

EXCELLENCE AWAITS™



**Guide for
College Bound
Hockey Players**

2010-2011



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EXCELLENCE AWAITS™

The Alberta Junior Hockey League continues to be one of the premier developmental Leagues in Canada for student-athletes striving to capitalize on their athletic and academic abilities. Since 1963, the AJHL has fostered the development of athletes who have become Stanley Cup Champions, Ivy League Graduates and Community Leaders.

The information contained herein is intended for informational purposes only.

The Alberta Junior 'A' Hockey League expressly warns readers that information contained herein is subject to change from time-to-time and any such change does not impose an obligation to update the booklet or notify readers.

Users of this information are strongly advised to confirm the accuracy of any information at the time of use or reliance.

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Student-Athlete Advisor Profile



Kirk is an alumnus of the AJHL, having played for the Bonnyville Pontiacs from 1995 to 1997 and an alumnus of the Western Hockey League, having played for the Calgary Hitmen in its inaugural WHL season. While playing in the AJHL Kirk led the League in scoring in 1996-1997. After playing in the AJHL Kirk attended Princeton University where he was Captain of the team, earning Academic All-East Coast Athletic Conference three times and Academic All-Ivy League twice. He graduated with Honours in Economics from Princeton University in 2001. After completing his degree at Princeton, Kirk played in the ECHL with the Trenton Titans. He is currently a lawyer with Burnet, Duckworth & Palmer LPP in Calgary, Alberta.

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- Part I -

**National Collegiate Athletic
Association
(NCAA)**

INTRODUCTION

A. National Collegiate Athletic Association (NCAA)

What is the NCAA?

The National Collegiate Athletic Association (NCAA) is a voluntary organization through which American colleges and universities govern their athletics programs. It is comprised of more than 1,300 institutions, conferences, organizations and individuals.

What do I need to do to compete in the NCAA?

In order to compete in the NCAA you must graduate from high school, write the SAT or ACT, register with the NCAA Eligibility Center, meet NCAA academic standards, remain academically and athletically eligible to compete and be admitted to an NCAA institution.

B. Division I, II and III

What is Division I?

Division I is the highest level of athletic competition in the NCAA. Athletic programs at Division I universities can offer financial aid or athletic scholarships based solely on athletic ability.

What is Division II?

Division II universities compete in athletics at the Division III

level but, unlike Division III institutions, they are permitted to offer financial aid or scholarships based solely on athletic ability.

What is Division III?

Division III universities focus much more on the academic experience than on the athletic experience of the student-athlete. As such Division III universities prohibit financial aid or scholarships based on athletic ability. Furthermore, rules and regulations governing competition in Division III athletics are less stringent than those that govern competition in Division I.

C. NCAA Eligibility Center

What is the NCAA Eligibility Center?

The NCAA Eligibility Center is an agency that determines whether an athlete is eligible to participate in NCAA Division I or Division II athletics (does not apply to Division III). There are two components to the eligibility determination: (1) the academic certification process, which determines whether you are academically eligible, and (2) the amateurism certification process, which determines whether you are athletically eligible.

It is important to note that academic and/or amateurism certification from the Eligibility Center does not guarantee you admission to any Division I or II university. You must apply for college admission separately. The Eligibility Center only determines whether you meet minimum NCAA requirements

as an incoming student-athlete in a Division I or II college to be able to practice and compete in NCAA athletics and to receive an athletic scholarship.

How does the NCAA Eligibility Center determine academic certification?

To determine academic certification the Eligibility Center evaluates the types of high school courses taken, the grades achieved in those high school courses and standardized test scores. The Eligibility Center then provides the athlete's initial-eligibility certification results to all universities that request this information. *Please see below for a more detailed discussion of academic requirements.*

How does the NCAA Eligibility Center determine amateurism certification?

In order to participate in NCAA athletics, athletes must be certified as an "amateur". Amateurism certification is a process to determine the amateur status of incoming student-athletes initially enrolling at NCAA Divisions I and II member institutions.

Amateurism certification will consider a student-athlete's:

- Contracts with a professional team (Division I).
- Salary for participating in athletics (Division I).
- Prize money above actual and necessary expenses (Division I).
- Play with professionals (Division I).

- ❑ Tryouts, practice or competition with a professional team (Division I).
- ❑ Benefits from an agent or prospective agent (Divisions I and II).
- ❑ Agreement to be represented by an agent (Divisions I and II).
- ❑ Organized-competition rule (Divisions I and II).

When should I register for the Eligibility Center?

You should register with the Eligibility Center sometime during Grade 11. A transcript that includes six semesters of grades should be sent to the Eligibility Center from your high school. Additionally, you should request all SAT or ACT test scores be forwarded directly to the Eligibility Center. This can be done at the time of registration for the SAT by entering code “9999” as a reporting selection.

How do I register for the Eligibility Center?

Go to:

<https://web1.ncaa.org/eligibilitycenter/common/index.html>.

How do I send a score report to institutions that request one?

To have SAT, SAT II or ACT scores sent directly to the Eligibility Center:

- a. Enter code 9999 on the registration form or answer document to have scores sent directly to the Eligibility Center,

or

- b. Contact the test administrator to request a score report be sent to the Eligibility Center

How do I contact the Eligibility Center?

Go to:

<https://web1.ncaa.org/eligibilitycenter/common/index.html>
for contact information.

D. Athletic Scholarships

What are “athletic scholarships”?

