



case study

The **Seven Biggest** Academic and Financial Challenges Faced by High School Student-Athletes

High school student-athletes face unique academic and financial challenges as they strive to balance their dual roles. The demands of sports, combined with the pressures of performing academically and managing financial constraints, can create significant barriers to success. This case study highlights the seven biggest academic and financial challenges faced by these athletes and examines their impact on the students' ability to achieve both short- and long-term goals.



Time Management for Academics

Student-athletes are required to balance rigorous academic schedules alongside demanding sports commitments. Practices, games, and travel can consume several hours each day, leaving limited time for homework, study, or extracurricular academic activities. Many athletes find it challenging to maintain good grades while meeting the demands of their sport, which can negatively impact their GPA and college prospects.

Impact: Poor time management can lead to academic struggles, missed assignments, and lower overall academic performance, ultimately affecting college eligibility and scholarship opportunities.

CHS Solution: CHS uses a unique academic model that allows students to focus on two courses at a time which allows students to complete courses at a faster pace, with higher grades, and greater mastery of concepts.



Access to Academic Support

Many student-athletes require additional academic support to succeed, especially when missing school for sports-related travel or competitions. However, not all schools provide sufficient resources, such as tutoring or flexible scheduling, to help athletes catch up on missed work. Additionally, some athletes may struggle with subjects outside their strengths but lack the time or resources to seek extra help.

Impact: Insufficient academic support can lead to a widening gap in learning, putting athletes at risk of falling behind academically, especially in core subjects required for college entrance exams and scholarships.

CHS Solution: CHS provides students with multiple access points to receive academic support that will allow them to be successful. Each course is taught by state-certified instructors, many of which have advanced degrees in their field. Additionally, using your funds from the Arizona Empowerment Scholarship you can purchase with no out-of-pocket expense one-on-one tutoring sessions with our instructors at a time that works for you and in any subject area that you may need additional support. Finally, CHS will soon be providing 24/7 academic support through our AI chatbot that will help support students academically as they go through their courses.



Pressure to Maintain Eligibility

Most high school athletic programs have GPA requirements that athletes must meet to remain eligible to compete. For student-athletes who struggle academically, this adds extra pressure to maintain a minimum grade point average. The constant fear of losing eligibility to play can lead to stress and anxiety, compounding the academic challenges they already face.

Impact: The pressure to stay eligible can push athletes to focus solely on maintaining a minimum GPA, rather than excelling academically, limiting their academic growth and reducing their chances of earning academic scholarships.

CHS Solution: CHS supports students looking for their high school diploma as well as students who are looking to boost their GPA by utilizing grade forgiveness on a couple courses they may have struggled in at their brick-and-mortar campus. If you received a D in your Biology course and need to boost your GPA to a 2.3. Sign up for our NCAA-approved Biology course and we will assist you in boosting your GPA and getting a better understanding of Biology. Finally, many student-athletes thrive in an online environment because it helps remove the distractions that are found in the traditional classroom.



Limited Time for College Preparations

High school athletes often find it difficult to invest the necessary time in preparing for college applications, standardized tests (e.g., SAT or ACT), and scholarship applications. The combination of practices, games, and schoolwork often leaves little time for researching colleges, preparing essays, or studying for entrance exams. As a result, some athletes are less prepared than their non-athlete peers when it comes to the college admissions process.

Impact: Lack of preparation can reduce the likelihood of athletes being admitted to their preferred colleges or qualifying for merit-based scholarships, limiting their higher education options.

CHS Solution: One of the main goals at CHS is to make sure all students are prepared for the next step in their lives. For student-athletes, these means be ready to be a successful student-athlete at a college or university. We help prepare student-athletes in many ways. First, our new Student-Athlete Readiness course will prepare student-athletes both in the classroom and off the field by discussing topics such as NCAA eligibility, time management, recruiting, personal branding, and NIL among other topics. Additionally, we provide support with ACT and SAT prep courses all of which is paid for through the Arizona Empowerment Scholarship.



Cost of Athletic Participation

Participation in high school sports often comes with significant financial costs, which can be burdensome for families. Expenses may include uniforms, equipment, travel, club team participation, private coaching, and specialized training. These costs can be particularly challenging for families with limited financial means, creating a barrier to equal opportunities in sports.

Impact: The financial burden of sports can limit access to resources that could enhance an athlete's development, potentially reducing their chances of being recruited by colleges or earning athletic scholarships.

CHS Solution: Because of CHS's affordable tuition, student-athletes and their parents will have additional funds available to them to afford items essential to the success of any athlete. Items such as a gym membership, uniform fees, sport camps, and sports equipment is covered by the Arizona Empowerment Scholarship.



Scholarship Competition and Uncertainty

While athletic scholarships are a key motivator for many student-athletes, the competition for these scholarships is fierce. Only a small percentage of high school athletes are awarded full or partial athletic scholarships, and there is no guarantee that strong performance will result in financial aid. This uncertainty can create stress for both students and their families, as they may rely heavily on scholarship opportunities to afford college.

Impact: The intense competition for scholarships can lead to high levels of stress, both academically and athletically, and may leave some student-athletes without the financial support they had hoped for.

CHS Solution: CHS can assist student-athletes in earning a scholarship by providing a flexible, high-quality academic program with multiple avenues of academic support that will assist them in boosting their GPA, prepare them for national exams, and make sure that they academically eligible to participate at an NCAA school.



Balancing Work and Athletics

Some student-athletes from low- to middle-income families may feel the need to work part-time jobs to contribute to household expenses or save for college. Balancing a job with academics and athletics creates a major time constraint. The added responsibility of working can detract from both academic performance and athletic development, leading to increased fatigue and stress.

Impact: Working while trying to excel academically and athletically can create unsustainable pressure, leading to burnout, lower grades, and diminished athletic performance, ultimately reducing the chances of earning athletic or academic scholarships.

CHS Solution: Because of the flexibility built into the CHS program you will have extra time available to you to workout, practice, or even work a part-time job. With the CHS diploma program you will be able to accomplish all of your goals on and off the field without creating extra stress on yourself and your family.



Conclusion

High school student-athletes face a unique combination of academic and financial challenges that can hinder their ability to achieve success in both areas. From managing time effectively to handling financial burdens and dealing with the pressure of maintaining eligibility, these young athletes are under constant strain. Providing them with better academic support, time management tools, and financial assistance can help alleviate these challenges, ensuring that they can thrive both in the classroom and on the field.

We highly suggest that you sign up a "free" no obligation 30 minute consultation call with an Academy Admissions Specialist to work with you and go over your transcript and NCAA eligibility status so that we can help you plan out your student athlete pathway to graduation.

[SCHEDULE CALL →](#)

