



"creating academic and athletic success"

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### ***Planning the High School Years***

*Meet Specific Goals Each Academic Year in High School to Meet Your College Goals*

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Beginning in the 9th grade student-athletes be “recruitable.” Therefore, it is important complete the items listed below to continue working towards successful progress in your high school years. Also, complete these items to ensure you are readying yourself and preparing yourself in the best way possible for the college environment.

#### ***Freshman Year - 9th Grade***

- Begin building a strong academic base by challenging yourself with difficult classes and subjects; begin formulating your study skills and thinking about how these skills can help you prepare for colleges
- Meet with your high school counselor and learn how s/he can help you in identifying potential schools of interest that are both academic and athletic “best fits”
- Browse college literature and websites of a variety of schools (large research universities; small private liberal arts colleges; rural schools; urban schools)
  - Review “Prospective Students” or “Future Students” link to get a sense of the school and the type of programs, students, and faculty would be available
  - Review the golf website located in the Athletics’ Department main site
- Become familiar with NCAA/NAIA/NJCAA requirements for eligibility
  - NCAA Eligibility Center – [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
  - NAIA Eligibility Center – [www.playnaia.org](http://www.playnaia.org)
  - NJCAA EligibilityCenter – [www.njcaa.org](http://www.njcaa.org)

#### ***Sophomore Year - 10th Grade***

- Meet frequently with your high school counselor and make sure you indicate you are interested in playing college golf as this can affect the courses selected in the upcoming years
- Begin a more focused review of college literature and websites to ensure that you are looking at schools that are both academic and athletic “best fit” opportunities
- Prepare for PSAT and/or PLAN; lay-out a plan for when you will register for and write the SAT and ACT (usually Fall [SAT] and Spring [ACT] of Junior year)
- Begin requesting materials from schools to build academic files so that an informed decision can be made about each potential “best fit” institution
- Visit schools and attend college fairs when possible to...
  - ...begin determining academic and athletic options
  - ...determining what you want from your college experience
  - ...talk with campus administrators and ask relevant questions
  - ...collect literature that can be useful to “experience” that college you can’t visit the campus

### ***Junior Year - 11th Grade***

- Meet frequently with your high school counselor and make sure your official transcripts are up to date; request transcripts to be sent on to athletic associations' eligibility center
- Continue to visit colleges of interest, narrowing down your focus to between six and eight schools.
- Register for fall SAT and/or spring ACT which usually takes place about six weeks in advance of the date the written test will be completed
- Complete initial eligibility form for athletics early in the Fall of your Junior year by going to the appropriate website and completing the steps requested

### ***Senior Year - 12th Grade***

- Meet frequently with your high school counselor and make sure you are on task for graduation
- Attend a regional college fair and meet with Admissions' Counselors in person to discuss the institution, what types of programs are available, and how to enhance your application
- Look for "Open House" days on campuses of interest and attend to take a guided tour, meet with faculty, meet other prospective students and families, learn about the various departments and offices on campus, and determine if it is a "best fit"
- Apply to colleges that are the "best fit" both academically and athletically
- Be excited for completing a major academic, social, and personal task in your educational career

Planning ahead will alleviate feelings of uncertainty! It will help junior golfers and their families make informed decisions about further academic and athletic goals so that the college experience can be productive both in the classroom as well as on the golf course! There is a challenge associated with combining both academic goals and athletic needs so it is important that the work is completed in a timely and directive manner.

Good luck!

*Dr. Fleming*

*Dr. Bruce Fleming is the founder of Play Collegiate Golf, created to mentor young women and men interested in continuing their competitive golf careers at institutions that support their academic, athletic, and personal goals.*

*For more information please visit [playcollegiategolf.com](http://playcollegiategolf.com)*

## **College Survival**

### **Tip**



### **Attend a Career Fair in Your First Year at College**

When you get on campus, go directly to the Career Center and see what options are available for first year students. Internships, résumé workshops, and career fairs are all valuable experiences and these learning opportunities should be taken advantage of early on in the scholastic career. Attend the annual Career Fair early on in your college career!