

JUST DO IT!

College Softball Recruiting



**Your education, your dreams, your life...
Softball can take you there!**

An unofficial guide
By
Joan and Rick Pauly

This brochure is “un-official” general information. It is based on experience as a NCAA Division I and a Junior College coach in addition to our personal experiences in the recruiting process with our daughter. It is information that will assist you and your daughter in the search for obtaining an athletic scholarship. It is not a guarantee. You must not **assume** that college coaches will **come looking** for your daughter. You must participate in the search for the right school/coach that fits her educational/softball needs. This packet is not meant to be the first, foremost, and only source of information for you and your daughter. However, it is a start.

Parents...your daughter is going to graduate before you know it so it's time to get started.

“There’s a place for every player to play. If you have a reasonable level of skill and a high degree of interest there’s a place for everybody to play. The whole process you work through just gets them to where they belong”, (Mr. Bob Smith, Phoenix, AZ.)

These are suggested resources, processes, and guidelines that will help you with the recruiting process towards your scholarship potential as an athlete in the sport of softball. Your research, follow-up, and time commitment will be significant in the process of pursuing an athletic scholarship.....

“Just do it”

THOSE ARE THE RULES!

The NCAA (National Collegiate Athletic Association) is the most prominent governing body overseeing the eligibility of college athletes. Other governing bodies include NJCAA (National Junior College Athletic Association) and NAIA (National Association of Intercollegiate Athletics). When starting the recruiting process it would be best to follow the NCAA guidelines since they are typically the most stringent.

Both the college coaches and you are responsible for following the recruiting guidelines related to your eligibility to participate in an NCAA affiliated sport.

NCAA Eligibility Center process...*their job*

Testing, classes, grades, data....*your job*

Academic Things to Do

- Registration with the NCAA Eligibility Center – the beginning of your Junior year
- Fulfilling **core** curriculum classes while in high school
- Achieving an acceptable cumulative grade point average (gpa) in **core** classes
- PSAT/SAT/ACT testing and retesting if necessary to achieve your best possible score
- Forwarding SAT/ACT testing results to the Eligibility Center
- Forwarding final high school transcript to the Eligibility Center

NCAA website: www.NCAA.org

Start here for official rules and regulations related to eligibility requirements and the Eligibility Center.

NCAA Initial-Eligibility Center

The NCAA Initial-Eligibility Center located in Iowa City, Iowa is the organization that handles ALL inquiries regarding an individual's initial eligibility status. The Eligibility Center operates a separate Web Site at www.eligibilitycenter.org which maintains and processes all of the initial-eligibility certifications.

NCAA FRESHMAN-ELIGIBILITY STANDARDS

Core Courses

NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.

NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note Division II will require 16 core courses beginning August 1, 2013.

Test Scores

Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.

Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.

The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.

All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

Only core courses are used in the calculation of the grade-point average.

Be sure to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.eligibilitycenter.org.

Division I grade-point-average requirements are listed on page two of this sheet.

The Division II grade-point-average requirement is a minimum of 2.000.

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

DIVISION I

16 Core-Course Rules

16 Core Courses:

4 years of English.

3 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

Division II

14 Core-Course Rules

14 Core Courses:

3 years of English.

2 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

2 years of additional English, mathematics or natural/physical science.

2 years of social science.

3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

NCAA DIVISION I SLIDING SCALE
CORE GRADE-POINT AVERAGE/
TEST-SCORE

New Core GPA / Test Score Index
 Verbal and Math ONLY. (Do not include Writing)

<u>Core GPA</u>	<u>SAT</u>	<u>ACT</u>
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

OTHER IMPORTANT INFORMATION

Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.

14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.

16 core courses are required for Division I.

The SAT combined score is based on the verbal and math sections only. The writing section will not be used.

SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.

Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to www.NCAA.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at www.eligibilitycenter.org.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Clearinghouse Basics

Student athletes must register with the NCAA Initial-Eligibility Clearinghouse to be eligible to play NCAA Division I or Division II sports in college. (Athletes playing in NCAA Division III do not have to register.)

What is the NCAA Initial-Eligibility Clearinghouse?

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

What are NCAA Divisions I, II, and III?

