

What's happening

Wednesday

Local teens who participated in this year's city of Davis Teen Photo Contest will be honored at a reception and gallery show from 7 to 8:30 p.m. at the Stephens Branch Library, 315 E. 14th St. Winners will be acknowledged and all entries will be displayed at the show. The annual contest, "Through the Lens of a Teen," gives local junior high and high school students a chance to tell a photo story about their community.

Thursday

Davis High School seniors and their parents are invited to attend the high school's annual Financial Aid Workshop at 7 p.m. in the Brunelle Performance Hall at DHS, 315 W. 14th St. The purpose of the workshop is to help students and parents understand the college financial aid process, learn about the many sources of financial aid and provide instructions for completing financial aid applications. Topics will include the Free Application for Federal Student Aid, which is used to determine a student's eligibility for federal and state aid, as well as grants, scholarships, work-study and loan programs; as well as Cal Grants, the state of California's financial aid for students planning to attend a California college. For more information, contact Julie Clayton at 530-757-5400, ext. 140, or jclayton@djusd.net.

Saturday-Sunday

Become a fully trained baby-sitter, certified in infant and child first aid and CPR at a two-day program offered by the city of Davis to children ages 11 to 15. The program takes place Saturday and Sunday, from 9 a.m. to 3 p.m. each day at the Community Pool Building in Community Park. The cost is \$125. Register by phone, 530-757-5626, online at <http://www.cityofdavis.org>, or in person at 600 A St., Suite C.

Wednesday, Dec. 5

"How to help your kids manage stress and anxiety" is the topic of the first installment in this year's Davis Parent University lecture series. Developmental and behavioral pediatrician Stephen Nowicki and DJUSD director of student services Pam Mari will be the featured speakers and will be followed by break-out sessions facilitated by school district counselors. The event takes place from 7 to 9 p.m. in the Harper Junior High School multipurpose room, 4000 E. Covell Blvd. For more information, contact Jodi Liederman at jliederman@cs.com.

Ongoing

Davis Little League registration is open for the spring season. Little League is open to boys and girls age 4-14 (based on player's age as of April 30, 2013). DLL has levels from Tee-ball to Juniors and serves nearly 1000 Davis players each season. Register at <http://davis.littleleague.org/index.php>; Costs are \$100 for Tee-ball; \$155 for Farm ball, AA, AA and Majors; and \$250 for Juniors. Late fees apply on and after Jan. 1, so register now.

Wanna play sports in college? The ball is in your court

Dreams of playing "college ball" — or swimming, or golf or any number of sports — fill many a young athlete's head. But I regularly hear questions and confusion about how to make this dream come true. Potential student-athletes want to know, "How do I get recruited? Am I good enough to play Division I? How do I get an athletic scholarship? What's a good fit academically and athletically?"

My goal is to answer all of these questions and help student-athletes get into a college where they can be successful.

The playbook: Tips for applying to college as a student-athlete

There are many different opportunities to play sports in college. To find the right balance between school and college sports, consider the following information and tips about applying to college via the athletics route.

The bond between athletics and college goes back to 1852 with intercollegiate rowing between Yale and Harvard. As the popularity of college basketball and football increased, the need for an athletic oversight body arose. Under guidance from Theodore Roosevelt in the early 20th century, the National Collegiate Athletic Association was established. Its mission today is "to be an integral part of higher education and to focus on the development of our student-athletes."

The modern NCAA is made up of more than 1,280 institutions, conferences, organizations and individuals that organize the athletic programs of many colleges and universities in the United States and Canada. There are three divisions, or levels, of play. Only a small percentage of athletes play Division I, but many are a good fit for Division II or III.

Division I: The most expensive, competitive and time-consuming; toughest eligibility requirements; 337 active university members; may offer athletic scholarships.

Division II: Intermediate level; tends to be smaller public schools and many local private schools that draw locally and play closer to home; 290 active university members; may offer athletic scholarships.

