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Penn Hills Athletics

COLLEGE RECRUITING INFORMATION

STEPH STRAUSS, ATHLETIC DIRECTOR
412-793-7000 X5206 | SSTRAU@PHSD.K12.PA.US

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College Board- Big Future College Search

Use the College Board website to search for schools by specific criteria important to you such as size of school, location, sports teams, majors, tuition, and diversity:

<https://bigfuture.collegeboard.org/college-search>

CollegeBoard BigFuture

SELECT FILTERS

- Test Scores & Selectivity
- Type of School
- Location
- Campus & Housing
- Majors & Learning Environment
- Sports & Activities
- Academic Credit
- Paying
- Additional Support Programs
- Diversity

You have 3,691 college options. Choose a category on the left to find the right ones for you. We'll help along the way.



NCAA RECRUITING FACTS

College sports create a pathway to opportunity for student-athletes.

480,000
Student-athletes

19,000
Teams

3 Divisions
1 Association

DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.

PARTICIPATION

- 176,000 student-athletes
- 346 colleges and universities

ATHLETICS SCHOLARSHIPS

56 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2014 Graduation Success Rate: 83 percent*

OTHER STATS

Median Undergraduate Enrollment: 9,205
Average Number of Teams per School: 19
Average Percentage of Student Body Participating in Sports: 4 percent
Division I National Championships: 26 (1 out of every 8.5 student-athletes participates)

DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

PARTICIPATION

- 118,800 student-athletes
- 307 colleges and universities

ATHLETICS SCHOLARSHIPS

61 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2014 Academic Success Rate: 71 percent*

OTHER STATS

Median Undergraduate Enrollment: 2,530
Average Number of Teams per School: 15
Average Percentage of Student Body Participating in Sports: 10 percent
Division II National Championships: 25 (1 out of every 7 student-athletes participates)

DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful non-athletics opportunities.

PARTICIPATION

- 187,800 student-athletes
- 439 colleges and universities

FINANCIAL AID

82 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$17,000 on average

ACADEMICS

2014 Academic Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 1,860
Average Number of Teams per School: 18
Average Percentage of Student Body Participating in Sports: 21 percent
Division III National Championships: 28 (1 out of every 10 student-athletes participates)

Want to play NCAA sports? Visit www.NCAA.org/playcollegesports

*Graduation rate for student-athletes, including those who transfer from one school to another.

July 2016



Facts about NCAA sports

Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Divisions I and II schools provide \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 180,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic grant or need-based scholarship.

Do many high school athletes earn athletics scholarships?

Very few, in fact. About 2 percent of high school athletes are awarded some form of athletics scholarship to compete in college.

Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport? While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

Do many NCAA student-athletes go on to play professionally?

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than sports.

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	7,800,000	541,500	429,500	1,083,600	486,600	35,900	432,600
NCAA Student-Athletes	480,000	18,700	16,600	72,800	34,200	4,100	24,500
Percentage Moving from High School to NCAA	6%	3.5%	3.9%	6.7%	7%	11.3%	5.7%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.6%	9.7%	6.6%	1.4%

*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts.

Register with the NCAA Eligibility Center

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

NCAA Eligibility Center

Forgot your password?

Login

Help High School Administrators

WANT TO PLAY COLLEGE SPORTS?

Creating an account is the first step to becoming an NCAA student-athlete

REGISTER

How to register with the NCAA Eligibility Center:

http://fs.ncaa.org/Docs/eligibility_center/Tutorials/How_to_Register.pdf

DIVISION I OR II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Create a Certification Account and we'll guide you through the process.

You need to create a Certification Account to make official visits to Divisions I and II schools or to sign a National Letter of Intent.

[Create an Account](#)

DIVISION III OR UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID, and we will send you important reminders as you complete high school.

