to the Ciudad del Futbol for lunch, rest for typically 1-2 hours and transport back to Real Madrid for the second daily 2 hour session. Then shower and change and transport back to the Ciudad del Futbol for dinner. LA Premier FC White played 3 games during their stay, so on days in which the team played competitive matches, they would have their 2 hour training session in the morning and their game would begin at 6pm or 7pm that night.

While training at Real Madrid, the players were able to experience what it would be like to train and play in the Real Madrid Youth system. Currently some of Real Madrid legendary players are youth academy coaches and obviously the players were "star-struck" to see them on the pitch with them, those players included Zidane and "Guti". The training sessions were great and the competitive matches were a once in a lifetime experience. All the youth academies in Spain play and are taught possession futbol. In addition, the players and coaches were very respectful.

LA Premier FC White's first match was against the Getafe Youth Academy team. LA Premier FC White was transported to the city of Getafe from their home base, Ciudad del Futbol, and the match was tight in the first half but LA Premier FC White pulled away in the second half to achieve a 5-1 victory. LA Premier FC White's second match was against the Malaga Youth Academy U20 team. LA Premier FC White was transported to the city of Malaga from their home base, Ciudad del Futbol, and this match was great. Malaga ended up with a 3-1 victory, and well deserved, as they were very well prepared and a very good side. LA Premier FC White's



third match was against Alcala Academy (their first team is second division). LA Premier FC White was transported to the city of Alcala from their home base, Ciudad del Futbol, and the match was tied 1-1 until the final 15 minutes when LA Premier FC White scored a nice goal to get a well-deserved 2-1 victory. This was probably one of the best spectator games that we have been associated with, in the stadium at Alcala we had roughly about 500 people of the town come and watch the game.

The LA Premier FC White team trained twice a day, or trained once and played a competitive match that afternoon/evening most of the entire 10 day trip, however the team had 2 afternoons and 1 evening with events scheduled rather than a training session or match.

The first afternoon excursion was to be given a private tour of the Santiago Bernabeu Stadium. The stadium is obviously breathtaking, however inside they have an extremely large museum... This museum is enormous and amazing. The museum relates the entire history of the Real Madrid Futbol club in an awesome display of modern technology and old fashioned history. Every ounce of history is displayed inside this museum, which encompasses 4 levels and houses every single trophy the club has ever won. After viewing this awesome display, the Team was shown the locker rooms and the pitch. A team photo was able to be taken on the pitch and on the Real Madrid bench... the only thing the players kept saying was how comfortable those black leather chairs were...

The second afternoon excursion the players were able to see the city of Madrid, which consisted of a tour arranged by Generation Adidas and given by our guide whom stayed with us at the Ciudad del Futbol and catered to our every need. In addition, the players were given some free time and were able to cruise the streets and city of Madrid.

The last night we were in Spain the team was transported to the Bernabeu to see Real Madrid's opening home match against Real Betis. For those that have experienced a professional European futbol match understand the atmosphere and experience, it is something that, if you are a fan, you should try to experience once in your life if possible.

This trip for the players of LA Premier FC White was a once in a lifetime experience and opportunity that they were lucky enough with their hard work and determination to accomplish. Now as some of the players approach their final CSL Premier season, they will be using the League as a springboard to their college soccer career. Good luck to everyone.





PREMIER CHAIRMAN MESSAGE

In the first two (2) CSL Premier Magazines, we focused on issues that relate to the Players' health and well being. CSL believes that a player's safety is of utmost importance. We also focused on the environment surrounding the game itself. Athletes seem to have a tendency to perform at a higher level when they do not have to deal with distractions off the field itself. I hope I have been able to convey this principle to everyone attending the games but history has demonstrated that a great many will pay no heed to the message and continue in their self-indulged behavior and possibly sabotage their own child's, among others, opportunity to find an athletic path to a college education. And after all, isn't an athletic path to college, or the pros, what most parents are hoping for?



Last Saturday, October 3rd, at UCI, was a day that the CSL Premier League was designed to produce. We had several college coaches scouting the games as well as several Cal South ODP Scouts. The games were great, no incidents and the comments we received from the college coaches and ODP scouts were all positive. I hope this trend continues. All of us will benefit if it does.

Having said that, it now seems appropriate to move on to a very crucial concern for the players: The potential college scholarship.

One question that should be addressed is: What is the value of college sports and why play? I am assuming everyone who reads this magazine is familiar with the NSCAA. If you are not, it's time to learn about it. Go to www.ncaa.org. The NCAA has written an Q&A article on this topic and CSL has reprinted the article in this issue directly from the NCAA website. Please read it.

Coast Soccer League designed the CSL Premier League to create additional opportunities for some of the most elite players in CSL most of who are considering a career in soccer, either at college or in a professional league.

In order for a player to reach his or her goal, there are three main areas of responsibilities that need to be addressed. One of the purposes of the CSL Premier League is to address each of these responsibilities and with the player, the parents and the league working together as a team, just how these responsibilities may be met.

These three main areas are: (1) Education as it relates to the technical requirements of recruiting; (2) Player Self-Promotion; and (3) Showcase for Talent. The Player Self-Promotion and Showcase for Talent areas will be addressed in later issues of the CSL Premier Magazine.

As to issue Number 1 - Education as it relates to the technical requirements of recruiting - we need to jump start the player's education so we have reprinted certain pages of the NCAA 2015-16 Guide for the College-Bound Student-Athlete in its entirety. Please consider this NCAA Guide as mandatory reading. If you, as parents or a player, become familiar with these requirements, then everything else will begin to fall into place.

The first thing a player should decide is just what it is he or she wants out of college. Hopefully the player will decide they want a great education in a field they want to pursue a career in. Even if

they should play professionally, a solid education in a field of their interest will serve them well when they retire from professional soccer.

The Player should locate a college or university that has an educational major in their field of interest. It should not matter to the Player if the college or university is a Div. I, Div. II, Div III or NAIA school. It should only matter as to the quality of education they will receive. In creating this list of schools, academic requirements should be taken into consideration. A player should be

aware of their chance of being admitted into the college or university based on their existing grades. However, this is one area where soccer can play a major role in the player's acceptance to the school of their choice. If a player's grades are marginal for acceptance into the college or university of their choice, a soccer coach who wants the player can make it happen. So do not hesitate to add a college or university to the list that really interests you. Once your list of colleges and universities is created, the real work begins.

Sort out the colleges and/or universities that have soccer programs that interest you. You need not rank them in any order in that you should contact them all.

College recruiting is a mine field for both players and coaches alike. Do your part and learn the recruiting rules the college coaches must follow. Do not place coaches in a position that violates the NCAA Rules. You need to know these rules. Please read the NCAA Guide for the College Bound Student-Athlete in this issue. It will certainly help you in reaching your educational goals. Register as soon as you are allowed to within the NCAA rules and begin contacting the coaches.

As already stated, the upcoming issues will contain more information on how the player needs to start to self-promote himself and some recommendations on tools that will assist them. But they need to remember one thing - the player controls their own destiny and obtaining a college athletic scholarship is very hard work and takes a great deal of time. So start right now. ⚽



Coast Soccer League 2015 PREMIER COMMITTEE

Premier Chairman	Gary Sparks
Vice Chairwoman	Marguerite Cochran
Boys U16 & U19 Competitive Chairwoman	Karen Sparks
Girls U16 thru 19 Competitive Chairwoman	Karen Sparks
Referee Liaison	Nick Cruz
Marketing	Carol Ritter
Action Photographer	Gary Campbell
	Bill Reese
Team Photographer	Gary Campbell of NuPhoto
Webmaster	David Fliegler
Data Analyst	Roma Klein
Printer	Sam George of PTS Marketing Group

THE VALUE OF COLLEGE SPORTS

RELATED RESOURCES

Want to play college sports? – Register with the NCAA Eligibility Center to ensure you have met amateurism standards and are academically prepared for college coursework.

Probability of going pro – There are more than 460,000 NCAA athletes and the reality is that very few of them will go on to play sports professionally. See the stats.

Investing where it matters – There is a lot of talk about how much money college sports generates. But did you know that more than 90 percent of the NCAA's revenue goes to support student-athletes? Learn more.

NCAA After the Game™ – We know that most college athletes will go pro in something other than sports. NCAA After the Game is a resource for former college athletes of all ages. It's the go-to place for help in succeeding on the biggest court of all...life.

WHY PLAY COLLEGE SPORTS?

College education

A college degree has a direct impact on a person's quality of life. A 2013 report by The College Board shows that the median lifetime earnings of bachelor's degree recipients are 65 percent higher than those of high school graduates.

Academic success

Overall, NCAA student-athletes graduate at rates higher than college students in general. Nearly 13,000 student-athletes have returned to campuses to complete their degrees



in the past decade after finishing their athletics eligibility.

Scholarships

More than 150,000 college athletes receive \$2.7 billion in athletics scholarships each year from NCAA member colleges and universities.

Student Assistance Fund

Division I student-athletes have access through their campus and conference offices to more than \$75 million from the NCAA's Student Assistance Fund. These resources can be used in a variety of ways, from helping students fly home for a family tragedy to purchasing a winter coat.

Elite training opportunities

Student-athletes have regular access to top-notch coaching, facilities and equipment. These resources typically cost Olympic athletes thousands of dollars per year.

Academic and support services

College athletes receive academic support, such as state-of-the-art technology and tutoring, to help them succeed in the classroom.

Healthy living

Student-athletes have access to cafeteria "training tables" on campus, with Division I schools permitted to furnish unlimited meals (Division II

will begin offering this benefit in August 2015). In addition, some schools hire nutritionists and dieticians to work with each student-athlete.

Medical care

From medical best practices to playing rules, equipment requirements and a new research partnership with the Department of Defense, the NCAA is committed to student-athlete safety.

Medical insurance

The NCAA funds an insurance policy covering all student-athletes who experience catastrophic injuries while playing or practicing their sports – providing up to \$20 million in lifetime insurance benefits for medical expenses and other special needs. In Division I, college athletes are now permitted to borrow against future earnings to purchase loss-of-value insurance.

Exposure and experiences

Student-athletes have the opportunity to travel across the country and around the world for regular-season contests, NCAA championships and foreign tours. These experiences can open doors for the few who will compete professionally and for the majority who will go pro in something other than sports.

Preparation for life

Increasingly, the business world is focusing on creating a team environment with employees. By competing in college sports, student-athletes learn important skills such as leadership, time management and how to work with others toward a common goal. ⚽

A black and white photograph capturing a moment of intense celebration on an ice hockey rink. Several players in light-colored jerseys with dark accents and a team logo are visible. One player in the center foreground has her arms raised high in a 'V' shape, mouth wide open in a shout. To her right, another player is partially visible, wearing a helmet and holding a large horn that says 'NATIONAL CHAMPION'. In the background, a crowd of spectators is blurred, adding to the atmosphere of a significant victory. The image is used as a background for a document cover.

NCAA Eligibility Center

2015-16 GUIDE FOR THE
**COLLEGE-BOUND
STUDENT-ATHLETE**

EVEN IF YOU'RE THE
BEST, THIS IS ONE
NUMBER YOU NEED
TO KEEP AN EYE ON.

A white athletic jersey with the number 2.3 on the back, hanging in front of a chain-link fence. The jersey is a raglan style with dark trim on the sleeves. The number 2.3 is large and dark with a white outline. The background is a dark chain-link fence.

2.3

Division I initial eligibility
standards are changing.
Learn more at **2point3.org**.