An athletic scholarship is a grant from a university or college based in any degree on the athletic ability of the student-athlete or the participation of the athlete on a university team (as opposed to “financial aid”, which is usually based on financial need and not on athletic ability or participation).

Athletic scholarships are formalized by entering into an agreement called a “National Letter of Intent”, which is a written agreement between the institution and the student-athlete.

What is a “National Letter of Intent”?

The National Letter of Intent (NLI) is the name of the document that formalizes an athletic scholarship. It is a binding agreement between a student-athlete and a university. Under an NLI the university agrees to provide financial aid for one academic year in exchange for the

student-athlete's agreement to attend the university for one academic year.

Can I make a verbal commitment to a school and sign a National Letter of Intent with a different school or can an institution make a verbal commitment to me and then offer my scholarship to another player?

The National Letter of Intent program does not recognize verbal commitments (or even stating publicly one's intentions to attend a certain institution). You may verbally commit to one institution and subsequently sign a National Letter of Intent with another institution. Conversely, an institution may accept your verbal commitment and later offer the scholarship to another student-athlete.

What is covered by an athletic scholarship?

Funds for tuition and fees, books, room and board, and certain other expenses.

Is it possible to get a 4-year scholarship?

Athletic scholarships cannot be awarded for greater than one academic year. At the end of that academic year the institution must notify the student-athlete in writing on or before July 1, whether the athletic scholarship has been renewed, reduced or not renewed for the coming academic year. This written notification comes from the institution's financial aid authority and not from the athletics department.

Are scholarships guaranteed?

The National Letter of Intent is guaranteed for one year. All athletic scholarships must be renewed on a yearly basis.

Who decides if I get a scholarship?

Although the admissions office of a university can refuse the admission of any student, thereby effectively refusing any athletic scholarship, university athletic programs have considerable influence with their respective admissions office. This allows coaches to scout and recruit players and offer scholarships to those players they want for their programs.

Does every student-athlete receive a 100% or “full” scholarship?

Universities are permitted to grant eighteen “full” scholarships – meaning that the university can provide 18 scholarships each of which covers the full amount of the eligible expenses of the athlete. However, university hockey teams typically carry 22-26 players. Therefore, it is most often the case that the eighteen “full” scholarships are distributed among the 22-26 players on the roster. As a result, it is typical for the eighteen full scholarships to be divided into a mix of partial athletic scholarships (covering less than 100% of the athlete’s expenses) and full athletic scholarships. In other words, most NCAA hockey teams have players who receive a portion of their expenses in athletic scholarship and some players who receive all their expenses in scholarship.

Can athletic scholarships be cancelled if I play bad or the coach doesn't like me?

Athletic scholarships may not be reduced, canceled or increased during the one-year term of the National Letter of Intent:

- based on your ability, performance, or contribution to your team's success;
- because an injury prevents you from participating; or
- for any other athletic reason.

If you are receiving an athletic scholarship, the scholarship may be reduced or cancelled during the year only if you:

- render yourself ineligible for NCAA competition;
- misrepresented any information on your application, letter of intent or financial aid agreement;
- commit serious misconduct which warrants a substantial disciplinary penalty; or
- voluntarily quit the team for personal reasons.

Can I keep my scholarship if I am not playing on the team?

Athletic scholarships are awarded for athletic participation. Therefore, if you are no longer on the team because you (a) rendered yourself ineligible for NCAA competition, (b) misrepresented information on your university application, letter of intent or financial aid agreement, (c) committed serious misconduct which warrants a substantial disciplinary

penalty, or (d)

voluntarily quit the team for personal reasons, you may lose your athletic scholarship.

What universities offer athletic scholarships?

Athletes can receive athletic scholarships from Division I and II universities or colleges only. However, not all Division I and Division II institutions offer athletics scholarships (e.g. Ivy League institutions).

E. Financial Aid

What is financial aid?

Financial aid is a grant from the university that is typically based on financial need or financial capacity to pay for post-secondary education (as opposed to an “athletic scholarship” which is usually based solely on athletic ability and participation on a university team).

What is covered by financial aid?

Financial aid can be granted for tuition and fees, room and board, books and transportation.

How do universities determine the amount of financial aid?

Although determining financial aid varies between universities, it is typically calculated based on the student and his parent’s ability to contribute to the cost of post-secondary education. This is determined by evaluating the current savings and

expected earnings of the student over the summer and the student's parents' overall wealth (i.e. earnings, savings, investments etc). Based on these types of criteria, the institution makes a judgment on the amount that the student and parents are able to contribute towards a university education. In theory, any shortfall between the expected contribution and the expected university expenses (e.g. tuition, room and board, books, and transportation) is covered by financial aid.

Can I keep my financial aid if I am not playing on the team?

Since financial aid is not based on athletic ability, you cannot lose your financial aid simply because you are no longer on the hockey team. However, if you are released from the team for disciplinary reasons or for failing to meet academic standards, the school may rescind future financial aid or continued enrollment.

What universities offer financial aid?

Financial aid is offered at a variety of universities. Most Division III universities offer financial aid, as do many universities in Division I such as those in the Ivy League (e.g. Princeton, Harvard, Yale, Dartmouth, Cornell, Brown).

ACADEMIC ELIGIBILITY

A. Academic Eligibility

What is needed to determine academic eligibility?

In order to compete in the NCAA student-athletes must graduate from high school and write a standardized test such as the SAT or ACT. Prospective Division I and II student-athletes must then register with the NCAA Eligibility Center and be declared academically and athletically eligible to compete in university athletics.

How does the NCAA determine overall academic eligibility?

