

# **Getting Recruited: Your Guide to College Athletics and the NCAA Recruiting Process**



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# Am I a College Athlete?



- Are the schools I am interested in compatible academically?
- How do I compare athletically with current team members of my prospective schools?

# Going Pro?

**Better find a college match first**



- How many high school athletes “Go Pro”

- Men's Basketball - .03%
- Women's Basketball - .02%
- Football - .09%
- Baseball - .5%
- Men's Soccer - .08%
- Men's Ice Hockey - .4%

Source: NCAA

# What Do I need to do...?

- Make sure you stay eligible academically
  - Go to the [NCAA site](#) and stay current with approved core-content courses
  - On the Montgomery website there is a list of courses specific to MHS which are NCAA Approved
- Fill out the NCAA Eligibility Center (Formerly the Clearinghouse) form toward the end of the junior year
- [www.eligibilitycenter.org](http://www.eligibilitycenter.org)



# Division I & II Requirements

- Students must complete **16 core courses** as stipulated by the NCAA and have appropriate SAT scores – see sliding scale
  - 4 Years of English
  - 3 Years of Math (Algebra 1 or higher)
  - 2 Yrs. Natural/Physical Science (1 lab)
  - 1 Additional Year of English/Math/Science
  - 2 Years of Social Sciences (Social Studies)
  - 4 Years of Additional Core Courses from any of the above (includes foreign language)

# Division III Requirements

- There is no NCAA Eligibility Center (Clearinghouse) that needs to be completed to compete in Division III Athletics.
- Students must meet the standards of the academic institution regarding remaining eligible.

# **D1 Changes Coming – Enrolling in August 2016**

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- Students (current freshmen) must achieve a minimum 2.3 GPA in core academic courses – JUCO transfers need 2.5 GPA)
- Meet an increased sliding scale standard (e.g. – an SAT score of 1,000 (M+CR) requires a 2.5 GPA)
- Complete 10 of the 16 required core courses before the start of senior year (7 of the 10 courses must come from math, science and English)

# More Changes...

- Academic Redshirt

- Has completed 16 core courses
- Minimum Core GPA of 2.0
- Meets Academic Redshirt sliding scale
- Graduates from High School

\*May receive scholarship and may practice first semester but CANNOT play in first year. To continue to practice, student must be “academically successful.”



# National Letter of Intent

- A National Letter of Intent is signed by a college-bound student-athlete when the student-athlete agrees to attend a Division I or II college or university for one academic year. Participating institutions agree to provide financial aid for one academic year to the student-athlete as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student-athlete financial aid. The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports.
- Signing an National Letter of Intent ends the recruiting process since participating schools are prohibited from recruiting student-athletes who have already signed letters with other participating schools.
- A student-athlete who has signed a National Letter of Intent may request a release from his or her contract with the school. If a student-athlete signs a National Letter of Intent with one school but attends a different school, he or she will lose one full year of eligibility and must complete a full academic year at their new school before being eligible to compete.

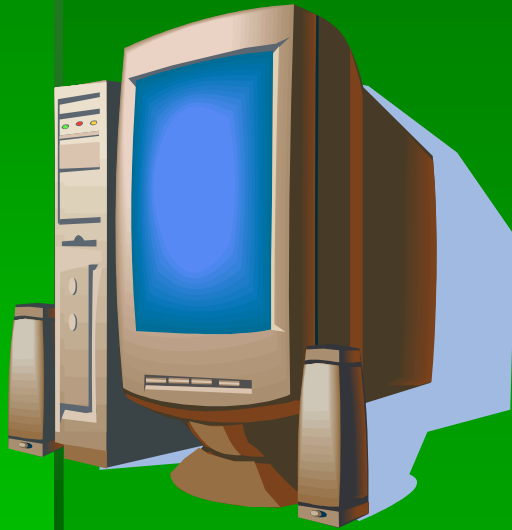
# Nontraditional Courses

- ***May independent-study, Internet and correspondence courses count as core courses?***
- Yes, if the following four conditions are met (beginning August 1, 2010):
- 1. Courses that are taught through distance learning, online, credit recovery, etc. need to be comparable in length, content and rigor to courses taught in a traditional classroom setting. Students may not skip lessons or test out of modules. The course must be four-year college preparatory.
- 2. All courses must include ongoing access between the instructor and student, as well as regular interaction for purposes of teaching, evaluating and providing assistance. This may include, for example, exchanging of e-mails between the student and teacher, feedback on assignments, and the opportunity for the teacher to engage the student in individual instruction.
- 3. Any course taken must have a defined time period for completion. For example, it should be clear whether the course is meant to be taken for an entire semester or during a more condensed time frame, such as six weeks, etc.
- 4. Nontraditional courses should be clearly identified as such on the high school transcript.

