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Student Athlete and Parent Workbook

College recruiting scholarships NIL and your family action plan

Student Athlete College and NIL Summit
Vallejo California | November 14 2026

Use this workbook during the presentation to capture lessons, ask better questions and leave with a practical plan for the next 30 days. Athletes and parents should contribute their own answers, then agree on the next steps together.

Athlete name and graduation year

_____

Parent or guardian name

_____

School sport and event or position

_____

Our most important question today

_____

_____

_____

How to use this workbook
Follow the PDF slide numbers shown on each page. Record ideas in your own words. Mark anything that needs confirmation. Before leaving, choose three actions, assign an owner and set a date.

Slide references count all 53 pages of the supplied presentation, including speaker introductions and promotional slides. Some topics appear in more than one session.

Our starting point

FOLLOW ALONG | Slides 1 to 7

Write separately first, then compare what matters most to each of you.

Athlete perspective What do I want from college and sports

Parent perspective What do I want for my child

Our strengths and the support we need

One outcome we both want from today

Opportunity and realistic expectations

FOLLOW ALONG | Slides 8 to 14

Reginald Grant introduces NIL and the pathway from youth sports to college and professional opportunities.

What do the participation and professional opportunity slides tell us

What is the difference between roster spots and the chance of becoming a professional

A degree or career interest I want to explore alongside athletics

A number or claim I want clarified Record its slide and source or date

Family discussion How will we define success if professional sports does not become the outcome?

NIL and our family questions

FOLLOW ALONG | Slides 15 to 20

Capture the speaker's explanation of brand deals, school payments and who earns NIL income. Record changing rules as questions for the appropriate school or compliance contact.

What is NIL and what opportunities might fit this athlete

What is different about a brand deal school payment and athletic scholarship

Rules we must confirm for our state school age and sport

Questions before signing Duties payment length use of image and cancellation

Before acting, identify who will review eligibility, contract terms, tax questions and any requirements for a minor. Do not build the college budget around unconfirmed NIL income.

Habits that support an elite athlete

FOLLOW ALONG | Slides 21 to 24

Use the five traits in the presentation to turn a general goal into repeatable behavior.

Trait from the presentation	My current example	One habit to practice
Consistent discipline		
Mental resilience		
Purposeful preparation		
Coachability and accountability		
Performance in competition		

Athlete Which habit will I practice this week and how often

Parent How will I support that habit

How we will measure progress beyond wins and rankings

The business of sports and life skills

FOLLOW ALONG | Slides 25 to 30

Dr. Joseph Bryant Jr and ProSpeak highlight development and connections across sports. Use this page to capture the live discussion; these slides are primarily introductions and organizational information.

Three ideas from the speaker that matter to our family

A career relationship or leadership opportunity I want to explore

A skill I can build through sports that will help outside competition

One person or resource to follow up with and why

The family journey and foundations

FOLLOW ALONG | Slides 31 to 33

Sedwitz Dumont shares the family perspective on Seddy Dumont's path to UC Santa Barbara track and the preparation that starts before recruiting.

A lesson from the Dumont family story we can use

Athlete My next step in academics training or recovery

Parent A routine budget or relationship I can help improve

What we wish we understood earlier and who can help now

College pathways and fit

FOLLOW ALONG | Slides 34 to 35 and 43 to 45

Use the presentations to identify options worth investigating. Record the aid, admission and transfer details for each specific school rather than assuming every program has the same resources.

Pathway	Speaker notes and questions
NCAA Division I including FBS and FCS	
NCAA Division II	
NCAA Division III	
NAIA	
Junior college NJCAA 3C2A NWAC	

Which pathways fit our academic athletic and financial needs

_____

_____

_____

If considering junior college What must our transfer plan include

_____

_____

_____

Ask about transferable courses, housing, eligibility and the path to a four-year degree.

