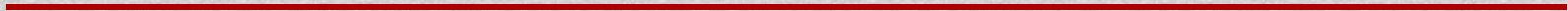


North Shore Athletic Recruiting Night

Parent University

Megan McCormack
Dan Doherty



Overview:

1. **Setting Expectations- Players, Parents and Coaches**
2. **The Number's Game**
3. **Having a Plan**
4. **Differentiating Yourself**
5. **Highlight Videos**
6. **What Do Coaches & Schools Look For**
7. **Email/Communication Tips**
8. **Grades & Testing**
9. **Help Yourself**
10. **Questions**



Expectations:

- Be realistic- know your limits and what level you want to play
- Understand you are a student first than athlete
- Pick a school you'd love to attend without the team
- Work hard both on and off the field
- The more time you put in academically and athletically the better you will be



Overview of the Numbers:

High School Student Athletes: 2021-22

- Nearly 8 million student athletes in the US
- Only about 500,000 student athletes participate in the NCAA
- A very small select few participate in the professional or Olympic level.
- Up to 70% of HS Students were expected to play collegiate athletics
- Up to 30% of HS Students were expected to play professional/Olympic sports.



Success of Varsity Collegiate Athletes:

- Status of a collegiate athlete:
 - Found higher success rates than non-athletes
 - Likelihood of NCAA athlete earning college degree are higher:
 - D1 = 90%
 - DII= 74%
 - DIII= 87%



DI Commitment:

What takes up a Division I student-athlete's time?

Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury prevention/ prevention



Sports psychologist sessions



Nutritionist sessions



Prospective student-athlete host duties



Team fundraising



Media activities



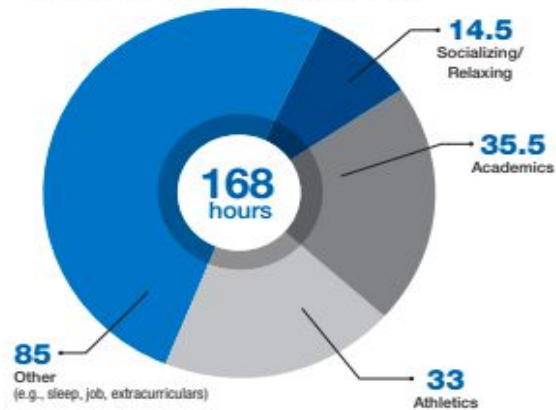
Community service



Compliance meetings

Time spent on activities per week

*Medians collected from the 2019 NCAA GOALS study.



67%

67% of Division I student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.



During a typical day of competition, Division I student-athletes report spending anywhere from four to nine hours on their sport. For the full breakdown by sport, visit ncaa.org/time-management.

*Based on a 2015 survey of Division I student-athletes.

DII Commitment:

What takes up a Division II student-athlete's time?

Did you know?

These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics compliance administrator for more information.



Competition



Practice



Strength and conditioning



Supplemental workouts



Film review

Did you know?

These activities do not count toward a team or student-athlete's countable athletically related activities limit.



Academic meetings



Injury treatment/prevention



Prospective student-athlete host duties



Team fundraising



Community engagement



Compliance meetings



Study hall



Social activities



Professional development

Time spent on activities per week

*Median figures, collected from the 2019 NCAA GOALS study.



63%

63% of Division II student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

*Based on the 2019 NCAA GOALS study.

1 in every 8.5 Division II student-athletes will participate in a NCAA championship during their college experience.



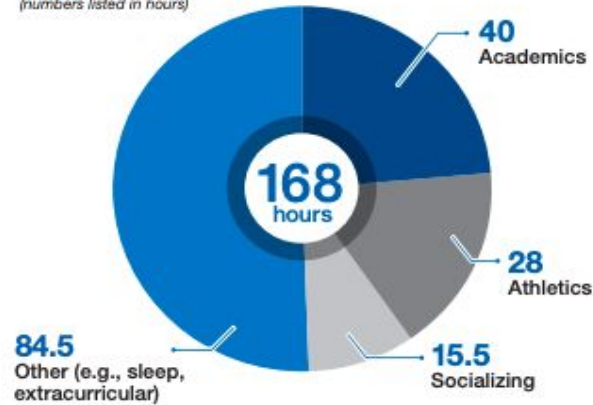
One-third of Division II student-athletes work during the academic year for about nine hours per week on average.

*Based on the 2019 NCAA GOALS study.

DIII Commitment:

Division III student-athlete's time each week

(numbers listed in hours)



Did you know?

Division III student-athletes note their athletics experience did **not** hinder their academic and co-curricular pursuits. In fact, it had a positive effect on their collegiate experience. (approximate percentages)



24%

Have or will study abroad

44%

Have a job and work a median of 8 hours per week

66%

Involved in an internship/externship

67%

Think it's likely they will attend graduate school



Division III student-athletes report spending one day a week away from campus.

**Median amount; based on 2019 NCAA GOALS study.*



Half of Division III student-athletes said they spend as much or more time on athletics during the offseason as during their competitive season.