[Create a Profile Page](#)

NCAA Eligibility Center Certification/Registration

- You must be certified by the NCAA Eligibility Center to compete at a Division I or II school.
- Before you take an official visit or sign your NLI, you must have a complete Certification account.
- You must be on an NCAA DI or II school's institution request list (IRL) to get a certification.
 - An Institutional Request List (IRL) is a list of college-bound student-athletes an NCAA Division I or II school is interested in recruiting. The action by an NCAA DI or DII school of activating a college-bound student-athlete to their IRL informs the NCAA Eligibility Center of the school's interest in having an academic and amateurism certification decision for the student-athlete.
- Profile Page:
 - You are interested in a Division III school or are not sure in which division you want to compete.
 - There is no registration fee to create a Profile Page account.
 - Transition to a Certification account at any time you wish to pursue a Division I or II path.
- Shared Responsibility: Communicate closely with your high school counselors, coaches, parents/guardians, college compliance office and mentors as you transition to college.

Fees and Fee Waivers

NCAA Eligibility Center: \$90

SAT: \$52 (without the writing test); \$68 (with the writing test); \$30 late fee

ACT: \$55 (without the writing test); \$70 (with the writing test); \$35 late fee

Fee Waivers:

- Email your guidance counselor to see if you qualify. You must have a guidance counselor submit your fee waiver online after you complete your registration (30-day window).
- You are eligible for a NCAA Eligibility Center fee waiver if you have been granted a fee waiver for the SAT or ACT.

NCAA Division I Requirements

- Complete 16 core courses:
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- 10 core courses must be completed before your 7th semester (senior year). Seven of the ten must be in English, math, or natural/physical science. These courses/grades are locked in.
- Earn at least a 2.3 GPA in your core courses (from your best 16 core courses).
- Earn an SAT/ACT score matching your core-course GPA on the Division I sliding scale (2.3 GPA=900 SAT; 2.7 GPA=740 SAT; 3.0 GPA= 620 SAT; 3.5 GPA=420 SAT).

Division I- Sliding Scale

Core GPA	SAT	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50

2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
GPA's Below 2.3 Are Redshirt only		

NCAA Division II Requirements

- Complete 16 core courses:
 - 3 years of English.
 - 2 years of mathematics (Algebra I or higher).
 - 2 years of natural/physical science (1 year of lab if offered by high school).
 - 3 years of additional English, mathematics or natural/physical science.
 - 2 years of social science.
 - 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).
- Earn at least a 2.2 GPA in your core courses (from your best 16 core courses).
- Starting August 1, 2018, Division II will use a sliding scale to match your GPA and test scores (2.2 GPA= 840 SAT; 2.5 GPA= 720 SAT; 2.7 GPA= 640 SAT; 3.0 GPA= 520 SAT) .

Division II- Sliding Scale

NCAA DII Sliding Scale

Use for Division II FULL QUALIFIER After August 1, 2018

Core GPA	SAT	ACT
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48

2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	59
2.450	740	60
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64

2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

NCAA COVID-19 Automatic Waiver for 2021-22 Enrollment

- Students who initially enroll full-time in a collegiate institution during 2021-22 will receive an automatic initial-eligibility waiver in the academic certification process that provides the highest level of relief for which they are eligible.
- Standardized test scores are not required for NCAA Eligibility for students enrolling in college in 2021-22.

COVID-19 Automatic Waiver Criteria—2021-22 Enrollment*		
Alternative Standard	Division I	Division II
Qualifier Athletics aid, practice and competition.	Complete Academic Record: <ul style="list-style-type: none"> • Core-course progression (10/7) before starting 7th semester;** • 16 core-course units in the required subject areas; • ≥ 2.300 core-course GPA; and • Proof of graduation. 	Complete Academic Record: <ul style="list-style-type: none"> • 16 core-course units in the required subject areas; • ≥ 2.200 core-course GPA; and • Proof of graduation.

