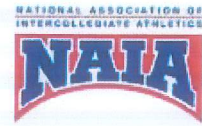




L'Anse Creuse High School – North Potential College Athlete Guide



In order to play college sports, you must be eligible through the NCAA (National Collegiate Athletic Association) or the NAIA (National Association of Intercollegiate Athletics). We advise all potential college athletes to aim for NCAA Division 1 Eligibility, so they can accept all offers. Here are the steps to help you through the process of initial eligibility.

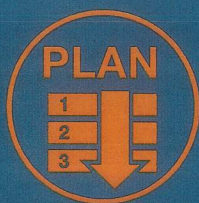
- ✓ Talk with your coach about your interest in playing college sports.
- ✓ Meet with your counselor to discuss your plans.
- ✓ Check the NCAA Division 1 minimum eligibility requirements.
- ✓ Count your Core high school classes taken.
- ✓ Schedule your classes to meet NCAA Division 1 eligibility requirements.
- ✓ Schedule your classes to meet eligibility requirements.
- ✓ Calculate your Core GPA. Retake classes to raise your core GPA (if needed).
- ✓ Retake the ACT or SAT to meet the minimum requirements (if needed).
- ✓ Decide which college you will sign to play with.
- ✓ Complete an online application to the college of your choice.
- ✓ Create a Parchment account to view and send your transcripts.
 - ✓ Use Parchment.com.
- ✓ Register with NCAA.org or playNAIA.org.
- ✓ Request your ACT or SAT scores be sent directly to NCAA or NAIA.
 - ✓ Use ACT.org or collegeboard.org to request your scores.
- ✓ Request your transcripts be sent to NCAA or NAIA.
 - ✓ Use Parchment.com to make the request.

**NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS**



HIGH SCHOOL TIMELINE

9TH GRADE



- *Start planning now!* Take the right courses and earn the best grades possible.
- Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- Sign up for a free Profile Page account at eligibilitycenter.org for information on NCAA requirements.

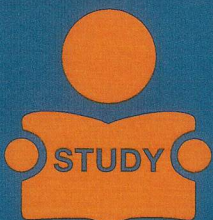
10TH GRADE

REGISTER



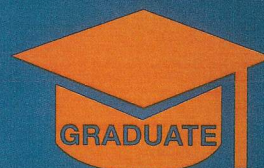
- If you fall behind academically, ask your counselor for help finding approved courses you can take.
- Register for a Profile Page account or Certification account with the NCAA Eligibility Center at eligibilitycenter.org.
- Monitor your Eligibility Center account for next steps.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your Eligibility Center account.

11TH GRADE



- Check with your counselor to make sure you are on track to complete the required number of NCAA-approved core courses and graduate on time with your class.
- Take the SAT/ACT and submit your scores to the Eligibility Center using code 9999.
- Ensure your sports participation information is correct in your Eligibility Center account.
- At the end of the year, ask your counselor at each high school or program you attended to upload your official transcript to your Eligibility Center account.

12TH GRADE



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

L'Anse Creuse HS – North NCAA Core Course List

APPROVED Courses: English

ENGLISH 9
HONORS 9TH GRADE ENGLISH
ENGLISH 10
HONORS ENGLISH 10
ENGLISH 11
ENGLISH 12
CREATIVE WRITING
ADVANCED COMPOSITION
DEBATE
JOURNALISM
SPEECH
AP ENGLISH: LANGUAGE &
COMPOSITION
AP ENGLISH: LITERATURE
AFRICAN AM LITERATURE

UNAPPROVED Courses: English

ACTING
PUBLICATIONS
WRITING FOR
PUBLICATIONS
THEATRE 9, 10, 11, 12
PA DRAMATIC LIT & SCRIPT
ENGLISH: LANGUAGE ARTS
ENRICHMENT
ENGLISH: ACADEMIC WORKSHOP
ENGLISH: COLLEGE & CAREER
LITERACY