Table of Contents

4	How To Use This Guide This Guide answers questions for student-athletes and parents navigating the initial-eligibility process.	19	Division I Worksheet Use this worksheet to track your progress towards your Division I initial eligibility.
5	Who Is The NCAA? Find out who makes up the NCAA membership and a description of how it works.	20	Division II Worksheet Use this worksheet to track your progress towards your Division II initial eligibility.
7	Thinking Of Going Pro? There are more than 460,000 student-athletes and fewer than two percent go pro.	21	Transcripts Ask your high school counselor to send a six-semester and final high school transcript.
8	Initial-Eligibility Checklist Follow a grade-by-grade checklist for navigating the initial-eligibility process.		The GED Check the guidelines for using the GED as proof of graduation.
9	Student Registration If you want to play sports at an NCAA school, you need to register at eligibilitycenter.org .		Test Scores You will need to have all ACT or SAT scores sent to the NCAA Eligibility Center.
10	Division I Standards Learn the standards to compete at a Division I school.	22	Education-Impacting Disabilities Useful information for students with EIDs.
12	Division I Sliding Scale Learn the ACT/SAT score needed to match your core GPA.	23	Home School Students Useful information for home school students.
13	Division II Standards Learn the standards needed to compete at a Division II school.		International Students Useful information for international students.
15	Division II Sliding Scale Learn the ACT/SAT score needed to match your core GPA.	24	Amateurism Learn which activities may impact your amateur status.
	Division III Standards You do not need to register with the NCAA Eligibility Center to compete in Division III.	26	Important Terms Learn some key terms about the initial-eligibility and recruiting processes.
16	What Is A Core Course? Learn the types of courses that will help you meet the Divisions I and II standards.	27	Recruiting Calendars Learn more about the recruiting rules for Divisions I, II and III.
17	Nontraditional Courses Learn the types of nontraditional courses that will help you meet the Divisions I and II standards.	31	Scholarships Learn more about scholarship opportunities at NCAA schools.
18	Grade-Point Average Your core GPA is based on the grades you earn in NCAA-approved courses.		National Letter Of Intent Useful information about the National Letter of Intent.



How to Use This Guide

This guide answers important questions for four groups of people involved in the NCAA initial-eligibility process:

- High school students who hope to compete in college sports at an NCAA Division I or II school;
- Parents, guardians and family members of high school students;
- High school counselors and athletics administrators; and
- High school and nonscholastic coaches.

Where can you find answers to your questions about NCAA eligibility?

Find answers to many typical questions about NCAA eligibility by:

- Reading this guide;
- Visiting the Resources section of eligibilitycenter.org;
- Visiting NCAA.org/playcollegesports;
- Searching Frequently Asked Questions at NCAA.org/StudentFAQ; and/or
- Calling the NCAA Eligibility Center.

NCAA ELIGIBILITY CENTER CONTACT INFORMATION

Online
eligibilitycenter.org
NCAA.org/playcollegesports
2point3.org
 Follow us on Twitter @NCAA_EC

Phone
 U.S. callers (toll free):
 877-262-1492
 International callers:
 011-317-917-6222

Certification Processing
 NCAA Eligibility Center
 Certification Processing
 P.O. Box 7136
 Indianapolis, IN 46207-7136

Overnight Delivery
 NCAA Eligibility Center
 Certification Processing
 1802 Alonzo Watford Sr. Drive
 Indianapolis, IN 46202

Welcome from the President



Dear College-Bound Student-Athlete:

I am so pleased you are interested in pursuing your education and sport at the college level. This Guide is designed to educate you, your family and high school administrators about the initial-eligibility process for NCAA Divisions I and II schools. If you are interested in NCAA Division III, please visit **NCAA.org/d3** or contact the athletics office at a Division III campus for its initial-eligibility standards.

I encourage you to take an active role in the process of preparing for college. Initial eligibility affects your ability to receive an athletics scholarship and to practice and compete in your first year as a full-time college student.

More than 1,000 schools in the NCAA sponsor stellar academic and athletics programs, so it is never too early to start looking for your best fit. Work closely with your high school counselors, coaches, parents/guardians and mentors as you transition to college.

At the NCAA national office, staff members want to ensure high school athletes meet standards that will best prepare them to succeed in the college classroom. In particular, the NCAA Eligibility Center strives to make your registration and certification experience positive and helpful.

The connection between sports and learning in college is a unique and valuable experience.

I wish you the best of luck as you embark on this important journey.

All the best,

Mark Emmert
NCAA President

.....
The NCAA membership and national office work together to help more than 460,000 student-athletes develop leadership, confidence, discipline and teamwork through college sports.
.....

The National Collegiate Athletic Association

The National Collegiate Athletic Association (NCAA) is a membership-driven organization dedicated to safeguarding student-athlete well-being and equipping them with the skills to succeed on the playing field, in the classroom and throughout life.

We support learning through sports by integrating athletics and higher education to enrich the college experience of student-athletes. More than 1,100 NCAA members – mostly colleges and universities, but also conferences and affiliated groups – work together to create a framework of rules for fair and safe competition. Those rules are administered by NCAA national office staff, which also organizes national championships and provides other resources to support student-athletes and the schools they attend.

Our diverse membership includes schools with student bodies that range from hundreds of students to tens of thousands. The current three-division structure creates a fair playing field for like-minded schools and provides student-athletes with a wide spectrum of opportunities to participate in 90 championship events.

College and university presidents and chancellors guide each division, supported by an extensive committee structure guided by athletics administrators, faculty and student-athlete representatives. Each division creates its own rules that follow the overarching principles of the NCAA.

HELPFUL HINTS

- Visit **NCAA.org/playcollegesports** to learn more about opportunities available at NCAA schools.
- Know current and future academic standards for Division I (2016) and Division II (2018).
- Complete NCAA-approved courses throughout high school. Your high school counselor can help.
- Register with the NCAA Eligibility Center at eligibilitycenter.org during your sophomore year if you are interested in Division I or II sports participation.
- After six semesters, send official transcripts from all high schools attended to the NCAA Eligibility Center.



Division I

Division I schools generally have more students, larger athletics budgets and more athletics department support than schools in Division II or III.



Division II

Schools in Division II emphasize a life balance in which academically and athletically gifted students can compete at a high level, while maintaining a traditional collegiate experience.



Division III

Academics are the primary focus for Division III student-athletes who experience shorter sports seasons, reducing their time away from academic studies and other campus activities.

Do schools in all three divisions offer athletics scholarships?

Schools in Divisions I and II provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletically related financial aid, but student-athletes may receive academic or need-based financial aid similar to other students on campus. For more information about scholarships, see page 31.

Are initial-eligibility standards similar in all three divisions?

If you want to compete at a Division I or II school, you must meet academic and amateurism standards set by the NCAA membership. At Division III schools, you must meet the admission standards set by the school for all incoming students and amateurism standards set by the NCAA membership. For more information about Division III, see page 15.

	Division I	Division II	Division III
Schools	346	318	451
Teams	6,494	4,755	7,837
Student-Athletes	175,738	112,391	185,000
Conferences	32	24	43
Average Undergraduate Enrollment Per School	12,377	4,165	2,592
Average Teams Per School	19	15	18
Average Student-Athletes Per School	518	354	417
Percentage of Students at Each School Who Participate in NCAA Sports	4%	8%	16%

Thinking of Going Pro?

There are more than 460,000 NCAA student-athletes, and fewer than two percent will go pro in their sport.

For the rest, the experiences of college athletics and the life lessons they learn along the way will help them as they pursue careers in business, education, athletics administration, communications, law, medicine and many more fields. Education is a vital part of the college athletics experience, and student-athletes treat it that way.

Overall, student-athletes graduate at higher rates than their peers in the student body, and those rates rise each year.

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	541,054	433,344	1,093,234	482,629	35,393	417,419
High School Senior Student-Athletes	154,587	123,813	312,353	137,894	10,112	119,263
NCAA Student-Athletes	18,320	16,319	71,291	33,431	3,976	23,602
NCAA Freshman Roster Positions	5,234	4,663	20,369	9,552	1,136	6,743
NCAA Senior Student-Athletes	4,071	3,626	15,842	7,429	884	5,245
NCAA Student-Athletes Drafted	45	33	256	731	4	72
Percent High School to NCAA	3.4%	3.8%	6.5%	6.9%	11.2%	5.7%
Percent NCAA to Professional	1.2%	0.9%	1.6%	8.6%	6.8%	1.4%
Percent High School to Professional	0.03%	0.03%	0.08%	0.53%	0.04%	0.06%

*Percentages based on estimated data.

NCAA Sports

The NCAA conducts 90 national championships in 24 sports across Divisions I, II and III, with 44 championships administered for women and 42 for men. That means almost 54,000 student-athletes participate in NCAA championships each year.

From signature events like the NCAA March Madness® men's and women's basketball tournaments to rowing, rifle, softball and skiing, the NCAA puts on championships to ensure student-athletes have a first-class experience. But the NCAA is also committed to quality events for everyone involved, from the coaches to the fans and broadcast audiences.

It is important to the NCAA that our championships have a positive impact on the communities that host them. The NCAA hosts youth clinics and various fan events to complement the competition – creating what is hoped to be a championship experience for everyone involved.

Fall Sports	Winter Sports		Spring Sports		Emerging Sports
Cross Country (W)	Basketball (M)	Basketball (W)	Baseball (M)	Softball (W)	Equestrian (W)
Cross Country (M)	Fencing (M)	Fencing (W)	Golf (M)	Golf (W)	Rugby (W)
Field Hockey (W)	Gymnastics (M)	Gymnastics (W)	Lacrosse (M)	Lacrosse (W)	Triathlon (W)
Football (M)	Ice Hockey (M)	Ice Hockey (W)	Outdoor Track and Field (M)	Outdoor Track and Field (W)	
Soccer (W)	Indoor Track and Field (M)	Indoor Track and Field (W)	Tennis (M)	Tennis (W)	
Soccer (M)	Rifle (M)	Rifle (W)	Rowing (W)	Volleyball (M)	
Volleyball (W)	Skiing (M)	Skiing (W)	Water Polo (W)	Sand Volleyball (W)	
Water Polo (M)	Swimming and Diving (M)	Swimming and Diving (W)			
	Bowling (W)	Wrestling (M)			

Initial Eligibility

The initial-eligibility standards help to prepare you to succeed in the college classroom based on your high school academic record. The eligibility process also protects the fairness and integrity of college sports by ensuring student-athletes are truly amateurs.

If you want to practice, compete and receive an athletics scholarship during your first year at a Division I or II school, you must be certified as eligible by the NCAA Eligibility Center. Throughout the process, staff members of the NCAA Eligibility Center partner with students and their families as well as high school administrators and coaches.

As a college-bound student-athlete, you are responsible for achieving and protecting your eligibility – that means planning ahead, taking high school classes seriously and protecting your amateur status.

It can be a difficult first step, but the ultimate benefits of being an NCAA student-athlete are well worth the effort.

Get Ready. Get Set. Go!

PLAN **Grade 9**

- ☐ Start planning now: take the right courses and work hard to earn the best grades possible.
- ☐ Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes. Or, find your high school's list of NCAA-approved courses at **eligibilitycenter.org**.

REGISTER **Grade 10**

- ☐ Register with the NCAA Eligibility Center at **eligibilitycenter.org**.
- ☐ If you fall behind on courses, do not take short cuts to catch up. Ask your counselor for help with finding approved courses or programs that you can take.

STUDY **Grade 11**

- ☐ Check with your counselor to make sure you will graduate on time with the required number of NCAA-approved courses.
- ☐ Take the ACT or SAT and submit your scores to the NCAA using code 9999.
- ☐ At the end of the year, ask your counselor to send or upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, you will need to submit an official transcript for each school.
- ☐ Make sure you are on track to graduate on time with your class.

GRADUATE **Grade 12**

- ☐ Complete your final NCAA courses as you prepare for graduation.
- ☐ Take the ACT or SAT again, if necessary, and submit your scores to the NCAA using code 9999.
- ☐ Request your final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees) in your NCAA Eligibility Center account at **eligibilitycenter.org**.
- ☐ After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center.
- ☐ Only students on an NCAA Division I or II request list will receive a certification.



Student Registration

If you want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center at **eligibilitycenter.org**. You should plan to register during your sophomore year of high school. If you have questions about your eligibility or the registration process, call us toll free at 877/262-1492. International students should call 011-317-917-6222. The information below is intended to help walk you through the registration process.

Online Registration

The NCAA Eligibility Center has designed **eligibilitycenter.org** with you, the student-athlete, in mind. This is where you will find the tools and information you need to begin your college experience as a student-athlete. Allow at least 45 minutes to register completely. If you need to exit and return at a later time, you can save and exit once your account has been created. Some additional tips are listed below to help walk you through each section of the registration process.

Account Creation

You will need to provide a valid email address to create an account and begin the registration process. Be sure you provide an email address that will be active after you graduate from high school. This email should be one that you use frequently, because you may receive notices regarding your account. If you have a sibling that has previously registered, you will need to use a different email address than the one on your sibling's account to create your new account.