DIVISION I Academic Status Final Nonqualifier (Covid-19 Automatic Waiver Approved)	Amateur Status Preliminary Certified	DIVISION II Academic Status Final Nonqualifier (Covid-19 Automatic Waiver Approved)	Amateur Status Preliminary Certified
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How to Calculate your NCAA Core GPA

- Request a copy of your unofficial transcript from the Athletic Director (sstrau@phsd.k12.pa.us), Athletics Secretary (kmasca@phsd.k12.pa.us), or your Guidance Counselor.
- Print out the NCAA Division I and Division II Worksheets:
http://fs.ncaa.org/Docs/eligibility_center/DI_and_DII_Worksheet.pdf
- Go through your transcript and highlight your core courses (see next page of this presentation for a full list of the Penn Hills HS approved core courses).
- Start filling in the worksheet by category (English/Math/Science/Social Science/Other) with the classes you have already taken and received a final grade.
- What is the 10/7 column on the Division I Worksheet?
 - 10 core courses must be completed before your 7th semester (before senior year). Seven of the ten must be in English, math, or natural/physical science. These courses/grades are locked in and you cannot try for a better grade or replace those with another course.
 - Check the 10/7 box if the course you inputted meets these criteria.
- If you have more than 16 core courses, the NCAA will accept the courses with your BEST grades.

PHHS- NCAA Approved Core Courses

English:

AP ENGLISH LANGUAGE AND COMP.
 AP ENGLISH LITERATURE
 CONTEMPOARY GLOBAL LIT.
 CREATIVE WRITING
 ENGLISH I; HONORS
 ENGLISH II; HONORS
 ENGLISH III; HONORS
 ENGLISH IV; HONORS
 JOURNALISM I

Math:

ALGEBRA 1A/1B
 ALGEBRA I
 ALGEBRA II; HONORS
 ALGEBRA III
 AP CALCULUS AB/BC
 AP COMPUTER SCIENCE PRINCIPLES
 AP STATISTICS
 GEOMETRY; HONORS
 INTRO TO CALCULUS
 STATISTICS
 TRIG/PRE CALCULUS; HONORS
 STEM CODING 1
 STEM CODING 2
 STEM CODING 3

Social Science:

AP EUROPEAN HISTORY
 AP PSYCHOLOGY
 US HISTORY; AP
 CIVICS; HONORS
 ECONOMICS
 WORLD HISTORY; HONORS; AP
 MODERN US HISTORY
 PSYCHOLOGY I
 PSYCHOLOGY II
 SOCIETAL LAW I
 SOCIETAL LAW II
 SOCIOLOGY
 AF-AM/ETHNIC STUDIES

Additional Core Courses:

FRENCH I, II, III, IV, V (AP)
 GERMAN I, II, III, IV, V (AP)
 SPANISH I, II, III, IV, V (AP)

Natural/Physical Science:

ANATOMY & PHYSIOLOGY
 BIOLOGY; AP; HONORS; ACADEMIC
 PHYSICS; AP; HONORS
 APPLIED CHEMISTRY
 CHEMISTRY; AP; HONORS
 EARTH & SPACE SCIENCE
 SCIENCE IN ENGINEERING
 LIFE SCIENCE
 FORENSIC SCIENCE I

Point Values (1 credit course):

	REGULAR	HONORS	AP
A=	4	4.5	5
B=	3	3.5	4
C=	2	2.5	3
D=	1	1.5	2
E=	0	0.5	1

Recruiting Impacts of COVID-19

- Fall and Winter sport student-athletes who compete during 2020-21 in NCAA Division I, II and III and NAIA will receive both an additional season of competition and an additional year in which to complete it.
 - Seniors who return for an extra season in 2021-22 will not count against those teams' roster/scholarship limits. However, in the years that follow, schools cannot exceed the limit, even though athletes on the team still would be allowed extra eligibility. In those cases, if schools choose to let athletes use their extra season of eligibility, it would effectively take away that scholarship from incoming recruits.
 - Schools self-apply this waiver for eligibility relief, meaning they get to choose whether athletes are allowed the extra season. Some athletic departments will not be able to afford the cost of doing so, particularly given the revenue deficits caused by the pandemic.
- Recruiting Impacts
 - Some colleges/universities may have less scholarship money available to give to incoming freshmen and future classes.
 - Larger roster numbers which means more competition for playing time.
 - Limited on-campus visit opportunities due to COVID travel restrictions, which may make it more difficult to get a feel for campus life.
- Questions to ask college coaches:
 - How many seniors plan to return for an extra year?
 - What does the roster look like in the coming year?