# Nontraditional Courses cont.

- Nontraditional courses completed prior to August 1, 2010, will be reviewed under current NCAA standards.
- It is important to remember that all courses need to be rigorous and four-year college preparatory in nature. Students should be encouraged to take courses that are quantitatively and qualitatively the Academic Eligibility
- same as courses offered through traditional means, and to take courses that will prepare them for the academic rigors they will face at a four-year college or university.
- To read more about this new rule, go to [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and click the "High Schools Enter Here" link, then the "Resources" page and read the documents related to online/virtual/credit recovery courses.
- [NCAA Eligibility Center FAQ's](#)

# Technology Talk...



Direct messages on Facebook and Twitter are allowed even though texting is not

## ■ Texting Coaches

- Division I – Not Allowed (except basketball)
- Division II – Not Allowed
- Division III – TEXTING NOW ALLOWED! (recent change)
- After NLI, you can text

# To Facebook...

# Or Not to Facebook...

- Coaches sometimes skeptical of Facebook / Twitter interaction
- NCAA Coaches are the only authorized recruiting agents for the school



# Do You Have G.A.M.E. ?

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- **G – Grades**

- Do you have the grades and test scores to get admitted to your college choice?

- **A – Ability**

- Do you have the athletic skills that a college coach values?

- **M – Motivation**

- How hard are you prepared to work to get a scholarship?

- **E – Exposure**

- Are you ready to market yourself to college coaches?

Source: [collegesportsscholarships.com](http://collegesportsscholarships.com)

# Division III Overview

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- 20% public institutions/ 80% private
- Average size 2200 students
- Division III athletics largely regarded as leading academic institutions and do not offer athletic scholarships.

# Division III Overview

- Division III athletics features student-athletes who receive no financial aid related to their athletic ability, leadership, participation or performance
- The athletic departments are staffed and funded like any other department in the university.
- Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern.



# Division III Overview

- Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition. There are over 136,000 athletes at over 430 D3 colleges
- D3 schools place highest priority on the overall educational experience; athletics is a complement to academics and overall residential experience.

# What To Look For In DIII

- Find out what size squad the coach usually keeps and what is the tryout process.
- Look at the current roster, how many are graduating?
- Is the coach full or part time. A full-time coach will generally be more available to you, and his status indicates that the school has a real investment in this program. Having said that, there are many excellent part-time coaches who put in full-time hours. In either case, find out how much of your coach's day is devoted to your sport.

# **What Coaches look for on an Official Visit**

- Showing up early for the visit (15 min), calls if they are running late for traffic/lost
- The student asks and answers questions, not the parents
- **Prepare questions for the coach**
- The student knows info about the school and the program
- An email after the visit that night expressing their strong interest.

# **I strongly recommend that you watch a team practice**

- You are with the coach more in practices than competition
- Observe the coaching style
- Practice atmosphere
- Level of intensity
- Amount of coaching
- Coach/player interaction
- Find the program right for you, in less than a year you will be the one at practice.

# Independence!

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Mom and Dad – Stay out of the way!!!

Coaches want the grades and they want independent, resilient and self reliant athletes

# Brief Background

- High School
  - Montgomery Graduate – 2007
    - Three year letter winner in XC, Indoor/Outdoor Track
    - School record holder on numerous relays
    - Weighted GPA: 93.37 SAT: 1930
- College Recruiting
  - Division III athletics was very much on the radar
  - No Division I scholarship offers
    - Walk-on opportunities at Marist, Loyola, Rutgers, Bucknell, etc.

