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## **IMPORTANT DECEMBER RECRUITING DATES**

**12-2 SAT Test**

**12-9 ACT Test**

**12-20 Football (mid-year JC transfer) initial signing date for National Letter of Intent**

**12-20 SAT registration postmark date for January 27<sup>th</sup> test**

## **RECENT ADDITIONS TO CPOA Pennsylvania**

Zachary MaKray – Kiski Prep – Soccer  
Adam Nyswaner – South Fayette – Baseball  
A.J. Ross – Thomas Jefferson - Soccer

## **NCAA News**

Division I student-athletes continue to outpace their student-body counterparts in the classroom according to graduation-rates data the NCAA [released today](#). Research from the federal graduation-rate methodology required through the Student Right-to-Know Act shows student-athletes in the entering class of 1999 graduated at a rate of 63 percent, two percentage points higher than the student-body rate. Both percentages are one point higher than the previous year. Every class since 1986 has demonstrated that student-athletes have graduated at rates higher than those of the general student body.

Release of the federal rate follows [an announcement earlier this fall](#) of the [NCAA's Graduation Success Rate](#), which also tracks student-athlete academic success but

does so more accurately than the federal rate because it includes transfers. The GSR accounts for student-athletes who leave an institution in good academic standing and student-athletes who transfer into an institution and graduate. The federal rate includes neither cohort.

The GSR for the entering class of 1999 was 77 percent, up from 76 percent for the previous class. Brand set an aspirational goal of 80 percent for Division I student-athletes within the next several years.

Key findings from the federal rate include:

#### MALE STUDENTS

- Male student-athletes graduated at a federal rate of 56 percent, an increase of one percentage point over the previous year and slightly below the male student body federal rate of 58 percent. GSR for male student-athletes is 70 percent.
- African-American male student-athletes graduated at a federal rate of 48 percent, compared to 37 percent for African-American male students. GSR for African-American male student-athletes is 55 percent.

#### FEMALE STUDENTS

- Female student-athletes graduated at a federal rate of 71 percent, seven points higher than the female student body federal rate of 64 percent. GSR for female student-athletes is 86 percent.
- African-American female student-athletes graduated at a federal rate of 66 percent, up three points from last year and significantly higher than the 50 percent federal graduation rate for African-American female students. GSR for African-American female student-athletes is 74 percent.

#### MEN'S BASKETBALL

- Division I men's basketball student-athletes graduated at a federal rate of 46 percent, up from 43 percent the previous year. GSR for men's basketball student-athletes is 59 percent.
- Division I African-American men's basketball student-athletes graduated at a federal rate of 42 percent, up from 38 percent the previous year and five points higher than the rate for African-American male students. GSR for African-American men's basketball players is 51 percent.
- White Division I men's basketball players graduated at a federal rate of 52 percent, a one-point drop from the previous year and below the federal rate of 61 percent for white male students. GSR for white men's basketball players is 76 percent.

#### FOOTBALL

- Division I Football Bowl Subdivision (formerly Division I-A) student-athletes graduated at a federal rate of 55 percent, unchanged from last year. GSR for football student-athletes is 66 percent.
- African-American student-athletes in the FBS graduated at a federal rate of 49 percent, the same rate as the previous year. GSR for African-American football student-athletes is 56 percent.

· White football student-athletes in the FBS graduated at a 64-percent federal rate, up from 63 percent the previous year. GSR for white football student-athletes is 79 percent.

#### WOMEN'S BASKETBALL

· Division I women's basketball student-athletes graduated at a federal rate of 64 percent, up one point from the previous year. GSR for women's basketball student-athletes is 82 percent.

· Division I African-American women's basketball student-athletes graduated at a 63-percent federal rate, a seven-point increase over last year's 56-percent rate. GSR for African-American women's basketball student-athletes is 72 percent.

· Division I white women's basketball student-athletes graduated at a federal rate of 66 percent, down three points from the previous year. GSR for white women's basketball student-athletes is 89 percent.