Division III: Largest division, with members ranging in size from 500 to 10,000 students; 435 active university members; regional seasons, each school sets eligibility; may not offer athletic scholarships.

Game plan: Educate, market and strategize. E-M-S!

To find the right mix of athletics and academics, keep this simple cheer in mind: E-M-S! E-M-S!

E is for educate. Along with athletic skills, education — in the form of good grades and solid test scores — is key. Coaches want to recruit someone who will not fail out of school and they will offer more incentives (i.e., money) to attract these student-athletes.

Specifically, a potential student-athlete should:

1. Work with teachers, coaches and counselors to manage his courseload and athletic schedule without jeopardizing grades. Maybe even consider a "prep year" (an additional year of senior high to mature and gain skills).

2. Download current copy of the NCAA Guide for the College-Bound Student-Athlete. <http://www.ncaapublications.com/productdownloads/CBSA.pdf>. This is your lifeline. Learn it. Live it.

3. Sign up with the NCAA Eligibility Center at the beginning of the junior year, http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp. You are not eligible for D-I or D-II without this certification. Remember, grades in your ninth-through 12th-grade courses count toward eligibility.

M is for market. Be proactive and market yourself, but always be mindful of recruiting rules and regulations.

Specifically:

1. Initiate contact with between 30 and 50 colleges of interest.

2. Put together and email/send an athletic résumé. It should have three sections: personal, academic and athletic information, as well as a picture. (There are lots of good sources on the web for this.)



JENNIFER BORENSTEIN
COLLEGE CORNER

3. Make a highlights video. Upload it to YouTube or create a DVD to send to coaches. Make sure it looks professional and showcases your skills ... no "family video" feel to it.

4. Notify coaches of your game schedule and when they can observe you.

5. Participate in camps, clubs and showcase tournaments. Get exposure. However, this can get expensive, so prioritize and focus on the smaller camps with the most exposure to scouts/coaches to maximize your chance for success.

S is for strategize. Learn about the schools and their athletic programs to see where you would fit in. Be savvy about where, when and how to apply. Consider hiring a recruiting service. Some are better than others, although they are not endorsed by the NCAA.

Specifically:

1. Make unofficial visits.

Set up meetings with admissions officers, observe a practice or game, and meet coaches (after July 1 of 11th grade). Remember official visits are allowed only during senior year, and there is a limit to how many. See the NCAA Guide for the College-Bound Student-Athlete for more information.

2. When it comes time to apply, start even earlier and apply to more schools than the usual eight to 12. Aim for approximately 20 since you don't know who else is being considered for the team you are interested in.

3. Make sure the school is a place you want to go even if you end up not playing. Injury, changes in coaching staff and the general time constraints of college can lead to a decision to take a break from your sport.

4. Be open to the community college route. More students are being recruited via this route. Don't forget there's no guarantee that you will be able to transfer. You need to make it happen.

5. Research scholarship options in your sport. There are different kinds. "Head



Jalil Anibaba, foreground, plays for Major League Soccer's Chicago Fire. Anibaba attended Davis High School, then went to Santa Clara University on an athletic scholarship. For his senior season, he transferred to University of North Carolina, before being drafted to the MLS. Only .03 percent of boys who play high school soccer will make it to the MLS.

FRED GLADDIS/ENTERPRISE FILE PHOTO

Scholarship options vary by sport. "Head count" scholarships in basketball and football have a maximum number of scholarships that can be given in any year, versus "equivalency" scholarships in sports like volleyball, soccer and baseball with a set amount of money that can be divided among players.

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count" scholarships in basketball and football have a maximum number of scholarships that can be given in any year. On the other hand, "equivalency" scholarships in sports like volleyball, soccer and baseball have a set amount of money that can be divided among players.