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

When should students register with the clearinghouse?

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

How do students register with the clearinghouse?

Students can register online at the [NCAA Clearinghouse website](#). They will have to enter personal information, answer questions about their athletic participation, and pay a registration fee. The website will then prompt them to have their high school transcript and ACT or SAT scores sent to the clearinghouse.

Can students have the registration fee waived?

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

What records does the clearinghouse require?

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

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

How often can students update their athletics participation information?

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

What are the NCAA academic eligibility requirements?

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

- Complete a certain number of high school core courses (defined below)
- Earn a certain minimum grade point average in these core courses
- Earn a certain minimum score on the SAT or ACT (for Division I, this is scaled according to the student's core-course GPA)
- Graduate from high school

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

What are core courses?

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

How are high school courses classified as core courses?

All participating high schools submit lists of the courses that they offer that meet NCAA core-course criteria. If approved, the courses are added to a database that the NCAA Initial-Eligibility Clearinghouse maintains. You can check this database, or view a list of approved core courses on the [High School Administration page](#) to see whether your student athletes are enrolled in courses that will count toward NCAA eligibility. It will most likely be your job as counselor to provide the NCAA with the list of your school's core courses, and to update this list annually. The NCAA may ask for more information before approving a core course.

What are the NCAA amateurism eligibility requirements?

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

Keep in mind

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

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

I DON'T HAVE A LIFE.... I PLAY SOFTBALL

Softball is fun, but as you know it's also a lot of work. The disadvantage of playing softball during your college career is that it is time consuming.

Practice

Weight Lifting

Conditioning

Trainer Sessions

Batting Practice

Pitching Practice

Team Practice

Practice On Your Own

Drills

Fund Raising

Community Service

Running, running and more running

You name it, you do it...it's a HUGE time commitment....easily 20-30 hours per week. Remember, you have to go to classes, do homework, and study too!

However, there are some advantages to being an athlete on scholarship...

(Depending on the college)...

15-20 "instant" teammates/friends

Coach support and guidance

Dormitory placement assistance

Special Academic Advisement

Class scheduling assistance

Trainers for injuries and rehab

Study hall time mandated

Study halls tailored to athletic schedules

Tutors

Tutor travel assistance

Teachers you know

Teachers know you

Special computer rooms

Travel

Dietician Services

Admission To Athletic Events

Lots of Great Athletic Clothing

Discipline – life preparation

Organization – time management

Athletic circle of friends

Camaraderie with other sport athletes

Tuition, book, fee assistance

Networking for future opportunities

Lifelong friendships/Some pretty fun experiences

“WHERE DO I SIGN UP?”

If you are serious about making the commitment and playing softball at the college level, the prospect for scholarship money exists for students with athletic ability. If you are willing to expand your search to colleges in other states the opportunities increase.

GRADES -- GRADES - GRADES

First and MOST important are your grades and your classes. You MUST make sure you are taking the required CORE CURRICULUM COURSES at your high school. This begins your freshman year; even for some AP courses that provide advanced credit. You MUST be doing your very best to secure good grades in those classes. Your grades, in conjunction with your SAT/ACT test score, determine your eligibility. Additionally, grades and testing scores will be a huge factor in the availability of supplementary academic scholarships.

This begins as early as middle school. If you are taking AP or honors courses stay on track with the core requirement guidelines. Don't waste valuable semesters taking unnecessary classes that may hold you back.

Verify college entrance mandatory courses for your state and the colleges you are interested in...NOT high school graduation requirements from your high school....they MAY NOT BE THE SAME. See “core courses for your high school” on the NCAA website—Eligibility Center.

If a coach has two athletes of equal ability, then grades become paramount. Academic scholarships are also available in combination with athletic scholarships. If you want to go to an academically prominent school with strict entrance guidelines, being an athlete can help open the doors.

HOW DO I BEGIN?

Two (2) books recommended to purchase as tools are listed below. These two resources are invaluable in your pursuit of a scholarship, and well worth the cost.

1. **Preparing to Play Softball at the Collegiate Level**, by Catharine Aradi (**READ IT**)

Available at: www.nfca-services.org/store

This book sells for \$34.95 plus shipping.