NCAA Resources

NCAA Presentation- Navigating Initial Eligibility During COVID-19:

http://fs.ncaa.org/Docs/eligibility_center/Webinar/PSA/2020/Presentation_11072020.pdf

NCAA Eligibility Center COVID-19 Response FAQs (For Students Initially Enrolling Full Time in the 2021-22 Academic Year)

http://fs.ncaa.org/Docs/eligibility_center/COVID19_Fall2021_Public.pdf

2020-21 Guide for the College-Bound Student-Athlete

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

National Association of Intercollegiate Athletics (NAIA)



- Four-year colleges with athletic scholarships available.
- List of NAIA Schools: <https://www.naia.org/schools/index>
- NAIA COVID Exception: Freshmen in 2021-22 will be eligible solely by achieving a high school GPA of 2.0.
- Current NAIA Student-Athletes: Fall and winter student-athletes will not be charged a season of competition for the 2020-21 academic year.



NAIA Eligibility Center

<https://play.mynaia.org/>

The screenshot shows the NAIA Eligibility Center website. The top navigation bar includes the **PLAYNAIA** logo, the text **ELIGIBILITY CENTER**, a **COVID-19 Information** button, and a **Sign In** button for users who already have an account. The main content area features a blue-tinted background image of a football player in a **VIKINGS** jersey. On the left, the text **READY TO PLAY?** is displayed in large white letters, followed by the message: "When you're ready to take your life and your game to the next level, it's time to register with the NAIA." On the right, a dark registration form titled **Get Access Today** prompts athletes to create an account. The form contains two email address input fields, a **Remember me on this computer** checkbox, and a green **Register Student** button.

National Junior College Athletic Association (NJCAA)



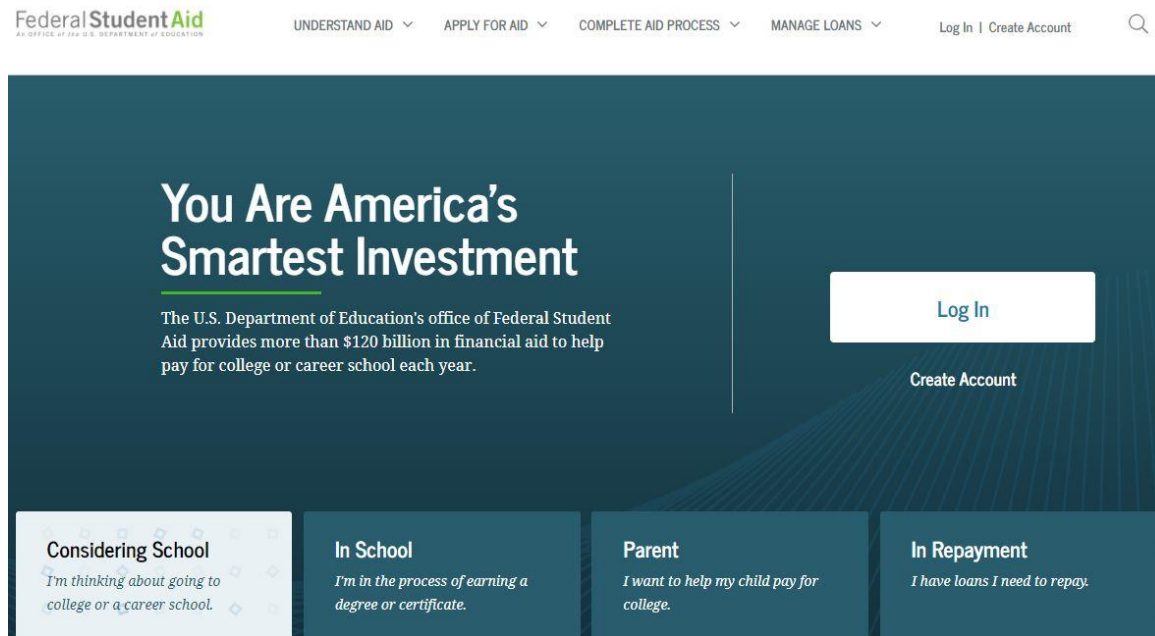
- Two-year colleges that may offer athletic scholarships.
- Reasons to Attend a Junior College (JUCO):
 - Student is a non-qualifier for NCAA and/or NAIA due to academics. Attending a JUCO can help the student become a qualifier after improving academics.
 - Opportunity to compete for playing time as a freshman.
 - Two years at a JUCO could help an athlete get recruited to a higher level; playing at a JUCO can improve exposure to 4-year schools.
 - More affordable option for families and Division 1 JUCOs can provide full scholarships.
 - Time to decide what to study.
- NJCAA Eligibility FAQs: <https://www.njcaa.org/eligibility/faq>

