

FOR ATHLETES

YOUR ROLE IS COMMITMENT. THE SYSTEM IS HERE TO SUPPORT YOU.

THE SYSTEM CANNOT WANT YOUR FUTURE MORE THAN YOU DO.
BUT WHEN YOU ARE READY — IT WILL BE READY FOR YOU.

WHAT YOU CAN DO — STARTING NOW

1. BUILD YOUR ATHLETIC PROFILE

- Create a free recruiting profile at NCSA Sports (ncsasports.org) — used by over 40,000 college coaches actively searching for athletes worldwide
- Register with the NAIA Eligibility Centre at PlayNAIA.org — you can do this as early as Grade 9
- Start a highlight video — even a phone-recorded compilation of your best performances is a starting point. Update it every season

2. PROTECT YOUR ACADEMIC ELIGIBILITY

- Know your GPA every term. NCAA Division I and II require a minimum 2.3 GPA in core courses. NAIA requires 2.0. These standards are non-negotiable
- Understand what 'core courses' means for NCAA eligibility — not all subjects count. Check eligibilitycenter.org
- If you are in Form 2 or 3 right now — you still have time to get this right. Start today

3. TRAIN YOUR MENTAL GAME

- Access virtual sports psychology sessions through Peak Performance Sports (peaksports.com) — sessions run via Zoom, flexible around school and practice schedules, specifically designed for youth athletes
- Areas covered: confidence under pressure, fear of failure, recovering from mistakes, focus, and mental toughness
- Parents can be involved in early sessions to reinforce mental skills at home

4. TAKE CARE OF YOUR BODY

- Learn the basics of nutrition for athletes — hydration, pre and post-training meals, and what to avoid. Talk to the Sports Performance Centre team
- Use the Sports Performance Centre — it is there for you. Strength and conditioning, testing, injury prevention
- Sleep, recovery, and rest are part of training. Treat them that way

5. CONNECT WITH YOUR FEDERATION

- Know which national federation governs your sport. Connect with them. Be visible
- National team selection creates international visibility that no recruiting platform can replicate
- Make sure your travel documents — passport and any relevant visas — are current and valid

KEY RESOURCES FOR ATHLETES

- NCSA Sports (free profile) — ncsasports.org
- NAIA Eligibility Centre (free registration) — play.mynaia.org
- NCAA Eligibility Centre — eligibilitycenter.org
- Virtual Sport Psychology — peaksports.com
- TCI Sports Performance Centre — contact through tcisc.tc