2. **Barron's Profiles of American Colleges**

This book includes EVERYTHING you will want to know about any college in the United States; cost, location, size, competitiveness, majors, class size, majors, student breakdown, town information, activities, etc. This book comes with a DVD that will quickly help you narrow your college search.

Available at Barnes and Noble.

THE JOB OF BEING A COACH

It's not "PERSONAL"...it's "**PERSONNEL**"

Every college coach is interested in having the best team possible at their school. Their job depends on the team's success. They are looking for athletes who will work hard to achieve the highest level of personal and team success.

NCAA coaching recruitment actions are governed by a strict set of compliance rules. For example, the NCAA Compliance Guideline book is over 420 pages long. These rules are often very restrictive related to communications a college coach can have with you. Understand that a coach's apparent disinterest or lack of interaction with you may reflect these regulations.

Usually, the school has a predetermined number of "scholarships" or monies available. This depends on public, private, funding, fundraisers, donations, boosters, etc. For example, one school may have 12 full scholarships for the coaches to use, whereas, another may have five.

Recruiting is based on several factors. Scholarship money is just one of those factors. A coach distributes or "spends" these scholarships in percentages to various players. They "budget" these awards, maybe giving one athlete a 100% scholarship or three athletes each 30% scholarships. Also, a combination of athletic and academic monies can be utilized to fulfill a scholarship offer (this is where grades can help). Quality players who may qualify for academic scholarship monies definitely get a coaches attention!

The distribution of scholarship money also depends on the need of the team in relation to the existing and graduating players. Just because you are a great shortstop does not mean your school of choice will recruit a shortstop from your graduating class. Most coaches plan their recruiting budget years in advance. A quick look at a schools team roster may give you an indication of what positions and how many players a school will be recruiting for each year.

Coaches look at potential players in relation to the openings or "slots" they need to fill presently or in the upcoming years. It is basically a supply and demand situation for recruitment. If you are not recruited by a school you like, it may simply be that your skill position was not needed that year.

NCAA athletic programs are now measured by the academic success of the athletes. Schools may be penalized for low academic performance – including the loss of scholarships. Therefore, coaches are placing a great deal of weight on the academic standards of new recruits. Do not take it "personally" if you are not recruited by a school. It is normal for a coach to add only 3-4 players per year.

YOUR JOB IS BEING A STUDENT ATHLETE

So, what can you do to make sure you become a “personnel” requirement or a sought after athlete?

- Have great grades
- Study hard
- Work hard
- Become the best athlete you can be
- Develop your skill level
- Practice, practice, practice
- Attitude

Did I say attitude? I meant...

A T T I T U D E

**Give me an A!
GOOD and STRONG and POSITIVE ATTITUDE**

I heard of a girl being watched by a college coach during a 16U national tournament. The girl struck out. In frustration, when entering the dugout, she took off her helmet and threw it down. The college coach watching then put a big “X” on her page and walked away.

PRACTICE LIKE YOU PLAY

Put your energy into practices, learn all you can, listen to your coaches....see if what they are teaching you works – they usually have your best interest at hand – *remember* – they want the team to win too.... they want you to do your best...they want you to succeed.

Be positive
Be energetic
Support your teammates
Try your hardest
Give 110%
Always be your best

Your effort DOES get noticed. College coaches often watch a team warm-up when they aren’t “expected” to be there. This gives them a candid look at how an athlete works when oblivious to being “scouted”. Someone without hustle, effort, and enthusiasm can be easily detected in the pregame warm-ups.

BODY LANGUAGE

Your body language is a non-verbal clue to your attitude.

If you strike out –

- Do you hit the bat on the ground?
- Do you throw your helmet?
- Do you throw your bat?
- Do you stomp back to the dugout?

If the umpire makes a call you don't agree with –

- Do you show him a sour face?
- Do you shake your head "No way"?
- Do you look up to the sky?

If you throw a pitch called a ball –

- Do you roll your eyes?
- Does your jaw drop open in astonishment?
- Do your arms open in question "What's wrong with that one"?

If you strike someone out easily –

- Do you smile and laugh?
- Do you "Celebrate" with a high five?

