

Basketball

Bowling

Cross Country

Field Hockey

Flag Football

Golf

Indoor Track

Lacrosse

Soccer

Softball

Swimming &  
Diving

Tennis

Track & Field

Volleyball

# **MOUNT NOTRE DAME**

## **2025-2026**



# **STUDENT - FAMILY**

## **ATHLETIC**

## **HANDBOOK**

# State Champions

We are extremely proud of our MND State Champions and we are also proud of the number of our athletes who earn athletic scholarships to college. MND boasts 30 team and individual state championships and counting!

**Basketball** – '04, '06, '07, '08, '09, '17, '19, '21

**Golf** – '02, '03

**Soccer** – '21

**Volleyball** – '95, '98, '99, '00, '06, '11, '13, '14, '15, '20

## **Diving**

Lori Rizzuto – '86, '87, '88

Teagan Moravek – '18

Sarah Krusinski – '21

## **Swimming**

Tiffany Clay – 100 Breaststroke '01

## **Tennis**

Sandy Niehaus – Singles '10

## **Track & Field**

Rachel Steffen – Seated 400m '22, Seated 800m '22

# The MND Team

At the heart of the athletic program are, of course, the athletes and their coaches, but many other people work behind the scenes to make MND sports a reality. The Athletics Department offices are located on the main floor just outside the upper level of the gym.

**Mr. Mark Schenkel** serves as the MND Athletic Director. The AD directs and coordinates the athletic program and assists the coaches, athletes, and parents/guardians. **Mr. Kevin Kepner** serves as the MND Assistant Athletic Director. The Assistant AD supports the AD with the daily operations of the athletic programs. The Assistant AD coordinates field and gym scheduling and rentals.

MND partners with Beacon Orthopaedics. **Dr. Timothy Kremchek** serves as our team physician. **Mrs. Rebecca Lemmel** serves as the MND Athletic Trainer. The trainer is present at MND after school and will cover all home contests. The training room is located on the bottom floor outside of the gym.

MND athletics is also supported and cheered on by the Girls Athletic Association (GAA). GAA is comprised of MND students. GAA gives mutual support to all MND athletes and teams. GAA is responsible for pep rallies and leads cheers at MND contests. All MND athletes are invited to attend general meetings. Several faculty members serve as GAA Moderators.

## CONTACT US

- Mr. Mark Schenkel, Athletic Director: [mschenkel@mndhs.org](mailto:mschenkel@mndhs.org) or 513-821-3044 ext. 107
- Mr. Kevin Kepner, Assistant Athletic Director: [kkepner@mndhs.org](mailto:kkepner@mndhs.org) or 513-821-3044 ext. 132
- Mrs. Rebecca Lemmel, Athletic Trainer: [rlemmel@beaconortho.com](mailto:rlemmel@beaconortho.com)

# Coaching Staff

## FALL SPORTS

### Cross Country

Varsity Head Coach, Jeff Johnson  
Varsity Assistant Coach, Erin Flege  
Varsity Assistant Coach, Jeff Phillips

### Field Hockey

Varsity Head Coach, Sarah Pisciotta  
Varsity Assistant Coach, Beth Brandner  
Varsity Assistant Coach, Don Johnson  
Varsity Assistant Coach, Sophie Croci  
JV Head Coach, Allyson Benz  
JV Assistant Coach, Jenny Reilly Lewis  
JV Assistant Coach, Jen Vonderbrink  
JV Assistant Coach, Caroline Gallo

### Soccer

Varsity Head Coach, Kiersten Roof  
Varsity Assistant Coach, Fallon Lane-David  
JV Co-Head Coach, Cody Olson  
JV Co-Head Coach, Robby Vollrath