The NCAA determines academic eligibility through the NCAA Eligibility Center (discussed above). The minimum academic standards are determined based on the following sliding scale.

GPA	SAT	ACT
>3.55	400	37
3.50	420	39
3.25	520	46
3.00	620	52
2.75	720	59
2.50	820	68
2.25	920	77
2.00	1010	86

How do my high school grades translate to GPA for the purpose of NCAA Eligibility?

The high school average corresponding to a specific GPA and SAT will vary slightly from province to province. In Alberta, British Columbia and Saskatchewan, a specific grade in a particular course translates to grade points as follows:

ALBERTA

Grade	US Grade	Grade Points
80% - 100%	A	4.0
65% - 79%	B	3.0
50% - 64%	C	2.0
40% - 49%	F	0
0 - 39%	F	0

British Columbia

Grade	US Grade	Grade Points
86% - 100%	A	4.0
73% - 85%	B	3.0
50% - 72%	C	2.0
0 - 49%	F	0
0 - 39%	F	0

Saskatchewan

Grade	US Grade	Grade Points
80% - 100%	A	4.0
70% - 79%	B	3.0
60% - 69%	C	2.0
50% - 59%	D	1.0
0 - 49%	F	0

Note: The NCAA and the Eligibility Center do not recognize +/- grades.

How is the NCAA core grade-point average different from a student's overall grade-point average?

Your high school average generally includes grades from most or all the courses you attempted in Grade 10 through Grade 12. However, the NCAA calculates GPA by using only NCAA-approved courses (also known as "core courses") for Grade 9 through Grade 12.

B. High School

What courses are required by Canadians to be academically eligible for the NCAA?

The NCAA specifies the number and subject area of core course that are required. These core course requirements must be completed no later than the date on which you should have graduated from high school (i.e. 8 semesters after the commencement of Grade 9). The core courses that are required to be eligible to compete in Division I of the NCAA are as follows:

Core Courses & Subject Areas

(16 Core Courses)

- 4** years of English.
- 3** years of mathematics
- 2** years of natural/physical science.
- 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).

What courses satisfy the core course requirements?

There are only certain courses that satisfy the requirements set out above, and those courses differ from province to province. In addition, certain course have been specifically denied approval and cannot be used to determine NCAA eligibility. For more information concerning approved and denied courses for your province, visit the NCAA Eligibility Center website.

What high school average is required to be academically eligible for NCAA?

A Canadian student-athlete will be considered to have satisfied the high school average requirements based on the following criteria for each province.

- ❑ Alberta – graduation and an average of at least 50% (equivalent to U.S. 2.000) or higher in all core-course areas.
- ❑ British Columbia – graduation and an average of at least 50% (equivalent to U.S. 2.000) or higher in all core-course areas.
- ❑ Manitoba – graduation and an average of at least 56% (equivalent to U.S. 2.000) or higher in all core-course areas.
- ❑ Saskatchewan - the student has received a Record of High School Standing-Grade 12 issued by the Saskatchewan Department of Education with an average of at least 60% (equivalent to U.S. 2.000) or higher in all core-course areas.

Do upgraded courses count in determining NCAA academic eligibility?

In Division I, all core courses must be completed in the first eight semesters of high school, based on when a student first started Grade 9. If a student graduates on time with his or her class (i.e. in eight semesters), the student may use one core course taken after graduation. In Division II, all core courses will be used up until the student enrolls as a full-time student in any college or university.

C. SAT I: Reasoning Test

What is the SAT?

The SAT is a 3 hour and 45 minute exam that tests reading, writing and math. Many colleges and universities use the SAT as one indicator of a student's readiness to perform college-level work. SAT scores are compared with the scores of other applicants and the accepted scores at an institution.

For online sample questions and preparation materials, visit www.collegboard.com.

It is important to note that once you enroll "full-time" in college or university you can no longer write the SAT.

What subjects does the SAT cover?

There are three sections on the current version of the SAT.

- ❑ Writing Section: Multiple choice questions and a written essay

- ❑ Critical Reading: Questions based on short and long reading passages
- ❑ Math: Questions on numbers and operations, algebra and functions, geometry, statistics, probability and data analysis.

How is the SAT scored?

The SAT has three scores, each on the scale of 200-800. Your score includes writing (W 200-800), mathematics (M 200-800), and critical reading (CR 200-800). Two subscores are given for the writing section: a multiple-choice subscore on a scale of 20-80, and an essay subscore on a scale of 2-12. If the SAT is written more than once, the highest math score, the highest verbal score and the highest writing score will be combined to create the highest overall score.

Will the NCAA be using the writing section to determine NCAA eligibility?

No. For the time being the NCAA will continue to use only the math and critical reading sections in determining NCAA academic eligibility. However, it is important to note that although the NCAA may not be using the writing section in determining academic eligibility, member universities are free to use it in assessing student-athlete applicants.

Where is the SAT offered?

The SAT is offered at a number of locations throughout Canada and in all major cities. Visit www.collegeboard.com to determine the nearest location.

How do I register for the SAT?

Go to www.collegeboard.com and follow the directions provided under the SAT tab.

How many times can I write the SAT?

There is no limit to the number of times that a student can write the SAT, however only 6 scores will appear on the SAT score report.

How many times should I write the SAT?

You should write the SAT at least 2 times. Since the SAT is a very unique test, prior experience writing and studying for the test will help you perform better on subsequent attempts. Also, because you can combine your highest math, critical reading and writing sections from all tests, the more tests that you write the more likely it is that you will perform better in one of these areas.

