



# RECRUITING INFORMATION

## DO YOU WANT TO PLAY at the COLLEGIATE LEVEL?

### IMPORTANT TIPS & INFORMATION:

- 1) **Plan early academic achievement is important** in your recruiting journey! It starts with your freshman year!  
**Keep your GRADES UP!**
  - a. **Academic eligibility is one of the most important aspects of the recruiting process** and can be overlooked by families who aren't sure how to get recruited. There are different eligibility requirements for NCAA, NAIA and JUCO schools—and each school will also have its own entrance requirements—so it's crucial to actively work to maintain your grades. A great GPA and/or standardized test score can be the difference-maker between you and another recruit.
  - b. Understand eligibility requirements for the division that you have set as a goal.
  - c. **DI and DII use a “CORE-GPA” to determine eligibility that is different from a cumulative GPA.**
  - d. How is the NCAA Core GPA Calculated? The NCAA Eligibility Center calculates GPAs using the 4.000 scale: A=4; B=3; C=2; D=1. To determine points earned for each course, multiply the numeric grade value (4, 3, 2 or 1) by the amount of credit earned. A semester is awarded 0.50 unit of credit. In other words, you gain “quality points” off your numeric grade +/- do not count! For example, grades B+, B, B- are all worth 3 quality points each. Example: An A grade (4 points) for a semester course (0.50 unites): 4 points 0.50 unites = 2.00 total quality points. Calculate the Overall Grade-Point Average: To calculate the estimated core-course grade-point average, divide the total number of points for all core courses by the total number of core-course units completed. Note: The best grades from a student's NCAA courses will be used to satisfy the core-course requirements.
  - e. **Engage your school counselors to make sure that you are on track for eligibility!** They can assist you with your “Core-GPA” calculation they have software that calculates this and can do some predictions as well.
  - f. Understand the NCAA sliding scale for eligibility and how your “CORE-GPA” and your SAT/ACT scores are used on sliding scale.
- 2) Understand the recruiting rules and calendar establish by NCAA. Understand “official” and “un-official” visit rules.
- 3) Build a list of colleges of interest.
- 4) Reach out to College Coaches!
- 5) Attend camps, combines, and showcases to gain exposure!
- 6) Create free recruiting profiles.
- 7) Capture video footage and highlights from high school and club!
- 8) Are you ready for the commitment? Gauge your talent level to help you decide the level you want to compete.
- 9) Athletic scholarships do your research not everyone gets a full-ride!

- 10) **Don't get discouraged every journey is different and there are ups & downs during the entire process. It's important to find the right fit!** There are great options at all different division levels! Each division has its pros & cons and you must figure out what the best fit would be for you.
- 11) **Learn about the different division levels!** Once you've determined your level of interest, talent and expectations surrounding college athletics, it's important to consider the various division levels available to compete in
- a. NCAA Division I – competitive, travel extensively, scholarships available
  - b. NCAA Division II – competitive and scholarships are offered at this level
  - c. NCAA Division III – no athletic scholarships are offered for DIII student-athletes but there are many other forms of financial aid, academic scholarships is the most common.
  - d. NAIA – small community than the NCAA – the NAIA is a great option for student-athletes who love their sport but are looking for a smaller or private college, or a specific major
  - e. NJCAA – Junior College (JUCO) is an outstanding option for the student-athlete looking to get a sense of what college athletics are like at a two-year institution before transferring to four-year college. Many students compete at JUCO because they are working on their eligibility or saving money and later transfer to a D1, DII to continue playing as a student-athlete.
- 12) **Manage your Recruiting Process – Communicate! Communicate! Communicate** with college coaches on your target schools! Send highlight and skill videos every couple of months! Use your high school coach, club director/coaches to help you navigate the process.
- 13) **You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school.** Create a Certification Account at [www.ncaa.org](http://www.ncaa.org)
- 14) **Resources are AVAILABLE! Be sure to check out some of these websites for great information!**
- a. [www.ncasports.org/recruiting/how-to-get-recruited](http://www.ncasports.org/recruiting/how-to-get-recruited)
  - b. [www.ncaa.org](http://www.ncaa.org)
  - c. [www.ncaa.org/student-athletes/future](http://www.ncaa.org/student-athletes/future)
  - d. [www.ncaa.org/student-athletes/future/educational-resources](http://www.ncaa.org/student-athletes/future/educational-resources)
  - e. NCAA eligibility publication (40-page document) with great information located at [www.ncaapublications.com/productdownloads/CBSA19.pdf](http://www.ncaapublications.com/productdownloads/CBSA19.pdf)
  - f. [www.naia.org](http://www.naia.org)