## **Financial News**

# **Don't Be A Victim Of The System - Instead, Make It Work For You!**

Your financial aid will be determined by how you answer certain questions on your FAFSA form.

Very few people plan their FAFSA strategy in advance. Most will wait too long and fall into the trap of just following the directions that come with the form and get killed like a sheep being led to slaughter. At best they'll just get their FAFSA processed. This does not have to happen to you!

Did you know the students' and parents' income and savings are combined to determine how much financial aid you will receive? Does everyone in your family know what they must do before completing FAFSA to get more financial aid?

Do you know what to do with your savings, investments and mortgage before you do your FAFSA to get more scholarships and grants?

Are you aware parents that are divorced, separated or just living apart can exclude the non-custodial parent's income and assets at approximately 90% of colleges? Do you know which ones they are?

Before you answer each question on FAFSA, you must plan ahead. You need to know how your answers will affect your ability to receive the maximum amount of financial aid you're entitled to and what you can do to qualify for more money

## **CPOAPA News**

- CPOAPA and Strength Fitness and Speed Open House held a very successful open house event at the North Irwin location on Sunday, December 3<sup>rd</sup>. A second event at the Pleasant Hills facility will be held on Sunday, December 10<sup>th</sup> from 12PM – 4PM
- CPOA client Liz Robinson of Greensburg Central Catholic has signed a scholarship offer form Duquense University to further her educational and Soccer careers. This brings CPOAPA's streak of females getting Division I Soccer scholarships to 4 straight years.
- The following CPOA PA clients performed at the Joe Butler Metro Index Camp on Sunday, December 3<sup>rd</sup> in front of 150+ college coaches from around the country:

Steve Moyemont  
Alex Bearer  
Matt Olshewski  
Mike Byers  
Nick Sorice  
Brent Heckel  
Matt Riddle

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## **CPOA PA Topic of the Month I**

**CPOA teams with Strength, Fitness and Speed, Inc.**

**<http://www.strengthfitnessandspeed.com>**

Pleasant Hills Facility - Hosmer Industrial Park - 347A Old Curry Hollow Road -  
Pleasant Hills, PA 15236 – 412-653-7970

North Irwin Facility - 92 Webster Avenue - North Irwin, PA 15642 – 724-863-2800

**Strength, Fitness and Speed, located in Pleasant Hills and North Irwin is owned and operated by Mr. Ed Wietholder a certified professional strength and conditioning specialist.**

**At Strength, Fitness And Speed,** he and his staff work with athletes ages 9 through the Olympic and Professional ranks.

**Step 1) Evaluate:** The athlete receives a functional assessment. The Sports Performance Director designs a routine specifically for that individual based on results and sport. If work is needed to be tracked for the athlete outside of the facility, this is also an option (see at home tracking). The athlete receives a report that explains the results of the assessment.

**Step 2) Implement:** Performance coaches implement these routines during 1 on 1 sessions. The results of the assessment as well as the athlete's sport, age and position have been taken into account. Athletes train here 1-5 times per week. We strive to set up long term relationships to facilitate total development.

**Step 3) Ongoing evaluation:** Performance coaches evaluate as we go, provide feedback to the Performance Director, and adjustments are made workout to workout based on sport season by the Performance Director. Each workout has been specifically altered to accomplish certain goals. Testing is done at approximately 8-week intervals initially.

**Step 4) Performance reports:** These will be sent out periodically to show progress

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## **CPOA PA Topic of the Month II**

### **CPOA teams with Champion Lakes Golf Resort**

Any organization or group (min. 4 individuals) wishing to play Golf at one of the areas premier courses, can take advantage of this special offer by calling Dale Gregoritch of Champion Lakes @ 724-238-5440 and mentioning that they were referred by Martin Rock of College Prospects of America.

GOLF OUTING INFORMATION FOR:  
SCHOLASTIC/NON PROFFIT ORGANIZATIONS

Champion Lakes Golf Club will donate \$5.00 per golfer to the representative organization on any outing played on Monday/Tuesday or Wednesday (before noon), holidays excluded.