# Walking On

- Walk-On Process
  - Three week “Try-out”
    - Make the team at home opening invitational
  - Once you are on the team, your spot is secure
    - Varies school to school
  - Perks are almost identical to scholarship athlete...more on that later



# Earning a Scholarship

- Can you earn a scholarship after walking on?
  - YES! Scholarship money becomes available after every school year
  - Performance can earn you \$\$\$
    - HS – 4:41 mile, 17:22 5k College – 4:14 mile, 14:56 5k
- Misnomer – Not every scholarship is a “full-ride”
  - Coaches will reward dedicated athletes as upperclassmen
  - Examples across every sport



# A Typical Day

- 6-700AM – Early Morning Practice/Lift
  - Breakfast, shower in between
- 8-1130AM – Classes (2-3 per day)
- 12-200PM – Mandatory Study Hall
  - Lunch
- 2-500PM – Primary Practice Time
  - Dinner, shower in between
- 530-930PM – Evening Classes
- 930-??? – Studying, Social Life, Sleep

# Typical College Schedule

Student Schedule by Day and Time: Fall Semester 2007						
Schedule for: Joseph Student 08/20/07 - 12/13/07 Total Credit Hours: 19.00						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
9AM	CRN: 91778 <b>ECE 2004</b> SMYTH 146 9:05 AM-9:55 AM		CRN: 91778 <b>ECE 2004</b> SMYTH 146 9:05 AM-9:55 AM		CRN: 91778 <b>ECE 2004</b> SMYTH 146 9:05 AM-9:55 AM	
		CRN: 93775 <b>MATH 3034</b> MCB 308 9:30 AM-10:45 AM		CRN: 93775 <b>MATH 3034</b> MCB 308 9:30 AM-10:45 AM		
10AM	CRN: 91802 <b>ECE 2504</b> RAND 216 10:10 AM-11:00 AM		CRN: 91802 <b>ECE 2504</b> RAND 216 10:10 AM-11:00 AM		CRN: 91802 <b>ECE 2504</b> RAND 216 10:10 AM-11:00 AM	
11AM	CRN: 94580 <b>PHYS 2306</b> CHEMP 130 11:15 AM-12:05 PM	CRN: 93784 <b>MATH 3214</b> MCB 332 11:00 AM-12:15 PM	CRN: 94580 <b>PHYS 2306</b> CHEMP 130 11:15 AM-12:05 PM	CRN: 93784 <b>MATH 3214</b> MCB 332 11:00 AM-12:15 PM	CRN: 94580 <b>PHYS 2306</b> CHEMP 130 11:15 AM-12:05 PM	

# HS vs. College Workload

## ■ High School

- Set school hours
- Teachers and parents are readily available resources
- Multitude of assignments
- Structured schedule caters to work getting done
- 1-2 hours of work per night

## ■ College

- Make your own schedule
- 4-6 classes per semester
  - 75-180 minutes per class
- Fewer assignments with greater significance
- Discipline and diligence are key
- 3-4 hours of work per night or more

# In Addition...

- Academic Requirements
  - Schools require 2.0 GPA to be eligible
    - Mandatory study hall hours
    - 6 for all athletes, 12 for ineligible athletes
  - Track required 2.5 to avoid mandatory study hall
- Service to the Community (2-3 times per semester)
  - Habitat for Humanity
  - School visits
- Sacrifices
  - Vacation time limited
  - Life outside of sports – IT CAN BE BALANCED



# Perks and Opportunities

## ■ Perks

- Preferential scheduling
- Private study hall in athletic center
- Free tutoring available
- Athletic gear and supplemental items
  - Yoga instruction, therapy equipment, etc

## ■ Opportunities

- Traveling the country
- Competition
  - Highest level
- Ambassador for your university
  - Representing your school everywhere you go
- Networking beyond college
  - Alumni association
  - Job opportunities

# Tips for Athletes

- It never hurts to ask
  - E-mail any and all schools you like
  - Worst they can say is no
- Talk to athletes on your visit
  - Future teammates
  - What is the team atmosphere like?
- Contact other schools after decision
- Overall fit
  - Remember you are a STUDENT-athlete
  - Would you enjoy it here without sports?
- ENJOY HIGH SCHOOL

