

PHS Student-Athletes and the College Admissions Process

Sophomore Process:

Your athletic ability and skill in your sport may not be enough to set you apart from other athletes with similar goals to play at the college level. The next several years is a time for you to build a physical, mental, academic and athletic foundation, as well as develop clear sense of what level (NCAA I, II, III, NAL4, NJCAA) of college athletics best suits you.

- Pay special attention to your academics. The course load you are taking and your level of academic achievement during your freshman, sophomore, and junior years will directly impact your college athletic opportunities.

- Through communication with parents, coaches, and fellow athletes, begin to examine what level you are interested in playing at (NCAA I, II, III, NAIA, NJCAA). Do whatever it takes to watch competitions between schools that compete at the levels you are considering. The most important factor in this process is that you are honest with yourself. Unrealistic visions of grandeur about one's athletic ability are the single biggest mistake a potential college-bound athlete can make.

- Think about the size of the college you might be interested in. What type of campus, and what part of the country you are interested in living in throughout your college years? Use the internet to visit the many different types of schools, and get a sense of what the academic offerings, campus setting, and level of sports they offer. In order to get a feel for what college life in different settings may be like, schedule time throughout the year to visit different types of college campuses — big city university, small town liberal arts schools, small city schools, rural university settings...

- If you have not already done so, begin to consider specializing more in the sport you are looking to compete in at the collegiate level. Along with spending more time developing the skills of your sport, this is a good time to begin a consistent and sport specific fitness, strength and speed program. If you are involved in a sport that does not have year round specialization opportunities, strongly consider participating in additional High School level sports — cross training.

- Get involved in community service projects and extracurricular activities - start your own, develop something with friends, join a cause you care about. This is important not only to build your resume but begin to learn more about yourself outside of academics and sports.

- Be clear that every decision you make concerning your personal, social, athletic and academic activities has a direct impact on your future. Along with ability and work ethic, sport has much to do with making good decisions. College coaches are just as interested in an athlete's character as they are in their academic and athletic score cards. Take responsibility for your future!

At the completion of your sophomore year your goal is to have a clear vision of where you are going, and be motivated and prepared to take on, with purpose, the next 16-18 months of the student-athlete college process. RESPONSIBILITY – PURPOSE - VISION - MOTIVATION is on the college bound athlete.