How do I study for the SAT?

The most effective way to prepare for the SAT is to purchase an SAT study guide available at most book stores. These study aids are extremely useful for learning how to write the test and in becoming familiar with the exam format and question types.

Can I write the SAT while attending university or college?

Yes, as long as you are not classified as a “full-time” student as per that institutions definition of “full time”. You must be classified as a “part-time” student.

D. SAT II: Subject Tests (SAT II)

What is the SAT II?

The SAT II's are one-hour, mostly multiple-choice, individual tests that measure how much students know about a particular academic subject and how well they can apply that knowledge. Many colleges require or recommend one or more of the subject tests for admission and student-athletes will be advised as to whether they have to write them or not.

What subjects do SAT II's cover?

The SAT II includes the following subjects:

- English Literature
- U.S. History
- World History
- Math Level 1
- Math Level 2
- Biology
- Chemistry
- Physics
- Chinese with Listening
- French
- French with Listening
- German
- German with Listening
- Spanish
- Spanish with Listening
- Modern Hebrew
- Italian
- Latin
- Japanese with Listening
- Korean with Listening

Which SAT II's should I take?

Before deciding which test to take, review the school catalog of the college that you are considering. If the college requires specific SAT II's, then you must take the ones required. If the college does not specify which SAT II's you must take, choose the tests based on your subject strengths and the amount of time since you studied that particular topic.

How are SAT II's scored?

SAT II scores are reported on a scale from 200 to 800.

When should you take the SAT II's?

Most students take the SAT II's toward the end of grade 11 or at the beginning of grade 12. Students are advised to take some Subject Tests (for example, Biology E/M and United States History) as soon as they complete a course of study in

that subject, while the material is still fresh in their minds.

Where is the SAT II offered?

The SAT II is offered at the same locations as the regular SAT. Visit www.collegeboard.com to determine the nearest location.

How do I register for the SAT II's?

Go to www.collegeboard.com and follow the directions provided under the SAT tab.

How do I study for the SAT II's?

Because the SAT II's focus on specific subject areas, the most effective preparation for specific SAT II subject tests is to study for similar high school courses and purchase SAT II study guides available at some book stores.

What's the difference between the SAT and Subject Tests?

The SAT tests general aptitude in math and English whereas the SAT II's test knowledge in specific subject areas. The SAT is required to compete in the NCAA while the SAT II's are required at the discretion of individual universities.

E. ACT

What is the ACT?

The ACT is (1) a set of four multiple-choice tests which cover English, mathematics, reading, and science, and (2) an optional

writing section.

What subjects does the ACT cover?

The ACT covers the following subjects:

- English, 75 questions, 45 minutes
- Math, 60 questions, 60 minutes
- Reading, 40 questions, 35 minutes
- Science, 40 questions, 35 minutes
- Writing, 1 question, 30 minutes

When and where is the ACT offered?

The ACT is offered a number of times throughout the year at the following locations (for dates and times visit <http://www.actstudent.org/regist/outside.html>):

- Calgary
- Edmonton
- Cardston
- Lethbridge
- Grande Prairie
- Medicine Hat
- Red Deer
- Lacombe

How do I register for the ACT?

To register for the ACT go to www.act.org. All Canadian students will have to register by mail so download, complete and return the “registration packet.”

How do I study for the ACT?

The best preparation for the ACT is preparation for high school curriculum—courses in English, math, science, and social studies. For practice questions and tests go to www.act.org or purchase a study guides for the ACT from a book store.

How is the ACT scored?

Both the combined score (overall score) and each test score (English, math, reading, science) range from 1 (low) to 36 (high). The combined score is the average of your four test scores, rounded to the nearest whole number.

Which scores are reported if I test more than once?

There is a separate record for each test and only test scores that are requested are released to universities. Unlike the SAT, you may not select test scores from different test dates to construct a new record; you must designate an entire test date record as it stands. ACT does not create new records by averaging scores from different test dates.

What is the difference between the ACT and SAT?

The ACT is an achievement test, measuring what a student has learned in school. The SAT is more of an aptitude test, testing general reading, writing and math skills. The ACT has up to 5 components: English, Mathematics, Reading, Science, and an optional Writing Test. The SAT has only 3 components: critical writing, math, and writing. Math makes up 50% of SAT's test score and only 25% of ACT's test score.

Who should take the SAT and who should take the ACT?

Students who have recently graduated or are near graduation may perform better on the ACT as it focuses on specific subject areas studied in high school. Students who have been out of high school for a year or more may perform better on the SAT as it tests for general reasoning and aptitude. Also, students who are more proficient at math compared to reading, writing or science should consider writing the SAT rather than the ACT.

ATHLETIC ELIGIBILITY

A. Amateurism Certification

What is amateurism?

In order to compete in the NCAA a student-athlete must receive amateurism certification from the NCAA Eligibility Center. In determining amateurism status, the NCAA Eligibility Center will review:

- Contracts with a professional team
- Salary for participating in athletics
- Prize money
- Play with professionals
- Tryouts, practice or competition with a professional team
- Benefits from an agent or prospective agent
- Agreement to be represented by an agent
- Delayed initial full-time collegiate enrollment to participate in organized sports competition (*see 21-year old rule below*)

How many years of athletic eligibility do I have to compete in NCAA athletics?

You have 4 years of athletic eligibility in the NCAA. However, you must complete those 4 years of athletic eligibility within 5 years of first enrolling full-time in a post-secondary institution.

