

# Coach's SAT<sup>®</sup> Playbook

**TRAIN FOR TEST DAY  
LIKE IT'S GAME DAY**



SAT practice  
kick-off guide



#PracticePaysOff  
Challenge prize  
information



College planning  
timeline for  
student-athletes



Handouts for  
athletes and parents



A young man with curly hair, wearing a red t-shirt and black shorts with an Adidas logo, is running up a set of metal bleachers. He is wearing a blue smartwatch on his left wrist. The bleachers have silver railings and blue seats. In the background, there are green trees and a clear sky. The text "Try it. Run it. Own it." is overlaid on the right side of the image, with a blue horizontal bar above the first line.


Try it.  
Run it.  
Own it.




**“Every time I got a question wrong, I was able to go back and do it again and get better and better ... Since getting my SAT scores back, I’ve gotten at least 10 emails and calls from colleges trying to recruit me.”**

**Valencia**, Student-athlete

 Volleyball

 Houston, Texas

 **470-point increase**

# Coach Your Team to Higher SAT Scores

You already motivate your team to practice skills, overcome obstacles, and build strengths. Now set them up for success beyond high school—on the field and off—with free, personalized SAT® practice.

## The Benefits of Higher SAT Scores

Students score higher when they use Official SAT Practice on Khan Academy®, and students with higher scores are more likely to:

- Get into the colleges of their choice.
- Be NCAA® eligible—a higher SAT balances a lower GPA.
- Qualify for academic scholarships.
- Be prepared for college and career.

It worked for Valencia. As a high school volleyball player in Houston, she used Official SAT Practice—and gained 470 points.

## Unlock Prizes

Texas student-athletes can enter to win \$1,000 prize for their school, just by showing their commitment to practice in a short video. Share the #PracticePaysOff Challenge flyer in this playbook with your team.



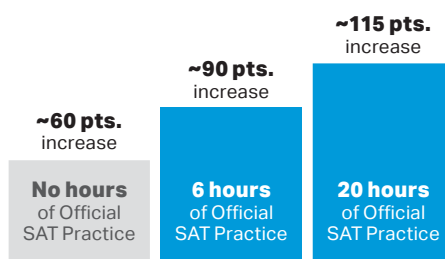
# The Practice of Champions

Champions know that practice pays, and with Official SAT Practice on Khan Academy, your busy student-athletes can maximize their study time.

## Boosting Scores

Practicing on Official SAT Practice for just 20 hours can pay off in a 115-point score increase from the PSAT/NMSQT® to the SAT.

D'Andre earned an athletic scholarship plus an academic scholarship after his score went up 260 points.



## Why It Works

**Convenient:** Students practice on a computer or their phone.

**Personalized:** They share old test scores or take diagnostic quizzes.

**Focused:** They don't waste time practicing what they already know.

**Interactive:** They get instant feedback and constant progress updates.

## It's Easy—and It's Free

Send your team to [satpractice.org](https://satpractice.org) today.

## Accountability

Use your Coach Dashboard to track your team's progress and watch them improve. Just set up a class online, invite your athletes, and celebrate their success. Find out how at [collegeboard.org/athletics](https://collegeboard.org/athletics).



**"It's like a game—you practice, but you don't realize you're competing with yourself ... I built up [my math skills] and improved my scores dramatically."**

**D'Andre**, Student-athlete

Football

Orlando, Fla.

**260-point increase**

Athletic and academic scholarship

## When to Take the SAT

Your players should take the SAT at least twice: the spring of junior year and the fall of senior year.

Test Date	Registration Deadline
Aug 25	Jul 27
Oct 6	Sep 7
Nov 3	Oct 5
Dec 1	Nov 2
Mar 9	Feb 8
May 4	Apr 5
Jun 1	May 3

# SAT Practice Game Plan

Commit to academic practice in five easy steps—and watch your student-athletes' SAT scores rise.