APPROVED Courses: Math

ALGEBRA 1
ALGEBRA 2 (HONORS and MST)
ALGEBRA 2 YEAR ONE (.5 MAX)
ALGEBRA 2 YEAR TWO (.5 MAX)
GEOMETRY (and MST)
HONORS GEOMETRY
AP CALC (AB, BC, MST)
PRE-CALC (and MST)
STATISTICS (AP and MST)

UNAPPROVED Courses: Math

ALL MATH ESSENTIALS CLASSES
FINANCIAL ALGEBRA
MATHEMATICAL REASONING
COLLEGE & CAREER
*ALL MATH RELATED CLASSES

APPROVED Courses: Social Studies

GOVERNMENT
INTEGRATED SOCIAL
STUDIES
PSYCHOLOGY
SOCIOLOGY
US HISTORY
WORLD HISTORY
AP ECONOMICS
AP GOVERNMENT
AP HUMAN GEOGRAPHY
AP PSYCHOLOGY
AP US HISTORY
AP WORLD HISTORY

UNAPPROVED Courses: Social Studies

CIVICS: LEADERSHIP MENTOR
SOCIAL STUDIES COLLEGE &
CAREER

APPROVED Courses: Science

ANATOMY & PHYSIOLOGY*
BIOLOGY (and MST)*
HONORS BIOLOGY*
CHEMISTRY (and MST)*
HONORS CHEMISTRY*
ENVIRONMENTAL SCIENCE*
FORENSIC SCIENCE*
AP BIOLOGY (and MST)*
AP CHEMISTRY (and MST)*
AP PHYSICS (1,2,B,C,MST)*
PHYSICS*
HONORS PHYSICS*
EARTH & SPACE SCIENCE:
ASTRONOMY
PHYSICS OF SPORTS
AP ENVIRONMENTAL SCIENCE*

***LAB INCLUDED**

UNAPPROVED Courses: Science

SCIENTIFIC REASONING
COLLEGE & CAREER

APPROVED Courses: Other

FRENCH 1-4
MANDARIN CHINESE 1-5
GERMAN 1-4
ITALIAN 1-4
SPANISH 1-5
AP SPANISH

UNAPPROVED Courses: Other

AP MUSIC THEORY
AP COMPUTER SCIENCE

WHAT IS A CORE COURSE?

NCAA schools require college-bound student-athletes to build a foundation of high school courses (core 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 a four-year college preparatory course in one of these subject areas:
 - English.
 - Math (Algebra I or higher).
 - Natural/physical science.
 - Social science.
 - Foreign language.
 - Comparative religion or philosophy.
2. Be taught at or above your high school's regular academic level.
3. Receive credit toward high school graduation and appear on an official transcript with course title, grade and credit awarded.

Approved classes are added to your school's list of NCAA-approved core courses. Make sure you are taking courses on the approved list; ask your counselor if you need help.

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, 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.
- Credit-by-exam 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, you earn credit for only one of these courses and the higher grade counts toward your core-course GPA. For more information on core-course credits, visit ncaa.org/student-athletes/future/core-courses.

Courses Taken Before High School

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

Courses Taken After High School

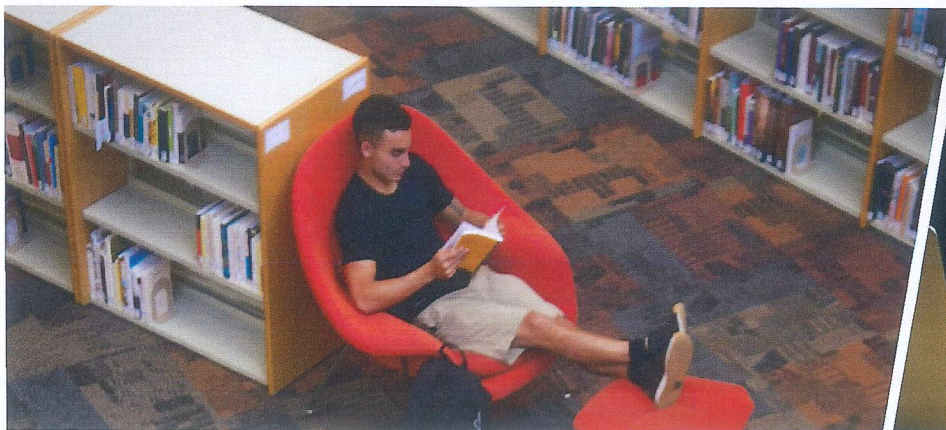
For information about courses taken after high school, see [page 20](#) for Division I or [page 23](#) for Division II.

