

## Recruitment Information

To begin with, this document is provided as informational only and is not meant to supersede or circumvent any other information you may already have.

There are five different levels of college sports in America (DI, DII, DIII, NAIA, and JUCO) and four different governing bodies. Part of the decision to become a college athlete must include which level you can/should play at. Approximately 7% of high school student-athletes continue on to compete at the collegiate level, even fewer of those receive a scholarship, and even fewer of those will end up playing at a Division 1 school.

- The NCAA (National Collegiate Athletic Association) offers competition in 24 different sports throughout 102 different conferences in three different divisions. [Division I](#) has over 350 schools, generally offers the most money in scholarships overall, and has the biggest spotlight on their competitions. [Division II](#) has about 300 schools, offers less money in scholarships overall, but still offers very competitive sports. [Division III](#) has the most schools at well over 400, still offer very competitive contests, but they are unique in that they do not offer any athletic scholarships.
- The [NAIA](#) (National Association of Intercollegiate Athletics) offers competition in one division for smaller colleges and universities. They have over 250 schools competing in 16 different sports throughout 21 different conferences.
- California has its own Junior College governing body, the [CCCCAA](#) (California Community College Athletic Association). It offers sports 15 different sports over 12 different conferences. [Here is an article highlighting the 10 benefits of choosing a JUCO as an athlete.](#)
- The [NJCAA](#) (National Junior College Athletic Association) has 17 different sports in 24 different conferences across the country in three different divisions, but none in California.

There are things that you can and should do to help get your information out to college coaches though, if you decide to pursue athletics in college.

1. Understand that getting recruited is your responsibility.
  - a. Begin by carefully reading the Guide for College Bound Student Athletes. This has all the information you will need concerning the path to playing college sports at a NCAA institution:

[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf)

- b. Many families assume that their coach or athletic director is responsible for their student-athlete recruitment, however, that is not accurate. Your coach and athletic director can help you with the process, but ultimately the responsibility lies with you.

- c. You are responsible for researching and evaluating schools, contacting college coaches, visiting schools, and making decisions along the way.
- 2. Do your research.
  - a. Now that you know the process is your responsibility, it is important to be proactive and research as many schools as possible.
  - b. Success in recruiting is about matching up your academic talents, athletic talents, and desires with a given college program. The families that come the closest to finding a match are the ones who usually have the best success in the recruitment process.
  - c. There are over 1500 colleges and universities with athletics, most of which you may never have heard of. Here are some links to help you access these lists:
    - i. NCAA: <https://www.ncaa.org/about/who-we-are/search-school>
    - ii. NAIA: <https://www.naia.org/schools/index>
    - iii. CCCAA: <https://ccleague.org/college-search>
    - iv. JCAAA: Use Wikipedia
- 3. Don't be influenced by what other people think.
  - a. Many student-athletes put themselves in a position to fail by simply following the herd and applying to well-known, popular schools.
  - b. Instead, find the right "fit" for you as far as your academics, athletics, social, and financial considerations.
- 4. Stay realistic.
  - a. Start by assuming your emotions, financial investment, and time invested will affect your judgement while you search for a potential college.
  - b. Most coaches have a very limited amount of money for their team.
  - c. There is much more money in the form of grants, merit aid, outside scholarships, institutional aid, and federal financial aid than there is athletic scholarship money. You should definitely explore your options at all programs at all levels, and not focus your search solely on an athletic scholarship.
  - d. Seek out people (like your coaches) that can give you a realistic evaluation of your abilities and how it applies to the different college levels.
  - e. Ultimately, every college coach has their own agenda in regards to their needs for that particular class and only they can determine whether or not you can play for them.
- 5. Create a profile for yourself.
  - a. Create a player profile you can send out to schools that serve as a resume for your sports career thus far.
- 6. Create a recruiting video.
  - a. From sophomore to junior year, create your skills/game recruiting video.
  - b. Your video should be comprised of a number of sections (chapters) as follows:
    - i. Brief introduction of 5-10 seconds introducing yourself