About Me

In this section, you will enter your name, address, date of birth and gender.

My Coursework

Enter the name and location of the high school you currently attend. If you have attended more than one school (including summer school) during grades nine, 10, 11 or 12, you will need to list those schools as well. Be sure to include ALL schools, regardless of whether you received grades or credits. If you attended ninth grade at a junior high school located in the same school system in which you later attended high school, do not list the ninth-grade school. You must also include information about courses you may have taken through other programs, such as an online school or credit recovery program for a class you did not pass or took to improve a grade.

My Sport

Select the sport(s) you plan to participate in at an NCAA Division I or II school. You will also be asked about any teams outside your high school, such as club teams you have played on, and events you have participated in during your high school career.

Payment

Your account will be eligible for processing once the registration fee has been paid (or submission of a fee waiver if you are eligible). You may pay online by debit, credit card or e-check. The registration fee is \$75 for students in the United States, U.S. Territories and Canadian students (U.S. Territories include American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands); and \$130 for all other international students.

All fees are nonrefundable once you have successfully registered. If you completed a duplicate registration and paid your registration fee twice, you may be eligible for a refund of the duplicate registration fee. To receive a refund, you will need to complete and submit an NCAA refund form.

Fee Waiver

You are eligible for a waiver of the registration fee if you have received a waiver of the SAT or ACT fee. This is not the same as a U.S. state voucher. You must have an authorized high school official submit your fee waiver documentation online once you complete your registration.

ACT

In order to be eligible for an ACT fee waiver, you must meet one of these indicators of economic need:

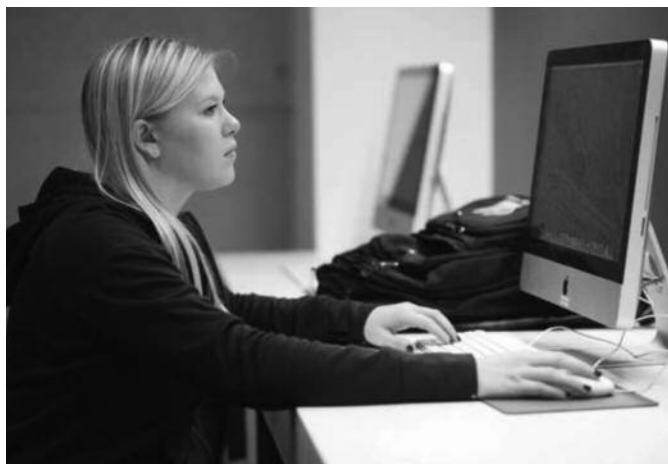
- Your family receives low-income public assistance;
- Your family income is at or below the Bureau of Labor Statistics Low Standard Budget;
- You are a ward of the state;
- You live in a foster home;
- You are homeless;
- You participate in free or reduced-price lunch program at school; or
- You participate in federally funded TRIO Program such as Upward Bound.

SAT

You are eligible for consideration for an SAT fee waiver if you are a United States citizen or a foreign national taking the SAT in the United States or its territories and you meet one of the following requirements:

- You are enrolled in a program for the economically disadvantaged such as AVID or TRIO;
- Your family's annual income falls within the levels listed by the U.S. Department of Agriculture (USDA) for free or reduced-price lunches;
- Your family receives public assistance;
- Your family lives in federally subsidized public housing; or
- You live in a foster home.

If you are a home schooled student in the United States or U.S. territories who cannot afford to pay the test fees, you must provide proof of eligibility to your local high school or agency administrator. Only a school or agency administrator can provide you with the fee waiver card for the appropriate test. Students from countries other than the United States or its territories are not eligible for a fee waiver.



Division I Academic Standards

Division I schools require you to meet academic standards for NCAA core courses, core-course grade-point average (GPA) and test scores. The standards are changing for students who enroll full time for the first time at a Division I school on or after August 1, 2016.

If You Enroll BEFORE August 1, 2016

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division I school, you must graduate high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
 - Four years of English;
 - Three years of math (Algebra 1 or higher);
 - Two years of natural/physical science (including one year of lab science if your high school offers it);
 - Two years of social science;
 - One additional year of English, math or natural/physical science; and
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy.
2. Earn at least a 2.0 GPA in your core courses.
3. Earn an SAT combined score or ACT sum score that matches your core-course GPA on the Division I sliding scale.

If You Enroll AFTER August 1, 2016

To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
 - Four years of English;
 - Three years of math (Algebra 1 or higher);
 - Two years of natural/physical science (including one year of lab science if your high school offers it);
 - Two years of social science;
 - One additional year of English, math or natural/physical science; and
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy.
2. Complete 10 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses for GPA improvement.
3. Earn at least a 2.3 GPA in your core courses.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA on the Division I sliding scale for students enrolling on or after August 1, 2016.

What is a SLIDING SCALE?

The NCAA Eligibility Center uses a sliding scale to balance your test score and core-course GPA. If you have a low test score, you will need a higher core-course GPA to be eligible. If you have a low core-course GPA, you will need a higher test score to be eligible.

See the Division I sliding scale on page 12.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

Core-Course Timeline

If you plan to attend a Division I school, you must complete 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate high school early, you must still meet the NCAA's core-course requirements.

If you graduate high school on time and plan to attend a Division I school, you may complete one additional NCAA core-course within one year of your graduation date to meet core-course requirements or improve your GPA. You may complete the additional core course at a school other than the high school from which you graduated, but check before you take the course to make sure it appears on the school's list of NCAA-approved courses. You must also provide an official transcript from the new school with grade and credit for the additional core course.

Academic Certification Decisions

In order for you to receive an academic certification, you must have a final transcript with proof of graduation, transcripts from all other high schools attended, test scores, no open academic tasks and be on a Division I school's request list.

Once a certification has been completed, you will receive one of the decisions in the box below if you are being recruited by a Division I school.

QUALIFIER

You may practice, compete and receive athletics scholarships during your first year of enrollment at an NCAA Division I school.

ACADEMIC REDSHIRT

For those enrolling at a Division I school on or after August 1, 2016. You may receive an athletics scholarship during your first year of enrollment and may practice during your first regular academic term but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours in order to practice in the next term.

NONQUALIFIER

You will not be able to practice, receive an athletics scholarship or compete during your first year of enrollment at a Division I school.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria after six semesters, you may be deemed an early academic qualifier for Division I.

Minimum SAT combined score (math and critical reading) of 900 OR minimum ACT sum score of 75; and a core-course GPA of 3.000 or higher in a minimum of 14 core courses:

1. Three years of English;
2. Two years of math;
3. Two years of science;
4. Two additional years of English, math or science; and
5. Five additional core courses in any area.

A final high school transcript is required to be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers.

What If I Don't Meet the Division I Standards?

If You Enroll BEFORE August 1, 2016

If you enroll full time at a Division I school before August 1, 2016, and you have not met all the Division I academic standards, you would be a nonqualifier and may not practice, compete or receive an athletics scholarship in your first year at college. You should contact the compliance office at your Division I school for options and any next steps.

If You Enroll AFTER August 1, 2016

If you enroll full time at a Division I school after August 1, 2016, and you have not met all the Division I academic standards, you may not compete in your first year at college. However, if you qualify as an academic redshirt, you may practice during your first term in college and receive an athletics scholarship for the entire year. The academic redshirt qualification is only for students who enroll full time in college after August 1, 2016.

To qualify as an academic redshirt, you must graduate high school and meet ALL the following academic standards:

1. Complete 16 core courses;
2. Earn at least a 2.0 GPA in your core courses; and
3. Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale for students enrolling on or after August 1, 2016.



Sliding Scale for Division I before August 1, 2016

Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale for Division I beginning August 1, 2016

Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

ACADEMIC REDSHIRT

Division II Academic Standards

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course grade-point average (GPA) and test scores. The standards are changing for students who enroll full time for the first time at a Division II school on or after August 1, 2018.

If You Enroll BEFORE August 1, 2018

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate high school and meet ALL the following requirements:

1. Complete 16 core courses:
 - Three years of English;
 - Two years of math (Algebra 1 or higher);
 - Two years of natural or physical science (including one year of lab science if your high school offers it);
 - Two years of social science;
 - Three additional years of English, math or natural or physical science; and
 - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy.
2. Earn at least a 2.0 GPA in your core courses.
3. Earn an SAT combined score of 820 or an ACT sum score of 68.

If You Enroll AFTER August 1, 2018

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate high school and meet ALL the following requirements:

1. Complete 16 core courses:
 - Three years of English;
 - Two years of math (Algebra 1 or higher);
 - Two years of natural or physical science (including one year of lab science if your high school offers it);
 - Two years of social science;
 - Three additional years of English, math or natural or physical science; and
 - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy.
2. Earn at least a 2.2 GPA in your core courses.
3. Earn an SAT combined score or ACT sum score that matches your core-course GPA on the Division II competition sliding scale.



Core-Course Timeline

If you plan to attend a Division II school, you must complete 16 NCAA core courses after starting grade nine and before your first full-time college enrollment.

Academic Certification Decisions

In order for you to receive an academic certification, you must have a final transcript with proof of graduation, transcripts from all other high schools attended, test scores, no open academic tasks and be on a Division II school's request list.

Once a certification has been completed, you will receive one of the decisions in the box below if you are being recruited by a Division II school.

QUALIFIER

You may practice, compete and receive an athletics scholarship during your first year of enrollment at an NCAA Division II school.

PARTIAL QUALIFIER

You may receive an athletics scholarship during your first year of enrollment and may practice during your first year of enrollment, but may NOT compete.

NONQUALIFIER

You will not be able to practice, receive an athletics scholarship or compete during your first year of enrollment at a Division II school.

EARLY ACADEMIC QUALIFIER

If you meet specific criteria below after six semesters, you may be deemed an early academic qualifier for Division II.

Minimum SAT combined score (math and critical reading) of 1000 OR minimum sum score of 85 on the ACT; and a core-course GPA of 3.000 or higher in a minimum of 12 core courses in the following areas:

1. Three years of English;
2. Two years of math;
3. Two years of science; and
4. Five additional core courses in any area.

A final high school transcript is required to be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers.

What If I Don't Meet the Division II Standards?

If You Enroll BEFORE August 1, 2018

If you enroll full time at a Division II school before August 1, 2018, and you have not met all the Division II academic standards, you may not compete in your first year. However, if you meet the standards to be a partial qualifier, you may practice and receive an athletics scholarship in your first year at college. To be a partial qualifier, you must graduate high school and meet ONE of the following standards:

1. Earn a 2.0 GPA in 16 core courses; or
2. Earn an SAT combined score of 820 or an ACT sum score of 68.

If You Enroll AFTER August 1, 2018

If you enroll full time at a Division II school after August 1, 2018, and you have not met all the Division II academic standards, you may not compete in your first year. However, if you meet the standards to be a partial qualifier, you may practice and receive an athletics scholarship in your first year at college. To be a partial qualifier, you must graduate high school and meet ALL the following standards:

1. Complete 16 core courses;
2. Earn at least a 2.0 GPA in your core courses; and
3. Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division II partial qualifier sliding scale.



Division II Competition Sliding Scale

Use for Division II beginning August 1, 2018

Core GPA	SAT Verbal + Math ONLY	ACT
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

Division II Partial Qualifier Sliding Scale

Use for Division II beginning August 1, 2018

Core GPA	SAT Verbal + Math ONLY	ACT
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

Division III Academic Standards

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play.

While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions and eligibility standards. You can visit NCAA.org/d3 or contact the Division III school you are planning to attend.



What Is A Core Course?

NCAA schools require college-bound student-athletes to build a foundation of high school courses to prepare them for the academic expectations in college.

For a high school class to be an NCAA-approved core course, it **MUST** meet these conditions:

1. Be an academic, four-year college preparatory course in these subject areas:
 - English;
 - Math (Algebra I or higher);
 - Natural/physical science;
 - Social science;
 - Foreign language; or
 - Comparative religion or philosophy.
2. Be taught at or above your high school's regular academic level.
3. Receive credit towards high school graduation and appear on an official transcript with course title, grade, and credit awarded.

