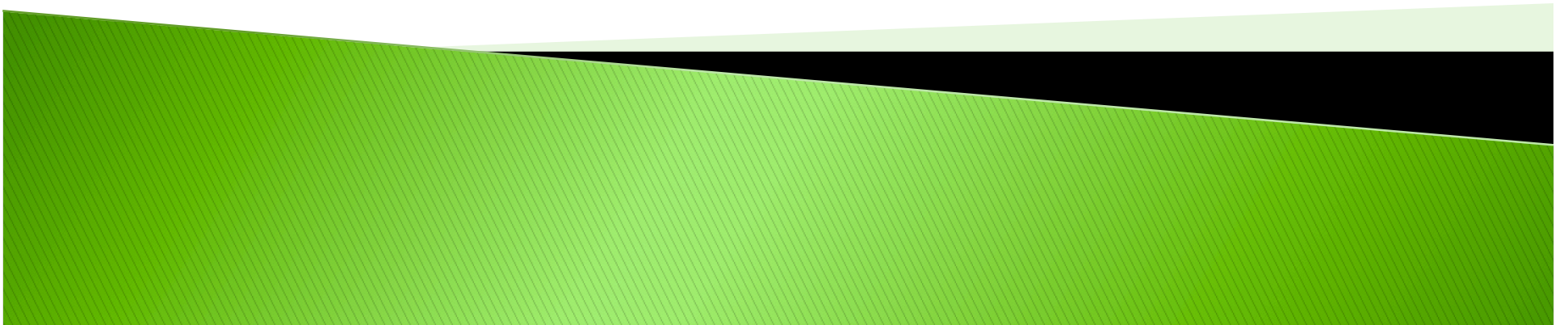


# Recruiting 101

Sunday, January 18, 2015



# What should you be doing now?

## ► Freshman Year

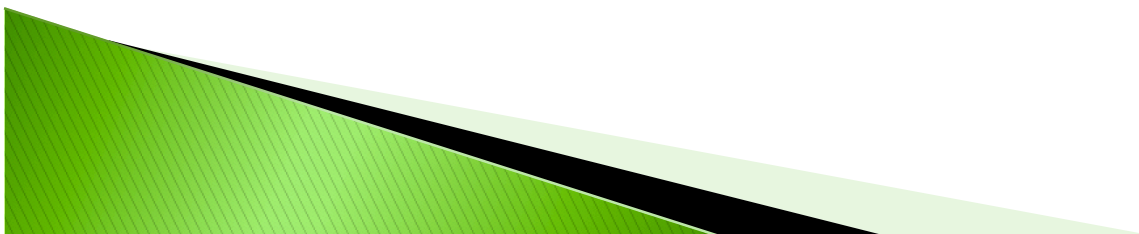
- Make list of interests
  - Major/ Career
  - Size
  - Location
  - Level of competition
- Visit campuses
  - Tag along with your older siblings
  - Go to camps
  - Visit local schools that fit your interests

## ○ Academics (Lacey)

- Do well in school
- Take rigorous courses
- Take all required courses
- Get help if you need it

## ○ Athletics

- Think about Divisions
- Commitment levels
- Time commitment
- Email coaches (once the academic year has begun)



# What should you be doing now?

## ► Sophomore Year

- Make a list
  - Re-evaluate/ update your list
- Continue visiting campuses
  - Have your interests changed?
  - Look at different schools
  - Go to camps

## ◦ Athletics

- Evaluate your level of commitment
  - Think about other sports
  - Contact coaches
  - Use your resources–  
CheckHers coach, HS coach,  
Parents, Guidance Counselors
- Some players will verbally commit the summer between the freshmen and sophomore years– others will do so during the academic year



# What should you be doing now?

## ► Junior Year

### ◦ Lists

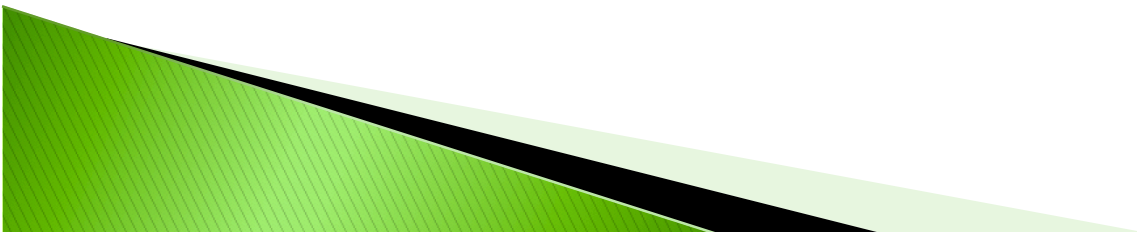
- Should be narrowed down at this point
- Continue to look if you are not satisfied
- Focus on interests