FAFSA- Free Application for Federal Student Aid

Current high school seniors must complete their FAFSA between October 1st and June 30th

Complete your FAFSA today:

<https://studentaid.gov/>



The screenshot shows the Federal Student Aid website homepage. At the top, there is a navigation bar with the following links: UNDERSTAND AID, APPLY FOR AID, COMPLETE AID PROCESS, and MANAGE LOANS. There are also links for Log In and Create Account. The main heading reads "You Are America's Smartest Investment". Below this, a paragraph states: "The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in financial aid to help pay for college or career school each year." To the right of this text are buttons for "Log In" and "Create Account". At the bottom, there are four categories: "Considering School" (I'm thinking about going to college or a career school), "In School" (I'm in the process of earning a degree or certificate), "Parent" (I want to help my child pay for college), and "In Repayment" (I have loans I need to repay).



The screenshot shows a video player interface. The video content is a grid of four colored boxes with white text: "HOW TO FILL OUT THE FAFSA" (green), "AFTER YOU'VE COMPLETED THE FAFSA" (orange), "TYPES OF FEDERAL STUDENT AID" (red), and "RESPONSIBLE BORROWING" (dark green). Below the grid is the Federal Student Aid logo and the text "PROUD SPONSOR of the AMERICAN MIND™". At the bottom of the video player, there is a progress bar showing 2:31 / 2:32 and various control icons.

What is the FAFSA?

<https://www.youtube.com/watch?v=4bADwBi8T-4>

What do college coaches ask your coach or athletic director?

#1: How good is he/she? Is he/she good enough to play for us?

- Coaches will watch your film or see you play to figure that out too.

#2: What are his/her grades? GPA? Any Ds on the report card?

#3: Have they taken the SAT/ACT? If so, what is their score?

#4: What kind of kid is he/she?

#5: How many absences and tardies do they have? What is their behavior like in school and on your team?

Recruiting Checklist

- Create an email account (free).
- Create a highlight video. Upload highlights and full game film to YouTube (free).
- Register with the NCAA Eligibility Center.
- Do research on colleges through the College Board website. Make a list of 10 schools you are interested in.
 - 2 Dream/Reach Schools
 - 3 Ambitious/Challenging Schools
 - 5 Realistic Schools
- Email/message/call the coaches from your top 10 schools.
- Go on visits! Set-up a meeting with the coach on campus, if possible.
- Narrow your list to 3-5 schools. Go on a second visit; overnight if possible.
- Communicate with your HS coach about where you are looking.
 - Ask your coach to make phone calls on your behalf after you have a list of Top 5 schools.
- Do the recruiting work yourself...not your parents! Coaches will be impressed by you.
- Be wary of paying for any recruiting services. Many college coaches will delete emails from recruiting services.