## WINTER SPORTS

### Basketball

Varsity Head Coach, Drew Flading  
Varsity Assistant Coach, Jake Chialastri  
Varsity Assistant Coach, Kelly Chialastri  
Varsity Assistant Coach, Julia Hoefling  
JV Head Coach, Dave Bell  
JV Assistant Coach, Marie Schenkel  
Freshman Head Coach, Grayson Fitzhugh  
Freshman Assistant Coach, Tom Harsch

### Indoor Track

Head Coach, Jeff Johnson

## SPRING SPORTS

### Lacrosse

Varsity Head Coach, Sara McGinnis  
Varsity Assistant Coach, Sara Smith  
JV Head Coach, Bryttni Carpenter  
JV Assistant Coach, Lindsey Young

### Flag Football

Head Coach, Desmon Gault  
Assistant Coach, Abby Renneker  
Assistant Coach, Eric Ogletree

### Golf

Varsity Head Coach, Don Minning  
Varsity Assistant Coach, Alex Granger

### Tennis

Varsity Head Coach, Tami Kilgore  
Varsity Assistant Coach, Dave Tanner  
JV Head Coach, Maggie Weeks  
JV Assistant Coach, Valerie Arozarena

### Volleyball

Varsity Head Coach, Greg Ulland  
Varsity Assistant Coach, Dani Szczepanski  
Assistant Coach, Gene Toms  
Assistant Coach, Joe Pomeroy  
Assistant Coach, Jason Fancett  
Assistant Coach, Maria Rodenberg  
Assistant Coach, Joe Burke  
Freshman Head Coach, Grace Hauck  
Freshman Assistant Coach, Bill Eckhoff

### Bowling

Varsity Head Coach, Sophia Fischer  
JV Head Coach, Ed Fischer

### Swimming & Diving

Varsity Swimming Head Coach, Pete Wagner  
Varsity Swimming Assistant Coach, Jan Ryan  
Varsity Swimming Assistant Coach, Amanda Buckel  
Varsity Diving Head Coach, Brandon Unthank

### Softball

Varsity Head Coach, Julie Joseforsky  
Varsity Assistant Coach, Sydney Zeuch  
Varsity Assistant Coach, Brian Zielinski  
Varsity Assistant Coach, Mary Von Bargaen

### Track & Field

Varsity Head Coach, Jeff Johnson  
Varsity Assistant Coach, Rorie Hais  
Varsity Assistant Coach, Tiyanina Willingham  
Varsity Assistant Coach, Brian Hatch  
Varsity Assistant Coach, Jeff Phillips

# Athletic Boosters

## PURPOSE OF THE BOOSTERS' FUNDRAISING

Mount Notre Dame is dedicated to providing a strong athletic program that offers students the opportunity to develop their skills on the field and to improve their physical and mental health. The athletic participation fees along with Athletic Booster fees help to maintain and enhance the quality of our sports programs, and cover the costs associated with coaching, equipment, facilities, and official's fees.

The remainder must be provided through parent/guardian and athlete support of fundraising efforts. These include:

- Gate & concession sales at home contests
- Grade School Track Meet
- Kroger Rewards program
- Golf Outing
- Gym/field sponsorships
- Any new opportunities that come up during the year

## PARENTAL/GUARDIAN OBLIGATIONS

Parents/guardians support their athlete daughters by:

1. Paying the participation fee: \$300 for the first sport, \$100 for the second sport, and \$0 for the third sport with a \$700 maximum per family. (Subject to change)
2. Booster Membership: Please see "Sponsorship Schedule" for explanation and options located on the next page.
3. Volunteering a minimum of 4 hours (per academic year, not per sport) toward Booster's fundraisers. The obligation to volunteer 4 hours toward Booster's fundraisers is waived for those who choose to pay an additional \$200 fee. If one of these options is not taken, a statement for \$200 will be sent at the end of the school year.

Parents who are unable to meet the entire athletic fee may discuss service alternatives with the Athletic Director on a confidential basis.