What is Not a Core Course

Not all high school classes are NCAA-approved core courses. Some examples of courses that are NOT NCAA-approved core courses include:

- Courses in non-core areas, fine arts or vocations such as driver education, typing, art, music, physical education or welding.
- Courses that prepare students for the world of work or life, or for a two-year college or technical school, such as personal finance, consumer education or tech prep.
- Courses taught below grade level, at a slower pace or with less rigor or depth, such as basic, essential, fundamental or foundational courses.
- Courses which are not academic in nature such as film appreciation, video editing or greenhouse management.
- Credit-by-exam courses are not considered NCAA-approved core courses.

Core Course Credits

You can earn credit for a core course only once. If you take a course that repeats the content of another core course,

Find your high school's list of NCAA-approved courses at **eligibilitycenter.org**. Make sure you are taking the courses on the approved list. Ask your counselor if you need help.

you earn credit for only one of these courses and the higher grade counts toward your core-course GPA.

Generally, you receive the same number of credits from the NCAA for a core course that you receive from your high school for the class. A one-year class taken over a longer period of time is considered one core course and is not awarded more than one credit.

Credit Recovery Programs

Many high schools offer credit recovery or credit retrieval programs for students to receive credit for a course they previously failed. Some students take credit recovery to improve grades for courses that they took previously or to take courses for the first time to catch up.

For a credit recovery course to count as an NCAA core course, it must meet ALL of the following requirements:

1. The course must meet all the requirements of an NCAA-approved nontraditional course. This means there must be instructor-led interaction between the student and the teacher for teaching, evaluating and assistance. There must also be a defined time period for the student to complete the course.
2. The course must be comparable to the regular course in length, content and rigor. Courses taught at a lower level or lack adequate rigor will not be acceptable.
3. The school must follow its credit recovery policies, whether or not the student is an athlete.
4. The course should be clearly identified as a credit recovery course on the student's high school transcript.
5. The course must appear on the school's list of NCAA-approved courses.

Courses Taken Before High School

If you take a high school class such as Algebra 1 or Spanish 1 in eighth grade, the class may count toward your 16 core courses if it appears on your high school's list of NCAA-approved courses and is shown on your high school transcript with grade and credit.



Nontraditional and Online Courses

Nontraditional courses are classes taught online or through distance learning, independent study, individualized instruction or correspondence methods.

For a nontraditional course to count as an NCAA-approved core course, it must meet ALL of the following requirements:

- The course must prepare students for academic work at a four-year college.
- The course must be comparable in length, content and rigor to courses taught in a traditional classroom setting.
- A student in the course must have regular instructor-led interaction for the purpose of instruction, evaluation and assistance for the duration of the course. This may include, for example, exchanging emails between the student and teacher, online chats, phone calls, feedback on assignments and the opportunity for the teacher to engage the student in individual instruction.
- The course must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or a more condensed time period.
- The course should be clearly identified as nontraditional on the student's official high school transcript.
- The course must appear on the school's list of NCAA-approved courses.

A nontraditional course could fail to meet NCAA core-course requirements for any of the following reasons:

- Does not have teacher-based instruction.
- Does not require regular and ongoing instructor-led interaction between the student and teacher.
- Does not have certified or qualified teachers.
- Does not require students to complete the entire course.
- Allows students to complete a course in a short period of time.
- Allows students to take numerous courses at the same time, especially courses in the same subject area or that are sequential.
- Does not prepare students for four-year college classwork.
- Does not verify a student's identity.
- Does not have formal assessments or has only limited assessments.
- Does not have official student grade records.

To find out if a nontraditional program or course is approved, you can go to **eligibilitycenter.org** and search the school or program's list of NCAA-approved courses. You will find information about any nontraditional programs or courses in the "Additional Information" box as seen below.

Additional Information

Coursework from this school/program meets NCAA nontraditional core-course legislation.

Remember: Log in to your NCAA Eligibility Center account frequently to update your information with all the academic programs you have taken, including computer-based instruction, alternative school, evening school, adult school, online courses, distance learning, independent study, individualized instruction and correspondence courses.



Grade-Point Average

The NCAA Eligibility Center calculates your core-course grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Only your best grades from the required number of NCAA core courses will be used. Grades from additional core courses will be used only if they improve your grade-point average.

Your GPA is calculated on a 4.000 scale. Numeric grades such as 92 or 87 are changed to letter grades such as A or B. The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. Weighted honors or advanced placement courses may improve your core-course GPA but your high school must notify the NCAA Eligibility Center that it weights grades in these classes.

In Pass/Fail grading situations, the NCAA Eligibility Center will assign your high school's lowest passing grade for a course in which you received a Pass grade. For most high schools, the lowest passing grade is a D, so the NCAA Eligibility Center generally assigns a D as a passing grade.

Calculating Your Quality Points

In order to determine your quality points earned for each course, multiply the quality points for the grade by the amount of credit earned.

Examples:

- An A grade (4 points) for a trimester course (0.34 units):
 $4 \text{ points} \times 0.34 \text{ units} = 1.36 \text{ total quality points}$
- An A grade (4 points) for a semester course (0.50 units):
 $4 \text{ points} \times 0.50 \text{ units} = 2.00 \text{ total quality points}$
- An A grade (4 points) for a full-year course (1.00 units):
 $4 \text{ points} \times 1.00 \text{ units} = 4.00 \text{ quality points}$

The following worksheets will help you to determine your core-course GPA or you can access the new Academic Planning Tool online.

QUALITY POINTS

A = 4 points C = 2 points
B = 3 points D = 1 point

UNITS OF CREDIT

1 quarter unit = 0.25 units
1 trimester unit = 0.34 units
1 semester unit = 0.50 units
1 year = 1 unit



Division I Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional year in English, mathematics or natural/physical science (1 year required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Core-Course GPA (16 required) Beginning August 1, 2016, 10 core courses must be completed before the seventh semester and seven of the 10 must be a combination of English, math or natural or physical science for competition purposes. Grades and credits may be earned at any time for academic redshirt purposes.

Division II Worksheet

This worksheet is provided to assist you in monitoring your progress in meeting NCAA initial-eligibility standards. The NCAA Eligibility Center will determine your academic status after you graduate. Remember to check your high school's list of NCAA-approved courses for the classes you have taken.

Use the following scale: A = 4 quality points; B = 3 quality points; C = 2 quality points; D = 1 quality point.

English (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: English 9	.5		A		$(.5 \times 4) = 2$
Total English Units					Total Quality Points

Mathematics (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Example: Algebra 1	1.0		B		$(1.0 \times 3) = 3$
Total Mathematics Units					Total Quality Points

Natural/physical science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Natural/Physical Science Units					Total Quality Points

Additional years in English, math or natural/physical science (3 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Units					Total Quality Points

Social science (2 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Social Science Units					Total Quality Points

Additional academic courses (4 years required)

Course Title	Credit	X	Grade	=	Quality Points (multiply credit by grade)
Total Additional Academic Units					Total Quality Points
Total Quality Points from each subject area / Total Credits = Core-Course GPA		/		=	
	Quality Points	/	Credits	=	Core-Course GPA

Transcripts

Ask your high school counselor to send an official transcript to the NCAA Eligibility Center after completing your junior year. If you have attended more than one high school or took courses from more than one program, the NCAA Eligibility Center needs an official transcript from ALL high school(s) or program(s) attended. You will also need to ask your high school counselor to send your final transcript with proof of graduation once you have completed high school. The NCAA Eligibility Center does not accept grades from one high school or program transcribed on another high school's transcript.

High schools now have the capability to upload transcripts directly to a student's account from the High School Portal. It is free and easy. As with other electronic transcript providers, this process is much quicker than using the U.S. Postal Service or any overnight delivery method. When transcripts are uploaded directly to a student's account, the NCAA Eligibility Center has near real-time access to the transcript. Students should contact their high school counselor to ask for their transcript be sent through the direct upload process, or that it be sent electronically through one of the approved e-transcript providers listed below:

- Parchment;
- Scrip Safe;
- ConnectEDU;
- National Transcript Center/Pearson Edustructure;
- USMO ET; or
- XAP.

Please note that the NCAA Eligibility Center does not accept faxed or emailed transcripts. In order to send a transcript by U.S. mail or through an overnight or express delivery service, please use the appropriate addresses on page 4.

Note: Some approved programs that have a list of NCAA-approved courses are not credit-awarding institutions and, therefore, do not produce official transcripts. If you attend an approved non-credit awarding program, a grade report from the program should be submitted, but in order for it to be used in an academic certification, it MUST be accompanied by an official transcript from a high school that formally awards credit with the course title, grade and credit awarded represented.

The GED

The General Educational Development (GED) test may be accepted as proof of graduation under certain conditions, but it will not satisfy requirements for core courses, GPA or ACT/SAT scores. The GED may be accepted as proof of graduation if taken after the graduation date of your class and before full-time enrollment into any college or university. You will need to submit an official copy of the GED certificate along with GED test scores through the mail to the NCAA Eligibility Center. You can contact your state education agency to request the GED Certificate and GED test scores to be sent to the NCAA Eligibility Center.

Test Scores

Every time you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure your scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will NOT be used in your academic certification.

Beginning in spring 2016, College Board will begin administering a new format of the SAT exam. The redesigned exam will test the few things that research shows matter most for college readiness and success and will remove the penalty for wrong answers. You will earn points for the questions you answer correctly, so give the best answer you have to every question. There will not be any changes to the ACT in spring 2016.

ACT

An ACT sum score is calculated by adding your English, math, reading and science subscores.

SAT

A combined SAT score is calculated by adding your critical reading and math subscores.

You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscore from different tests are used to give you the best possible score. Here is an example of a student taking the SAT in October 2014 and December 2014:

	MATH	CRITICAL READING	TOTAL
SAT (Oct 2014)	350	470	820
SAT (Dec 2014)	420	440	860
Scores Used	420	470	890

Testing Dates

The NCAA Eligibility Center accepts national SAT and ACT exams, and state-administered ACT exams.

NATIONAL TESTING DATES	
SAT	ACT
October 3, 2015	September 12, 2015
November 7, 2015	October 24, 2015
December 5, 2015	December 12, 2015
January 23, 2016	February 6, 2016
March 5, 2016	April 9, 2016
May 7, 2016	June 11, 2016
June 4, 2016	

If you take the SAT or ACT test after you graduate high school, the NCAA Eligibility Center may ask you to confirm that you have not yet enrolled full time in college, by completing and submitting a student matriculation letter.

Puerto Rico

If you plan to enroll in a Division II school in Puerto Rico, you may use a minimum combined score on the Prueba de Aptitud Académica verbal and math reasoning sections of 730 to satisfy the test-score requirement.

Education-Impacting Disabilities

For academic eligibility purposes, the NCAA defines an education-impacting disability (EID) as a current impairment that has a substantial educational impact on a student's academic performance and requires accommodation.

Some of the most common EIDs include:

- Learning disabilities or disorders;
- Attention Deficit Hyperactivity Disorder;
- Mental health disorders;
- Medical conditions;
- Deaf or hard of hearing; and
- Autism Spectrum Disorder.

If you have a documented EID, you must meet the same initial-eligibility standards as other students but may be provided certain accommodations to help meet those standards. For instance, if you have a documented EID, you may be allowed to take classes designed for students with EIDs if the classes appear on the list of NCAA-approved courses at your school.

If you plan on attending a **Division I** school and your EID documentation is approved by the NCAA Eligibility Center, you may take up to three additional core courses after graduating high school and before enrolling full time at a Division I school, as long as you graduate high school in eight consecutive semesters after starting ninth grade.

If you plan on attending a **Division II** school, you may take an unlimited number of core courses after starting ninth grade and before enrolling full time at a Division II school.

Submitting Your EID Documentation

If you are a student with a documented EID, you only need to alert the NCAA Eligibility Center to your EID if you are planning on enrolling full time at a Division I school and would like to take additional core courses after you graduate high school. Information about EIDs submitted to the NCAA is not released to colleges unless the student-athlete makes a specific written request.