If you miss a fly ball –

- Do you hit your glove to your leg?
- Do you kick the ground?
- Do you hold your head and look down?

Remember.....Someone is always watching you!

CHOOSING A SCHOOL

Your research should include finding colleges that will be a good "fit" for you including: your personality, your educational needs, your personal needs, and your desires for a major. When you start to look, choose a school for the school....not for the coach(s). Coaches leave schools. Be sure you want to stay at the school of your choice if the coach does leave. If you feel positive about both the college and the coach then that's great.

SOME THINGS TO CONSIDER IN CONSIDERING A COLLEGE

Location – travel potential; if you get a scholarship cross country can you afford airfare to travel home on holidays and summer

Transportation; how far is the campus from the airport and what ground transportation is available

Teacher – student ratio; small class size or stadium size

Cost

Campus size; small campus or large campus

Campus location; from home, from airport, in a city

City or rural; population and transportation

Dorm situation; close to campus
Location of softball field
Location of cafeteria/meals
Location of workout room/gym/trainers
Roommate situation; share a room or your own room
Number of students on campus;
Level of softball play
Academic competitiveness; how does your sat/act compare
Majors and minors available
What major are you interested in
Is that major available
What if you change your educational interest? Are there alternate majors offered that interest you

COMMUNITY OR JUNIOR COLLEGE

Don't rule out Community College or Junior College. They have advantages too:

Smaller school
Smaller classroom numbers
Classes taught by professors vs. graduate assistants
Generally not 'stadium classes'
Opportunity to improve GPA
Opportunity to improve skills
Opportunity to play and go to Nationals at that level
Basic 40 core curriculum the same (ensure the JC/CC is accredited and that the credits transfer to a four year university)
Coaches will pick up JC transfers filling a need for "upper classman" maturity or vacancy

Why a JUCO?

- If you are not an NCAA qualifier academically
- If your GPA/SAT-ACT scores do not meet the college minimum requirement – may be more stringent than the NCAA requirements
- If you didn't get the offer you were hoping for
- If you need to improve your skills

Reference www.NJCAA.org for additional information. There are specific JUCO to NCAA transfer requirements. Make certain you know these requirements and stay on track.

You may receive a two year scholarship here, and then transfer to a Division I or II college for an additional two years. Furthermore, your skills may open the door for you to be a "walk-on" player at a college/university potentially providing monies.

PROMOTING YOURSELF

Promoting yourself is like applying for a job. Preparation, presentation, follow-through and follow-up are all necessary steps to succeed.

- Get organized
- Read Cathy A's book – utilize her samples
- Go to the SAT website: www.collegeboard.org
- Go to the ACT website: www.act.org
- Find schools that interest you – Profiles of American Colleges
- Find schools that have softball teams – Cathy's book, college websites
- Prepare a sport resume/profile
- Prepare a letter of inquiry for emailing
- Get a box and file folders
- Keep records of your correspondence
- Send letters to your most desired schools (15-25) in the spring of your freshman year with a sport resume included
- When you receive a questionnaire back from a school; fill it out, make a copy, return it ASAP – with another email and another sport resume
- Establish e-mail contact
- Notify coaches of upcoming tournaments you'll be at; and send them a schedule of your game times.
- Make a skills video
- Post your skills video on Y-Tube

There is potential to receive many responses. Start your school search with a broad horizon and narrow it later. It's important to respond to questionnaires you receive immediately. Some colleges may "loose" interest in you, or you may "loose" interest in that college. You can always decline a potential offer, but you have to get the coaches *to look at you first*. Keep your contacts up and keep your opportunities open. Until you sign a National Letter of Intent you are not guaranteed anything.

Even after signing a National Letter of Intent, your contract goes from year to year. Each year you must "earn" your renewal offer by performance on the field, in the class room, observing school rules and regulations and maintaining your coursework according to the NCAA requirements (credit progression and minimum GPA). So you must continue to strive, develop, and grow. Think of it as the "pay" for your job as a student-athlete with that college.