B. Major Junior (WHL, OHL, QMJHL)

Can I play games in major junior and still be eligible to compete in the NCAA?

The NCAA considers major junior hockey to be professional hockey. Therefore student-athletes who compete in Major Junior jeopardize some or all of their NCAA athletic eligibility because they fail to remain “amateurs” as per NCAA regulations.

Student-athletes will lose *all* athletic eligibility to compete in NCAA Division I hockey if they:

- ❑ compete in any major junior game after their expected date of high school graduation, or
- ❑ sign a contract (e.g. WHL Player Agreement) with a major junior team.

Student athletes will lose *some* athletic eligibility to compete in NCAA Division I hockey if they:

- ❑ compete in any major junior game before their expected date of high school graduation, without signing a contract, or
- ❑ attend a major junior training camp for more than 48 hours while having their expenses covered by the major junior team

The only scenario in what a player can compete in major junior and still retain NCAA athletic eligibility is if he plays an exhibition game before graduating from high school

without ever having signed a player agreement. Any other competition in major junior will lead to the loss of **all** NCAA athletic eligibility.

Can I tryout for teams in major junior and still be eligible to compete in the NCAA?

Before enrollment in a NCAA university you can:

- ❑ Tryout for any length of time with a professional or major junior hockey team at your own expense but not compete in a game with that team.
- ❑ Receive one expense paid tryout with a professional or major junior team as long as it does not exceed 48 hours. (Note: You can only receive 1 expense paid tryout from each team.)

Note that during a tryout, an individual loses NCAA athletic eligibility if he takes part in any outside competition as a representative of that major junior team (games, scrimmages, 3-on-3 tournaments, etc.).

Does the major junior rule apply to Division II and III?

Although the rule varies slightly between divisions, competition at the major junior level may jeopardize eligibility to compete in all NCAA divisions. For more specific information concerning how the rule is applied to Division II and III visit www.ncaa.org.

C. 21-Year Old Rule

What happens if I turn 21 years old during the junior

hockey season?

If you play a junior hockey game after your 21st birthday you will lose one (1) year of NCAA athletic eligibility, leaving you with three (3) years remaining.

Does this rule apply to Division II and III?

No. This rule applies only to Division I.

How can I turn 21 years old, continue playing junior hockey and still retain NCAA eligibility?

Using the NCAA “transfer rules” you can continue playing junior hockey after your 21st birthday and retain 4 years of athletic eligibility if, prior to your 21st birthday you enroll full-time at a post-secondary institution that does not sponsor a hockey program.

However, you must satisfy the NCAA academic eligibility requirements (discussed above) prior to enrolling in the post-secondary institution that does not sponsor a hockey program. Also, please note that the NCAA will not accept SAT scores obtained from tests taken after enrolling full-time in a post-secondary institution.

D. Use of Agents

An individual shall be ineligible for participation in an intercollegiate sport if he or she ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing his athletics ability or reputation in that sport.

RECRUITING

A. Promoting

Can I use a NCAA recruiting service or someone who will promote me to NCAA institutions?

Yes. However, the compensation paid to the recruiting service or individual cannot be based on you receiving an athletic scholarship or financial aid.

What do university coaches look for when they recruit student-athletes?

In making decisions on prospective players universities will consider the entire profile of the student-athlete. That profile includes academic qualities such as high school marks, SAT or ACT scores, as well as athletic and personal qualities such as skill, attitude, character, and work ethic. What qualities are most important depends on the needs of the individual university and hockey program.

How do I best promote myself to NCAA hockey programs?

The most effective way to promote yourself is to develop a well-rounded student-athlete profile. Start by taking and performing well in proper high school classes, studying for and achieving a high score on the SAT or ACT and working hard on developing as an athlete. Extra-curricular activities, such as volunteering or internships, are also valuable for a college application.

Can I contact NCAA hockey programs and coaches?

Yes. You can contact university and coaches at any point and there are no restrictions on the time or content of the contact.

Should I send a hockey resume to NCAA hockey programs to help promote myself?

There is no down side to sending a resume and brief cover letter to college coaches beginning as early as grade 10. At the very least this will help you get your name in front of them. Keep in mind, however, that college coaches are very busy so do not be concerned if you do not hear back from any of the programs in response to your resume.

If you decide to send a student-athlete resume make sure that it is no longer than 1 page and includes only relevant information such as SAT, high school average and hockey statistics. Be sure to address the resume to one of the assistant coaches, not the head coach. For more information on each program, visit www.uscho.com.

B. Recruiting Guidelines

When can universities start contacting and recruiting?

After June 15 at the conclusion of Grade 10, college coaches can call you once a month through to July 31 after Grade 11. Beginning on July 31 following Grade 11, college coaches can call you once per week.

You may call any coach at your expense at any time and

coaches may take calls from you. However, a college coach cannot return a call if a message is left on their voice mail unless that call satisfies the restrictions set out above.

In addition, you may have unlimited contact via email beginning on July 1 following Grade 10. Coaches cannot respond to emails while a player is in Grade 10.

Recruiting material may be provided to the prospect on or after June 15 at the conclusion of Grade 11.

What is an “official visit” or “fly-down”?

An “official visit” or “fly-down” is a visit to a university campus paid for by the university or hockey program. Fly-downs are used by athletic programs to introduce you to the university and members of the team, give you a flavor for the campus and induce you to attend their university.

How many official visits can I make?

You can receive a maximum of 5 official visits while in high school and a maximum of 5 official visits post graduation. However, you only visit each campus once.

What are the rules concerning official visits?