As always, consult reputable sources. I recommend "The Academic Athlete" by Dickson and Laughrea, the UC Davis Student-Athlete Guidance Services website (<http://athletics.ucdavis.edu/academic-services/Old/SAGS/Where.htm>) and "The Sports Scholarships Insider's Guide," by Dion Wheeler.

The end game

Before I sign off, let me shed a little more light on the subject. How likely is it to get a scholarship? And for how much?

The reality is that athletic scholarships must be renewed annually — they are not guaranteed year-to-year. Only about 0.6 to 0.8

percent of all high school students receive a full D-I athletic scholarship, according to "The Academic Athlete." Most schools offer scholarships that cover 25 to 75 percent of the cost of college (ncaa.org). Considering that the average cost of tuition, room and board for college for one year is about \$32,000 (National Center for Education Statistics), an athletic scholarship can make college more affordable but not necessarily free.

Let's also look at the chances of competing beyond high school. The NCAA website shows the probability of this for various sports. Only 6.4 percent of high school football players go on to play in the NCAA and 0.08 percent play professionally. For women's basketball, for instance, the percentage of high school students who play in the NCAA is 3.7 percent and 0.03 percent play professionally. The comparable numbers for men's soccer are 5.6 and 0.03 percent.

Does this mean that it is not worth it to try to play intercollegiate sports? No! It is about finding what is right for you.

Post-game highlights

With all of this sobering news, it is hard to see the goal posts sometimes. But the good news is that if you really want to play intercollegiate sports there is a place out there for you. Whether a D-III school, a community college or the The National Association of Intercollegiate Athletics (see box), just be sure to find a good fit. And, don't forget, employers look favorably on student-athletes who have successfully balanced the demands of college and sports. So, focus on E-M-S and go for it!

— Jennifer Borenstein is an independent college adviser in Davis and owner of *The Right College For You*. Her column is published on the last Tuesday of the month. She lives in Davis with her husband and two daughters. Reach her at jennifer.borenstein@therightcollegeforyou.org, or visit www.therightcollegeforyou.org.

Junior basketball program builds foundation for life

By Brandon Hassid

SPECIAL TO THE ENTERPRISE

The city of Davis junior basketball program has always been a fun and exciting atmosphere where young basketball players make new friends, learn basketball skills and build life skills, such as teamwork and sportsmanship.

I have been a part of the city of Davis junior basketball program since I was a 7-year-old who had just moved to Davis.

For the past five years, I have been a coach in the basketball league and camps, and have had the privilege of helping many young players grow and develop, some of whom had never touched a basketball before. From 7-year-old beginners, they become proficient, well-rounded players by the age of 12.

In addition to learning skills, players develop friendships and learn social skills. During the season, the teams become tightly knit. The coaches are able to get

to know their players and make a personal investment in seeing the players' progress over the course of a season.

One of the greatest feelings as a coach is watching a young team successfully execute a new play or skill that you have taught them and seeing the joy they experience because of it.

It's easy to see that the players are having a great time, all the while learning these new skills. The sheer excitement of a team jumping up and down and celebrating after a win, or a young player pumping his fist in the air after he made a basket, permeates the gym, reaching the parents, coaches and other players. But most importantly,

after every game, players always shake hands and congratulate each other.

The city of Davis junior basketball program creates a fun, positive environment where each player has the opportunity to be a part of a team, where every player is valued and where everybody plays. The goal is to promote good sportsmanship and to allow each player the chance to learn and have fun on the basketball court.

The combination of enthusiastic coaches, an emphasis on teamwork and an opportunity for children of all skill levels to learn and improve in basketball

The Rec Report

is what makes the city of Davis junior basketball program so special, and still so valuable after so many years.

Registration for the junior basketball program is open now. The season begins the week of Jan. 14 and runs for seven weeks. For more information and to register, visit <http://community-services.cityofdavis.org>.

— Brandon Hassid of the city of Davis Community Services Department has coached and officiated in the junior basketball program and has coordinated the summer basketball camp program and the fall PeeWee basketball program.