We will provide the following:

- Shotgun Start (depending on the size of the outing)
- Permissible to bring “donated” beverages
- Driving Range available
- On-site over-night accommodations at a reduce rate to those participating in the outing.
- Halfway house/beverage carts for snacks etc.
- Golf rates w/cart - \$39 weekdays & \$44 weekends (18 holes)

### OVER-NIGHT GOLF PACKAGES

Valid Sunday, Monday & Tuesday nights – Holidays excluded)

#### THE BILL MAZEROSKI DOUBLE PLAY

- Unlimited Golf w/Cart for Two Days
- On-Site Bed & Breakfast Accommodation
  - Full Breakfast
  - Lunch
- \$5.00 donation to organization
  - Price: \$140.00
- (\$120. Oct. 15<sup>th</sup> thru May 15<sup>th</sup>)

#### THE JERRY LYNCH THREE BAGGER

- Three days of golf w/cart  
( 2 unlimited at Champion Lakes)
- 18 Holes at Partner Course  
(Hidden Valley Golf Club, Tom’s Run Golf Course, Donegal Highlands)
- Two Nights of Accommodations at on-site Bed & Breakfast
  - Two Complete Breakfasts
  - Two Lunches
- \$5.00 donation to organization.

- Reservations Required
- Over Night Accommodations based on Double occupancy
- Tax & Gratuity Not Included

## **CONTACT SHEETS**

Remember to keep track of all questionnaires, calls, etc from college coaches with the contact sheets found in your STUDENT PACKET. Email me at [martin.rock@cpoapa.com](mailto:martin.rock@cpoapa.com) if you need additional copies!

## **NCAA ELIGIBILITY CLEARINGHOUSE**

Every CPOA PA Student-Athlete has received a NCAA Guide for the College Bound Student Athlete as part of the STUDENT PACKET you received when you joined the program. In this guide, you find instructions on how to apply for your NCAA Eligibility Clearinghouse Number. Eligibility is based on what core courses have been completed, SAT scores and overall GPA in core courses. NCAA approved core courses, by high school, can be found at <http://actrs7.act.org/ahs>. STUDENTS APPLY FOR THEIR NCAA ECN AT THE END OF THEIR JUNIOR YEAR. HOWEVER, IT IS A GOOD IDEA TO REVIEW ELIGIBILITY AS EARLY AS THE SOPHOMORE YEAR TO ENSURE THE CORRECT COURSES HAVE BEEN COMPLETED! For more information about the process, email [martin.rock@cpoapa.com](mailto:martin.rock@cpoapa.com) for a NCAA Guide or call 888-ASK-CPOA (CPOA Program Members Only).

## **INTERNET UPDATES**

If you have update information for your Internet profile, please forward to [martin.rock@cpoapa.com](mailto:martin.rock@cpoapa.com). Remember that you automatically receive (2) two free updates per year. If you've upgraded your program to receive unlimited updates you can send updates every day/week if you'd like. Updates take approximately 72 hours to be made online.

## **REFERRAL PROGRAM**

Do you know of a high school student athlete with the ability to perform at the collegiate level? A teammate from high school? Club team? From the newspaper? If so, contact your CPOA representative at [martin.rock@cpoapa.com](mailto:martin.rock@cpoapa.com) and if that athlete signs with CPOA PA, **you receive a \$25 referral fee!**

## **Season End Updates**

Attention fall sport athletes, your season end update forms which were mailed to you are **now overdue**. There are hundreds of coaches out there awaiting an update on your stats, awards and accomplishments from the past season. Please complete these and return to your CPOA representative immediately.

## **RECRUITING SEMINARS**

CPOA Pennsylvania is planning to conduct several recruiting training sessions over the next few months. These sessions will include the basics of the recruiting process, how to choose the right college, review of NCAA rules and regulations, and how to best navigate this important process of college selection. Please let us know if you have interest in hosting one of these sessions for your teammates (students/parents) or teams/booster clubs (coaches).