College Courses, Dual-Enrollment Courses and Dual-Credit Courses

College courses may be used to satisfy NCAA core-course requirements if the courses are awarded a grade and credit by the high school for any student and meet all other requirements for core courses. College courses must be placed on the student's high school transcript with clarification of college completion.

REMEMBER

Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.



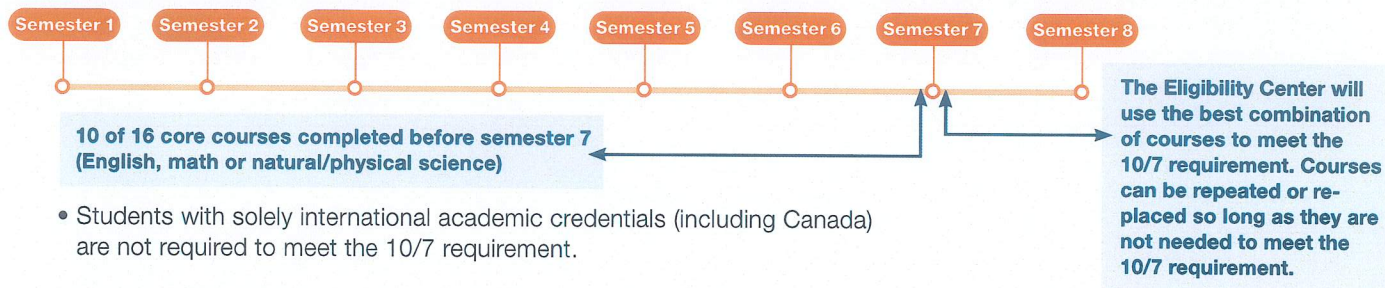
DIVISION I ACADEMIC STANDARDS

Division I schools require college-bound student-athletes to meet academic standards for NCAA-approved core courses, core-course GPA and test scores. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall_B. 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 from high school and meet *all* of the following requirements:

1. Complete a total of 16 core courses in the following areas:



2. Complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, any course that is needed to meet the 10/7 requirement cannot be replaced or repeated.



3. Complete the 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division I full-qualifier sliding scale. Review the sliding scale on [page 20](#) to ensure your score meets Division I requirements.

How to plan your high school courses to meet the 16 core-course requirement: **4 X 4 = 16**

<p>9TH GRADE</p> <p>(1) English (1) Math (1) Science (1) Social Science and/or additional</p> <p>4 CORE COURSES</p>	<p>10TH GRADE</p> <p>(1) English (1) Math (1) Science (1) Social Science and/or additional</p> <p>4 CORE COURSES</p>	<p>11TH GRADE</p> <p>(1) English (1) Math (1) Science (1) Social Science and/or additional</p> <p>4 CORE COURSES</p>	<p>12TH GRADE</p> <p>(1) English (1) Math (1) Science (1) Social Science and/or additional</p> <p>4 CORE COURSES</p>
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Courses Taken After High School

For Division I, only courses completed in your first eight semesters will qualify as core courses. If you graduate from high school on time (in eight semesters) with your incoming ninth-grade class, you may use one core-course unit completed in the year after graduation (summer or academic year) before full-time collegiate enrollment. You may complete the core course at a location other than the high school from which you graduated as long as the course is taken prior to full-time enrollment at any college or university. A college course taken after high school graduation may be

used toward your initial eligibility and awarded 0.5 units from your college transcript (unless awarded one full unit on your home high school transcript).

