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**Borderline Division 1? How To Make It**

**By Hugh Breland**

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As a former NCAA Division 1 Athlete, I have parents ask me quite often what their son or daughter needs to do in order to make it to the highest level of college athletics.

First, mom and dad need to know where they fit in the equation to success. Parents cannot be the primary motivator. If a kid is not self-motivated to be on the field or in the gym early and often, I would say he does not have what it takes. No matter how hard a parent pushes, kids will ultimately change only if their heart is committed. A parent must be the primary encourager, not a micro-managing know-it-all. Too many parents try to implement their own agendas in their child's lives as opposed to providing guidelines, guardrails, and "good-jobs" along the way.

Second, if you are a "borderline athlete" - not one of the top players in the nation being recruited by the top schools - then you must focus on nutrition and training to engrain. High sugar & high fat diets are not going to help you get that extra burst of quickness that you need to beat your competition. Do not be fooled by the professional athlete on a McDonalds commercial, even professional athletes follow a strictly regimented diet. Oddly enough, you will see some college athletes with horrible diets. Again don't be deceived; these individuals and their teams do not compete for championships. Eating right is followed by training right. Training to engrain is simply training the brain. By performing the correct sport-specific moves, positions, and exercises day in and day out, your brain will automatically react & execute in game situations. Too many athletes waste their training time doing the wrong exercises the wrong way.

Lastly, you must give your all (but not your life). In order to truly "make it" in life, you must put NCAA Division 1 in its proper place. Remember that you are in control and that it is not appropriate for sport to control you. Keep in mind, productive relationships, education, and having a positive impact on your community are top priorities. Do not let being an athlete define you, rather focus on being yourself, learn from your mistakes, and execute as best you can. Timing and teams-needs will play a major role in where you end up, so control what's in your court and don't stress over the rest.

Currently CEO OF GoLo Sport, Hugh Breland is a former Baylor University Basketball Letterman and Texas High School Basketball stand-out. He is a nationally recognized speaker and consultant. For more information visit [www.GoLoSport.com](http://www.GoLoSport.com)

### **How To Search For A College Scholarship**

#### **By Garrick Banks**

With thousands of scholarships available, the task of finding all of the scholarships that apply to you can be quite troublesome. Luckily, there are several ways you can go about efficiently finding all of the scholarships that apply to you.

In the United States athletic scholarships are largely regulated by the National Collegiate Athletic Association, which sets minimum standards for both the individuals awarded the scholarships (in terms of GPA's and standardized test scores for recipients), and for the institutions granting them (in terms of the proportion of scholarship recipients who must ultimately earn degrees).

In 1973, the NCAA split its membership into three divisions: Division I, Division II and Division III. Under NCAA rules, Division I and Division II schools can offer scholarships to athletes for playing a sport. Division III schools may not offer any athletic scholarships. Generally, larger schools compete in Division I and smaller schools in II and III. Division I football is further divided into I-A and I-AA.

Ironically, institutions that engage in misconduct may be stripped of the ability to award a certain number of athletic scholarships. Although this damages the ability of that institution to compete in sporting events, the greater impact is on the ability of student athletes, who may lose their only avenue to higher education.

#### 1. Financial Aid Office

The most obvious first place to start looking is the financial aid office of the school you are interested in. This office usually contains useful texts as well as consellers that can help to start you on your quest for scholarships and financial aid.

#### 2. Internet Scholarship Search Sites

There are numerous web sites out there that will let you, for a small price, apply to all of the scholarships that you qualify for. After filling out a few forms and answering some common questions a list will appear and you can check off that ones you would like to apply to electronically.

For example, CollegeNets Mach 25 Search is a free version of the WintergreenOrchard House Scholarship Finder database. Although they don't allow you to electronically file for applications it is still a great listing of over half a million unique scholarships and over \$1 billion dollars is given to students annually.

#### 3. Other Places You Can Try

– Bulletin board of the financial aid office – Admission office booklets and pamphlets – The athletic department and school team coaches – The library – High School Guidance Counselors

For more great scholarship related articles and resources check out



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