### ◦ Visits

- Take visits early if you have not already done so

### ◦ Athletics

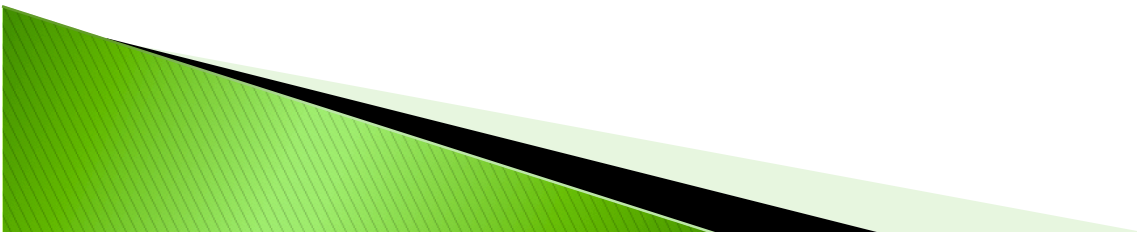
- Some may be committed by this point
- There is a school for everyone
- Walking on versus being recruited
- School versus lacrosse
- Stay in touch with coaches



# What should you be doing now?

## ► Senior Year

- The process is almost done
- Complete applications
- Stay in touch with coaches
- Do well in school
- Work hard in season and out of season
- Play in summer leagues

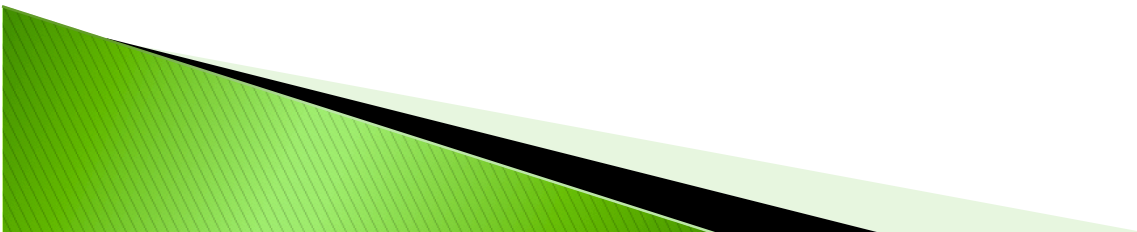


# NCAA Divisions (in a nutshell)

## ► Division I

- Offers at least seven sports for each gender– or six for men and eight for women
- Offers two team sports for each gender
- Have each gender represented in every season
- Offers a certain number of “financial awards” to students athletes without exceeding the allotted amount
- Meets attendance requirements for basketball and football

*Found at [ncaa.com](http://ncaa.com)*

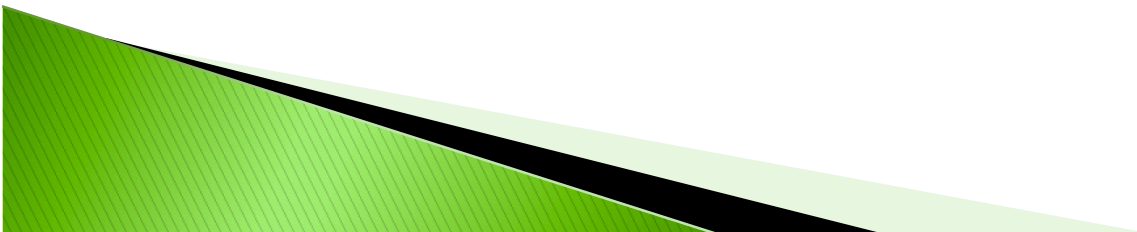


# NCAA Divisions (continued)

## ► Division II

- Offers at least five sports for men and women– or four for men and six for women
- Offers two team sports for each gender
- Have both male and female teams or participants in each season
- Have the minimum number of contests per sport