# Athletic Boosters Sponsorship Schedule

## **Basic Membership: \$50**

Associated benefits:

- MND Car Decal

## **White Membership: \$100**

Associated benefits:

- All benefits of previous level
- Name on the athletic page of the MND website

## **Blue Membership: \$250**

Associated benefits:

- All benefits of previous levels
- One 30-admission MND Athletic Pass (\$210 value)

## **Cougar Cub Membership: \$450**

Associated benefits:

- All benefits of previous levels
- Waive requirement for adult service hours

## **Cougar Membership: \$750**

Associated benefits:

- All benefits of previous levels
- Waive 1 student/sport participation fee (\$300 value)
- Waive requirement for student service hours

## **Platinum Membership: \$1,250**

Associated benefits:

- All benefits of previous levels
- Waive participation fee for all sports for all students in family (\$700 value)
- Up to 3 Athletic Banquet tickets per season (non-transferable)

# General Information

## **GIRLS GREATER CATHOLIC LEAGUE (GGCL)**

Mount Notre Dame belongs to the Girls Greater Catholic League along with Mercy McAuley, Seton, St. Ursula, and Ursuline.

The League honors a Player of the Year and Coach of the Year in each varsity sport, decided upon by a vote of the coaches near the end of the season. The League also awards a trophy to the varsity team champion in each sport. The school with the most total points accumulated by league standings in each sport will be honored as the all-sports champion for the year.

## **TEAM ELIGIBILITY**

Students at all grade levels are eligible for junior varsity and varsity teams. Only freshmen are eligible for freshman teams. Freshman and junior varsity teams will only be formed if there are enough players to field a team. Other factors are taken into consideration before adding teams. The coaches of that sport and the Athletic Department will make the decision.

## **TRYOUTS**

The following dates represent the start of tryouts for each season/sport.

- Fall Sports – begin August 1
- Basketball – begin October 24
- Swimming & Diving – begin October 24
- Bowling – begin October 31
- Lacrosse and Softball – begin February 16
- Track & Field – begin February 23

Team selection is based on performance during tryouts. No athlete may try out for two sports – in which cuts are made – in the same sports season (fall, winter, spring). A decision should be made before tryouts begin.

Information concerning open gyms, conditioning, tryouts, and first practices is communicated through announcements at school, on the website, and/or on the Athletic BAND pages. It is the responsibility of interested students to watch and listen for this information.

## **ANNOUNCEMENTS**

Sports announcements are made at the beginning of every day. Captains of all sports are responsible for getting scores of games or any other announcement to the Main Office.

# MND Academic Compliance for Athletes

## RATIONALE

MND is committed to supporting the academic success of our student athletes. Student athletes' grades are monitored by our Administration, the Athletic Department, and the Advisor for Academic Compliance for Athletes.

The goals of the program are:

- To assist MND student-athletes to meet academic eligibility requirements of Mount Notre Dame High School and OHSAA
- To prepare MND student-athletes to be successful as student-athletes at the post-secondary level
- To prepare MND student-athletes to meet academic eligibility requirements of the NCAA

## PROCESS

Each student-athlete's current grades will be checked on a weekly basis once team rosters are completed:

- Any student with one or more current semester grades below 70 will be required to attend one study table session each week until all grades are 70 or higher.
- Any student with three or more current semester grades below 70 will sit out from all athletic activities (practices, workouts, contests, etc.) for one week beginning on the following Monday at 12:01 a.m. through Sunday at 11:59 p.m.
- Any student who ends the semester with two or more failing semester grades (with the exam grade included) will be ineligible for the entire next semester.

At the beginning of each grading period (semester), grade checking will begin after the second week of school unless the prior grading period grades indicate the student needs to begin study tables immediately.

When a grade falls below a 76, the student's coaches, counselor, and school administration are notified. This team approach is designed to help our student athletes experience success in the classroom and to retain eligibility to participate in the sports they enjoy.

