

The logo for San Antonio Wave, featuring the text "san antonio wave" in a blue, sans-serif font. The word "san" is in lowercase, "antonio" is in lowercase, and "wave" is in a larger, bold, lowercase font. Below the text is a stylized blue wave graphic.

san
antonio
wave

Presents:

**Student
Athlete**

The logo for San Antonio Wave features the text "san antonio wave" in a blue, sans-serif font. The word "san" is on the top line, "antonio" is on the second line, and "wave" is on the third line in a larger, bold font. Below the text is a stylized blue wave graphic with two curved lines. The entire logo is set against a white circular background that is partially obscured by a large orange shape on the right side of the image.

san
antonio
wave

“Being a student athlete is much more than the hours we put into our sport. It is much more than the early wake up time, the frustration with teammates, coaches, and your average student. Being a student athlete means that we get to put our school’s name on our back and represent it doing what we love. We have worked hard to accomplish where we are and that pride of stepping out on game day is worth every ounce of sweat.”

- Sydney Story, University of Miami-
swimming

Recruiting-

How much do grades really count

- No matter how enthusiastic a college recruiter or coach is about a student-athlete, admission decisions will still be made by the college admission staff.
- And no matter how outstanding the high school athlete is, simply meeting NCAA academic requirements may not be sufficient to gain admission to their desired colleges.
- Prospective Division I and II athletes need to take NCAA-specified core courses beginning in ninth grade.

Recruiting- How much do grades really count

- The NCAA Eligibility Center calculates your core-course grade-point average based on the grades you earn in NCAA approved core courses.
- Only your best grades from the required number of NCAA core courses will be used. Your GPA is calculated on a 4.000 scale. Numeric grades such as 92 or 87 are changed to letter grades such as A or B. As part of this calculation, each grade received is assigned “quality points,” as shown in the scale below.
- The NCAA Eligibility Center does not use plus or minus grades when calculating your GPA. For example, grades of B+, B and B- will each be worth three quality points. Weighted honors or advanced placement courses may improve your core-course GPA but your high school must notify the NCAA Eligibility Center that it awards weighted grades in these classes.
- In “Pass/Fail” grading situations, the NCAA Eligibility Center will assign your high school’s lowest passing grade for a course in which you received a “Pass” grade. For most high schools, the lowest passing grade is a D, so the NCAA Eligibility Center generally assigns a D as a passing grade.

Why should you be focused on your grades now (even if in elementary or middle school)?



- As you begin your academic career its important to start learning good study habits and time management skills
- Let's dive into ways to help our elementary & middle school swimmers better manage their time

Elementary students

- Homework and extracurriculars increase at this age so it's even more important that kids learn how to set goals, prioritize, organize, and think flexibly, says Dr. Meltzer. Dr. Lynn Meltzer, Ph.D., president of the Research Institute for Learning and Development, a nonprofit research and educational organization.
- Your goal: To get your child to manage his time more purposefully, without a lot of nagging and hovering.
 - How to accomplish this:
- **Work on estimating time.** “In order to make a realistic schedule, you need a good sense of how long things take,” says Marcia Grosswald. Give them a chart that breaks the afternoon and evening hours into 15-minute intervals.” “Each time slot is followed by three columns: what kids plan to do, what they actually did, and reflection.”
 - The reflection piece is essential, Grosswald says, because constantly reassessing how things are going helps a kid adapt his schedule accordingly: Last time I had soccer practice at 5 p.m., I had a tough time concentrating on my homework afterward. This time, I'm going to do my hardest assignments before practice.
- **Plan for long-term assignments.** Deciding when to do tonight's math assignment is one thing. Figuring out how and when to tackle the book report diorama that's due three weeks from Tuesday is quite another.

Middle School

- By middle school, your children are ready to process through each morning's routine without prompting. Encourage them to take responsibility for getting breakfast, getting dressed, grooming, and tidying their room.
- Purchase student planners for your children and show them how to use them. Early diligence and training can develop a habit that will continue for life and save time and problems later on.
- Spend a few minutes each day discussing what needs to be accomplished before beginning the day.
- Have your children make a to-do list every day, then mark off each task as it is completed.
- Teach your children to avoid procrastination. Getting the task done will make free time much more enjoyable.
- Cooking helps your child to work on time management skills. Begin with simple recipes, working up to full meals that require careful management to be done at the same time.
- Teach goal-setting. Show students how to set a large goal and then divide it up into smaller goals.



APPS to help with studying



Stay Focused

Will help you stay focused while you're studying and not get distracted by all the other apps on your smartphone. The app is capable of blocking all apps on your smartphone unless you whitelist them and it even allows you to set daily/hourly usage for apps, after which they'll be blocked. The app also gives you daily insights on your usage patterns, which will help you figure out which apps you're wasting the most time on. Stay Focused even allows you to set a default motivational text which will pop up every time you use blocked/restricted apps and might help you reconsider your priorities.

Quizlet

- Popular with both students and teachers, Quizlet is a flashcard app. Teachers can create, upload, and share premade flashcards with their students. Similarly, students can create their own study materials or choose from premade study sets on the website. Quizlet syncs across devices and the web, and the basic version is free for both Android and iOS. There is a paid version of the app, but the basic version is free for Android and iPhone.

Kahoot

- Kahoot is a hugely popular app partly because it works and partly because it gamifies studying. You can use the app to study alone, or you can compete in challenges with friends or classmates. Some instructors actually use Kahoot in the classroom to review before tests, and because the app assigns users a PIN, students' performance can remain private even when information is projected onto smartboards.
- Like Quizlet, you can use Kahoot to create flashcards, or you can study in other modes by answering multiple choice questions, true/false questions, or completing puzzles. There are lots of premade quizzes uploaded by other users that can be used as is or altered to meet your needs. Or you can create your own content within the app, even incorporating images and video. It's available for free on Android, iOS, and through your browser.



- [2020-2021 NCAA Guide for College Bound Athletes](#)
- <https://www.scholastic.com/parents/family-life/parent-child/teach-kids-to-manage-time.html>