

# ALREADY GRADUATED?

IT IS NOT TOO LATE. THE DOORS LOOK DIFFERENT FROM HERE — BUT THEY ARE OPEN.

YOU CANNOT CHANGE THE PAST. YOU CAN CHANGE WHAT YOU DO NEXT. ATHLETES WHO FIND PATHWAYS AFTER HIGH SCHOOL ARE NOT ALWAYS THE MOST TALENTED — THEY ARE THE ONES WHO STAYED READY.

## WHAT IS ACTUALLY AVAILABLE TO YOU

### OPTION 1 — THE JUNIOR COLLEGE / COMMUNITY COLLEGE ROUTE

If your academics were not strong enough coming out of high school, this is your most practical first step.

- Enrol in an accredited junior college or community college — including fully online options — and complete an Associate Degree
- This rebuilds your GPA and academic credentials while keeping you eligible to transfer into an NAIA or NCAA programme afterwards
- The NAIA requires a minimum 2.0 GPA from all previous institutions for transfer eligibility — achievable with two focused years at junior college
- Online accredited options include Western Governors University, Rio Salado College, and Coastline College. Confirm regional accreditation before enrolling — credits from unaccredited institutions do not transfer
- Once you earn your associate degree, you can transfer those credits to a four-year NAIA or NCAA institution and compete with remaining eligibility

### OPTION 2 — THE UK AND EUROPEAN UNIVERSITY PATHWAY

UK universities actively recruit international athletes competing at national or international level. Partial scholarships are available and a UK master's degree takes just one year to complete, at significantly lower cost than a US four-year programme.

- **University of Stirling** — One of the UK's largest HP programmes. Up to £5,000 per year. Open to international athletes competing at national level. Sports include football, tennis, triathlon, rugby, golf, swimming. [stirling.ac.uk/scholarships](http://stirling.ac.uk/scholarships)
- **University of Wolverhampton** — Gold, Silver, and Bronze scholarship tiers for international athletes. [wlv.ac.uk](http://wlv.ac.uk)
- **Trinity College Dublin** — Six scholarship levels from emerging talent to Olympic. [tcd.ie](http://tcd.ie)
- **University of Limerick** — Bronze, Silver, Gold — up to €10,000 in subsidised accommodation and training support. [ul.ie](http://ul.ie)

### OPTION 3 — FREE INTERNATIONAL PLACEMENT PLATFORMS

These platforms connect you with universities and academies internationally based on your athletic and academic profile. They are free for athletes to use.

- **Play Overseas** — Free service. Connects athletes with postgraduate sport scholarship opportunities at UK universities. Submit your credentials, they promote your profile to UK coaches. [playoverseas.co.uk](http://playoverseas.co.uk)
- **Athlete Futures Abroad** — Free account. Designed for athletes exploring UK and international graduate school options. Browse programmes, contact universities directly. [athletefuturesabroad.com](http://athletefuturesabroad.com)
- **Sable International** — Connects athletes with universities globally — USA, UK, and Europe. Has placed over 600 athletes at institutions including Princeton, UCLA, and Loughborough. [sableinternational.com/education/sports-recruitment](http://sableinternational.com/education/sports-recruitment)
- **NCSA Sports** — Free profile. While primarily US-focused, also covers international pathways. Access to 40,000+ college coaches worldwide. [ncsasports.org](http://ncsasports.org)

#### **OPTION 4 — THE CANADIAN PATHWAY (U SPORTS)**

- Canadian university sport — governed by U SPORTS — is actively recruiting international athletes and is less competitive to access than US Division I
- Transfer rules between NJCAA, NAIA, and U SPORTS are flexible — there are practically no rules of agreement between these bodies for transfers, making it an accessible entry point
- Research U SPORTS member institutions at [usports.ca](http://usports.ca) and reach out directly to coaches in your sport

#### **OPTION 5 — COMPETE THROUGH YOUR NATIONAL FEDERATION**

Do not underestimate this. It may be the most important thing you do right now.

- Stay active and committed in your federation — train, compete, and perform at the highest level available domestically
- National team selection creates international visibility that no platform can replicate. If you are good enough and performing consistently, opportunities will find you
- Build and maintain an updated athletic profile — current performance data, highlight footage, competition results, physical metrics
- Make sure your travel documents are in order — valid passport and any relevant visas. An opportunity without the documents to act on it is a missed opportunity

#### **OPTION 6 — BUILD YOUR SUPPORT SYSTEM REGARDLESS OF PATHWAY**

- Sport Psychology — Virtual sessions via Zoom through Peak Performance Sports ([peaksports.com](http://peaksports.com)) — supports athletes navigating career transitions, uncertainty, and performance challenges at any stage
- Nutrition — The fundamentals of athlete nutrition apply throughout your career — not just in high school. Talk to the Sports Commission's performance team
- Strength & Conditioning — The Sports Performance Centre remains available to TCI national athletes. Use it

### **KEY RESOURCES FOR GRADUATED ATHLETES**

- Play Overseas (free, UK postgraduate sport scholarships) — [playoverseas.co.uk](http://playoverseas.co.uk)
- Athlete Futures Abroad (free, UK graduate options) — [athletefuturesabroad.com](http://athletefuturesabroad.com)
- NCSA Sports (free profile, international reach) — [ncsasports.org](http://ncsasports.org)
- NAIA Transfer Eligibility — [play.mynaia.org](http://play.mynaia.org)
- U SPORTS Canada — [usports.ca](http://usports.ca)
- Sable International — [sableinternational.com/education/sports-recruitment](http://sableinternational.com/education/sports-recruitment)
- Virtual Sport Psychology — [peaksports.com](http://peaksports.com)
- TCI Sports Performance Centre — [tcisc.tc](http://tcisc.tc)

THE SYSTEM IS NOW BUILDING BETTER STRUCTURES SO THE NEXT GENERATION DOES NOT FACE THE SAME GAPS YOU DID. BUT THERE IS STILL A PATH FORWARD FOR YOU — AND IT IS WORTH TAKING.