In order to make an official visit you must have started classes in grade 12. Also, before a university can bring you to campus on a visit you must provide high school transcripts and a completed SAT or ACT score and must register with the NCAA Eligibility Center.

Each official visit may last no longer than 48 hours and can cover food, entertainment, lodging and transportation.

- Part II -
Canadian Interuniversity Sport
(CIS)

INTRODUCTION

A. Canadian Interuniversity Sport (CIS)

What is the CIS?

The CIS is the governing body for Canadian university athletics.

How many universities offer hockey programs?

There are 3 regional associations in CIS hockey comprised of a total of 30 university hockey programs:

1. Canada West
 - University of Lethbridge
 - University of Saskatchewan
 - University of Regina
 - University of B.C.
 - University of Calgary
 - University of Alberta
 - University of Manitoba
2. Atlantic Region
 - University of New Brunswick
 - St. Francis Xavier
 - Saint Mary's University
 - Dalhousie University
 - Acadia University
 - University of P.E.I.
 - Université de Moncton
 - St. Thomas University

3. Ontario University Association
 - Royal Military College
 - University of Western Ontario
 - University of Waterloo
 - University of Toronto
 - Ryerson University
 - Queen's University
 - University of Ottawa
 - Université du Québec à Trois-rivières
 - Sir Wilfred Laurier
 - McGill University
 - Lakehead University
 - Concordia University
 - University of Guelph
 - York University
 - Brock University
 - University of Windsor
 - Carleton University
 - University of Ontario Institute of Technology
 - McMaster University

B. Scholarships/Financial Assistance

Can CIS universities offer financial awards or scholarships for athletic competition?

Yes. CIS universities can offer financial assistance/scholarships for university athletic participation within certain restrictions and guidelines as set out by the CIS.

What is the definition of financial awards?

The CIS refers to its scholarships and financial assistance as “Athletic Financial Awards” (AFA). An AFA is any award that is conditional on the student participating as a member of an athletic team. These awards include but are not limited to scholarships, bursaries, prizes, leadership awards, merit awards, housing, and all other related non-employment financial benefit received by an athlete from their institution.

Who is eligible for an AFA?

Both students entering their first year of university and students who have all ready competed for the university are eligible for financial assistance.

What are the eligibility requirements for an AFA?

Students who are considered “entering students” must achieve a minimum 80% grade average in the previous academic year of study in order to be eligible for university financial assistance. An “entering student” is any student who has not yet completed 2 semesters of study at the CIS institution they are currently attending. This definition includes students entering from high school, students who are currently in their first year of university, as well as students who transfer from another post-secondary institution.

Students who are considered “non-entering students” must achieve a 65% average within the previous academic year of study. A “non-entering student” is any student who has

successfully completed 2 semesters of study at the institution they are currently attending. This would include second, third, fourth and fifth year university students.

Is there a maximum amount of money that can be given out by a university in the form of AFA's?

Yes, each CIS hockey team is allowed 14 AFA units. One (1) AFA unit accounts for 100% of one athlete's tuition and compulsory fees. For example, if your tuition and compulsory fees total \$5,000, and the university awards you an AFA totaling \$5,000, then they have used one (1) AFA unit on you. If you receive \$2,500 then only 0.5 AFA units have been used on you.

Therefore, 14 AFA's units allows for 14 players to receive 100% of their tuition and compulsory fees. Conversely, 7 players could receive 100% of their tuition and compulsory fees while 14 players receive 50% of their tuition and compulsory fees. Each individual CIS hockey team decides how it will divide its 14 AFA's among its student-athletes.

Also, it must be noted that schools are not required to give away all 14 AFA's each year. Some universities may award all 14 AFA's while others may award none – the decision rests with each individual university.

ACADEMIC ELIGIBILITY

A. High School Requirements

What high school average is required to be academically eligible for CIS?

A prospective student-athlete must obtain a minimum 60% average on those courses used to determine university admission. It must be noted that this only makes the student eligible to compete in CIS athletics and does not guarantee entrance into a specific university or program.

What happens if I don't have a 60% average but get accepted into a CIS institution?

In those instances where you have not achieved the 60% requirement, but nonetheless have been accepted into a CIS university, you must complete 3 full courses (9 credit hours) or equivalent in a single semester prior to gaining eligibility.

B. Continued CIS Eligibility

What is required in order to continue to be eligible to compete in the CIS?

In order to be eligible to continue competing in CIS athletics you must be enrolled in 3 full courses (9 credit hours) during the term in which you are competing.

ATHLETIC ELIGIBILITY

A. Athletic Eligibility

How many years of athletic eligibility do I have to compete in CIS athletics?

Every student-athlete has five (5) years to compete in CIS athletics.

Does ACAC and NCAA competition count towards my five (5) years of CIS athletic eligibility?

Yes. For each year of competition in either the ACAC or NCAA you are charged with a year of CIS eligibility. Also, athletes who have used all of their ACAC or NCAA athletic eligibility are ineligible to compete in the CIS.

B. Amateurism

Do I lose CIS athletic eligibility if I compete for a professional team, play in a professional league or get paid to play hockey?

For each year that you played professional hockey you will lose one of your 5 years of CIS eligibility.

Do exhibition games count as professional competition?

No. Hockey players are not considered to have competed professionally regardless of the number of exhibition games played.

How soon after competing professional can I take part in CIS athletics?

One year must pass between your last professional competition and your first game in the CIS.

Do I lose CIS athletic eligibility if I tryout for a professional team?