*Found on NCAA.com*

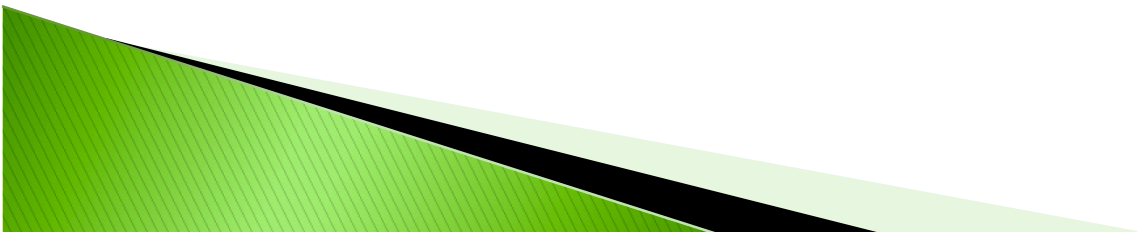


# NCAA Divisions (cont.)

## ► Division III

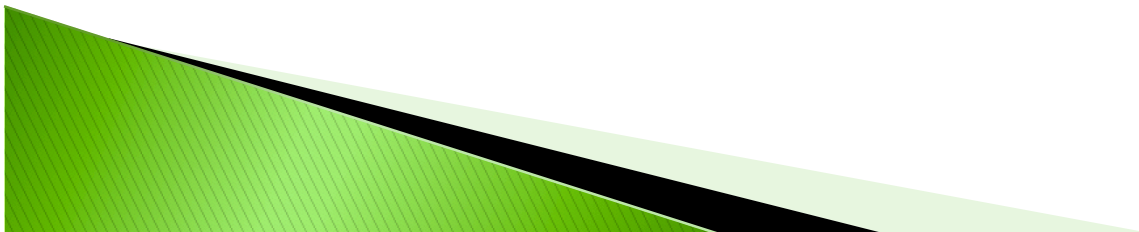
- Offers at least five sports for each gender
- Offers two team sports for each gender
- Have both male and female sports in each season
- NO ATHLETIC RELATED FINANCIAL AID

*Found on NCAA.com*



# Who decides the division?

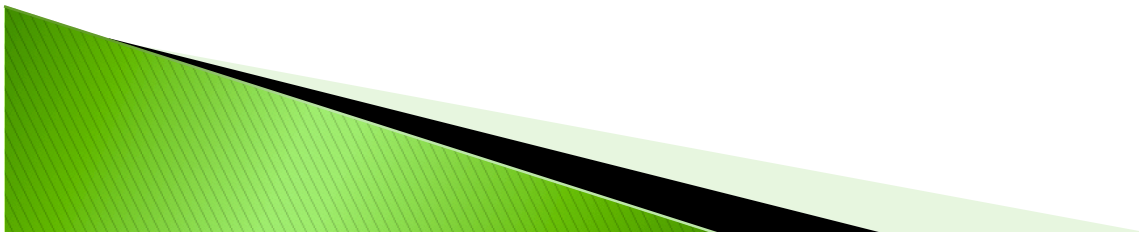
- ▶ Each school decides what division they want to be by determining how much money they would like to allocate towards athletics and financial aid related to athletics.
- ▶ Fan support is also a determining factor.
- ▶ Each school must meet the requirements set forth every year.



# Recruiting Timetables DI (by NCAA rules)

## SOPHOMORE YEAR

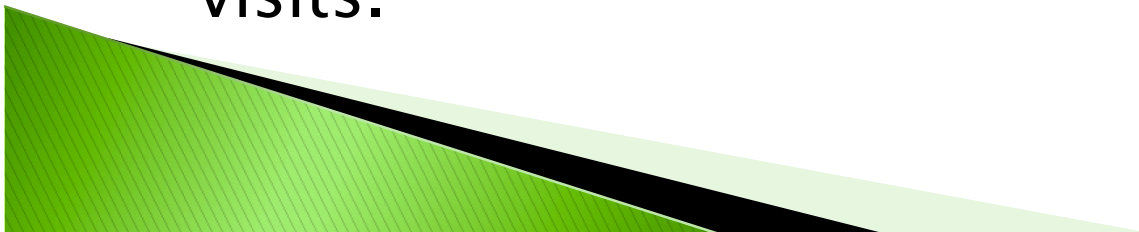
- ▶ You may receive brochures for camps and questionnaires.
- ▶ You may make calls to the coach at your expense only, college coach cannot call you.
- ▶ No off campus contact allowed
- ▶ No official visits allowed
- ▶ You may make an unlimited number of unofficial visits.