To document your EID with the NCAA Eligibility Center, you must submit the following material:

1. A complete NCAA EID cover sheet.
2. Your NCAA identification number, high school graduation year, permanent address and phone number.
3. Current, signed documentation of your diagnosis (including test data) and/or recommendations from the treating professional (e.g., medical doctor, clinical psychologist or other qualified individual).
4. Current copy of your Individualized Education Program (IEP) or Section 504 Plan. If your high school did not provide an IEP or 504 Plan, the high school must submit documentation describing the available accommodations or an explanation of why accommodations were not provided.
5. A signed Buckley Statement form allowing certain individuals to review your EID information and speak on your behalf to the NCAA. A parent or guardian who would like to discuss your EID request with the NCAA must be listed on the Buckley Statement.

The Cover Sheet and Buckley Statement can be found at **NCAA.org/playcollegesports**.

Where to Send Your EID Documents

NCAA Eligibility Center
EID Services
P.O. Box 7110
Indianapolis, IN 46207-7110

Fax: 317/968-5100

Email: ec-processing@ncaa.org

If approved, you will be notified in writing and provided with additional information about available accommodations.

SAT/ACT Exam with Accommodations

If you have a documented EID, you may also request to take an SAT or ACT exam with accommodations to satisfy test-score requirements by:

- Registering for accommodations using the directions provided by the SAT or ACT.
- Follow procedures governed by SAT or ACT. The test may not be administered by a member of your high school athletics department or any NCAA school's athletics department.
- If you take an SAT or ACT exam with accommodations, you may take the test on a date other than a national testing date, but you still must achieve the required test score.
- Your high school counselor can help you register to take an SAT or ACT exam with accommodations.

Remember: You should complete your NCAA Eligibility Center registration before submitting your EID documentation.



Home School Students

Learning at home is not necessarily the same as being home schooled. Because of recent growth in online and virtual education, a student may be able to learn at home through an online school with online teachers, which would not be considered a parent-directed home school.

Courses that will be evaluated as home school courses are those in which a parent or tutor:

- Plans and delivers actual instructional activities such as lectures, discussions, tutorials, feedback or assistance.
- Determines the student's comprehension of the material by grading and evaluating student performance and achievement on assignments and assessments and providing appropriate re-teaching and feedback.
- Determines the overall grade the student achieved in the course.
- Places the grade on a transcript or grade report or reports the grade to a transcription agency.

How to Register

If you are a home school student and want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center and meet the same standards as all other students.

Once you have completed your registration, you will want to go to the Resources tab at eligibilitycenter.org and visit the Home School Students section for a home school checklist, transcript example, and core-course worksheet.

Where to Send Your Home School Documents

All documents must be submitted to the following address:

NCAA Eligibility Center
(ATTN: Home School Evaluation)
1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202-6222

International Students

If you are an international college-bound student-athlete or if you have attended secondary school outside of the United States, please refer to the Guide to International Academic Standards for Athletics Eligibility, located in the International Students section on the Resources page of eligibilitycenter.org.

If you are an international college-bound student-athlete, you must submit the following academic documents:

- Your academic records for years nine and up, in your native language and translated to English;
- Proof of graduation, including certificates, diplomas or final leaving exams; and
- SAT or ACT scores.

Failure to include any of these items may delay review of your records. In certain situations, the NCAA Eligibility Center may ask for additional academic documentation to clarify that your academic information is complete, valid and accurate. For more information, call the NCAA Eligibility Center's international academic certification staff at 011-317-917-6222.

All documents sent to the NCAA Eligibility Center become the property of the NCAA Eligibility Center and cannot be photocopied or returned. In special circumstances, when your country's school or Ministry of Education issues only one set of official leaving exam results, transcripts or credentials after departure and will never provide additional copies, the NCAA Eligibility Center will return that set to you, only if you include a prepaid, self-stamped, pre-addressed envelope accompanying your documents.

If no pre-paid, self-stamped, pre-addressed envelope accompanying the documents is included, or if the envelope is not pre-paid or pre-stamped, does not include a return address or a legitimate address and is thus incomplete, the documents will become the property of the NCAA Eligibility Center and will not be returned or photocopied.

MATTHEW CATERA MEN'S TRACK UNIVERSITY OF ALBANY



"Being a student-athlete puts life into a whole new perspective. The experience taught me how to be fully dedicated to multiple endeavors simultaneously, which is necessary to succeed in any aspect of life. My academic and athletic accomplishments, in addition to the relationships I've made along the way, have truly prepared me for life's challenges and has instilled values that I will never forget."

VONNICK BOYOGUENO WOMEN'S TENNIS CLARK ATLANTA UNIVERSITY



"College sports has given me the chance to form many different relationships with people around the world. It has taught me the true meaning of competition, passion and team."

BRADY BRAMLETT BASEBALL UNIVERSITY OF MISSISSIPPI



"College athletics has provided for me an opportunity to not only obtain an honorable degree from the University of Mississippi, but also discover my true character. Being an Ole Miss Rebel was a dream of mine since I was a little boy. Being able to attend your "dream school" is a dream within itself, and none of that would be possible without college athletics and the NCAA."

Amateurism

When you register with the NCAA Eligibility Center, you will be asked a series of questions about your sports participation to determine your amateur status. More than 90 percent of student-athletes who register are automatically certified. In some instances, the NCAA Eligibility Center staff may need to gather additional information to evaluate your amateur status.

The following activities may impact your amateur status:

- Signing a contract with a professional team;
- Playing with professionals;
- Participating in tryouts or practices with a professional team;
- Accepting payments or preferential benefits for playing sports;
- Accepting prize money above your expenses;
- Accepting benefits from an agent or prospective agent;
- Agreeing to be represented by an agent; or
- Delaying your full-time college enrollment to play in organized sports competitions.

Requesting Final Amateurism Certification

If you are enrolling at a Division I or II school for the fall semester, you may request an amateurism certification decision from the NCAA Eligibility Center on or after April 1, before your enrollment in college. If you are enrolling in college in the spring semester, you may request a final amateurism decision on or after October 1, before your enrollment in college.

Delayed Enrollment

After you graduate high school, you have a certain amount of time – called a grace period – to enroll full time at an NCAA school. If you do not enroll at the first opportunity following your grace period, you will use one season of competition for each calendar year during which you continue to compete in organized competition. Please see the chart on the next page for specific time frames per sport in Divisions I and II.

In most sports, you may delay full-time college enrollment for one year after your expected high school graduation without impacting your eligibility. In Division I tennis, you must enroll full time at a college or university during the first regular academic term of college, which occurs following the six-month period after you graduate high school. In Division I men's ice hockey or skiing, you may be required to enroll full time in college before you turn 21 to avoid impacting your eligibility.

WHO IS AN AGENT?

An individual who directly or indirectly represents you by marketing your athletics ability or reputation, or who attempts to benefit from guiding you to a particular NCAA school, or who attempts to benefit from your expected earnings as a professional athlete.

WHAT IS A PROFESSIONAL TEAM?

A team that declares itself to be professional or provides any player MORE than the following expenses for participation:

- Meals and lodging directly tied to competition and practice directly related to the competition.
- Transportation expenses, such as to and from practice, training or competition.
- Apparel, equipment and supplies related to competition and practice directly related to the competition.
- Coaching and instruction, or the use of facilities and entry fees.
- Health or medical insurance, medical treatment and physical therapy directly associated with an individual's participation on a team or in an event.
- Other reasonable expenses such as laundry money.

WHAT IS ORGANIZED COMPETITION?

Competition is considered organized if ANY of the following conditions exist:

Division I: It is scheduled and publicized in advance.

Division II: It is scheduled in advance.

- Official score is kept.
- Standings or statistics are maintained.
- Official timer or game officials are used.
- Admission is charged.
- Teams are regularly formed or team rosters are predetermined.
- Team uniforms are used.
- An individual or team is privately or commercially sponsored.
- The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

OVERVIEW OF NCAA DIVISIONS I AND II PRE-ENROLLMENT AMATEURISM BYLAWS

Prior to initial full-time enrollment at a college or university, may a college-bound student-athlete...	Permissible in Division I?	Permissible in Division II?
try out with a professional team?	<p>Men's Ice Hockey and Skiing: Yes. May receive actual and necessary expenses for one visit (up to 48 hours) from each professional team. Self-financed tryouts may be for more than 48 hours.</p> <p>All Other Sports: Yes. May not be compensated above actual and necessary expenses.</p>	Yes
enter into a professional draft?	Yes	Yes
accept prize money?	<p>Tennis: Yes. If it does not exceed \$10,000 per calendar year and comes from the sponsor of the event. Once the \$10,000 limit is reached, additional prize money may not exceed actual and necessary expenses and the expenses are provided by the sponsor of the event or, the team in which the individual represents.</p> <p>All Other Sports: Yes. If it does not exceed actual and necessary expenses and comes from an amateur team or sponsor of the event.</p>	Yes
receive benefits from an agent?	No	No
enter into an agreement with an agent (oral or written)?	No	No
<p>delay full-time collegiate enrollment and participate in organized competition?</p> <p>[If you are charged with season(s) of competition under this rule, you will also have to serve an academic year in residence at the NCAA college or university.]</p>	<p>Tennis: Must enroll full time at a Division I school during the first regular academic term that occurs following the six-month period after high school graduation.</p> <p>Men's Ice Hockey and Skiing: Any activity in organized competition within one year after your 21st birthday and before initial full-time enrollment in a Division I school will count as one year of varsity competition (no academic year-in-residence requirement).</p> <p>All Other Sports: Must enroll full time at a college or university during the first regular academic term that occurs following the one-year period after high school graduation or will lose one season of intercollegiate competition for each calendar year during which you continue to participate in organized competition.</p>	<p>All Sports: Must enroll full time at a college or university during the first regular academic term, which occurs following the one-year period after high school graduation or will lose one season of intercollegiate competition for each calendar year during which you continue to participate in organized competition.</p>



Important Terms

Celebratory Standardized Signing Form: (A form used by Division III institutions.) The Celebratory Standardized Signing Form is a standard NCAA provided, nonbinding athletics celebratory signing form after a college-bound student-athlete has been accepted for enrollment at a Division III school.

Contact: A contact happens any time a college coach says more than hello during a face-to-face meeting with you or your parents off the college's campus.

Contact period: During a contact period, a college coach may have face-to-face contact with you or your parents, watch you compete or visit your high school and write or telephone you or your parents.

Dead period: A college coach may not have any face-to-face contact with you or your parents on or off the college campus at any time during a dead period. The coach may write and call you or your parents during this time.

Evaluation: An evaluation happens when a college coach observes you practicing or competing.

Evaluation period: During an evaluation period, a college coach may watch you compete, visit your high school and write or telephone you or your parents. However, a college coach may not have face-to-face contact with you or your parents off the college's campus during an evaluation period.

Financial aid: (scholarship) Any money you receive from a college or another source, such as outside loans or grants. Financial aid may be based on athletics ability, financial need or academic achievement.

Five-year clock: If you play at a Division I school, you have five-calendar years in which to play four seasons of competition. Your five-year clock starts when you enroll as a full-time student at any college. Thereafter, your clock continues, even if you spend an academic year in residence as a result of transferring, decide to redshirt, if you do not attend school or even if you go part time during your college career.

Full-time student: Each school determines what full-time status means. Typically, you are a full-time student if you are enrolled for at least 12 credit hours in a term, but some schools define a full-time student as someone who takes fewer than 12 credit hours in a term.

International student: An international student is any student who is enrolled in a secondary school outside the United States.

Institutional Request List: An Institutional Request List (IRL) is a list of college-bound student-athletes who an NCAA Division I and/or II school is interested in recruiting. The action of activating a college-bound student-athlete to the IRL informs the NCAA Eligibility Center of the school's interest in having an academic certification decision for the student-athlete.

Official commitment: When you officially commit to attend a Division I or II college, you sign a National Letter of Intent, agree to attend that school for one academic year.

Official visit: During an official visit, the college can pay for transportation to and from the college for you, lodging and meals (Division I allows for up to three meals per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and ACT, SAT or PLAN score (test scores are required for Division I only) and register with the NCAA Eligibility Center.

Quiet period: During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or call you or your parents during this time.

Recruited: If a college coach calls you more than once, contacts you off campus, pays your expenses to visit the campus, or in Divisions I and II, issues you a National Letter of Intent or a written offer of financial aid, you are considered to be recruited.

Recruiting calendar: NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport.