An additional core-course unit taken after on-time high school graduation cannot replace a course used to meet the core-course progression (10/7) requirement, but an additional core course after on-time graduation may replace one of the remaining six core-course units necessary to meet core-course requirements.

Sliding Scale for Division I

Division I uses a sliding scale to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. Find more information about test scores on [page 13](#) or visit ncaa.org/test-scores. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall_B.

DIVISION I FULL QUALIFIER SLIDING SCALE					
Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	490	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

ACADEMIC REDSHIRT

*Full sliding scale research between the new SAT and ACT is ongoing.

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your core-course grade-point average 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.

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. As part of this calculation, each grade received is assigned “quality points,” as shown in the scale below. The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. For example, grades of B+, B and B- will each be worth three quality points. Weighted honors or

advanced placement courses may improve your core-course GPA but your high school must notify the NCAA Eligibility Center that it awards weighted 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. For Spring/Summer 2020 “Pass/Fail” grades, please see the [COVID-19 FAQ](#).

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):
 $4 \text{ points} \times 1.00 \text{ units} = 4.00 \text{ quality points}$

Use the worksheets on [pages 21](#) and [25](#) to help determine your core-course GPA.

QUALITY POINTS

A = 4 points
B = 3 points
C = 2 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



College athletics has really shaped my life by giving me a plethora of opportunities to pursue when my athletic career is over. Between the connections that are made with other student athletes, faculty and supporters, the opportunities are endless. Having the ability to get both my bachelor’s degree and my master’s degree, all while playing football, is an experience not many people can attest to. The hard work that has been put in is recognized by employers and sought after in even the biggest companies. Without collegiate athletics, these opportunities wouldn’t be there for me. To say that I am thankful for the NCAA would be an understatement.

Justice Littrell

Football, University of Northern Colorado



TEST SCORES

Every time you register for the SAT or ACT, use the NCAA Eligibility Center code **9999** to send your scores directly to us from the testing agency. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall_B.

Please note:

- Tests scores on transcripts can NOT be used in your academic certification.
- The NCAA Eligibility Center does not accept SAT subject test scores.

SAT

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

ACT

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

Sliding Scales

On our sliding scale, you can see your SAT or ACT score and the GPA that is required for that score.

- For the Division I sliding scale, [see page 20](#).
- For the Division II sliding scale, [see page 24](#).

Did you take the SAT/ACT more than once? 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.

We will use your highest SAT and/or ACT score in your academic certification to provide you the best result possible.

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. For more information, visit ncaa.org/student-athletes/future/puerto-rico.

Testing Dates

The NCAA Eligibility Center accepts national SAT and ACT exams and state-administered ACT exams. Domestic testing dates apply to the U.S., U.S. territories, Puerto Rico and Canada. All others are under the international dates.

	
NATIONAL TESTING DATES*	
Aug. 29, 2020	Sept. 12, 2020
Oct. 3, 2020	Oct. 24, 2020
Nov. 7, 2020	Dec. 12, 2020
Dec. 5, 2020	Feb. 6, 2021
March 13, 2021	April 17, 2021
May 8, 2021	June 12, 2021
June 5, 2021	July 17, 2021
INTERNATIONAL TESTING DATES*	
Aug. 29, 2020	Sept. 11-12, 2020
Oct. 3, 2020	Oct. 9-10, 2020
Dec. 5, 2020	Dec. 11-12, 2020
March 13, 2021	Feb. 5-6, 2021
May 8, 2021	April 16-17, 2021
	June 11-12, 2021
	July 16-17, 2021

*Due to COVID-19, please verify all test dates with the testing agencies.