No. As long as you do not compete in a game in a professional league you will not lose any eligibility for participation in a tryout.

C. Major Junior (WHL, OHL, QMJHL)

Can I play games in major junior and still be eligible to compete in the CIS?

Yes. Unlike the NCAA, the CIS does not consider major junior hockey leagues to be professional hockey leagues and therefore competition in these leagues will not jeopardize CIS athletic eligibility.

Can I tryout for teams in major junior and still be eligible to compete in the CIS?

Yes. Unlike the NCAA, participation in major junior hockey tryouts will not jeopardize any CIS eligibility.

D. Transferring to the CIS

If I transfer from the ACAC, how soon after I transfer can I play?

If you transfer from an ACAC institution you can participate immediately unless:

1. you have participated in any post-secondary institution game in that semester or term;
2. you have not achieved a minimum 60% average in the courses used to determine CIS university admission;
3. you have not maintained your academic eligibility to continue participating in the ACAC; or
4. you have used all your ACAC eligibility.

If I transfer from the NCAA, how soon after I transfer can I play?

If you transfer from the NCAA you cannot participate for a period of one year provided that you meet the academic requirements applying to transfer students and have not used all your NCAA athletic eligibility.

Can I transfer and compete in the CIS if I have used all my eligibility in the ACAC or NCAA?

In general, if you have used all of your athletic eligibility in the ACAC or NCAA then you cannot compete in the CIS. However, NCAA athletes who participated for three years or less in the NCAA, but are no longer eligible in the NCAA because of the NCAA time-clock/age limit or terms of attendance regulations, may compete in the CIS using their remaining CIS eligibility.

RECRUITING

A. Recruiting Guidelines

Do CIS universities provide for recruiting trips?

Yes. Universities can bring prospective student athletes to campus for recruiting trips.

Can a CIS university cover prospect travel expenses for recruiting trips?

University funding of recruiting trips for prospective athletes is acceptable provided these trips are consistent with general university policy.

How many official visits can I make?

Although there is no limit on the number of universities you can visit on financed recruiting trips, each university can provide for only one financed recruiting trip per prospective athlete.

Can CIS universities pay for my parents to visit the campus?

No. CIS universities are prohibited from paying, providing, or arranging for the payment of transportation costs incurred by relatives or friends of a prospective athlete.

Can I receive university apparel or other products while on a recruiting trip?

Yes. You can receive university products or services provided the products or services do not exceed \$50.00 over and above what is provided the general prospective student population.

What is a CIS Letter of Intent?

A student-athlete may formally declare his intention to attend a specific CIS member school during the upcoming academic year by signing a Letter of Intent. Upon signing the Letter all CIS members are to discontinue further recruitment of the student-athlete. It is at the discretion of a CIS institution to include the terms of AFA within the Letter of Intent, however, when included, the school is expected to honor those terms.

- Part III -
Alberta Colleges Athletic
Conference
(ACAC)

INTRODUCTION

A. Alberta Colleges Athletics Conference (ACAC)

What is the CCAA?

The Canadian Colleges Athletic Association is the governing body for Canadian collegiate athletics.

What is the ACAC?

The ACAC is the governing body for collegiate hockey in Alberta. The ACAC is permitted to make regulations provided they are consistent with or more restrictive than those made by the CCAA.

How many ACAC hockey programs are there?

There are eight (8) ACAC hockey programs:

- Augustana University College, U of A
- Briercrest College
- Concordia University College of Alberta
- MacEwan College
- Mount Royal College
- Northern Alberta Institute of Technology
- Portage College Voyageurs
- SAIT Polytechnic

B. Financial Assistance

Can ACAC institutions offer financial awards or scholarships to its student-athletes?

Yes. ACAC institutions can offer financial assistance to its athletes provided that any aid granted specifically to participate in sports can not exceed tuition and enrollment fees.

What is the definition of financial assistance?

Financial assistance includes scholarships, bursaries, grants and financial awards.

Who is eligible for an athletic financial assistance?

Any student who competes in athletics and meets the requirements for financial assistance can receive financial assistance. Each institution sets its own eligibility requirements for athletic assistance.

Is there a maximum amount of assistance that individual student-athletes can receive?

Yes. Financial assistance or awards can not exceed the total cost of the student-athlete's tuition and enrollment fees.

What is the definition of "enrollment fees"?

Enrollment fees shall include all required fees, including tuition, recreation fees, Student Association fees, library fees, computer fees, etc.

ACADEMIC ELIGIBILITY

A. High School Requirements

What are the academic requirements in order to be eligible to compete in the ACAC?

There are no minimum high school requirements set out by the CCAA or the ACAC to determine initial athletic eligibility. Each individual institution sets the entrance requirements. If a student is admitted to the institution then that student is eligible to compete in the ACAC. Therefore, initial academic requirements will vary depending on the program of study and institution to which you are applying.

B. Continued ACAC Eligibility

What are the academic requirements to be eligible to continue competing in the ACAC?

Once attending an ACAC institution and competing in athletics, a student-athlete must maintain “full-time” status and achieve a passing GPA each semester in order to be eligible to compete in the following semester.

What is a full-time student?

A student shall be considered full-time if he/she is officially registered in a minimum of 60% of a full course load in an accredited program of study as defined by the relevant institution.

Who determines what is “full-time” and what is a “passing GPA”?

Each individual institution shall determine what constitutes a full-time student and what constitutes a passing GPA.

ATHLETIC ELIGIBILITY

A. Athletic Eligibility

How many years of athletic eligibility do I have to compete in ACAC athletics?