Highlight Video Tips

- Make the first 30 seconds your best plays- catch the coach's attention.
- Make it easy for coaches to figure out who you are in the video. Use an arrow, spotlight or circle around you before the play begins so they know who to watch.
- Make it short and sweet. Coach don't have a lot of time and will only watch for a minute or two.
- Include your contact info, jersey number, high school name, academic info and social media handles at the beginning of the video.
- Don't include stats or photos in the video. It's a waste of time. Coaches want to see you play.
- Include a variety of movements, plays, and situations.
- Show effort plays. Coaches want to see what you do when you don't have the ball too.
- Include the video link on your social media pages and profile page if you have one.

Recruiting Timeline

▪ FRESHMAN YEAR

- Get good grades. Colleges will look at your transcript from 9th grade on.
- Play more than one sport. College coaches love multi-sport athletes.
- Start your activities, achievements and awards resume.

▪ SOPHOMORE YEAR

- Keep your grades up. Take the PSAT (Practice SAT).
- Go to college or prospect camps in the summer to start getting noticed by coaches.
- Play for a travel team, if possible.
- Start doing some college research.
- Add to your resume.

▪ JUNIOR YEAR

- Take the SAT or ACT.
- Contact coaches to let them know you are interested.
- Go on college visits.
- Attend summer camps at your top schools.
- Register with the NCAA Eligibility Center.
- Update your resume.

▪ SENIOR YEAR

- Take the SAT or ACT again.
- Go on official/overnight visits at your top schools.
- Parents- Submit the FAFSA.
- Get good grades. They matter all the way to the end.

Sample Email to a College Coach

- Greeting
 - Introduce yourself
 - Insert something about the school. Show you did your research.
 - What is your goal?
 - Question
 - Video Links
 - Contact information
- Hi Coach Smith,
- My name is Jaden Johnson and I am a junior setter on the girls volleyball team at Penn Hills High School in Pittsburgh, PA. I currently have a 3.5 GPA and earned a 1050 on my SAT.
- Congratulations on a winning season and making it to playoffs. I was really impressed by your match against North University that I watched online.
- My goal is to compete for a championship at the college level and am willing to put in the work to make that a reality. I would love to have the opportunity to compete for a spot on your team as well.
- Are you still recruiting setters for your team in the class of 2022?
- Here is a link to my highlight video: youtube.com/highlights
- Here is a link to my complete game video: youtube.com/game
- My cell phone number is 412-999-9999 and my email is 2022recruit@gmail.com.
- I look forward to hearing from you soon.
- Go Tigers!
- Jaden Johnson '19
412-999-9999
2022recruit@gmail.com

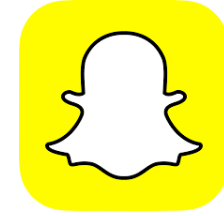
Are you ready to answer these questions from a college coach?

- What is your ideal timeline for making a decision on a college?
- What factors are most important to you when you are making your decision? (size of school, distance from home, academics, student life, location of school (rural/city/town), athletics)
- Why do you play [your sport]?
- What are your strengths? What have you been working on in practice?
- What are your goals for college (athletically and academically)?
- What interests you academically? What do you want to major in?
- What is your GPA? What did you get on the SAT and/or ACT?
- What do you do in your free time? Who do you hang out with?
- What do you like most about [the school you are visiting]? What do you like the least?
- Why are you a good fit for [the school you are talking to]? Why should I offer you a spot/scholarship?
- What questions do you have for me?

Questions to Ask on a Visit/Phone Call

- Where do I stand on your recruiting list? How many people are you recruiting in my position?
- What are your expectations in the off-season? Are there obligations in the summer?
- What are practices like? What is your coaching style?
- What resources are available if I need help academically?
- What does a typical day in the life of a student-athlete on your team in-season? Off- season?
- Does the whole team travel to away games? How does the team travel? How much class is missed?
- What is your philosophy on playing freshmen?
- Where do you see me fitting into the program in my first year? What about years 2, 3, and 4?
- Why do you coach here?
- What's the hardest part about coaching here?
- What kind of players succeed here?
- What expenses are covered by the financial aid or scholarship? What am I responsible for? Can I have a part-time job?
- What happens next? Is there anything else you need from me?