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. Plan to register during your freshman year of high school. The information below is intended to help guide you through the registration process.

To get started, choose from our two account types:

1. Profile Page Account: If you plan to compete at a Division III school or currently are not sure in which division you want to compete, create a Profile Page account. If at any time you wish to pursue a Division I or II path, you'll be able to transition to a Certification account. (You cannot move from a Certification account to a Profile Page account.)

2. Certification Account: You must be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Before you can make official visits or sign a Division I or Division II National Letter of Intent, you must have completed the Certification account registration (including payment or fee waiver).

For Certification accounts, please allow between 30 and 45 minutes to register completely. If you need to exit and come back at a later time, you can save and exit once your account is created.

 Reference the "Help" section (located in the top task bar) for assistance with your questions.

Have eligibility or registration questions?

If you have questions about your eligibility or the registration process not addressed within this guide, reach out to us! We're here to guide you through your journey. Here's some additional sources of information that may help:

- Search our frequently asked questions at ncaa.org/studentfaq.
- *Domestic students and Canadian students (except Quebec):* Call us toll free at 877-262-1492.
- *International students:* Use our [International Contact Form \(ncaa.org/contactinternational\)](http://ncaa.org/contactinternational) to submit questions.

Important Information for My NCAA Eligibility Center Account



Date I registered: _____

My NCAA ID#: _____

My email address: _____

My high school(s) attended: _____

Date my six-semester transcript was sent: _____

Date my test score was sent: _____

Date my final transcript (with proof of graduation) was sent: _____

ELIGIBILITY CENTER REGISTRATION ESSENTIALS

Below are some items you should have with you as you create an account at eligibilitycenter.org:

VALID EMAIL FOR STUDENT

To register, you need a valid email address that you check regularly and will have access to *after* high school. The NCAA Eligibility Center uses email to update you about your account throughout the process. *Please note:* If you have a sibling who has previously registered, you will need to use a different email address than the one in your sibling's account.

BASIC STUDENT PERSONAL INFORMATION

This includes information such as your name, gender, date of birth, primary and secondary contact information and address.

BASIC STUDENT EDUCATION HISTORY

We will ask you to provide details about all secondary and high schools and additional programs you have attended in the United States and internationally. 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.

STUDENT SPORTS PARTICIPATION HISTORY

Select the sport(s) you plan to participate in at an NCAA school. For Certification accounts, we will ask

you to provide details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated. We also ask about any individuals who have advised you or marketed your skills in a particular sport. This information helps the **NCAA Eligibility Center** certify your amateur status when requested by you or an NCAA school.

PAYMENT (CERTIFICATION ACCOUNTS ONLY)

Your Certification account registration is complete only after your registration fee is paid (or upon submission of a fee waiver, if you are eligible). You may pay online by debit, credit card or e-check. The registration fee for students in the United States, U.S. territories (includes American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands) and Canada is \$90. The fee for all other international students is \$150. Profile Pages do not have a fee.

*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

If you received a waiver of the SAT/ACT fee (*not* the same as a U.S. state voucher), you are eligible for a waiver of the Certification account registration fee. After you complete your registration, ask an authorized official from your current high school to submit your fee waiver documentation online.

Please note: You must be a U.S. citizen or a foreign national taking the SAT/ACT in the United States or its territories. Students from countries other than the United States or its **territories** are not eligible for a fee waiver.

SAT

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

- 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.
- You live in a foster home.

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 Standards 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.
- You participate in a federally funded TRIO Program such as Upward Bound.

Home School Students

If you are a home school 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.

TRANSCRIPTS

After completing four semesters of high school, ask your school counselor to upload an official transcript to your NCAA Eligibility Center account. If you have attended more than one high school or took courses from more than one program, the Eligibility Center needs an official transcript from *all* high school(s) or program(s) you attended. You will also need to ask your school counselor to send your final transcript with proof of graduation once you have completed high school. *Please note:* The NCAA Eligibility Center does not accept grades from one high school or program transcribed on another high school's transcript.