Season of competition: Generally, NCAA rules say that any competition in a season — regardless of the amount of time — counts as having played a season in that sport. If you play any time during a season, regardless of how long you played, it counts as having played for an entire season in that sport. Your season of competition starts when you spend one second in competition on the field, court, gym or track.

Ten-semester/15-quarter clock: If you play at a Division II or III school, you have the first 10 semesters or 15 quarters in which you are enrolled as a full-time student to complete your four seasons of participation. You use a semester or quarter any time you attend class as a full-time student or are enrolled part time and compete for the school. You do not use a term if you only attend part time with no competition or are not enrolled for a term.

Two-year college: An school where students can earn an Associate of Arts (AA) degree, an Associate of Science (AS) degree or an Associate of Applied Science degree within two years. Some people call these schools community colleges or junior colleges.

Unofficial visit: Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment: A verbal commitment happens when you verbally agree to play sports for a college before you sign or are eligible to sign a National Letter of Intent. The commitment is not binding on you or the school and can be made at any time.

Walk-on: Someone who is not typically recruited by a school to participate in sports and does not receive a scholarship from the school, but who becomes a member of one of the school's athletics teams.

Recruiting Calendars

SOPHOMORE YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. Men's Ice Hockey—You may begin receiving recruiting materials January 1 of your sophomore year.
Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach can make unlimited calls beginning June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. College coach cannot call you. Women's Ice Hockey—A college coach may call international college-bound student-athletes once on or after July 7 through July 31 after sophomore year. Men's Ice Hockey—May not be made before January 1 of sophomore year.
Off-campus contact	None allowed.	None allowed.	None allowed.	<ul style="list-style-type: none"> None allowed. Men's Ice Hockey—May not be made before June 15 after sophomore year.
Official visit	None allowed.	None allowed.	None allowed.	None allowed.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.



JUNIOR YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Electronic correspondence (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> You may begin receiving electronic correspondence June 15 after your sophomore year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> You may begin receiving electronic correspondence September 1 of your junior year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> Email and fax permissible September 1 of your junior year. All other forms of electronic correspondence is impermissible. All forms of electronic correspondence are permissible after you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school. Swimming & Diving, Cross Country, Track & Field— Only electronic mail and faxes are permissible until you provide a written commitment to the NCAA school.
Recruiting materials	<ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year. 	You may begin receiving September 1 of your junior year.	You may begin receiving September 1 of your junior year.	<ul style="list-style-type: none"> You may begin receiving September 1 of your junior year. Men's Ice Hockey— You may begin receiving recruiting materials January 1 after your sophomore year.
Telephone calls	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.
College coaches may call you	Unlimited.	Unlimited beginning September 1 of your junior year.	One call from April 15 to May 31 of your junior year. Additional calls may not be made before September 1 of your senior year.	<ul style="list-style-type: none"> May not be made before September 1 at the beginning of your junior year. Swimming & Diving, Cross Country, Track & Field— May not be made before July 1 following completion of junior year, or the opening day of classes of your senior year, whichever is earlier. Women's Ice Hockey— Once per week beginning July 7 after your junior year.
Off-campus contact	<ul style="list-style-type: none"> Allowed beginning opening day of classes. Contacts other than April period may only occur at your school. Contacts in April may occur at your school or residence. No contact on the day of a competition. Contacts may not occur during the time of day when classes are in session. 	<ul style="list-style-type: none"> Allowed September 1 at the beginning of your junior year. No contact on the day of a competition. 	None allowed.	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. Women's Gymnastics— Allowed beginning July 15 after your junior year. Women's Ice Hockey— Allowed beginning July 7 after your junior year.
Official visit	<ul style="list-style-type: none"> Allowed January 1 of your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> Allowed April of your junior year beginning Thursday following the Women's Final Four. 	None allowed.	None allowed.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.

SENIOR YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Electronic correspondence (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> You may begin receiving electronic correspondence June 15 after your sophomore year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> You may begin receiving electronic correspondence September 1 of your junior year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> Email and fax permissible September 1 of your junior year. All other forms of electronic correspondence are impermissible. All forms of electronic correspondence are permissible after you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school. Swimming & Diving, Cross Country, Track & Field— Only electronic mail and faxes are permissible until you provide a written commitment to the NCAA school.
Recruiting materials	Allowed.	Allowed.	Allowed.	Allowed.
Telephone calls	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.
College coaches may call you	Unlimited.	Unlimited.	<ul style="list-style-type: none"> Once per week beginning September 1 outside contact period. Unlimited calls after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. Unlimited during contact period. 	<ul style="list-style-type: none"> Women's Ice Hockey—Once per week beginning July 7 after your junior year. Unlimited calls after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.
Off-campus contact	Allowed.	Allowed.	Allowed beginning July 1 prior to your senior year.	Allowed.
Official visit	You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.	You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.	<ul style="list-style-type: none"> Allowed beginning opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> Allowed beginning opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.
How often can a coach see me or talk to me off the college's campus?	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) seven times. Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) seven times. Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) six times. One evaluation during September, October and November. Two evaluations— April 15 through May 31 (once to evaluate athletics ability and once to evaluate academic qualifications). Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians not more than three times. Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.

DIVISIONS II AND III

Recruiting Method	Division II	Division III
Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications at any time. A coach may begin sending you printed recruiting materials June 15 before your junior year in high school. 	You may receive printed materials any time.
Telephone calls	<ul style="list-style-type: none"> No limit on number of calls by college coach beginning June 15 before your junior year. You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	<ul style="list-style-type: none"> A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year. No limit on number of contacts off campus. 	<ul style="list-style-type: none"> A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year. No limit on number of off-campus contacts.
Unofficial visit	You may make an unlimited number of unofficial visits any time, except during a dead period.	You may make an unlimited number of unofficial visits any time.
Official visit	<ul style="list-style-type: none"> You may make official visits starting June 15 before your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> You may make official visits starting January 1 of your junior year. (Effective August 1, 2015) You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division III colleges.



Scholarships

NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about two percent of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books, and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room, board and course-related books and supplies. Most student-athletes who receive athletics scholarships receive an amount covering a portion of these costs. Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and need-based aid such as Federal Pell Grants. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, you should contact your NCAA school's financial aid office and athletics department for help.

Division I schools may provide you with multi-year scholarships. Additionally, Division I schools may pay for you to finish your bachelor's or master's degrees after you finish playing NCAA sports.

If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 and provide an opportunity for you to appeal. In most cases, the head coach decides who receives a scholarship, the scholarship amount and whether it will be renewed.

Contact the NCAA school you hope to attend for more detailed information about NCAA financial aid rules.

National Letter of Intent

A National Letter of Intent (NLI) is signed by you agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid for a minimum of one academic year to you as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.

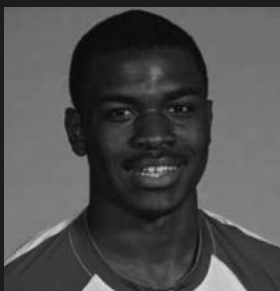
If you sign an NLI but decide to attend another college, you may request a release from your contract with the school. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit the website at national-letter.org.

GRACE DONOVAN
WOMEN'S LACROSSE
FLORIDA SOUTHERN COLLEGE



"Playing a collegiate sport has given me the opportunity to discover who I am and what I am made of. It is a huge confidence builder as well as a character builder. Many of my opportunities I have now would not have been possible had I not played at the collegiate level."

DERON WASHINGTON
FOOTBALL
PITTSBURG STATE UNIVERSITY

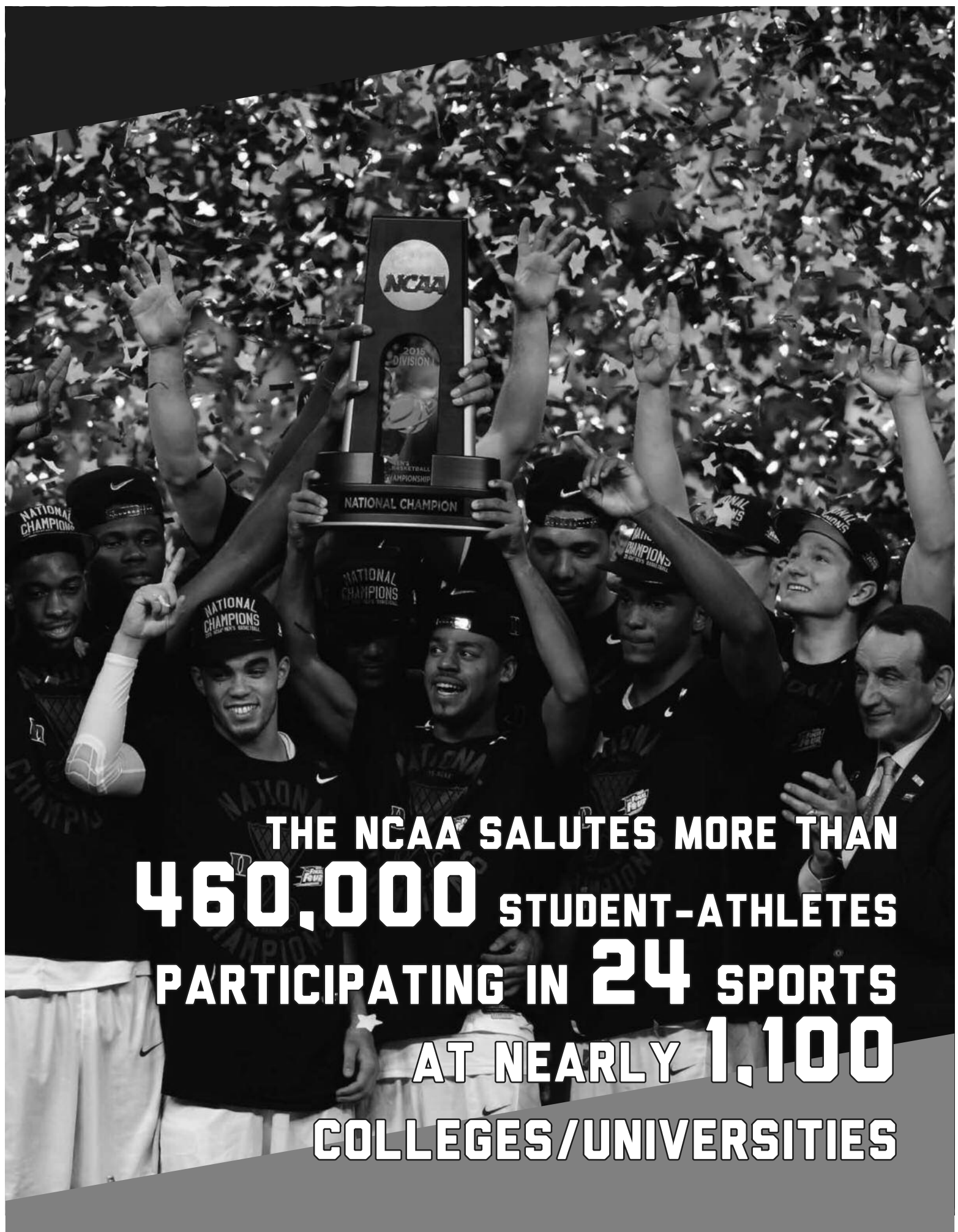


"College sports has taught me to be a leader on and off the field. It has helped me in developing team characteristics, interacting with people I did not grow up with, which will be used in the workforce."

UMARAH MUGHNEE
WOMEN'S TENNIS
HOWARD UNIVERSITY



"In a game where you have to be resilient, I learned that my team may have its ups and downs, but they will always be my biggest advocates. I believe that the 'team' aspect of collegiate sports is the most vital; applying that to the professional world, the ability to be a great team player can translate into any career a student-athlete chooses."



THE NCAA SALUTES MORE THAN
460,000 STUDENT-ATHLETES
PARTICIPATING IN **24** SPORTS
AT NEARLY **1,100**
COLLEGES/UNIVERSITIES

FRAM HOFFMAN

A question we get asked all the time is "Where does the name FRAM come from?" FRAM was the name of a ship sailed by a Norwegian explorer about 100 years ago named Fridjof Nansen. FRAM is said to be the only wooden ship that reached both the north and south poles. Fridjof also worked with war refugees, earning him the Nobel Peace Prize.