PARENTS....., oh Parents.....
A LITTLE HELP GOES A LONG WAY

Remember....They are 14-18
They are in school, in clubs, in church, etc.
They play softball
They play in tournaments
They practice
They do homework
They study
They are very busy

Our advice is to oversee, assist, and help with the recruiting paperwork. We've seen girls that should have received scholarships, but parents have felt, "She's old enough, she can send out letters if she wants". Trust us – it's a lot of work. Her scholarship benefits you too! Your ultimate goal is her success.

SOME RULES TO KNOW

NCAA regulations **prohibit** coaches from talking to your daughter or you until the last loss of any tournament after July 1st between junior and senior year. Prior to the "official" deadline, you may send the coach letters, e-mails, or call them. They cannot initiate contact, although they may respond to your contact one time. They know the rules; but, you must abide by them too. Let coaches know where you'll be for tournaments, and game time schedules. If they have time, they'll be there. They are also limited in the number of recruiting observation days per year (50); therefore, it's in their best interest to attend the tournaments where they will "get the most bang for their buck". High level teams in high level tournaments attract college coaches.

"PUT ME IN COACH"

The reason for playing all these games, all fall and summer long, in the heat and humidity is for **YOU!** You each have the **potential** to go to college. You each have the **opportunity** to receive a scholarship and have that education subsidized.

One important thing to remember; **WE ARE A TEAM.** The commitment you and your family made circles back to include everyone that made the same decision on this team. We want **everyone** to get a scholarship. We want to assist each other.

Freshmen, sophomores and juniors: You are responsible for your best play. By helping the team succeed, any "uncommitted" players get their chance for a scholarship. If you do well, they do well.

Seniors: **You are responsible to stay with the team after getting your scholarship.** Your strength helps pull up the younger players who still seek the opportunity you have been given. It is also essential to keep your skill level high to validate the decision a college coach has already made in you.

It is **not** required you win every tournament. It **is** required you show up for practices and games, do your best, learn as you go, and improve your game skill level through competition.

All weekends lead up to Nationals.

All weekends lead up to Nationals.

Our goal is to get to NATIONALS.

The biggest recruiting opportunity in the USA for the whole year is the NATIONALS.

Let your coach know if you are aware of a recruitment scouting potential (prior to, or during a tournament). That way you can be put in the game to be seen by specific coaches. Early signing is the beginning of November during senior year. November is the optimum time to be signed. (Early correspondence generates action). The potential for a scholarship remains through spring and summer. Take your potential and make your opportunity.

Scholarship Hunting

Financing your college education can be done through multiple parts.

First, seek information from the college/university you plan on attending. All universities have personnel that assist in this area. Fill out the applicable college, state and federal paperwork.

Additionally, loan applications are available. Parents: fill out and submit a FAFSA form (Free Application for Federal Student Aid). The Federal Government has numerous grants and loans available for financially needy students/families.

South Carolina has the Hope and Life scholarship. Determine if you qualify for these. Many states have designated Lottery money to assist student's attending college in that state.

State and Federal work study jobs may be available to apply for at college.

If you are not eligible for full coverage, there are opportunities to apply for scholarships to supplement your expenses. Scholarship money is out there, just waiting to be applied for. It's available to anyone who hunts it down, meets the qualifications and follows the guidelines.

We found a \$500 scholarship for an essay winner on being TALL. Write an essay on how being tall contributed to you as an athlete. \$500 = BOOKS. \$1,000 = laptop.

Other awards we found were: Milk mustache by the Dairy Association, Deodorant by Avon, Credit Union, Ford, Wal-Mart, Talbot's, and Army-Corp. You name it – they're out there.

Use search engines - You know them:

yahoo.com, google.com, altavista.com, dogpile.com, about.com.

Type in general information first: "Women Scholarship" – this search alone will pull up thousands of items. Go through the ones that appear to be a match to your circumstances.

As you look you may be lead down feeder sites that get more specific. If not, choose wordage that applies to your circumstances, college major, family, religion, heritage, generation, etc. Try different combinations.

Examples:

"Tall women scholarship", "FFA scholarship", "Veteran women scholarship", "ethnic women scholarship", "softball women", "first generation scholarship", "teacher women scholarship", "Navajo

women scholarship”, “Baptist women scholarship”, “Italian women scholarship”, “art scholarship”, “nurse athletic scholarship”, “grant softball”, “sorority scholarships”, “math teacher” ...to try a few.