- 1 Enter to Win Prizes**  
Pledge to practice, and enroll your team in the #PracticePaysOff Challenge at [collegeboard.org/athletics](https://collegeboard.org/athletics).
- 2 Follow and Retweet**  
Follow [@CollegeBoard](https://twitter.com/CollegeBoard) and [@MyBigFuture](https://twitter.com/MyBigFuture) on Twitter, and retweet practice reminders to athletes and parents.
- 3 Get Started**  
Send your team to Official SAT Practice at [satpractice.org](https://satpractice.org).  
**Bonus:** Set up your Coach Dashboard to track your team's progress. Learn how at [collegeboard.org/athletics](https://collegeboard.org/athletics).
- 4 Communicate**  
Share the handouts in this playbook with athletes and parents.  
**Bonus:** Incorporate College Board and NCAA slides into your fall and spring parent nights. Slides are available at [collegeboard.org/athletics](https://collegeboard.org/athletics).
- 5 Motivate and Celebrate**  
Challenge your team to practice 30 minutes a day for a week—and reward them when they do.  
**Bonus:** Host an SAT study hall or clinic. Get the 45-minute plan at [collegeboard.org/athletics](https://collegeboard.org/athletics).

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# Prizes for Texas Teams

THSCA and the College Board celebrate your dedication to coaching beyond the game with the #PracticePaysOff Challenge. Here are three ways to show your team that practice pays in Texas.

## 1 Pledge to Practice

Commit to coaching beyond the game by enrolling your team at [collegeboard.org/athletics](https://collegeboard.org/athletics).

## 2 Unlock Prizes

Encourage your team to submit videos for a chance to win.

**17 student-athletes win \$1,000 in prizes on behalf of their school.**

They can learn more at [collegeboard.org/practicepaysoff](https://collegeboard.org/practicepaysoff).

## 3 Win Money for Your Team

Show us why you're committed to coaching the student in your student-athletes. Submit a short paragraph or video about the ways you support SAT practice to [practicepaysoff@thsca.com](mailto:practicepaysoff@thsca.com) by **December 31, 2018**.

**8 winners, chosen by the THSCA Foundation, get \$1,000 each.**





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# Athletic Director's Guide

Meet with your athletic coordinators and head coaches to decide how you want to promote SAT practice schoolwide. Here are a few ideas:

- Set a goal to have your athletes complete at least 6 hours of Official SAT Practice.
- Challenge juniors to practice even more.
- Link from your website to the #PracticePaysOff challenge and to the videos and parent flyers at [collegeboard.org/athletics](https://collegeboard.org/athletics).
- Say a few words at parent nights about the benefits of higher SAT scores. Presentation slides are available at [collegeboard.org/athletics](https://collegeboard.org/athletics).
- Share the English and Spanish parent flyers in this playbook.
- Let your boosters, principal, and superintendent know what you're doing to support academic practice at your school.
- Find ways to recognize and celebrate team and individual success.
- Compete with a rival school and use social media to keep score.

**Pro Tip:** Partner with counselors—they're working toward the same goal and can provide expert advice on searching for and applying to colleges.

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# Handouts for Athletes and Parents

Get your team excited about SAT practice and the places it can take them. Copy these resources:

- **#PracticePaysOff Challenge flyer**
- **College planning timeline for student-athletes**
- **Official SAT Practice flyer for students (English and Spanish)**
- **A parent's guide to Official SAT Practice (English and Spanish)**
- **NCAA academic requirements for Division I**

Download even more flyers, share videos, and grab a presentation at [\*\*collegeboard.org/athletics\*\*](https://collegeboard.org/athletics).





# #PracticePaysOff Challenge

**\$17,000 in Prizes | 17 Winners**

**Attention 11th- and 12th-grade athletes in Texas:**

Your dedication to practice both on and off the field can pay off in prize money for your school. Enter for a chance to win—it's completely free:

## 1 Get an Official SAT Practice account.

The SAT® is the easiest way to show colleges how ready you are. And now free, personalized SAT practice on Khan Academy® is easy, too. Sign up on your phone at [satpractice.org](https://satpractice.org).

## 2 Enter the #PracticePaysOff Challenge.

- Pick an SAT test date and start practicing with Official SAT Practice.
- Demonstrate your commitment to practice—on and off the field—in a short video (2 minutes max). Earn bonus points if you tell us how and when you're using Official SAT Practice to score your best.
- Post your video on Twitter or Instagram using [#PracticePaysOff](https://twitter.com/THSCAcoaches) and [@THSCAcoaches](https://twitter.com/THSCAcoaches) and [@\[YourHighSchool\]](https://twitter.com/YourHighSchool). Fall entries are due December 10, 2018. Spring entries are due May 10, 2019.

**17 winners, chosen by Texas coaches, get \$1,000 in prizes for their school!**

## 3 Compete as a team.

Your coach can get your whole team practicing for the SAT and pledge to practice at [collegeboard.org/athletics](https://collegeboard.org/athletics).