In the early 1950's a thriving Norwegian community in the south bay area created the soccer club "Sport-sklubben Fram", and purchased a beautiful parcel of land in Palos Verdes, naming it "Nansen Field" after this famed explorer. Nansen field remains the home of FRAM Soccer Club today, and is one of the most beautiful fields in all of Southern California.

A Norwegian explorer sailing a boat named FRAM 100 year ago, what does that have to do with girls' soccer? On the surface it's hard to imagine a more distant relationship. Especially looking at our roster – a beautiful, diverse group of 13 and 14 year old Southern California natives. But there is a connection. Fridjof was known to be brave, determined, and kind - all qualities we see in our girls. Our parents frequently observe two personalities in our girls – sweet angels during the week, but warriors during the games!

We are honored and excited to begin CSL Premier this season. The team has had some great wins over the past few months, and is moving in a positive direction. We are also fortunate to have had the leadership of



Coach Joey Hoffman, who is also Assistant Coach for the LMU women's team, and is our club's DOC with massive experience and insight (just ask him). Plus a British accent. This summer our girls took home the championship trophy from the Players Cup, and were finalists in the Eagles Summer Classic. Last year the team won championships in Flight 2 Surf Cup Thanksgiving and the Joy Fawcett Classic. This is also the 2nd second consecutive year the team will be playing in CRL.

We have a great group of girls and families who have been together for several years, and who truly enjoy each other's company. Our defensive four have played together since U9.

Playing the tough teams in Premier, along with CRL will definitely be a challenge but time and time again these girls step up when necessary with courage, strength and determination. Fridjof would no doubt be proud of this team. GO FRAM! ⚽



FC GOLDEN STATE

What do you get when you bring 18, 13-14 year old boys, nine born in 2001 and nine born in 2002 together? You end up with a strong unit, working together, to accomplish the same goal; to make FC Golden State Soccer Club proud of their participation in the Coast Soccer League Boys under 14 Premier level of soccer.



The boys we are talking about here represent the highest level of soccer competition in Southern California and are constantly focused on improving their mental, technical, strategic and physical play to compete with their best counterparts from other reputable soccer clubs.

These young men have spent the better part of their life playing soccer. They've played in pick-up games at school, on their neighborhood streets, in their backyards, in AYSO and now under the leadership and top professional coaching of Benoit David. They are all passionate about this game known throughout the world simply as Futbol and have the admiration of their peers for being so skillful.

I had a chance to sit down with them and ask them a few questions. The answers below were shared with the Team Administrator in the absence of their coaching staff and their parents.

Question: What does it mean to be playing in Premier Level of the Coast Soccer League?

Answer: That means you have to be good, to be one of the best in our age group. All the teams we will be facing are hard-working competitive teams and that means we have to perform at our best, every week! Not only do we perform at this level for ourselves, each other and our families, but we have to perform for our club.

Q: What are your expectations for the Premier season?

A: We know this is going to be a challenge and we accept a good challenge. For our first year with great opponents it would be great to finish top but finishing in the top 25% of teams would also make us proud. In addition to placing high in the bracket it would be the goal for us to improve as a team and as individual players.

Q: Like you said the Premier division in CSL will draw the best teams from Southern California and many times you'll be faced with an outcome that wasn't to your satisfaction. How do you deal with such outcomes?

A: "My initial reaction may be to get mad! I don't like losing," said a 14 year old midfielder. While others chimed in and said they would think about what could've been done differently and reflect on the game. Some prefer to immediately begin focusing on the next game. "Come out stronger next game" said one 13 year-old defender.

Q: What is special about your FC Golden State team? How do you describe your team?

A: "Our players" several shouted. One voice from behind said, "We are a family!" while another one supported the thought of all of us as great individuals and together we have this incredible bond.

Q: Which team do you look forward to competing against?

A: Many of the teams represented in the Premier division are teams familiar to us from various tournaments. Most notably our boys look forward to competing against the likes of Anaheim FC, Oxnard PAL and LAFA. This sense of competition is driven out of respect for these teams and the rest in the bracket. Some kids are looking forward to a rematch with a select few.

Q: What is your definition of teamwork?

A: "Working for the person next to you and giving your best; motivating each other. Having each other's back". And one quiet boy spoke out and shared the most poignant thought during our meeting and said, "The beautiful game bringing us together." ⚽



VALLEY UNITED-HERNANDEZ

Valley United-Hernandez was founded by Sergio Hernandez as a recreational, local league club team by the name of Boca Juniors. It wasn't until the 2010 Coast season that he, along with his coach Cristiam Lemus, decided that the boys could thrive in a more competitive environment. Sergio and Cristiam were honest with the players and parents letting them know that this endeavor wouldn't be a walk in the park; it would take time and dedication to make this team a success. Along with the support of a few parents, and the enthusiasm of his players, Sergio registered them officially under the Valley United name as a Bronze level team.

Little by little, Sergio and Cristiam led the team to victory, climbing the ranks in Coast one by one until reaching Premier. Throughout their battle, Sergio and Cristiam never charged a dime for their work; instead opting to donate their time to the team for the love of the game and their players. They say that the recognition and hard work of both the players and the parents is more than enough payment for them. Through the ups and the downs, and the bunches of players, Mario Caravantes (midfielder), Alan Hernandez (midfielder), and Samuel



Dimas (defense) have always remained a constant in this team.

Our goal as a club is to reach the best levels possible not only as a club but as individual players as well. The roster that we currently have is filled with some of the most hardworking and dedicated players we've ever found. Each one of these young men have the capacity to reach any goal set before them whether it be from parents, coaches, or themselves; as a part of the Valley United Family we want to help guide and support our players to fulfill their dreams and get a better education. The unity that this team has had from parents, players, and coaches has been so important. And thanks to all their hard work we are in this position today. We look forward to a good season as always, looking to be in the top places.

Our current coaching staff:

Sergio Hernandez- Head Coach
Oscar Sanchez- Assistant Coach
Jose Figueroa- Assistant Coach
Luis Dimas- Team Manager



GREATER LONG BEACH SPEED DEMONS

The Greater Long Beach SC Speed Demons started as a GU10 CSL Bronze team. We still have several players from that initial team that remain on the roster today. In that first year of playing club soccer in the Coast Soccer League we finished in 1st place in our Bronze division and continued to grow and develop each and



every year competing in the Coast Soccer League and promoted into the CSL Premier bracket at GU14. The Speed Demons have been proud to compete and represent GLBSC in the CSL Premier division every year while at the

same time competing in the Southern California National Premier League during the Spring.

Joe Ojeda took over as our head coach at GU14 once we were promoted into the Premier division. We have regularly traveled out of state representing both CSL Premier and California with great success. In the past couple years our team has focused on competing in some of the most challenging College Showcases available in order to allow our players to be seen by potential college coaches that might be looking for hard working and good character high level soccer players.

The Speed Demons are more than a club soccer team. We are a family of players, parents and coaching staff that care for and enjoy being around each other. It is important to us that while we work our hardest to learn and develop as soccer players that we also enjoy the time we spend together in the sport. Whether it be traveling to other states, visiting colleges, dinners, parties or playing Battle Ball the girls have built their chemistry together for development as a team and individuals.

We want to prepare and allow for every player that wants to continue their soccer career at the college level the opportunity to achieve that goal. We see

the competition in the CSL Premier division, NPL and College Showcases as great venues to provide for proper exposure of our players and believe there is a place for all of them wanting to continue their soccer career.

As we begin the end of youth club soccer with some of our Seniors having their last year this season and the rest finishing next year we feel a great sense of pride and accomplishment while at the same time sadness as the girls move on to their next stages of life. We are proud of each of our players and hope that they will always look back at their time as a Speed Demon playing in the Coast Soccer League fondly. ⚽



NOTT'S FOREST FC

Nott's Forest Football Club GU17 led by Coaching Director David Banks, entering his 8th season with the team, are privileged and excited as they return for their second season in the highly competitive and prestigious Coast Soccer League (CSL Premier) which saw a 3rd place finish in 2014. The team appreciates the tremendous support from the NFFC Board of Directors, as they continue to support the players and families at the Premier level.

The team currently has 5 of the original team members that played together at U9. The team has acquired 5 new players which has only added more depth, quality and competition for places this upcoming season. The team's foundation is based on their ability to adapt and play the passing game. Over the past few years, Coach Banks has preached the Club Philosophy "Learn to play the Forest way." Each player has dedicated themselves into a selfless style of play, emphasizing the passing and possession game. Also, encouraging creativity throughout the team that can adapt to the various formations introduced over the past seasons.

In addition to the many hours spent this past summer preparing for the upcoming season, the girls are looking beyond to college options. For those who have indicated an interest in continuing their playing career at the college level, they have been busy contacting college programs. As everyone knows, college visits are an integral part of selecting the appropriate campus for a student/athlete. Our girls have already attended ID camps & campus visits, and a number of them will occur during season. More excitingly, we are proud to announce our first 2016 graduate, Alaina "Melo" Melan-



son, has accepted a scholarship to Midland University, NE.

These talented players are dedicated students both on and off the field with a majority currently taking advanced Classes while maintaining high GPA's. The girls epitomize dedication, sportsmanship and camaraderie for each other. Their overall commitment and focus will pay dividends as they all prepare to play collegiate soccer in the near future. As the team prepares for the league season, an air of eagerness and excitement surrounds the players as they look to a competitive, tough and challenging campaign.

The NFFC parents are proud of the girl's accomplishments over the years and are deeply appreciative of the experience and opportunity of playing in the CSL Premier bracket. ⚽



LA GALAXY CONEJO VALLEY WHITE

LA Galaxy Conejo Valley G00 White, also known as Epic, is excited to play it's inaugural season in the Premier bracket of the Coast Soccer League (CSL) for the 2015 season. Epic brings a long history of success in both league and tournament play. The team was formed in 2011, and was comprised of players from a variety of AYSO Extra teams. Some of these girls have played together since U5 AYSO, and are still on the team together today. The players are friends on and off the field, which we believe is one of the things that has made them so successful as a team. Their first year as a club team they won the Bronze bracket and won State Cup, as well as other tournaments. They have placed first in each bracket they have played in the last three years (Bronze Alpha - 2012, Silver North – 2013 and Gold – 2014). Since then, some players have moved to different teams and some players from other teams have become a part of Epic. This year they are coming off a successful summer tournament season placing 1st or 2nd in United Cup, West Coast Futbol Classic, Carlsbad Cup, and CVU Tournament of Champions.

Epic is lead by Coach Sam Nellis. Originally from Manchester, England, Sam grew up learning the English style and approach to soccer. Sam played competitively throughout his life achieving various distinctions including being named to the U18 England team. From the beginning, Coach Nellis' philosophy has been to balance technical training with tactical and strategic thinking of the game. His objective is to help his players develop into mature young women who are strong coachable players who can contribute to the team in whatever



CONEJO VALLEY

role or assignment they are given. The results of this approach are evident. Epic is a team with a potent, aggressive offense and a stingy defense anchored by a top class goalie. Always known for their high work rate, the girls on this team will compete until the final whistle is blown.

In 2013 the team had the opportunity to travel to England and train and compete with some of the finest trainers. They trained at Fulham, Chelsea, Liverpool and Man City. They competed with three English girls teams of the same age, and were able to attend a number of professional matches as well as taking tours of Chelsea Stadium and Old Trafford. This trip was a time of great bonding for the players and their families, as well as a great opportunity to meet soccer players their age in another part of the world. Many of the girls are still in contact with the girls in England on social media today.

The Premier bracket this year is filled with some of the very best teams that Cal South has to offer. Epic is looking forward to facing the challenge these teams have to offer and taking the next step in their development as individual players and as a team. ⚽



DOWNEY FC AQUILES

In 2005, Coach Oscar Raymundo created a team for players to reach their goals and dreams. We began as Bronze BU9 and remained in Bronze until they were disciplined enough to uphold the next level. In Bronze, we were lucky enough to gain an important asset to the team, Assistant Coach Israel Mendez, to help us throughout the process. Through hard work and dedication, we made it up to Premier! We started from the bottom and we know what it is like to achieve something we want.

Over the years, our players have created a bond with each other, not only as athletes, but also as a family. They strive to be the best they can be and achieve their goals. We welcome new players on to our team hoping they will strive to reach their goals as well. Our players challenge, support, and encourage each other on and off the field. They are loyal, committed and passionate players and are taught to be humble, respectful and disciplined.