# Recruiting Timetables DI (by NCAA rules)

## JUNIOR YEAR

- ▶ You may receive brochures for camps and questionnaires– recruiting materials may be distributed after 9/1 of your JR year.
- ▶ You may make calls to the coach at your expense only, the coach may call you AFTER 9/1 of your JR year
- ▶ Off campus contact is allowed AFTER 7/1 of your Junior year
- ▶ Official visits are not allowed
- ▶ You may make an unlimited number of unofficial visits.



# Recruiting Timetables DI (by NCAA rules)

## SENIOR YEAR

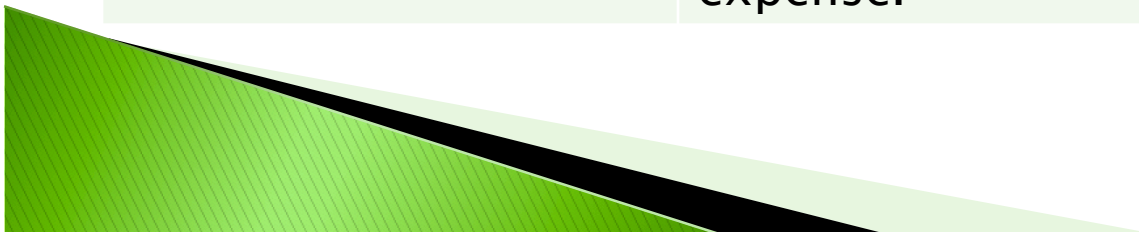
- ▶ All materials may be sent to athletes
- ▶ You may make calls to the coach at your expense, coaches may call once per week starting August 1, or unlimited once an official decision has been made
- ▶ Off campus contact is allowed (up to 3 times)
- ▶ Official visits are allowed (maximum of 5/ 1 per school)
- ▶ You may make an unlimited number of unofficial visits.



# Recruiting Timetables DII/III (by NCAA rules)

\*This information can be found on NCAA.org in the CBSA handbook\*

	Division II	Division III
Recruiting Materials	A coach may begin sending you printed recruiting materials June 15 before your junior year in high school.	You may receive printed materials any time.
Telephone Calls	No limit on number of calls by college coach beginning June 15 before your junior year. You may make calls to the coach at your expense.	<ul style="list-style-type: none"><li>• No limit on number of calls or when they can be made by the college coach.</li><li>• You may make calls to the coach at your expense.</li></ul>



# Division II/III

## ► Off Campus Contacts

### ◦ Division II

- A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year.
- No limit on number of contacts off campus.

### ◦ Division III

- A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.



# Division II/III

## ► Unofficial Visits

- You may make an unlimited number of unofficial visits any time at both divisions.

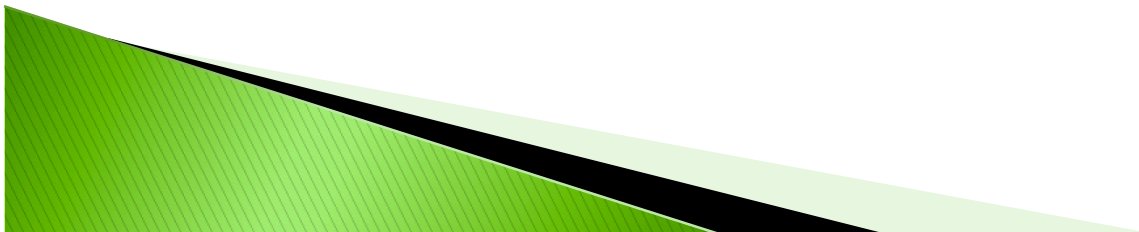
## ► Official Visits

### ◦ Division II

- You may make official visits starting June 15 before your Junior Year.
- You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.

### ◦ Division III

- You may make official visits starting the opening day of classes your senior year.
- You may make only one official visit per college.



# Timeline: A Coach's Perspective

## ► Verbal Commitments

- Happening as early as freshmen year, in some cases
- Top DI schools “finished” earlier and earlier each year
- Top DII/DIII schools “finished” by beginning of summer prior to senior year

## ► Commitment

- National Letter of Intent– Senior Year
- Early Decision
- Deposit



# Resources

- ▶ Coaches
- ▶ Counselors
- ▶ Parents
- ▶ NCAA.com
- ▶ NCAA Eligibility Center