Go to your high school Guidance Office and check out available scholarships. Each year they get a book full of pending scholarships available to apply for. Check this each year as some guidelines require you to be a junior and some guidelines require you to be a senior. While there check financial assistance options.

Go to the public library (You are there studying anyway, right?). Scholarship books there are five inches thick and provide many choices.

Caution: There will be websites that want you to fill out their forms, providing them with information and/or payment to provide this service. These are businesses that want to sell you advice, but they are trying to sell you their product and are not necessary. If it’s a legitimate scholarship, it will be listed under the corporation’s or organization’s company information. **You do NOT need to pay for this information.**

I’ll take a # 1 COMBO, super-size. . . . N O T!! !

Remember, as an athlete you should be keeping yourself in the best possible physical condition. Use team practices to get in shape, and improve your conditioning level. If you belong to a gym, or club; see a trainer for sport specific training exercises and stretches.

One easy way to stay in shape is with your diet. By the word diet, I do **NOT** mean calorie reduction. I mean - *food that goes into your body*. Just remember...”Junk in, junk out”! Your body functions from the foodstuff it is fed; feed it well and your energy level remains higher. You can actually eat more if you eat right. Muscle weighs more than fat. So as you tone, your weight may not change. Feed yourself well, some food suggestions:

NO sodas, fried foods, hot dogs, white bread, chips, sweets – skip all the EMPTY calories.
Don’t skip breakfast.

Complex carbs; whole grain wheat in breads, pasta, pita/tortilla products, brown rice

Nutritious cereals – like TOTAL or oatmeal not Lucky Charms

Fruit over fruit juices; whole oranges, bananas, berries, apples, melons, kiwi

Nuts – raw almonds, pecans, walnuts, peanut butter, almond butter

Dairy – milk, cottage cheese, cheeses (not cheese food), and yogurt – plain is best

Vegetables – sweet potatoes, peppers, green beans, salads, greens, broccoli, asparagus, and cauliflower- watch simple carbs in potatoes. Corn and peas are also hard to digest

Protein – fish, tuna, salmon, chicken (not fried), eggs, pork, beef, veggie burgers, beans, lentils,

Shake: (Snack or breakfast with protein powder included)

Milk or Rice Dream

Whey protein powder or yogurt

Frozen strawberries (buy frozen in bag)

Blend and drink

Can add banana, blueberries, peaches or any fruit – freeze fruit for use in shakes

Frozen fruit makes it frosty while adding nutrition

Protein Pancakes:

Protein powder

Egg

Milk or Rice Dream

Mix to consistency of batter. Using spray olive oil and non stick pan cook as pancakes.

Using chocolate powder; save a pancake and when cool spread with peanut butter and roll up for a "peanut butter cup" protein snack.

Snack Ideas:

Apple slices with peanut butter

Orange and almonds

Cottage cheese with fruit

Cheese stick and banana

Colby/cheddar cheese and wheat crackers

Yogurt and fruit – stir protein powder into yogurt

Hard boiled egg and berries

Wheat bagel and peanut or almond butter

Bran muffin and hard boiled egg

Pepper, carrot, celery slices

WATER! WATER! WATER! - Carry it with you where ever you go and you'll drink more every day. Make sure you bring **WATER** to all practices and games.

Sample Introductory Letter

August 1, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

I am writing to introduce myself, and to inquire about the University of WannaBee and your softball program. Presently, I am a junior at Central High School, in Hometown, SC. I graduate in May, 2006.

I compete for both the Central High School varsity and the Carolina Crush 18U ASA softball teams. I am a pitcher, and additionally play first base.

Enclosed, please find a copy of my profile describing my athletic and my academic accomplishments. Also, a schedule of upcoming tournaments I am attending. My degree interest is business.

I look forward to hearing from you, and would appreciate any information you have related to the University of WannaBee and the softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention to this request.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

Enclosures

Sample follow-up when no response from introductory letter

September 1, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

I would like to follow up to my letter of August 1, 2005.

Presently, I am a junior at Central High School, in Hometown, SC. I graduate in May, 2006.