Grades are checked throughout the entire school year, regardless of the athlete being "in-season." If an athlete is certain she will no longer be playing a sport, she may speak with the Athletic Director to be removed from the official rosters. The athlete will be required to sign a form stating that she requests removal from the roster and understands the consequences of returning to her team after signing the form. If a student returns to a sport after asking to be removed from the athletic roster, she may be suspended for the first two contests of the season.

Please contact the Athletic Department with any questions concerning eligibility.

## STUDY TABLES

A study table requirement will be met by one of the following:

- Attending Academic Zone for 45 minutes.
  - Working with a teacher on academic work before/after school for 45 minutes.
- (Note: Students who work with an Intervention Specialist can use up to 45 minutes each week of their work in the intervention rooms during merit time for study tables.)

Students will be informed of study table requirements by Friday (or the last school day of the week) and will need to email the Athletic Compliance for Athletes Coordinator by 3:00 p.m. on Monday (or the first school day of the week) to schedule the day or days which they will attend.

If a student does not comply with the study table requirement:

- Student receives a warning for the first violation.
- Student will be suspended for one contest for the second violation.
- Student will be suspended for two contests for the third violation and any subsequent violations.
- Coaches, the athletic department, school administration, the student's counselor, and the student's parent/guardian will be informed of all violations.

Any student who accumulates an excessive number of violations may be suspended from participating in MND athletics for the following school year.

Any student who is required to meet with the athletic department or the academic compliance coordinator, but chooses not to attend the meeting, will be considered in violation of the academic compliance guidelines and will have the same consequences as not attending study tables.

## ATTENDING STUDY TABLES

If you are required to attend study tables:

- You will receive an email no later than Monday (or the first school day of the week) morning stating the course or courses in which you have failing grades and that you are required to attend a study table.
- If the grade has improved since it was checked, you may submit a grade update by either sending a screen clip of your current semester grade (including your name and the grade) or having your course teacher email the Academic Compliance coordinator – this must be sent by the end of the school day on Friday (or the last school day) of the week you are required to attend study tables. **It is the responsibility of the student to submit grade updates. No grade updates will be accepted after the end of the school day on Friday (or the last school day of the week).**
- Check your schedule to determine the best option for you to attend. Communicate with your coaches if necessary.
- Email the Academic Compliance coordinator by the end of the school day on Monday (or the first school day of the week) with the session you will attend.
- Sign in with the proctor when you arrive and sign out when you leave.
- You must be present **and working on academic assignments or studying** for 45 minutes. If the proctor notes that you were not working on schoolwork, your attendance will not be counted for that session. Proctors may use monitoring software during study tables to assist with compliance.
- You may meet with a teacher after school, instead of attending Academic Zone, to work on academic assignments or to make up a test or quiz. If you do this, you must have the teacher email the Academic Compliance coordinator stating the amount of time you spent working together. This email must be sent to the Academic Compliance coordinator by 4:00 p.m. on Friday. It is the student's responsibility to ensure the email is sent.
- Meeting with a peer MND tutor is only acceptable for completing study tables if an MND faculty member is present for the entire time. If you do this, you must have the teacher email the Academic Compliance coordinator stating the amount of time you spent working together. This email must be sent to the Academic Compliance coordinator by 4:00 p.m. on Friday. It is the student's responsibility to ensure the email is sent.
- Meeting with a private tutor is not acceptable for completing study tables.

# Student Athlete Rules & Obligations

## ACADEMIC ELIGIBILITY

Any MND athlete **failing 2 subjects** at the end of the 2nd semester of a school year will be ineligible to participate in any sports during the first semester of the following school year.

If an athlete is **failing 2 subjects** at the end of the first semester, she will be ineligible to participate in any sports during the second semester.

\*Please note that MND's policy pertaining to the period of ineligibility for the first semester is in compliance with OHSA's bylaw 4-4-3 which states that "the eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period."

## VOLUNTEER HOURS

Each athlete must volunteer 8 hours at Athletic Department fundraisers. A fee will be charged if hours are not completed.

