

THE COLLEGE SPORTS SYSTEM

There are more than 517,000 student-athletes competing in college sports! There are approximately 4,000 colleges and universities in the US – the opportunities are endless!

However, every athlete is different when it comes to the athletic level, the academic level and of course the ambition in sports and academics. There are both two-year schools and four-year schools in the United States.

The college sports system consists for several leagues and divisions:

- ✓ NJCAA (JUCO) two-year schools, typically less than 10,000 students
- NCAA Division 1 four-year schools, typically more than 10,000 students
- ✓ NCAA Division 2 four-year schools, typically less than 10,000 students
- ✓ NCAA Division 3 four-year schools, typically less than 10,000 students
- ✓ NAIA four-year schools, typically less than 10,000 students

Each of the divisions has differing characteristics, rules and eligibility requirements. There is a place for everyone!

Every year we help many Student Athletes to JUCO's in sunny California...

WHAT IS A TWO-YEAR SCHOOL?

A Junior College (JUCO), also called a Community College, is a two-year institution offering associate degree programs. There are institutions located all over the USA in all 50 states from New York to California. In fact, there are more than 1600 JUCO's across the USA.

The JUCO's compete in the National Junior College Athletic Association (NJCAA).

They are typically schools smaller in size (less than 10,000 students), have smaller class sizes in which students get more personal attention from professors, and provide a great experience for students, academically and athletically.

The concept of being a student-athlete at these institutions is likened to being a professional athlete – you train and compete full-time in your sport, while pursuing an associate's degree. Every year we help many high-level athletes to Junior Colleges all across the US.

To perform at the JUCO level is a great way for athletes to maximize their potential and enjoy their sport. Every year, thousands of athletes are watched in the NJCAA system from coaches all over the world. This is a very common route to take, for Australian students, Americans and other international student-athletes.

Academically, a JUCO allows you to work towards a two-year associate degree (AA) which is known as a Foundation Degree in the UK. This AA is comprised of 60 credit hours (the first half of a bachelor's degree).

This is a good qualification that can be used for employment or the further pursuit of a full bachelor's degree, continuing in the USA or back home.

ACADEMICS AT A JUNIOR COLLEGE

When you attend a junior college, you will work towards achieving an associate degree (AA). You would complete the freshman-year (year 1) and sophomore-year (year 2) at your chosen JUCO. While here, you will have to take core classes as well as elective classes. Electives are chosen classes that you decide you would like to take in a semester, these are typically chosen based on subjects you may be interested in. Choosing different electives allows you to try out different subjects and find out what you are really interested in studying.

The academic year is broken down into two semesters: the fall (end of August – mid December) and the Spring (mid-January – mid-May). You then have the flexibility to look at your options after JUCO to decide on which is the right route for you. Some students like to go back and continue their studies in their home country to work towards a full bachelor's degree. While others look to start employment or find an alternative route that suits them.

A typical day as a student athlete could consist of classes in the morning / early afternoon with training, practice or games in the afternoon/evening. Every JUCO will have a different schedule but you will have all the tools and support you need to help maintain the academic and athletic balance that is required of you.

THE STRUCTURE OF COMPETITION

The structure of competition in NJCAA is the same as other divisions in the US. Each university team competes in a conference. A conference is a league comprising of between six to 15 local university teams (typically within three to four bordering states). During the season the JUCO's schools compete against the other conference members to try and win the conference.

The best performing programs will advance to the regional stage of the NJCAA national tournament, where they will compete against the best team in the neighboring conferences for the right to compete in the NJCAA national tournament. Winning conference and regional titles are an achievement in itself, but it is the NJCAA national title every JUCO wants to win. The national tournament is prestigious; thus, the competition is fierce as it will contain the best JUCO teams around the US competing against one another.

There are endless benefits to attending a JUCO and many reasons why it is a perfect route for you to explore:

- More opportunity to get more minutes, competition or experience as a student athlete
- ✓ Cheaper and more affordable to finance
- ✓ More flexibility opportunity to do 2 or 4 years
- Great opportunity to experience and travel to two different locations, teams and schools
- ✓ SAT/ACT not essential
- ✓ Great lifestyle
- ✓ Perfect to enjoy a 2-year experience in a different country

You have the opportunity to make a big impact at JUCO level by gaining more minutes, experience and competition. The competition is fierce, but with the first 2 years you want to be able to play as much as possible and JUCO is a great way in order to make that happen.

The costs are significantly cheaper at a junior college which is a great benefit when you are looking to receive a scholarship. More information can be found on page 6 about the breakdown of how this works.

You will have more flexibility when attending a JUCO. This flexibility allows you to travel and experience different parts of the US and play with different teammates under different coaches with different styles. By doing the two-year USA experience you can embrace the different culture and lifestyle it has to offer. You can finish your two years and then move on to other options in the US or look at pathways elsewhere in the world. You could be in the beautiful mountains in North Carolina to the sunny coast in Florida!

Testing such as SAT/ACT is not always essential (although beneficial and recommended you do so) it is not pivotal in order to gain entrance into a junior college.