# College Planning Timeline for Student-Athletes



## Set Yourself Up for Success

Get help with everything listed below at the College Board's [bigfuture.org](https://bigfuture.org) or [ncaa.org/playcollegesports](https://ncaa.org/playcollegesports) from the NCAA®—and talk to your counselor.

Not sure you want to play in college? That's okay: Register with the NCAA anyway, and keep your options open.

### GRADE 9

- ☐ Ask your counselor for a list of your school's NCAA core courses, or look them up at [ncaa.org/playcollegesports](https://ncaa.org/playcollegesports).
- ☐ Create a 4-year high school plan.
- ☐ Start thinking and asking about careers that interest you.
- ☐ Save for college.
- ☐ Explore summer opportunities.
- ☐ See if your school offers the PSAT™ 8/9.

### GRADE 10

- ☐ Register for an NCAA Certification Account or Profile Page at [eligibilitycenter.org](https://eligibilitycenter.org).
- ☐ Meet with your counselor to make sure you'll be ready for college, and ask about Advanced Placement®.
- ☐ Take the PSAT™ 10 or PSAT/NMSQT®.
- ☐ Research financial aid, and don't hesitate to ask an adult you trust for help.
- ☐ Attend college and career fairs.
- ☐ Volunteer.

## Core Courses

To make sure you're fully prepared for college, take at least **five solid academic classes every semester**. We recommend:

- 4 years of English.
- 3 or 4 years of math.
- 3 or 4 years of lab science.
- At least 2.5 years of social studies.
- Foreign languages and the arts are often required or recommended.

### Did You Know?

- NCAA requirements are slightly different and vary by division. Learn more at [ncaa.org/playcollegesports](https://ncaa.org/playcollegesports).
- Your high school's graduation requirements might not satisfy the NCAA or the colleges you want to attend.

## GRADE 11

- ☐ Take the PSAT/NMSQT.
- ☐ Ask your counselor about SAT fee waivers.
- ☐ Register for the SAT. Use your PSAT/NMSQT scores to get personalized practice at [satpractice.org](https://satpractice.org).
- ☐ Estimate your financial need, and search for scholarships.
- ☐ Meet with your counselor to discuss SAT Subject Tests™.
- ☐ Gather tax returns and other financial documents.
- ☐ Get a username and password for the FAFSA, the key to most financial aid.
- ☐ Use College Search to make a list of 15–20 colleges.
- ☐ Take the SAT, and use code 9999 to make sure the NCAA gets your scores.
- ☐ Make a résumé.
- ☐ Look at the applications for colleges on your list.
- ☐ Visit colleges.
- ☐ At the end of the year, ask your counselor to upload your official transcript to the NCAA Eligibility Center.

## GRADE 12

- ☐ Narrow down your college list, and note early admission and regular application deadlines.
- ☐ Take the SAT again. Use code 9999 to make sure the NCAA gets your scores.
- ☐ Order official SAT score reports for the colleges you're applying to.
- ☐ Complete the FAFSA (Free Application for Federal Student Aid).
- ☐ Draft your application essays. Ask a teacher for feedback.
- ☐ Complete at least 2 applications by Thanksgiving.
- ☐ Ask your counselor to send your official transcript to colleges.
- ☐ Finish your applications by the deadline.
- ☐ Request your final amateurism certification from the NCAA after April 1 at [eligibilitycenter.org](https://eligibilitycenter.org).
- ☐ Take action. Say "yes" or "no" to colleges by May 1. Send a deposit to the college you're heading to.
- ☐ After graduation, ask your counselor to send your final transcript to your new college and submit it, with proof of graduation, to the NCAA Eligibility Center.

## 2018-19 SAT Dates and Deadlines

Use code **9999** to have your SAT scores sent to the NCAA.

Test Date	Registration Deadline
<b>Aug 25</b>	Jul 27
<b>Oct 6</b>	Sep 7
<b>Nov 3</b>	Oct 5
<b>Dec 1</b>	Nov 2
<b>Mar 9</b>	Feb 8
<b>May 4</b>	Apr 5
<b>Jun 1</b>	May 3

PREPARE FOR THE SAT WITH

# Official SAT Practice



Get personalized practice recommendations based on your results from the new SAT<sup>®</sup>, PSAT/NMSQT<sup>®</sup>, PSAT<sup>™</sup> 10, and PSAT<sup>™</sup> 8/9. **Take these steps to connect your College Board and Khan Academy<sup>®</sup> accounts:**

1

## Go to [satpractice.org](https://satpractice.org)

Create an account on Khan Academy, or sign into your existing account.