## OBSERVANCE OF OHIO HIGH SCHOOL ATHLETIC ASSOCIATION RULES

An athlete must provide the school with an OHSA medical form (good for 13 months) completed by her physician and parent/guardian before she is allowed to participate in tryouts, practices, or contests. **(This is a different form than the regular school physical form.)** Fall Athletes must turn in the Physical by mid-July.

She must maintain athletic eligibility according to the rules of the OHSA. The coach for each sport will explain these rules. Because of OHSA eligibility rules, MND ATHLETES ARE NOT PERMITTED TO PLAY ON ANY ORGANIZED SPORTS TEAM (summer, community, all-star, charity, recreational, etc.) unless they have the permission of their MND coach.

## ATTENDANCE

The athlete must be at all practices, contests, team meetings, meet-the-team-night, and awards night. Coaches are not permitted to excuse players from attendance because of employment. The student must be present for meet-the-team night and awards night in order to receive special or participation awards.

In order to participate in practices or games, the athlete must be in school by 10:30 a.m. An athlete leaving school before 12:00 must return to school before the end of the school day in order to participate in practices or games that day. Exceptions are up to the discretion of the coach and AD (i.e., funerals, weather).

It is highly recommended that spring athletes remain in town during spring break. Games are played during this time, including league games. Missing during this time could affect playing time upon returning.

## OFF SEASON OPEN PLAY / CONDITIONING

Any athlete that is currently playing a sport for MND that is in season is prohibited to participate in any open play/conditioning for a MND sport that is out of season. The only exception is if an in-season coach agrees to it or if the sport season ends. During tryouts, no coach may judge an athlete for not participating in open play/conditioning if that athlete was participating in another sport for MND.

## **SPORTSMANSHIP**

The MND athlete is expected to perform to the best of her ability at all times while also extending courtesy to coaches, officials, opponents, fans, and school employees during contests and outside of them. Athletes may not use offensive language or gestures before, during, or after athletic events in which they are participants. Taunting opposing teams is prohibited. Remember that you are representing Mount Notre Dame at all times. An athlete who engages in unsportsmanlike conduct or who behaves in a manner that is detrimental to the school community may receive disciplinary action from the school itself, in addition to consequences that apply to athletics. Consequences may include suspension from athletics.

## **HAZING / BULLYING**

Hazing of team members will not be tolerated. Studies show that hazing does not create team unity; to the contrary, it is detrimental to team building. Team members who are involved in hazing will be subject to dismissal from the team. Any type of bullying, whether physical or emotional, is harmful and will not be tolerated.

## **SCHOOL SUSPENSION**

An athlete who has an in school or out of school suspension during the season may face additional consequences relative to Athletics. School Administration and the Athletic Director will work together to review any consequences which could include, but are not limited to, additional time out of practice and contests, removal from the team, removal from athletic leadership positions, etc.

## **EJECTION FROM A CONTEST**

Any player ejected for unsportsmanlike conduct shall be ineligible for contests for the remainder of that day as well as for all contests until two regular season/tournament contests are played at the same level as the ejection. A student who is ejected a second time shall be suspended for the remainder of the season.

## **PENALTIES**

Mount Notre Dame athletes who fail to observe obligations regarding attendance, sportsmanship, respect for facilities, support for the sports program, or safety may be suspended temporarily or permanently from the athletic program at the discretion of the Athletic Director in consultation with the school administration and coach. First time minor infractions normally result in reduced playing time.

## **RESPECT FOR FACILITIES**

Students must leave MND and other schools' facilities clean and free of damage. When participating at away contests, players must clean up around the team bench and in the locker room leaving no trash in the area.