Social Media



DO'S

- Clean-up old posts.
- Market yourself- every post reflects your personal brand.
- Post highlight videos.
- Direct message coaches.
- Share team and individual success.

- ✓ Coaches will look at your social media accounts to evaluate you for their team.
- ✓ Kids have had scholarships taken away due to behavior on social media.
- ✓ If you retweet it or share it, you own it.
- ✓ Nothing is truly private, ever.

DON'TS

- Profanity.
- Inappropriate photos or comments.
- Negative comments about your team.
- Think: Are you ok with this post going viral?
- What you don't say can't be held against you.

Recruiting Calendar

Recruiting calendars help promote the well-being of prospective student athletes and coaches and ensure competitive equity by defining certain time periods in which recruiting may or may not occur in a particular sport.

- **Contact Period-** A college coach may have face-to-face contact, watch you play, visit your high school, write you (emails/letters/texts/direct messages), and call you and your parents.
- **Evaluation Period-** A college coach may watch you play, visit your high school, write or call you and your parents. A college coach may NOT have face-to-face contact with you or your parents off of the college's campus.
- **Quiet Period-** A college coach may only have face-to-face contact with you and your parents on the college's campus. A coach may NOT watch you play or visit your high school. They may write or call you or your parents during this time.
- **Dead Period-** A college coach may NOT have face-to-face contact with you or your parents, may NOT watch you compete and may NOT visit your high school. Coaches may write or call you or your parents.

To see your sport's recruiting calendar visit: <http://www.ncaa.org/student-athletes/resources/recruiting-calendars/division-i-and-ii-recruiting-calendars>

Unofficial vs. Official Visits

UNOFFICIAL

- All expenses related to the visit are paid for by the student-athlete or their parent/guardian (transportation, meals, and lodging).
 - The only expense the college may cover during an unofficial visit are 3 tickets to a home sporting event.
- You may make as many unofficial visits as you want.
- You may start going on unofficial visits at any age.

OFFICIAL

- Expenses are paid for by the college:
 - Transportation to and from the college for the student-athlete only
 - Lodging for the student-athlete and their parent/guardian
 - 3 meals per day for the student-athlete and their parent/guardian
 - Reasonable entertainment expenses including 3 tickets to a home sporting event
- You may make up to 5 NCAA official visits (only 1 per college) during your senior year.

Commitments

- Verbal Commitment
 - Commitment to a school before he or she signs (or is able to sign).
 - Can be announced at any time.
 - NOT binding for the student-athlete or the college/university. Either side can change their mind.
- National Letter of Intent (NLI)
 - When a student-athlete agrees to attend a Division I or II college or university for one academic year.
 - The college/university agrees to provide athletic financial aid (scholarship) 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.
 - Signing a National Letter of Intent ends the recruiting process. No other schools are allowed to recruit you after you have signed.
 - A student-athlete who has signed the NLI may request a release from his or her contract with the school.
 - If you sign with one school but attend another, you will lost one full year of eligibility and must complete a full academic year at the new school before being eligible to compete.
 - A college coach cannot be present when you sign an NLI off-campus.

Tips for Success

- Be proactive. You are in charge of your own destiny. Don't wait for coaches to come to you. You need to reach out to the schools you are interested in.
- Recruiting is not your coaches' or parents' responsibility. It is not their job to get you recruited. It is YOUR job as a student-athlete to put in the recruiting work and get your name out there.
- Do your research. Ask lots of questions. Go on visits.
- Would you still like the school if the coach left or if you couldn't play your sport anymore?
- When making a decision, take your time and trust your gut. You are the one who will be at college for four years (not your parents/coaches).
- Enjoy the process!