



# Transitioning: Intercollegiate and Interscholastic Athletics

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**FLORIDA**  
HIGH SCHOOL ATHLETIC ASSOCIATION

High  
School  
Superstar  
to  
College  
Roll Player

- Are you prepared to handle the challenge of not being a superstar?
- Are you prepared to handle these challenges on your own, without your family/community support system?

# Challenges

01

The constants in a high school students life are all suddenly gone.

02

How do you cope without your family support system nearby?

03

High school students, for the most part, are not going to hold themselves accountable. It takes more work, but they need to be held accountable

# Consequences are Magnified

- In high school, a fight on campus leads to a suspension
- A fight on a college campus, dorm or apartment will lead to arrest. **YOU ARE AN ADULT**
- It does the students a disservice by excusing their actions because it will not be excused at the next level



# Dave Caputo

Women's Basketball Coach  
Delaware State University

"I tell my players this all the time...the university and athletics program are investing about \$50,000 every year into each one of you. There are many players who want to be in your shoes. If you aren't worth that investment, or don't handle your business in the classroom, on the court, and in the community, then we will move on and re-invest your scholarship into someone who is willing to do all of those things."



# Facing actual failure for the first time

Sometimes the best athletes don't experience true failure in high school and if they do, they have someone there to fix it for them

Failure is going to happen. How can you help prepare for it and learn to deal with it in a healthy way?

Consistent accountability!!!  
Don't take criticism personally!!!

# Academics

- Professors are much less forgiving
- Need to develop study skills in high school and understand the importance of time management
- Academically ineligible students are on their own in a lot of ways, especially at smaller schools





# Financial Literacy

- Lack of financial understanding
- Students now have responsibility with sometimes large amounts of money
- You are an adult that now has responsibilities and consequences if you do not take those responsibilities seriously



# Social Media

- Students need to understand the ramifications of their social media posts.
- College football coach David Cutcliffe has stated that he will stop recruiting players based solely on their posts.
- The scrutiny is much more intense in college. A University is not going to risk their brand over a student athlete





- Schools do monitor social media activity of their athletes.
- Most NCAA Division I programs have individuals that monitor the athletes accounts as part of their job (or a separate position all together)
- Players are kicked off teams every year for what they post online



*Perception is reality,  
especially when it  
comes to social media*

# One Tweet can ruin your career



Joey [redacted]  
@BigCass24

Disney is making a movie about  
Mo'ne Davis ? WHAT A JOKE.  
That [redacted] got rocked by Nevada

3/20/15, 11:39 PM

6 RETWEETS 9 FAVORITES

# CONSEQUENCES

## College Baseball Player Dismissed From Team For Vulgar Mo'ne Davis Tweet

March 23, 2015 at 3:11 pm Filed Under: [Bloomsburg University](#), [Joey Casselberry](#), [Little League World Series](#), [Mo'ne Davis](#), [Steve Overmyer](#)

## Bloomsburg baseball player booted for offensive Mo'ne Davis tweet; Mo'ne asks for him to be reinstated

by [Rob Tornoe, Philly.com](#), Posted: March 22, 2015

SPORTS • BASEBALL

## College Baseball Player Kicked Off Team for Foul Mo'ne Davis Tweet





# David Cutcliffe – Head Football Coach Duke University

"It's just insane what some of them think is OK," he said. "When I know it's them and I read it and I see some of the things out there, if I'm on the road, I'll call a coach — let his high school coach know we're no longer interested."





## Bret Bielema – Former Head Football Coach at Wisconsin and Arkansas

"I distinctly remember a player last year who signed, was a big-time kid, had an interest in us, and his Twitter handle was something that I can't repeat in here. I just kind of said, what are we doing here? This is about as obvious as it gets about what kind of thing we're dealing with here, so we backed out altogether."



# Talking about Mental Health

- Do not be afraid to discuss mental health!
- When student athletes go off to college mental health **should not** be a taboo subject.
- We want the students to feel comfortable talking to someone.
- Don't ignore warning signs!





## Social and Life Skills

- It was shocking to me how many student athletes had trouble having a normal conversation or even looking someone in the eye when they spoke to them
- Talk to your athletes. Force yourself out of your comfort zone (cell phone)
- This stuff is important!



- High school students tend to live in a bubble created by the adults in their lives. They are not going to leave this comfort on their own
- To be successful they have to be willing to go out of their comfort zone
- Parents and guardians....help your children prepare now for the future

# Conclusion

- Many students are not prepared for the drastic changes that college brings
- Athletics administrators and parents can help set their students up for success
- Students have to be willing to adapt
- Accountability, consistency, honesty