At Mount Notre Dame, athletes are expected to follow these facility rules:

- No play in the Foyer or other areas not designed for sports
- No cleats in the building
- No food or drink in the gym
- Keep the van, weight room, locker rooms, and Foyer free of wrappers, cups, pieces of food, items of clothing, etc.
- Book bags and gym bags are not permitted in the Athletic Foyer on days of home volleyball and basketball games. Book bags and gym bags will be removed from the Foyer, and MND will not be responsible for any lost items.
- Athletes are not permitted in the Trainer's Room except to conduct business with the trainer or a member of the athletic staff.

## **CARE FOR UNIFORMS / EQUIPMENT**

Please follow care directions in the labels of uniforms and warm ups. There is a \$5.00 per day penalty for late uniform turn ins. To preserve the life of the uniforms, students are permitted to wear uniforms, jackets, or warm-ups ONLY IN CONNECTION WITH MND CONTESTS. Students who wear uniform parts outside of contests will receive a detention. Students must pay the replacement cost of any lost or ruined uniforms or equipment.

## **UNIFORM REQUIREMENTS**

Any head bands, socks, warm-up tops, team shoes, etc. worn by an MND athlete in a contest must be of school colors. Tie dye, fluorescent, or neon color will not be acceptable.

## **TEAM SHIRTS, SWEATPANTS, PANTS, ETC.**

Any team t-shirts, sweatshirts, pants, etc. must be ordered through the Spirit Wear Shop. The Athletic Department or the Principal must approve all designs. No team purchased attire should be worn to replace school issued uniforms or warm-ups. Money must be paid before orders will be placed.

The Mount Notre Dame name and logo are copyrighted and may only be used with permission of the school.

## **COACH / PLAYER RELATIONSHIP**

All athletes are required to call coaches by Mr., Mrs., Ms., or Coach and their last name.

The Athletic Department welcomes any calls about a complaint, concern, or situation as long as the coach and athlete have tried to work things out between themselves first. When a difference of opinion between a coach and player and/or parent/guardian about cuts, playing time, attitude, discipline, position, or any other issue cannot be settled satisfactorily among those parties, any party may request a conference that includes the coach, the player, the player's parent/guardian, and the Athletic Director. If such a difference of opinion exists between the AD and a player and/or parent/guardian, any party may request a conference that includes the player, the player's parent/guardian, the AD, and a member of the school administration.

## **CLUB COACHES**

MND athletes are not permitted to be instructed/advised by a club coach at any MND contest or practice unless the MND coaching staff approves.

## **FOLLOWING GOOD SAFETY PRACTICES**

- Athletes are encouraged to travel together with the team to and from contests not at MND.
- Athletes may not leave from an away contest with anyone else except their parents/guardians, and then, only with the prior permission of the coach.
- Parents/guardians, coaches, and MND staff members who are certified are encouraged to drive team members to and from away contests. Students are encouraged not to drive to and from away contest.
- Athletes must immediately report any injury or illness to the coach.
- Athletes may not use any athletic facilities unless coaches are present.
- Athletes may not participate in any school-related athletic activity for three full school days (ideally, one full week) after completing an athletic season.
- Before an athlete may return to athletic activity after any injury that requires a physician's attention, she must present the signed approval of her physician and parent/guardian to the Athletic Director, coach, or trainer.

# The Rewards of MND Athletics

## ATHLETIC COLLEGE SIGNINGS

MND athletes continuing athletics in college are honored at athletic signing events. These events are open to any athlete signing with a college to play a sport in which the student tried out for her senior year at MND.

Additionally, students who are signing with a college to play a sport not offered at MND can be included in the signing events by contacting the Athletic Department for inclusion.

Students who are signing with a college to play a sport offered at MND, but did not play for MND her senior year, can be included in the signing event by contacting the Athletic Department for inclusion. There will be a \$30 fee to be included in the signing event for those students.

Coaches are expected to be present for College Signings and to speak on the athlete's behalf.

## MND SPORTS AWARDS CEREMONIES

Awards banquets are held after each season typically in November, March, and May. All athletes are expected to dress appropriately. Students must be present at the Awards Ceremony in order to receive participation and special awards.