2

## Link Your Accounts

When prompted, agree to link your Khan Academy and College Board accounts.

3

## Send Your Scores

Log in to your College Board account, and hit **Send** to get a personalized practice plan.

Sign up. Link up. Get practicing. [satpractice.org](https://satpractice.org)



PREPÁRATE PARA EL SAT CON

# Práctica Oficial para el SAT



Recibe recomendaciones de estudio personalizadas que se basan en tus resultados del SAT<sup>®</sup>, PSAT/NMSQT<sup>®</sup>, PSAT<sup>™</sup> 10 o PSAT<sup>™</sup> 8/9. **Sigue estos pasos para enlazar tus cuentas de College Board y Khan Academy<sup>®</sup>:**

1

## Visita [satpractice.org](https://satpractice.org)

Ingresa a tu cuenta de Khan Academy o crea una cuenta de usuario.

2

## Enlaza tus cuentas

Cuando se te indique, acepta enlazar tus cuentas de Khan Academy y College Board.

3

## Comparte tus resultados

Ingresa a tu cuenta como usuario de College Board y presiona **Send** para recibir tu plan de estudio personalizado.

Inscríbete. Conéctate. Comienza a practicar. [satpractice.org](https://satpractice.org)

## OFFICIAL SAT PRACTICE

# A Parent's Guide: Getting Your Teen Ready for the SAT



## START



**Choose an SAT test date.** Review upcoming test dates and registration deadlines online at [sat.org](https://sat.org). Register early to guarantee your child's spot on that test date and get timely reminders leading up to the test.

## 4 MONTHS BEFORE TEST DAY



**Sign up for Official SAT Practice at [satpractice.org](https://satpractice.org).** Official SAT<sup>®</sup> Practice on Khan Academy<sup>®</sup> is FREE for all students and the best way to prepare for the SAT. Created by Khan Academy and the makers of the SAT, Official SAT Practice offers thousands of practice questions, video lessons, quizzes and tests, and more.



**Link College Board and Khan Academy accounts for a personalized SAT study plan.** When your child signs up for Official SAT Practice, make sure their Khan Academy account is linked with their College Board account. This sends your child's PSAT<sup>™</sup> 8/9, PSAT<sup>™</sup> 10, PSAT/NMSQT<sup>®</sup>, or SAT scores to Khan Academy to create a customized SAT study plan. A child who doesn't have any test scores can take diagnostic quizzes to receive the study plan.



**Download the Daily Practice for the SAT app.** Accessible at Google Play and iTunes app stores, this free app gives your child a question a day to build skills on the go.

## 2–3 MONTHS BEFORE TEST DAY



**Create a practice schedule on Official SAT Practice and stick to it.** We recommend that students practice on **satpractice.org** 15–30 minutes per day 6–8 weeks before the test. A child who can't practice every day should start earlier or practice more on certain days. Check out the new Coach Tools (**khan.co/2yZGPh4**) to learn how to be your child's coach and monitor progress their on Official SAT Practice.

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**Take a full-length practice test.** Taking a practice test on Official SAT Practice is a perfect way for students to see what their test day experience will be like.

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## 2 WEEKS BEFORE TEST DAY



**Take another full-length practice test.** Two weeks before every SAT test date is known as **Official SAT Practice Test Day**. On this day, students registered for the SAT should take another full-length practice test at **satpractice.org** to check their progress. This lets students build self-assurance and see exactly where to focus over the next two weeks to get the best possible score.

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**Review test day requirements.** Visit **sat.org/takingthetest** for SAT test day requirements to make sure your child has everything they need to be ready on test day.

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## 1 DAY BEFORE TEST DAY



**Plan ahead.** Triple-check the night before that your child packs everything needed and knows how to get to the test location. See that your child gets a good night's sleep.

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## ON TEST DAY



**Relax and be confident.** Encourage your child to eat a good breakfast, take it easy, and feel positive. Practice pays off!

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For more information, visit **satpractice.org**.

## PRÁCTICA OFICIAL DEL SAT

# Guía Para Padres: Preparar a su adolescente para el SAT



## AL PRINCIPIO



**Elegir fecha del examen del SAT.** Verifiquen en línea las fechas de los próximos exámenes y las fechas límite de inscripción en [sat.org](https://sat.org). Inscribirse pronto le garantiza a su hijo o hija un lugar en esa fecha y le permite recibir recordatorios oportunos antes del examen.