Our goal from the beginning, as coaches and as a



team, was and still is to prepare them for high school soccer and eventually, college soccer. For some who that are off to college, this has already come to be. Our players, as first year college students and high school seniors and juniors, juggle through club soccer and still maintain their GPA's.

We are thankful and appreciative for the parents we have to have helped and stood by us throughout the years. As we prepare ourselves for a great season, you will see amazing talent from our forwards Juan (Johnny) Lopez, Jorge Rojas, Matthew Ochoa, and Jose Guatemala; outstanding ball control from our midfielders Oskar Raymundo, Adan Torres, Carlos Garcia, Eduardo Rivera, Joel Sanchez and Jose Sanabria; strength from our defenders Joshua Mendez, Carlos Argueta, Alex Reveles, Crispin Cortez Ramos, Samuel Meza, Brayant Rojas, Gerardo Gonzalez and Ivan Rodriguez; and last but not least, our remarkable goalie Fabian Salazar. We look forward to another amazing year in Premier! ⚽



BYSC CORONA UNITED BLUE

BYSC B98 has been competing in Coast Soccer League since U9. The team worked its way from Bronze at U9 to being the current defending 2014 CSL Premier Champions. In their Championship run they had a record of 10-3 with 23 goals for and only 8 against. The team is an example of how to keep working towards your goals. It was not a smooth road, the team lost a handful of players after the U14 season and went through a coaching change. It ended up being a blessing in disguise. BYSC Corona United Director of Coaching Shayon Jalayer took over the team after the U14 season. Shayon Jalayer is one of the most experienced coaches on staff and has now coached at every level spanning from the youth level all the way to the professional ranks.

The remaining players worked hard under Coach Shy. Along the way they welcomed new team mates. With such a talented group of players combined with Coach Shy's knowledge of the game, it did not take long for the team to see success. The team trains in Corona, CA and is full of players from all over the Inland Empire area.

BYSC B98 enjoys playing in Coast Soccer League's Premier bracket most. In April 2015 the team participated in National Cup, where they won 6 out of 7 games to make it to the quarter finals. In July 2015 the boys were



accepted into Surf Cup. The boys showed well against the top teams and players in the Nation. The first game was a close one, but they ultimately lost to a very good Colorado Rush team 2-1. The second game they earned a 1-1 tie and were very close to locking up the win against the #4 team in the Nation (at the time) Sacramento United. The third game was a very good New York team that the boys beat 1-0.

The boys are currently drawing interest from colleges and are working on promoting themselves to ultimately graduate into the collegiate scene within the next 1-2 years. Each player is focused on maintaining the highest academic standard. BYSC prefers its players have a GPA of 3.0 or higher. We consider them some of the best student athletes around. The team takes pride in playing a possession based attacking style of soccer. Winning is always the focus, but win, lose or tie playing attractive soccer is the ultimate goal. The boys will do the best they can in the current 2015 CSL Premier season. After league they will look to compete in all of the major showcases possible and prepare for National Cup 2016. The team has many current Juniors and looks forward to a final U19 season in Coast Soccer League's Premier bracket in 2016. ⚽



SAVE YOUR HAMSTRINGS? SAVE YOUR ACL? USE THE FIFA 11+ !

(DM) listened recently to a presentation by Holly Silvers, one of the creators of the PEP warmup program for soccer that ultimately evolved into the FIFA 11+ program (along with Dr. Bert Mandelbaum). I was astounded by what I heard- using the program consistently, at least 2 times per week produced reductions in all soccer related injuries by 30% to 70%.

For context, I've only seen those types of health-related reductions if a drug is involved, for example using statins to reduce LDL cholesterol or using insulin for a diabetic to reduce blood sugar. But for a physical intervention to reduce injury rates by this amount is really un-

heard of. I think other than the 11+ program you could only reduce injury rates this much by staying in bed all day.

The links at the bottom of this page will take you to FIFA's F-Marc site where you can download the program, as well as see some supporting scientific information. Please review it critically yourself and I believe you'll come to the same conclusion: this program works.

At Sideline Sports Doc we've been

preaching the benefits of injury reduction for years now, so let's review a few of these areas. Each of these can be achieved through use of the FIFA 11+:

- Reduce injuries to the groin, hamstrings, knees, legs, ankles by 30% to 70% for males and females, across multiple age groups



- Reduced injuries means you keep players in your squad longer
- The program also improves soccer specific performance
- Fewer injuries means lower health related costs. In many parts of the United States a severe ankle sprain will cost in excess of \$3000 to diagnose and treat. These costs will often be borne by the parents through high-deductible insurance plans. If you're a parent, wouldn't you rather have a healthy child, and keep that money for something else?

Like any safety and preventive measure, this program is only good if you actually use it, consistently through the season, at least 2 times per week. The person in the best position to implement the program and positively influ-

ence player health is the head coach. Take a stand for player health by letting your players know that you are going to be doing the program all year, let them know that you are doing it because you really care about their health, safety, and performance.

Your players look up to you as their coach, and if you set the example they will do the program. Save a hamstring, save an ACL. Use the FIFA 11+. ⚽



The FIFA 11+ Program

<http://f-marc.com/11plus/home/>

FIFA Medical Assessment And Research Centre (F-MARC)

<http://f-marc.com>

Comprehensive review article on results of the 11+ program

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245655/>



2015 CSL BOARD OF DIRECTORS

PRESIDENT

BERNARD TOWERS

Phone: 714-234-4607 FAX: 949-548-5985
bernie@coastsoccer.com

VICE PRESIDENT

CLIFF TABOR

Phone: 714-771-1964 clifftabor@hotmail.com

TREASURER

ROMA KLEIN

Phone: 714-771-1964 FAX: 714-771-2537
romajk@aol.com

RECORDING SECRETARY

CAROL RITTER

Phone: 714-771-1964 FAX: 714-771-2537
carol@coastsoccer.com

REGISTRAR

ALESHA GARRETT

Phone: 714-771-1964 FAX: 714-771-2537
agarrett@socal.rr.com

PREMIER COMPETITION CHAIRMAN

GARY SPARKS

Phone: 714-771-1964 FAX: 949-643-0324
gsparks007@cox.net

CHAIRPERSONS

Girls Competition 9-13

TERRY WILSON

Phone: 323-697-7066 615samira@gmail.com

Girls Competition 14-15

EDDIE NUNEZ

Phone: 714-724-2542 hbeddie@gmail.com

Girls Competition 16-19

TERRY WILSON

Phone: 714-931-8338 twtruck1@gmail.com

Boys Competition 9-13

MIKE BENJAMIN

Phone: 714-572-1306 mike@coastsoccer.com

Boys Competition 14-15

TY LEATHERMAN

Phone: 818-645-2824 tleatherman@msn.com

Boys Competition 16-19

ALESHA GARRETT

Phone: 714-771-1964 FAX: 714-771-2537
agarrett@socal.rr.com

EXECUTIVE DIRECTOR

KAREN SPARKS

Reached by Email ONLY: ksparks1@cox.net



KICK YOUR 2016 OFF RIGHT A BETTER COACH: TAKE AN NSCAA COURSE HOSTED IN SA

Soccer coaching education through the National Soccer Coaches Association of America (NSCAA) is designed to teach coaches and help them be the best they can be. The NSCAA offers a wide range of educational opportunities for coaches at every level and with any amount of experience. From the grassroots level up to the professional level, the NSCAA educates more than 8,000 coaches annually through its Coaching Academy.

At the beginning of each year, the NSCAA hosts a series of higher-level courses in California and Florida. These courses are designed for coaches who have an advanced level of experience in the game, preferably both in coaching and playing.

NSCAA will host courses in Sacramento, Calif. and Sunrise, Fla., January 4-10, 2016. The courses hosted at the Sacramento site will be the National Diploma, the Advanced National Diploma, and the Premier Diploma.

Here's more information about each course:



BY BECOMING CAA RESIDENTIAL CRAMENTO



**National Soccer Coaches
Association of America**

NSCAA National Diploma

The National Diploma is a 45-hour course to help coaches with the more advanced players. It explores a variety of teaching models and methodologies and includes sessions on the teaching process, psychological skills training, and laws of the game. It is recommended that candidates have earned the NSCAA Level 6 Diploma or a US Soccer "E" License before registering for the National Diploma course.

NSCAA Advanced National Diploma

The Advanced National Diploma is a 45-hour course that emphasizes training players within a team concept to produce a successful environment. The 8 v. 8 model is the main focus. The curriculum includes team organization and training, advanced methodology, analysis and understanding systems of play, a focus on tactics within thirds of the field, technical position overviews, match analysis, and the psychological aspect of coaching.

Acceptance into this course requires an NSCAA National Diploma, the US Soccer National "D" License, a Canadian National "B" License, or the UEFA Level 2 Certificate.

NSCAA Premier Diploma

The Premier Diploma is the pinnacle of the NSCAA Coaching Academy offerings. It is a 45-hour course designed to teach advanced methodology with full-sided soccer as its focal point. The course content includes a thorough examination of different systems of play, including: technical and tactical implications, 11 v. 11 topics (coaching in the game, phase play and shadow play, etc.), and a leadership component (team management, personal development).

Candidates will be accepted into the course (subject to available space) if they hold an NSCAA Advanced National Diploma with a grade of "pass" or higher. Candidates will also be accepted if they hold a US Soccer "B" License or a UEFA "B" License. Coaches with certifications other than those identified above may seek admis-

sion into the Premier Diploma by submitting a letter of request, and a soccer playing and coaching CV to the NSCAA Director of Coaching Education.

All three of these courses will be held at Cosumnes River College (CRC), a two-year community college located on the southern edge of Sacramento. CRC is a short ten-minute drive from where candidates will be staying, the Holiday Inn Express and Suites in Elk Grove, Calif.

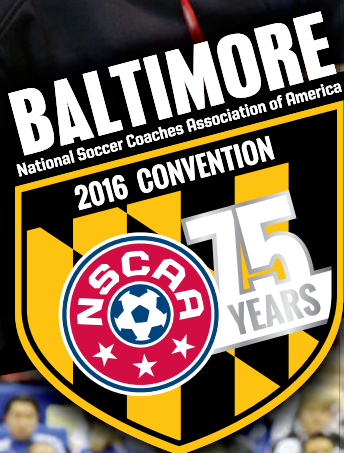
The CRC Soccer Fields are in their third year of existence and they are home to two FIFA regulation fields. The two 120x80 fields are made of hybrid Bermuda grass with a seating capacity of approximately 200. The new parking lot at the entrance of the complex will provide easy access to candidates that are attending. In addition to NSCAA courses, the CRC Soccer Fields are the training facility for the USL's Sacramento Republic, and hosted the CCAA Men's and Women's Soccer State Championships.

Coaches are encouraged to register early before the courses fill up and to avoid the increased cost of late registration. All registrations after December 6, 2015 will have a price increase of \$200.

To learn more about the NSCAA Coaching Academy and to register online for these courses, visit NSCAA.com/Education.

The National Soccer Coaches Association of America (NSCAA) works every day to inspire soccer coaches and ignite their passion for the game so they pass it on to their players and others in the community. Through its core pillars, "Learn. Participate. Belong." The NSCAA develops educational courses, networking opportunities, and membership benefits that help soccer coaches thrive in the profession.

The 2016 NSCAA Convention also kicks off the 75th anniversary year for the Association. Established in 1941, the NSCAA has grown into an influential part of the American soccer landscape with a membership of 30,000 soccer coaches and administrators.



**CONNECT
WITH YOUR
PASSION**
#BmoreNSCAA



National Soccer Coaches
Association of America

75 YEARS OF BUILDING THE GAME

JAN. 13-17 >> BALTIMORE

Register for the NSCAA Convention >> NSCAA.com/Convention



player's choice

Introducing the Select DIAMOND.

- Newly developed match and training ball with extra soft touch
- Made of durable yet soft TPU casing with our patented Zero Wing latex bladder
- Hand Sewn quality with 2 year warranty
- IMS Approved (size 5)



Size 4 and 5



Size 5 only



Size 5 only



COAST SOCCER LEAGUE



PREMIER