**Based on the 2019 NCAA GOALS study.*

The Division III experience includes:



Academics



Internship/
externship



Work



Graduate
school



Competition



Practice



Strength and
conditioning



Film review



Injury
treatment and
prevention



Team
fundraising



Compliance
meetings



Teamwork



Time
management



Leadership

The Plan:

- Having a plan and staying organized is extremely important.
- You want to create a list of schools, that include academic and athletic fits for you. Include reach schools, and safety schools on this list.
- Include contact information for coaches to personalize information.
- Keep all parties involved with your plan (i.e. guidance, coaches, teachers, etc.)



The Plan:

- There is a school out there for everyone and anyone who wants to play collegiate athletics.
- You need to do your research and find what you want and what you are looking for.
- It is extremely important to think of the big picture (i.e. major).



The Plan:

- The goal is to find the school that best suits you.
- You need to think about size, location, athletic teams, level of play, study abroad, vacationing, etc.
- The most important part of college is the academic piece.
- You need to find a school where you will succeed academically.
- You are more likely to get an academic scholarship vs. athletic.
- Academics and athletics go hand in hand.



Scholarships:

- There are no full rides out there for majority of collegiate athletic teams.
- On average D1 teams get a handful of full scholarships for their entire team, (Freshman, Sophomores, Juniors, Seniors)
- DII can give athletic scholarships
- DIII schools can give money-just not “athletic.” Packages and merit scholarships are given.
- Financial Aid- Based off family income, amount of children in college, and cost of school
- Merit Scholarships- Guidance Counselors



NCAA Scholarship Limits- Division 1

- Baseball= 11.7
- Basketball= 13
- Crew= 20
- Fencing (Men)= 4.5
- Fencing (Women)= 5
- Field Hockey= 12
- Football= 63
- Golf (Women)= 6
- Golf (Men)= 4.5
- Lacrosse (Men)= 12.6
- Lacrosse (Women)= 12
- Soccer (Men)= 9.9
- Soccer (Women)= 14
- Softball= 12
- Tennis (Men)= 4/5
- Tennis (Women)= 8



Some Scholarship & Acceptance Facts:

- **The chances of getting a full athletic scholarship are minimal at best.**
- **The chances of getting an academic scholarship are infinitely higher.**
- **Academics & Athletics increase your chances dramatically.**
- **Academic scholarships may be better in the long run.**



DIVISION

1

DIVISION

2

DIVISION

3

NUMBER OF SCHOOLS*

350



310



438



MEDIAN UNDERGRADUATE ENROLLMENT

8,960

2,428

1,740

STUDENTS WHO ARE ATHLETES

1 in 23



1 in 10



1 in 6



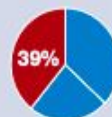
AVERAGE NUMBER OF TEAMS PER SCHOOL

19.2

15.9

18.8

PERCENTAGE OF NCAA STUDENT-ATHLETES IN DIVISION



ATHLETICS SCHOLARSHIPS

Multiyear, cost-of-attendance athletics scholarships available
57% of athletes receive athletics aid



Partial athletics scholarship model
60% of athletes receive athletics aid



No athletics scholarships
80% of athletes receive nonathletics aid



What are the eligibility requirements in each division?

College-bound students who want to compete at a Division I or II school must meet standards set by NCAA members. For Division III, athletes must meet the admissions standards set by the school. Eligibility standards can be found at eligibilitycenter.org.

How is each division governed?

NCAA schools develop and approve legislation for their own divisions. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings.

Did you know?



DI student-athletes graduate at a higher rate than the general student body.

DII is the only division with schools in Alaska, Puerto Rico and Canada.



DIII's largest school has 25,725 undergraduates. The smallest? 285.

Athletic & Academic Profiles:

- You want to create an athletic and academic profile that you can email to coaches
- Contact Information
- Academic Info- Awards, Honors, AP courses
- Athletic Info-Clubs, various athletics
- Extracurricular Info- Clubs, Volunteer, Leadership
- Cover Letter- Very basic, short and to the point
- Personalize everything



Communication:

- Communication- Communication is key. There are different NCAA rules, where coaches can't necessarily reach out to you or respond back.
- Your coach is the middle man. Keep your coaches updated and look for their feedback and support.
- Respond to emails- Coaches can respond after September 1st of your Junior year.
- When emailing you want to keep it short, sweet and to the point.
- They get a lot of information especially during their season, which they need to focus on their teams.
- Make sure you personalize the emails with coaches names and info and send from the student athlete.
- Proofread your work!



Important Terminology:

- Contact-any time a college coach says more than hello in a face to face conversation.
- Contact Period-face to face contact with athlete or parents, watch athlete, visit athletes HS, write or call athlete
- Evaluation Period- may watch athlete, visit HS, write/call. Can NOT have face to face contact off campus
- Quiet Period-only contact/watch play on college campus, phone call or email.
- Dead Period- Can't have face to face contact or watch athlete, they may call or email athlete or parents.
- Official Visit- any visit to the college paid for is official. (transportation, lodging, 3 meals per day)
- Unofficial Visit- any visit paid for by the family is unofficial. (3 tickets to sporting event)
- NLI- National Letter of Intent – Signing/binding on athlete – D I or D II schools



Important Dates to Remember:

- D1- Can't contact or send you information until September 1st of Junior Year
- D2- Can send you information anytime starting Junior year. Official Visits-June 15th Junior Year
- D3- Can contact you and send information at anytime. Official Visits- not allowed until January 1st of Junior year
- NCCA.org has all calendars (differs for each sport)



Timelines:

- Many different time frames- school to school basis
- When they can recruit vs. when they can respond or contact you.