## CUATRO MESES ANTES DEL DÍA DEL EXAMEN



**Inscribirse en la Práctica oficial del SAT en [satpractice.org](https://satpractice.org).** La Práctica oficial del SAT® en Khan Academy® es GRATUITA para todos los estudiantes y es la mejor manera de prepararse para el SAT. Creada por Khan Academy y quienes hacen el SAT, la Práctica oficial del SAT ofrece miles de preguntas de práctica, lecciones de video, pruebas y exámenes, y mucho más.



**Vincular las cuentas de College Board y Khan Academy para recibir un plan de estudios personalizado del SAT.** Cuando su hijo se inscriba en la Práctica oficial del SAT, debe asegurarse de que su cuenta de Khan Academy está vinculada con su cuenta del College Board. Esto envía a Khan Academy los resultados que obtenga su hijo en los exámenes de PSAT™ 8/9, PSAT™ 10, PSAT/NMSQT® o de SAT para crear un plan de estudios personalizado para el SAT. Quienes no tengan los resultados de los exámenes pueden realizar pruebas de diagnóstico para recibir el plan de estudios.



**Descargar la aplicación de la Práctica diaria para el SAT.** Esta aplicación gratuita, accesible en Google Play y las tiendas de aplicaciones de iTunes, le hace llegar a su hijo una pregunta al día para desarrollar destrezas sobre la marcha.



## DOS O TRES MESES ANTES DEL DÍA DEL EXAMEN



### **Crear un programa de prácticas en la Práctica oficial del SAT y apegarse a él.**

Recomendamos que los estudiantes practiquen en [satpractice.org](https://satpractice.org) de 15 a 30 minutos cada día durante 6 a 8 semanas antes del examen. Quienes no puedan practicar diariamente deberían comenzar antes o practicar más en determinados días. Compruebe las nuevas herramientas Coach Tools ([khan.co/2yZGPh4](https://khan.co/2yZGPh4)) para aprender cómo convertirse en el coach de su hijo y supervisar su progreso en la Práctica oficial del SAT.



**Hacer un examen de práctica completo.** Hacer un examen de práctica en la Práctica oficial del SAT es una manera perfecta de que los estudiantes conozcan cómo será la experiencia el día de su examen.

## DOS SEMANAS ANTES DEL DÍA DEL EXAMEN



**Hacer otro examen de práctica completo.** Dos semanas antes de cada fecha de examen del SAT es el **Día de examen de la Práctica oficial del SAT**. Ese día, los estudiantes registrados para el SAT deberían hacer otro examen de práctica completo en [satpractice.org](https://satpractice.org) para verificar su progreso. Esto les permitirá desarrollar confianza en sí mismos y saber exactamente en qué enfocarse durante las dos semanas siguientes para obtener los mejores resultados posibles.



**Repasar los requisitos del día del examen.** Visite [sat.org/takingthetext](https://sat.org/takingthetext) para consultar los requisitos del día del examen del SAT y asegurarse de que su hijo tiene todo lo que necesita para hacerlo.

## UN DÍA ANTES DEL EXAMEN



**Planificar con antelación.** La noche anterior verifique tres veces que su hijo empaque todo lo que necesita y que sabe cómo llegar al lugar del examen. Asegúrese de que duerma bien.

## EL DÍA DEL EXAMEN



**Relajarse y tener confianza.** Anime a su hijo a que desayune bien, se relaje y se sienta optimista. ¡La práctica tiene recompensas!

Para más información, visite: [satpractice.org](https://satpractice.org).

# DIVISION I ACADEMIC REQUIREMENTS

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletics scholarships, and/or compete during their first year.

## Core-Course Requirement

Complete 16 core courses in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math, or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

## Full Qualifier

- Complete 16 core courses.
  - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
  - Seven of the 10 core courses must be in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

## Academic Redshirt

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

## Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division I school.

## Academic Redshirt:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

## Nonqualifier:

College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

# Test Scores

When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of **9999** so his or her scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will **NOT** be used in his or her academic certification.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division I college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division I requirements.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

ACADEMIC REDSHIRT

\*Final concordance research between the new SAT and ACT is ongoing.

NCAA is a trademark of the National Collegiate Athletic Association.





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## Follow Us On Social Media



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