

# Seminar: Pathways to University Track & Field Scholarships

This seminar is designed to guide high school athletes and their families through the complex process of transitioning from high school track & field into university athletics programs. Whether you're aiming for a Canadian university, an NCAA program in the United States, or opportunities overseas, this session will give you the tools, knowledge, and strategies to find the right fit both athletically and academically.

## Key Topics Covered

- **Understanding the Pathways**

- How university track & field works in Canada (U SPORTS, CCAA)
- How the U.S. system works (NCAA Division I, II, III, NAIA, NJCAA)
- Overview of European university opportunities and training models

- **Scholarship Opportunities**

- What types of scholarships are available in Canada and the U.S.
- Athletic vs. academic scholarships (and how they can stack)
- How to maximize your chances of being noticed by recruiters

- **Recruitment Process**

- Timelines: When to start contacting coaches and sending results
- How to write an effective athletic résumé and highlight video
- Understanding eligibility requirements (NCAA Clearinghouse, U SPORTS rules, GPA standards, SAT/ACT)

- **Making the Right Choice**

- Factors to consider: academics, coaching staff, training group, facilities, climate, cost of living
- Balancing athletics and academics to set yourself up for success after sport

- **Practical Steps**

- How to approach coaches and programs
- Building a strong online presence (e.g., using Trackie, MileSplit, World Athletics profiles)
- Creating a personal plan to stay on track through high school

## **Who Should Attend**

- High school athletes (Grades 10–12) in track & field and cross country
- Parents and guardians supporting athletes in the university decision process
- High school coaches and guidance counselors looking to support their students

## **Takeaways for Participants**

- A roadmap and checklist for pursuing university track & field opportunities
- Templates for athletic résumés and coach introduction emails
- A clear understanding of academic and athletic requirements for scholarships
- Insight into what university coaches are really looking for