

## SIMPLE FACTS

- ✓ There are approximately 1300 schools across three NCAA Divisions ([www.ncaa.org](http://www.ncaa.org)), some with full athletic scholarships, some with partial athletic scholarships and some with academic scholarships available to student / athletes. Division 1 and 2 schools in the NCAA offer full athletic scholarships.
- ✓ There are more than 500 institutions in the NAIA ([www.naia.org](http://www.naia.org)) and other non-NCAA affiliated associations that grant athletic scholarships.
- ✓ It takes an average of 10 months to get from initial contact with an American university/college (recruitment) to the offer of an athletic scholarship and the issuance of the immigration paperwork to travel and study in the United States.

## IMPORTANT ASPECTS TO CONSIDER

- ✓ The student-athlete must do their **OWN research** into institutions based on their academic interests first, followed by their athletic talent /capabilities. The student-athlete should **seek guidance** from counselor AND their coach to determine "reach" schools for their academic and athletic abilities. **STUDY the institutions**, their academic programs and get as much information as possible. Find out whether the institution you are interested in offers scholarships for your sport.
- ✓ "Full rides" - 100 % scholarships, particularly in NCAA Division 1 institutions are attainable by the TOP Talent from around the world.
- ✓ Student-athlete should explore **ALL options**, such as a combination of athletic and academic scholarships - grades are very important! Division 3 schools offer a number of academic scholarships.
- ✓ Standardized Tests (TOEFL, SAT, ACT and other) and documentation of English Proficiency are essential in the recruiting process. Find out which standardized tests are required from the institutions you are interested in.
- ✓ **Communication with institutions** (particularly with coaches) is imperative and should be **student initiated**; initial communication should be done with an assistant coach. Skype communication is encouraged as well as emails with as much information as possible on the student-athlete profile. Once initial communication has been in place, your high school coach may also be involved in promoting your talent
- ✓ Be prepared to fill out online forms, such as NCAA Eligibility Center, Prospective Student-Athlete Questionnaire/form and other.
- ✓ Communication, in any form, is very important; maintain **CLEAN social network profiles** (personal website, Facebook etc); utilize a proper email account.
- ✓ Student-athlete and family must budget for the application process needs (institution application fees, standardized tests fees, mailing DVDs, NCAA Eligibility Center fee and other).
- ✓ Prepare **SOLID video footage EARLY enough** to make it available on the web; highlights as well as full games are important, from freshman year (grade 9) through the senior year. The video material from JUNIOR year can be the most important for the recruitment process; if coaches like what they see, the athlete may be invited for a 48 hour visit to the institution.



*You can  
make it happen  
work diligently and  
explore the vast  
opportunities  
available to  
student-athletes*

## EDUCATIONAL OPPORTUNITIES AND ATHLETIC SCHOLARSHIPS IN THE U.S.A.

**Peggy Pelonis**  
Dean, Student Affairs

**Annie Constantinides**  
Director of Athletics, Summer Camp  
& Recreational Programs

**Anastasios Kaburakis Ph.D**  
Attorney at Law | Assistant Professor | Department of Management  
John Cook School of Business | Saint Louis University

 **ACS Athens**  
American Community Schools



**ACS ATHENS**  
129 Aghias Paraskevis & Kazantzaki Street  
Halandri 15234  
[www.acs.gr](http://www.acs.gr)



**ACS Athens**  
American Community Schools



**USEFUL  
INFORMATION  
AND  
GUIDELINES**



## RECOMMENDED ACTION ITEMS YEAR BY YEAR

*BETTER TO BE EARLY, THAN LATE!*

### Grade 9 *Dreaming and Planning*

- Work on your homework – work ethic – good grades.
- If English is not your first language, work on English Proficiency.
- Initial research on colleges /universities and career interest inventory
- Start collecting video highlights and full games and upload on the web; if you are involved in individual sports, (ie. Swimming, Track, cross country and tennis), document and record your times and personal performances and ranks. Include this information in you digital portfolio.
- Begin documentation of academic achievements, awards acquired during in and out of school projects/initiatives and include them in the digital portfolio.
- Work closely with your counselor to plan.



### Grade 10 *A crucial decision making year*

- Work on your homework – work ethics – good grades.
- If English is not your first language, work on English Proficiency.
- Take prep tests for ACTs (if that is a standardized test you need to take) or SATs.
- Explore the opportunity of taking SAT prep classes/sessions
- Continue Research on potential colleges/universities; discuss with counselors and coach; find out what is available to international /US student athletes
- Attend University rep meetings.
- Continue video collection and other support materials, such as statistics, references by coaches etc. Continue with accurate performance documentation for the individual sports.
- Work on your sport improvement.
- If possible, attend a sports camp in the United States (maybe a University youth sports camp).
- Continue documentation of academic achievements, awards acquired during in and out of school projects/initiatives and include them in the digital portfolio.



### Grade 11 *Getting serious*

- Continue to strive for good grades.
- If English is not your first language, work on English Proficiency.
- Continue prep work for ACTs and /or SATs; see if there is a need to also take subject SATs
- Take ACT and/or SAT by SPRING of JUNIOR year.
- Create a potential list of institutions for applications to be sent; find out what is available to international /US student athletes. In regards to financial assistance (grants, scholarships, award etc).
- Continue video collection and other support materials, such as statistics, references by coaches etc. Continue with accurate performance documentation for the individual sports.
- In coordination with the high school coach, initiate contact with university coaches and SEND highlights and games to interested coaches; be prepared to send transcripts (sent by registrar). Communication, adding a personal "touch" makes a difference!
- Register with the NCAA Eligibility Center by winter/spring
- Work on your sport improvement.
- If possible, attend a sports camp in the United States (maybe a University youth sports camp).
- Continue documentation of academic achievements, awards acquired during in and out of school projects/initiatives.



### Grade 12 *Maintaining the momentum, the outcome is near*

- Take care of homework; especially during fall semester, demonstrating solid GPA and continuous improvement; GPA and all test scores are important in ANY kind of financial aid/ awards.
- Take ACT and /or SAT in the fall and /or winter of senior year to improve scores.
- Make sure your scores are sent to the institutions you are interested in (confirm with counselor); inform the university coaches as well. Be prepared to send updated transcripts (sent by registrar).
- Final stretch on video collection and other support materials, such as statistics, references by coaches etc. Same for the individual sports.
- More constant and thorough communication with the university coaches; this is when the coach gets to know the athlete and vice versa.
- Work on your sport improvement.
- Finish strong with academics!