JUCO is a fantastic avenue for student-athletes that are looking for a two-year experience where you can combine education with high level sports. It could be a steppingstone onto an NCAA Division 3 school (depending on individual eligibility and finances) or it could open doors to employment opportunities. This option allows you to be flexible and really enjoy this unique opportunity the US has to offer.

KNOW THIS!

The academic standards to gain admission to JUCO's are less rigorous than at four-year schools.

At most JUCO's an ACT/SAT score, as well as having minimum Grade Point Average (GPA) from high school, are not admission requirements. However, we find it is beneficial for students to take either the ACT or SAT for the admissions process as some JUCOs still may require it.

Most students can get accepted with a final high school diploma. Please note, the TOEFLtest will be required for admissions for non-native English speakers. This is typically not needed for Australian students.

There are fewer initial eligibility requirements in the NJCAA and much fewer complex rules and regulations. Competing and playing in the NJCAA does not require a player license, as would athletes wishing to compete and play in NCAA D1, D2 and NAIA. Each school certifies their own student-athletes.

To be eligible to compete in NJCAA there is no SAT/ACT score or minimum Grade Point Average (from high school) requirement. This opens the door to more student-athletes!

The eligibility rules are more flexible on issues such as age and gap years (the time between high school graduation and initial enrolment at a college/university). Therefore, the NJCAA is a great option for those that want to experience the US and see what it takes to be a student-athlete. There are, however, certain age limits for the different divisions in the NJCAA.

There is one state in the USA where this age rule does not apply, and that is California. In California you can enroll as a freshman regardless of your age. In fact, California has more than 110 NJCAA schools, many of which are very high-level in terms of sports, but they are not allowed to offer scholarships. In spite of their lack of scholarship funding they can still be very affordable schools and deliver a great educational, social and athletic experience. JUCO's in California are very popular destinations for student-athletes that we represent.

Furthermore, all student-athletes competing in the NJCAA must be amateur athletes.

EXAMPLE COST OF A TWO-YEAR SCHOOL

The total cost of attending "Two-Year College":

- ✓ \$8,500 tuition fees
- ✓ \$2,500 food
- ✓ \$4,500 housing
- ✓ Total school cost: \$15,500
- ✓ Amount of scholarship received: \$0
- = \$15,500 total cost

No scholarship money available, but much less in cost per year compared to attending a four-year school with a scholarship.

EXAMPLE A - COST OF A TWO-YEAR SCHOOL

The total cost of attending "Two-Year College with scholarship":

- ✓ \$8,500 tuition fees
- ✓ \$2,500 food
- ✓ \$4,500 housing
- ✓ Total school cost: \$15,500
- ✓ Amount of scholarship received: \$7,000
- = \$8,500 total cost

Scholarship amount can vary depending on academic and athletic level.

THE FINANCES

There are sports scholarships available in NJCAA Division. Like at most schools in the USA it is very competitive to get a sport scholarship. In the NJCAA there are limits to how many international student-athletes are able to obtain a sport scholarship on a team.

Starting early gives you the advantage of filling these positions.

Nearly all states offer good financial options but, in some states, like California and Arizona, JUCO's are not allowed to offer sports scholarships but are still very affordable.

Despite the tough competition for these scholarships, it is very possible to find excellent opportunities in terms of sports, academics and financials/cost.

The cost of JUCO's is much less than at four-year schools. The cost of tuition fees at four-year schools is, on average, approx. \$24,000 for one academic year. In addition, there are housing and food costs, so the total cost of four-year schools is generally more than \$30,000. Some four-year schools' costs more than \$40,000 and some even more than \$50,000 for one academic year!

The average cost of a JUCO is around \$15,000 for tuition fees, housing and food per academic year – all in all, it is much more affordable. When also subtracting the potential scholarship you can get, the cost of attending a JUCO can get even more inexpensive.

Even without a scholarship, a JUCO can be much more affordable, see the examples on the right.

A major benefit with JUCO's is that there are lots of economical options, making them financially viable and accessible for students

CSUSA STUDENT-ATHLETE EXAMPLES

Yasmin Mason – Eastern Florida State College

- Yasmin is an English Soccer Player that previously played for Sheffield United Community Foundation.
- Yasmin went out on a scholarship in Fall 2019 to Eastern Florida State College (EFSC) which is based in Melbourne, Florida.
- They compete in a challenging conference and play against some of the best JUCOs in the country.
- By attending a JUCO Yasmin was able to find the right fit for her athletically, academically and financially. It allows her to have the flexibility once she completes her two years at EFSC to determine the best route for her.



Starting your college career at a JUCO is a great opportunity to study, compete in college sports and experience what the USA has to offer!

Will Grant – Lewis & Clarke Community College



- Will Grant is an Australian Soccer Player.
- Will earned a scholarship at Lewis & Clarke Community College in Illinois in 2019.
- Will found that by choosing JUCO the total package for sports, academics, finances and location fitted better with his preferences and needs.
- He now plays in an extremely competitive conference and continues to impress US coaches.
- He will choose whether to continue his journey or the USA or come home to Australia having had the time of his life.

GET IN TOUCH!

TTT

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