Mount Notre Dame's awards include:

- **Varsity Participation Award:** A large chenille letter and a pin are awarded to each athlete the first time she participates in a varsity sport. Only one letter is awarded to a girl, regardless of the number of years or different sports she plays. A pin recognizes additional varsity experience.
- **Junior Varsity Participation Award:** A small chenille letter and a pin are awarded to an athlete the first time she participates in a sport at the junior varsity level. Additional pins recognize additional junior varsity experience for each year of participation.
- **Freshman Participation Award:** Members of freshman teams receive an attractive medallion recognizing their participation.
- **Special Varsity Awards:** Each sport recognizes its Most Valuable Player (trophy), Most Improved Player (plaque), Captains Award (plaque), and awards one player the Coach's Award (plaque). Track has two MVP's: one for running and one for field events. Volleyball, soccer, field hockey, basketball, lacrosse, and softball coaches may also recognize Excellence in Defense and Excellence in Offense (plaques).
- **Senior Award:** Presented to any senior athlete who participates in a certain sport for 3 or 4 years.
- **Three Sport Award:** Presented to any athlete that participates in three sports for MND in one school year.
- **All-Around Athlete Award:** This recognition is given to an outstanding senior athlete based on sports involvement, athletic performance, and coachability over her four-year high school career. Experience outside MND may be considered.
- **Archie Griffin Sportsmanship Award:** This OHSA distinction is given to two senior athletes for their team spirit, coachability, and respect for officials, opponents, fans, and teammates.
- **Scholar-Athlete Award:** Presented to a senior athlete based on her sport participation and performance, cumulative grades, and ACT/SAT scores.

GGCL awards include:

- **GGCL All-Stars:** The GGCL coaches choose an all-star team from among players in league schools for each sport. One all-star is then designated GGCL Player of the Year for that sport.

Other Awards/Recognition include:

- Each OHSA district's coaches association chooses an all-star team from among varsity athletes in that district for several sports. An all-state roster is then named from among the district all-stars.
- *The Cincinnati Enquirer* designates All-City teams and players-of-the-year in several sports.

## TRACK AND FIELD RECOGNITION BOARD

School individual records are posted outside the gym and updated annually.

## TEAM RECOGNITION

Individual teams/sports may elect to honor and celebrate athletes, including highlighting our senior athletes. There is a \$100 cap on individual athlete recognition.

## ATHLETIC SCHOLARSHIPS AND GRANTS-IN-AID

While great strides have been made in the past few years in women's intercollegiate sports, athletes who hope to get scholarships need to do some planning and work. If you want to get an athletic scholarship, keep these pointers in mind:

1. Choose as challenging of an academic course as MND recommends for you and keep up your grades. Not only does the NCAA have minimum academic standards, but many colleges also have their own requirements that far exceed the NCAA minimum.
2. Get involved at Mount Notre Dame! Participate in other school activities. A college that wants you to play may not be able to give you an athletic award but might find that you qualify for a service or leadership award.
3. Show balance by participating in more than one sport if you can. College recruiters are sometimes interested in seeing how an athlete performs in a sport for which she is not being recruited, and smaller colleges often want athletes willing and able to play two sports.
4. Understand the value of being a team player and showing good sportsmanship. College coaches are not interested in dealing with attitude problems.
5. Athletic scholarship services are available, but MND does not endorse any particular service. Our coaches will, however, gladly communicate directly with a college or other scholarship sources.
6. Be aware of NCAA and NAIA eligibility recruitment procedures. A complete outline of this is available from MND's Athletic Director or the school counselors.

Begin working with your coach, the Athletic Director, and your counselor to start the process of marketing yourself to colleges in which you are interested. Have your counselor assess your grades in NCAA terms, and take the ACT/SAT as early as possible. You must complete your online registration with the NCAA Eligibility Center at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). A college coach should never approach you without the knowledge and consent of your coach.