High schools have the capability to upload transcripts directly to a student's account for free from the High School Portal. As with other electronic transcript providers, this process is much quicker than using the U.S. Postal Service or any overnight delivery method. Students should contact their school counselor to ask for their transcript to be uploaded or sent electronically through one of the approved e-transcript providers listed below:

- National Transcript Center.
- Parchment.
- Scrip-Safe/Credentials.
- Scribbles Software.
- USMO ET.
- XAP.
- Naviance.
- State of Georgia: DIRECT.
- Cialfo.

REMEMBER

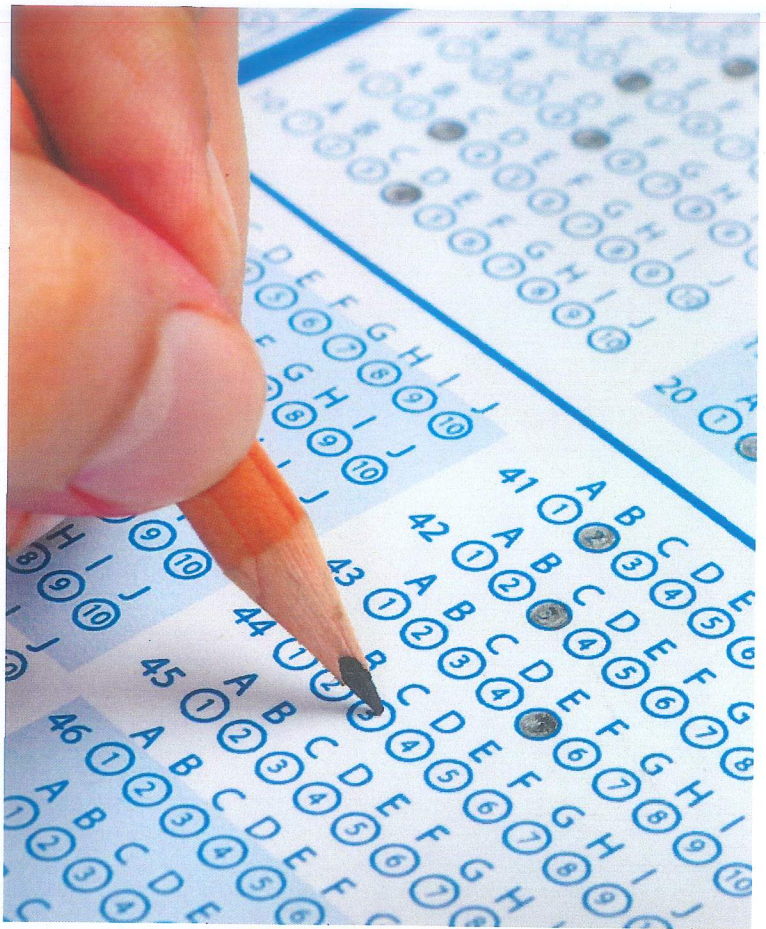


If you have attended more than one high school or took courses from more than one program, the NCAA Eligibility Center needs an official transcript from ALL high schools or programs.

In order to send a transcript by U.S. mail or through an overnight or express delivery service, please use the appropriate address on page 1.

- *International students:* For information on proper submission procedures for transcripts and academic records, [see page 29](#) or visit ncaa.org/international.

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 program that does not award credit, a grade report from the program should be submitted.



EQUIVALENCY TESTS/DIPLOMAS

A state high school equivalency test (e.g., General Educational Development) may be accepted as proof of graduation under certain conditions, but it will not satisfy requirements for core courses, GPA or SAT/ACT scores. The equivalency test 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 mail an official copy of the applicable certificate along with your state high school equivalency test scores to the NCAA Eligibility Center. You can contact your state education agency to request the certificate and test scores to be sent to the NCAA Eligibility Center.