You have five (5) years to compete in the ACAC.

What is considered “a year of competition”?

You will be considered to have used one year of eligibility if you have participated in one scheduled ACAC contest (your name appears on one (1) official game sheet for a league game). This does not include preseason contests.

Can I attend two ACAC institutions and still take part in the athletics programs?

Yes, students who are registered in programs that require attendance at more than one institution will be eligible for athletics participation at the institution where the student is physically attending on a full-time basis.

B. Amateurism

Do I lose ACAC athletic eligibility if I compete for a professional team, play in a professional league or get paid to play hockey?

No. In men’s hockey, a student-athlete does not lose eligibility for any years of participation as a professional athlete.

Do I lose ACAC athletic eligibility if I tryout for a professional team?

No. Hockey players are allowed to tryout for professional hockey teams without jeopardizing their ACAC eligibility.

C. Major Junior (WHL, OHL, QMJHL) Can I play games in major junior and still be eligible to compete in the ACAC?

Yes. Unlike the NCAA, the ACAC does not consider major junior hockey leagues to be professional hockey leagues. Therefore, competition in these leagues will not jeopardize any ACAC eligibility.

Can I tryout for teams in major junior and still be eligible to compete in the ACAC?

Yes. Unlike the NCAA, participation in major junior hockey tryouts will not jeopardize any ACAC eligibility.

D. Transferring to the ACAC

Does NCAA and CIS participation count towards the four (4) years of my ACAC eligibility?

Yes. Participation in the NCAA or CIS will be considered equivalent to and deducted from your four years of ACAC eligibility. The NCAA and CIS definitions of “competition”, “participation” and “eligibility” will be respected in determining loss of ACAC eligibility. As an example, if you entered the NCAA and played 10 games in your first season then,

according to NCAA definitions, you would have “competed” and as such used one (1) year of NCAA “eligibility”. Therefore, if you transfer to the ACAC you would have only three (3) years of ACAC eligibility remaining.

Can I transfer from another post-secondary institution to another ACAC institution and still play?

If you transfer between seasons of your sport (i.e. during the summer) you will be eligible to compete immediately if: (a) you would have been deemed eligible for participation in the coming season at/by the previous institution, or (b) you have passed 9 credits during the last semester at the previous institution. If you cannot satisfy either of these, then you must attend the new ACAC institution for a full term (i.e. 12 weeks) during which term the hockey season was running.

If you transfer from an ACAC institution for which you competed in at least one hockey game during the same season, you will be deemed ineligible to compete in ACAC hockey for the remainder of that sport year.

RECRUITING

A. Recruiting Guidelines

Do ACAC institutions provide for recruiting trips?

Students are free to visit the campus of an ACAC institution at any time.

How many official visits can I make?

There are no restrictions on the number of times you can visit an ACAC campus.

Can an ACAC/CCAA institution cover prospect expenses for recruiting trips?

No. No institution shall finance transportation costs incurred by a prospective student-athlete. Moreover, no institution shall finance, arrange or permit entertainment of any prospective student-athletes.

Can ACAC/CCAA universities pay for my parents to visit the campus?

No. No institution shall finance transportation costs incurred by his/her family or friends.

Can I receive apparel or other products while on a recruiting trip?

No. No institution shall finance, arrange or permit the giving of gifts to prospective student-athletes.

- APPENDIX A -

QUESTIONS TO ASK

UNIVERSITIES AND COACHES

A. Athletic Questions

- How many players are on the roster? How many players have to sit out each game?
- What role do you see me playing my first year? Fourth year?
- How many players are you losing to graduation on the team? At my position?
- How many new players will be coming in on the team? At my position?
- What does a typical week look like?
- What should I expect in terms of physical training?
- What does pre- and post- season training consist of?
- When does the head coach's contract end? (Especially important for students on athletic scholarships)
- How many players have had their scholarship cut, or have had to leave school because their financial aid was reduced?
- What is the required GPA to remain athletically eligible at your college?

B. Academic Questions

- What is the average SAT/ACT score for incoming students? Average GPA?

- Does the school offer two or four year programs?
- What fields of study is the school best known for?
- What majors are the most popular?
- How is the academic calendar structured?
- What kind of academic support system is offered?
- Explain the computer and library resources.
- Where can I get stats such as student to teacher ratios, and graduate employment rates, etc.?
- What is the school's graduation rate?
- What is the team's graduation rate?
- What is the required GPA to remain academically eligible at your college?

C. Financial Aid Questions

- How is financial aid calculated?
- If I am injured what happens to my financial aid?
- Is there someone to help me complete the required forms?
- What percentage of the student body receives financial aid?
- What percentage of students who apply for financial aid have ALL their financial need met?
- How many past players have left because their financial aid was reduced?
- What other sources of aid or bursaries are available? How do I go about getting them?
- Describe any student loan programs offered by the school? Repayment periods?

D. Athletic Scholarship Questions

- What does my scholarship cover? Tuition? Room and board? Books? Food? Etc.
- What other expenses should I be expected to incur that are not covered by an athletic scholarship?
- If I am injured what happens to my scholarship?
- How many past players have had their athletic scholarships reduced? Eliminated?
- What other sources of aid or bursaries are available? How do I go about getting them?
- Describe any student loan programs offered by the school? Repayment periods?

E. Campus Life Questions

- Are students-athletes required to live on or off campus?
- What are the residence halls like?
- What is the surrounding town like?
- How far is it from the nearest international airport?
- What do players on the team do on nights off or weekends off?



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