Be You!

- Differentiate yourself- Try to make yourself stand out
- Coaches love multi-sport athletes
- Highlight films- Include contact information (beginning & end), and good highlight clips. Do not make it too long (max 5 minutes)!
- Keep everything via email.



Academics Come First!

- Academics- Study Hard
- Standardized Testing- ACTs, SATs
- 10th grade and up take tests and more than once if needed
- Early verbal commitments are pending test scores and academic scores
- College coaches need to build a diverse academic class



Eligibility Center

(<https://web3.ncaa.org/ecwr3/>)

- Potential college athletes must register with the NCAA Eligibility Center by the end of junior year.
- Eligibility Center will evaluate your grades, test scores and overall eligibility.
- Students must maintain a **Core GPA** of 2.3 for D1 and 2.2 for D2



Division 1 Full Qualifier Status:

- **NCAA requires students to 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 science.**
- **Student must earn a grade point average of 2.3 and the ACT/SAT score matching their GPA on the Division I sliding scale.**
- **Graduate high school**

Division 1 Core Courses:

- **4 years of English**
- **3 years of Math (Algebra 1 or higher)**
- **2 years of physical/natural science (1 year of lab)**
- **1 year of additional English, math or physical/natural science**
- **2 years of social science**
- **4 years of additional courses (any area above, foreign language or comparative religion/philosophy)**



Division II Full Qualifier Status:

- **Complete 16 core courses.**
- **Earn a core-course GPA of at least 2.2.**
- **Earn an SAT combined score of 820 or an ACT sum score of at least 68.**
- **Graduate high school.**

Division II Partial Qualifier Status:

- **Complete 16 core courses.**
- **The student may earn a core-course GPA of 2.0**
- **Earn an SAT combined score of 900 or an ACT sum score of at least 68.**
- **Graduate High School.**
- ***Partial Qualifier may earn athletic scholarships and practice with the team, but cannot compete during their first year of enrollment.**

Division II Core Courses:

- **3 years of English**
- **2 years of Math (Algebra 1 or higher)**
- **2 years of physical/natural science (1 year of lab)**
- **3 year of additional English, math or physical/natural science**
- **2 years of social science**
- **4 years of additional courses (any area above, foreign language or**
- **comparative religion/philosophy)**



Additional Information:

- Transfers and Decommits- (Have to get released from their school or HS by the athletic department)
- Red Shirt- Some people like to red shirt so they have an extra year of eligibility. (5th year or Grad year)
- Injury- You could lose your athletic scholarship or could keep it. (school to school basis)
- If a coach leaves- If a coach leaves that recruited you, you could lose your offer. It is dependent on the school.
- Academic money and scholarships remain if you keep a good academic standing.



Different Pathways:

- College coaches don't necessarily agree with early commitments, but they have to keep up with surrounding schools.
- Everyone's time frame is different- Do not feel pressure because of other students committing.
- Coaches are on different timeframes- Some have limitations due to academics and admissions.



Resources:

- School Websites
- NCAA Clearinghouse (academic and athletic eligibility for D1 and D2, register freshman/sophomore year)
- [Recruit Look](#)
- [YouVisit](#)
- [Niche](#) (formally known as college prowler)
- [NCAA](#)
- [Recruiting Calendars](#)
- [HS Student Resource Packet](#) (NCAA)
- [North Shore NCAA Handbook](#)



Extra Pointers:

- Go to a game without the coach knowing you are going.
- Always answer and fill out questionnaire coaches send you- they start a file on you and then will refer back to that when you contact them (even if a school, you are not interested in) sends you something you should fill it out, you never know.
- Communication- send emails throughout the year, it's one thing when the coach contacts them but when the student does, it really shows they are interested.
- Game/Practice Behavior- coaches ask about behavior in the stands and on the field
- Social Media- be smart with what you put on the internet



HIGH SCHOOL TIMELINE

9th GRADE REGISTER



- » Start planning now! Take the right courses and earn the best grades possible.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- » Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.

10th GRADE PLAN



- » If you fall behind academically, ask your counselor for help finding approved courses you can take.
- » Monitor the task list in your Eligibility Center account for next steps.
- » If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to a **Certification account**.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

11th GRADE STUDY



- » Check with your counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Ensure your sports participation information is correct in your Eligibility Center account.
- » Take the **SAT/ACT** and submit your scores to the Eligibility Center using code 9999.*
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

12th GRADE GRADUATE



- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- » Take the **SAT/ACT** again, if necessary, and submit your scores to the Eligibility Center using code 9999.*
- » **Reminder:** Only students on an NCAA Division I or II school's **institutional request list** will receive a certification.
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.

Questions?