Academics eligibility and accounts

FOLLOW ALONG | Slides 36 and 46 to 47

College admission, coach interest and athletic eligibility are separate steps. Use this checklist to organize questions for the counselor and each college.

Task or account	Status or question	Owner and due date
Course grades and graduation review		
NCAA Eligibility Center if applicable		
PlayNAIA if applicable		
College applications		
Financial aid applications		
Recruiting questionnaires and profile		

Questions for our school counselor or college compliance contact

_____

_____

_____

_____

Presentation reminder High school athletes do not register in the NCAA Transfer Portal. Ask compliance staff about the process relevant to your situation.

Build a recruiting plan

FOLLOW ALONG | Slides 37 and 46

Create a profile coaches can evaluate and a college list that includes several suitable competition levels.

Profile checklist [ ] Graduation year [ ] Academics [ ] Verified results
[ ] Film or event results [ ] Position or event [ ] Coach contact [ ] College interests

Target college and major	Athletic level and fit	Next contact or action

My strongest evidence of readiness and what is missing

_____

_____

_____

Coach outreach notes Why this school and what will I send

_____

_____

_____

Follow-up date _____ Person responsible _____

Understand each written offer

FOLLOW ALONG | Slides 38 and 48 to 50

Separate the roster opportunity, scholarship aid and any NIL agreement. Use the speaker discussion to build questions for each school.

College or program _____ Contact _____

Roster status Confirmed place tryout or another arrangement

Aid Amount covered costs duration and written renewal conditions

Questions about injury coaching changes housing and remaining costs

A current rule or legal claim to verify and the office to ask

For the Division III discussion, ask the school what aid is actually available now. Record the date of any rule confirmation; a lawsuit discussion is not a written aid offer.

Compare the full family cost

FOLLOW ALONG | Slides 39 and 49

Use annual written amounts. Count grants and scholarships first, then compare the remaining cost before loans. The presentation's examples are illustrations rather than actual offers.

Annual cost or funding	College A	College B
College name		
Tuition and required fees		
Housing and meals		
Books travel and other costs		
A Total annual cost		
B Confirmed grants and scholarships		
A minus B Remaining annual cost		

Check with financial aid staff for any limits on combining awards. Loans must be repaid; work-study requires work. List unconfirmed NIL or school payments separately.

How would we fund the remaining cost and is it manageable

Missing written information and who will request it

Questions and connections

FOLLOW ALONG | Slides 40 to 53 and the live question period

Use the closing discussion to resolve gaps and identify the right person for each follow-up.

Question or resource	Person or office	Next step and date

My most useful takeaway from each session

_____

_____

_____

_____

Athlete and parent One point we still need to discuss together

_____

_____

_____

Resource notes Record the relevant school, counselor, coach or presenter. For any event or service in the closing slides, confirm details before making a commitment.

Our first 30 days

FOLLOW ALONG | Build from slides 40 and 51

Choose three priorities that you can complete. Each action needs one owner, a deadline and evidence of completion.

Priority action	Owner	Due date	Proof it is done
1			
2			
3			

Suggested sequence Week 1: meet the counselor and review academics. Week 2: build a balanced college list. Weeks 3 and 4: organize coach outreach and compare costs. Adjust for your athlete's grade and readiness.

In the next 48 hours we will

_____

_____

Our biggest barrier and how we will handle it

_____

_____

Family check-in date _____ Time _____

Athlete commitment and parent commitment

_____

_____

Review progress and keep moving

FOLLOW ALONG | Use at the family check in

Return to your three priorities. Keep what works, identify what is blocked and choose the next specific step.

Priority	Completed or blocked	Next step and date
1		
2		
3		

What changed in our academic athletic or financial plan

_____

_____

_____

What support do we need now and who will request it

_____

_____

_____

Our next 30 day goal and how we will measure it

_____

_____

_____

Next family check-in _____

Prepared as a companion to the supplied 53-slide summit presentation. Notes and planning activities support family discussion; confirm current requirements and written commitments with the responsible schools and organizations.


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