I compete for both the Central High School varsity and the Carolina Crush 18U ASA softball teams. I am a pitcher, and additionally play first base.

Enclosed, please find a copy of my profile describing my athletic and my academic accomplishments. Also, a schedule of upcoming tournaments I am attending. I would like to mention that we play at the Foothills tournament the weekend of September 16 – 19, in Sunrise, SC.

I look forward to hearing from you, and would appreciate any information you have related to the University of WannaBee and the softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention to this request.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

Enclosures

Sample reply follow-up to questionnaire or receipt of spontaneous mailing

August 17, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

Thank you for the information you sent to me regarding the University of WannaBee and your softball program.

Enclosed, please find your completed questionnaire. Also, a profile and a schedule of upcoming tournaments I am attending. We play in Dallas, SC, on September 23 – 25 at the Fall Festival tournament.

I look forward to hearing from you related to the University of WannaBee and your softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

Enclosures

2012 Grad Year



#23 Susie Softball

Personal Contact Info

Address: 735 West Oak Lane

Spartanburg, SC 29554

Email: Ssoftball@hotmail.com

Parents: Jeff and Sandy Softball/864-776-4356

Academic Info

SAT: 1220/1600

GPA: 4.3/5.0

Class Rank: 2/344

Team Info

Travel Team: Carolina Elite 16U/Bruster

Coach Bryan Buster/864-554-5656

High School Team: Freedom HS/Freedom, SC

Coach Sally Jones/864-988-5646

Softball Info

Positions: Pitcher, Shortstop

Bats Right/Throws Right

Travel Team: Carolina Elite 16U

www.Celite.com

Softball Achievements

2010 1st Team All State Pitcher 4A HS

2010 HS Gator Aid Player of the Year

2010 16U ASA Nationals-3rd Place

2009 1st Team All State Pitcher 4A HS

2009 14U ASA Nationals-7th Place

2008 12U ASA Nationals-12th Place

Academic/Civic Activities

Student Council President

DECA Club Vice President

3 Years High Honor Roll

Student of the Year 2008

Christian Youth Ministries Leader

Special Olympics Volunteer

Fellowship of Christian Athletes Secretary

Youth Gospel Choir First Baptist Church

CAROLINA ELITE 16U

Team Profile



2012

#22 Mary Kado/mkado@hotmail.com

Pitcher/SS

B/ L - T/ R

GPA: 3.3 SAT: 1000/1600



2012

#11 Jackie Robinson / jrkid@yahoo.com

SS/3rd/C

B/R-T/R

GPA: 2.4 SAT: Pending



2011

#00 Betty Bopper/ BBgirl@hotmail.com

Of/1st/C

B/R-T/R

GPA: 4.0 SAT: 1110



2011

#23 Halley Comet/ cometgal23@yahoo.com

2nd/SS/P

B/L-T/L

GPA: 3.4 SAT: 980



2010

#6 Gerry Jet/ Jetfast@yahoo.com

P/1st/OF

B/R-T/R

GPA: 3.95 SAT: 1210



2010

#37 Jenny Benny/ jbsftballchic@hotmail.com

Utility/P

B/L-T/L

GPA: 4.0 SAT: 1250

(Page 1)



Coach Bryan Packman

pman@yahoo.com

866-774-8745



Coach Edna Yeller

yellerE@hotmail.com

987-888-4567

CAROLINA ELITE 16U



2011

#34 Winney Runt wrunt@yahoo.com

LF/C/1st

B/R-T/R

GPA: 3.9/4.0 SAT:1150/1600



2011

#25 BettyClub Bclb@hotmail.com

C/RF/Utility

B/R&L-T/R

GPA: 3.34 SAT: 1500/1600



2011

#16 Harriet Homer/HHomer@comcast.com

2nd/SS/3rd

B/L-T/R

GPA: 2.9/4.0 SAT: 880/1600

Summer 2011 Schedule

June 3-4 Summerville, SC

June 10-11 Myrtle Beach, SC

June 24-25 Atlanta 16U Qualifier

July 1-5 Boulder, Co.

July 8-10 Simpsonville, SC 16U Qualifier

July 22-28 ASA 16U Nationals Atlanta, Ga

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