

BRADSHAW CHRISTIAN ATHLETICS
PREPARING OUR STUDENT ATHLETES
FOR COLLEGE ATHLETICS

FRESHMEN YEAR

1. Adjust to the High School Schedule. Learn how to organize and budget your time. Parents, students and Athletic Director should work together to make sure that the student is placed in the appropriate level of class.
2. Adjust to the level of competitiveness and intensity of High School athletics. Learn what it is to play hard at the High School level.
3. Understand that there are 14 core courses that colleges look at when determining grade point average (GPA). They are:
 - 4 years of English
 - 2 years of Mathematics (Algebra I or higher)
 - 2 years of Natural/Physical Science (one must be a lab science)
 - 1 year of additional English, Math or Science
 - 2 years of Social Studies
 - 3 years of additional courses (from any area above or foreign language, nondoctrinal religion/philosophy, computer science)

Courses that are taken freshmen year count toward the GPA. Obviously, the better the student's academic performance the more colleges they will have an opportunity to be accepted into. Know what your average is in all courses at all times.

4. Goals:
 - Make the team.
 - Start on the freshmen team/JV team or contribute on a Varsity team.
 - Begin a strength and conditioning program that includes weight lifting.
5. Improve your skills by playing your sport and attending sport camps throughout the off-season.

SOPHOMORE YEAR

1. Goals
 - Starter on the JV team or
 - If not starting being able to contribute on the Varsity team.
2. Continue to improve your skills by playing your sport and attending sport camps throughout the off-season.
3. Join school clubs and/or get involved with other extra-curricular activities (student council, drama, band, community services, etc.).
4. Take the PSAT (optional).

JUNIOR YEAR

1. Goals
 - Starter on the varsity team.
 - Receive league recognition (honorable mention, all league, etc.).
2. Take the PSAT (optional).
3. Join school clubs and/or get involved with other extra-curricular activities (student council, drama, band, community services, etc.).
4. In September pick up College Athletics Packet from the Athletic department. The packet contains forms, and other information that would be beneficial to students and families.
5. Register with the NCAA Clearinghouse. Forms are in the College Athletics Packet.
6. Assemble an athletic portfolio. List accomplishments, statistics, and PSAT/SAT scores, indicators of strength and speed, and personal information.
7. Work with your Coach and Athletic Director to contact college coaches on your behalf.
8. Work with Athletic Director to complete the application process.
9. Take the SAT.
10. Continue to improve your skills by playing your sport and attending sport camps throughout the off-season.
11. Attend camps and clinics where college coaches will see you.
12. Make college visits (official and unofficial).

SENIOR YEAR

1. Goals:
 - Receive league recognition (all league, all section, academic honors, lead league and/or section in scoring, rebounding, steals, assist, blocks, etc.).
 - Receive state recognition (all state, academic honors, lead state in scoring, rebounding, steals, assist, blocks, etc.).
2. Join school clubs and/or get involved with other extra-curricular activities (student council, drama, band, community services, etc.).
3. Ask your Coach and Athletic Director if they would contact college coaches on your behalf.
4. Work with Athletic Director to complete the application process.