

Interscholastic Athletic Programs Offered At New Trier

BADMINTON
BASEBALL
BASKETBALL
BOWLING
CROSS COUNTRY
FENCING - COED
FIELD HOCKEY
FOOTBALL
GOLF
GYMNASTICS
LACROSSE
SOCCER
SOFTBALL
SWIMMING & DIVING
TENNIS
TRACK & FIELD
VOLLEYBALL
WATER POLO
WRESTLING

New Trier offers students an array of Clubs and Activities, some of which may offer the opportunity for intercollegiate participation. New Trier Athletes have also excelled outside the School in programs not directly under the auspices of the Athletics or Activities Departments.

RESOURCES

[College Admissions Index of Majors & Sports,](#)

Mary MacDonald-Murray, ed, The Riverside Publishing Co, Wintergreen Orchard House. "A Guide for College-Bound Student-Athletes and Their Parents," prepared by the National Interscholastic Athletic Administrators Association, 9100 Keystone Crossing; Suite 650, Indianapolis, IN 46240

[The National Directory of College Athletics,](#)

An Official Publication of the National Association of Collegiate Directors of Athletics, (Men's and Women's editions).

[NCAA Division I, II, III Graduation-Rates Report,](#)

NCAA, Marty Benson, ed.

[NCAA Guide for the College Bound Athlete Sports](#)

[Scholarships & College Athletic Programs,](#)

4th ed., Peterson's Guides.

www.ncaa.org

www.petersons.com

Ethical Considerations

In athletics, as in every other aspect of life, an individual's character contributes to success. As we celebrate the growth of a young person's physical skills, we also recognize and value a simultaneous growth in ethical maturity. Keep these concepts in mind:

- New Trier's Extracurricular Code of Conduct: Colleges and coaches appreciate standards of behavior and look positively on a high school program that promotes thoughtful decision-making by its student-athletes.
- Your first responsibility is to your current team. College coaches expect loyalty; recruiting should not interfere with team practices and game schedules.
- Individual integrity and the integrity of New Trier High School are both of paramount importance. Colleges will look for patterns of behavior.
- Being a member of a team has intrinsic value; it promotes individual, team, and institutional loyalty.
- Commitment: If you use your athletic prowess and New Trier's help to gain acceptance to a college, you must intend to play. Both you and New Trier have a reputation to uphold; coaches and institutions have memories; what you do will affect those who follow you.

PASSION!

You play because you love the game.

New Trier Athletics

HAVE FUN

BUILD CHARACTER

Everything else is a bonus!



ATHLETICS Guide for the College Bound Athlete

A joint presentation
by the departments of
Post High School
Counseling & Athletics



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Grades 9 & 10

“Build A Foundation”

- **Communicate with your Post High School College Counselor and your coach.** It is important to establish positive relationships with those who will guide and support you.
- **Train and Practice.** A rigorous schedule develops both discipline and skill.
- **Play often and well.** There is no substitute for game experience, so join both school teams and teams outside of New Trier to maximize your potential.
- **If you enjoy more than one sport, play more than one.** College coaches also covet the multiple-sport athlete.
- **Have fun!** You play because you love the game.
- **Attend camps.** Summers provide a block of time to make local, regional, and national connections, as well as to build skills.
- **Keep a scrapbook to create your story.** All newspaper clippings, score sheets, and tournament programs record history and assist memory.
- **Record statistics.** Be able to prove your standing at meets and tournaments and play days.
- **Study!** The higher the GPA, the more colleges appreciate your athletic prowess.

*“College selection is a match to be made,
not a prize to be won”*

New Trier Post High School
Counseling Department

Grade 11

“Do The Research”

- Communicate with your Post High School College Counselor and your coach.
- Talk with your coach about your goals and plans.
- Create a résumé: Present your athletic history on a single sheet of paper, including appropriate information related to your sport.
 - Goals
 - Camps
 - Awards
 - Lessons
 - Statistics
 - Positions
 - Past accomplishments
 - Teachers’ and coaches’ names
- Make a video or DVD, if appropriate. Although “Highlight” films show you at your best, also include general game or match footage.
- Register with the NCAA Eligibility Center in the spring at www.eligibilitycenter.org.
- Use summers for camps with college coaches.
- In concert with your Post High School College Counselor and coach, create a list of college coaches, their addresses, telephone numbers, and e-mail. [Directories are available in the Post High School College Counseling and Athletic Offices for use on site or find the information at the college’s website.]
- Write a generic letter of interest asking for information and send it to coaches on that list in June. Include the résumé.
- Provide additional information and video upon request.
- Keep an accurate record of all communications to and from coaches, including telephone calls and e-mails.
- Visit college campuses. Talk to coaches, if possible.
- College coaches are permitted to communicate with athletes beginning July 1 after the completion of Grade 11.
- Be sure to know the NCAA rules for your sport. They will vary and may change year to year.

Grade 12

“Hurry Up & Wait”

- Communicate with your Post High School College Counselor and your coach. Your College Counselor, coach, and the Director of Athletics will continue to communicate with college coaches on your behalf.
 - You have an obligation to keep everyone involved and informed about your communication with college coaches.
 - Keep an open dialogue with coaches at institutions in which you continue to have an interest. If you do not have an ongoing interest, be courteous but clear with recruiters.
 - Provide additional information and video upon request.
 - Make a maximum of 5 official visits to college campuses at the invitation of coaches (Division I and IAA, unlimited visits at Division III.) An official visit to a Division I school is one in which the costs of travel and your stay is paid for by the school. You may make any number of visits at your own expense.
 - Recognize when coaches are no longer interested in you.
 - Apply to some colleges where you are a strong candidate without athletic consideration.
 - Prepare applications for those colleges where you are an athletic recruit.
 - Keep the scrapbook and statistics updated; keep accurate records.
 - Make new videos if time permits.
 - Be prepared to give a yes/no answer to one school without knowing others’ decisions.
 - Consider the restrictions of Early Decision.
 - Demand clarity and seek honesty.
 - Make a final decision—you can only attend one school.
 - If necessary, accept that you will not be a college athlete and move on to alternate college planning.
 - Consider the value of selecting a school that will meet your academic goals where you will be comfortable if you are unable to continue as an athlete.
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