- ii. Include vital information such as name, jersey number, club, GPA, SAT, desired major, etc.
    - iii. Skills section (the number of these vary by sport and position). Put your best examples first!!
    - iv. Brief portion of continuous game footage- preferably one of your best games.
    - v. The entire length of the video should be less than 15 minutes.
  - c. Utilize YouTube or other online database to host your own channel for all of your videos. Make sure that your best stuff is first in the videos. Include the link to your channel in your profile to send out to coaches.
7. Determine your own “fit”
- a. During your late sophomore or early junior year, players and parents should start to dialogue about college choices, developing criteria. Develop your own questions, but here are some starters:
    - i. What do you want out of college?
    - ii. What is important to you about attending college?
    - iii. What is your possible major/profession?
      - 1. What is the school’s academic reputation?
      - 2. Degree programs
      - 3. Expected course load
      - 4. Resources to student-athletes
    - iv. Does location matter?
      - 1. Climate
      - 2. Distance from home
      - 3. Access to resources
    - v. What campus features are important to you?
      - 1. Size
      - 2. Type: Public/Private
      - 3. Safety
      - 4. Layout of campus
      - 5. Facilities
      - 6. Amenities
    - vi. How important is playing your sport?
      - 1. Does the history of the program, their rankings, playoff berths, reputation, conference, and/or training time make a difference to your decision?
    - vii. How important is playing time?
    - viii. Which level is the best fit for my athletic abilities?

**Although Excelsior Charter School does not advocate for any one program in particular, nor do we encourage students to pay for a recruitment program, there are several available, and the NSCA offers a wealth of information online regarding recruitment at their website:**

<https://www.ncsasports.org/recruiting>

## **RECRUITING TERMS & DEFINITIONS**

Unless specifically stated otherwise, these terms and definitions apply to the NCAA.

### **1. [NCAA Eligibility Center](#):**

- The NCAA Eligibility Center is an organization that works with the NCAA to determine a student's eligibility for athletics participation in his or her first year of college enrollment.
- Students who want to participate in NCAA sports during their first year of enrollment in college must register with the Eligibility Center.
- The Eligibility Center evaluates your academic record to determine if you are eligible to practice and/or compete in the NCAA as a freshman student-athlete.
- Meeting the NCAA initial eligibility standards does not guarantee your admission into a college. You must still apply for admission.

### **2. [NAIA Eligibility Center](#):**

- The NAIA Eligibility Center is an organization that works with the NAIA to determine a student's eligibility for athletics participation in his or her first year of college enrollment.
- Students who want to participate in NAIA sports during their first year of enrollment in college must register with the Eligibility Center.
- The Eligibility Center evaluates your academic record to determine if you are eligible to practice and/or compete in the NAIA as a freshman student-athlete.
- Meeting the NAIA initial eligibility standards does not guarantee your admission into a college. You must still apply for admission.

### **3. Contact:**

- A contact occurs any time a college coach has any face-to-face contact with you or your parents off the college's campus and says more than hello.
- A contact also occurs if a college coach has any contact with you or your parents at your high school or any location where you are competing or practicing.
- The NAIA does not regulate the contact between a coach and a current high school athlete.

### **4. Contact period:**

- During a contact period, a college coach may have in-person contact with you and/or your parents on or off the college's campus.
- The coach may watch you play or visit your high school.
- You and your parents may visit a college campus and the coach may write and telephone you during this period.

- The NAIA does not regulate the contact between a coach and a current high school athlete.

#### 5. Telephone Calls:

- In all sports other than football and basketball, telephone calls from faculty members and coaches can take place on or after the following dates:
- NCAA D1 & D2: College coaches can place 1 call per week starting June 15th after completion of your sophomore year
- NCAA D3: Unlike D1 and D2, NCAA D3 coaches have no restrictions as to when a D3 coach can call a prospect in high school.
- NOTE: Regardless of grade, coaches may receive calls from students who are paying for the call at ANY TIME. However, if a message is left, the coach cannot return the call until the proper time
- The NAIA does not regulate the contact between a coach and a current high school athlete.

#### 6. Dead Period:

- The college coach may not have any in-person contact with you or your parents at any time in the dead period.
- The coach may write and telephone you or your parents during this time.

#### 7. Official Visit:

- An official visit is any visit to a college campus by you and your parents paid for by the college.
- You are allowed five official visits to different schools of your choice (provided the school has invited you).
- Official visits cannot exceed 48 hours
- The college may pay the following expenses:
  - Your transportation to and from the college
  - Room and meals (three per day) while you are visiting the college
  - Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.
- Division 2 - The same rules apply for official visits for D2 schools. Regardless of the division classification of the schools you visit, you are allowed five total official visits at the NCAA DI and D2 level.
- Division 3- While you can only make one per school, you can visit as many schools as you would like, as the limit of 5 does not apply for D3 schools

#### 8. Prospective Student-Athlete (PSA):

- You become a "prospective student-athlete" when you start ninth-grade classes.

#### 9. Quiet Period:

- During the quiet period, a college coach may not have any in-person contact with you or your parents off the college's campus.
- The coach may not watch you play or visit your high school during this period.
- You and your parents may visit a college campus during this time.

- A coach may write or telephone you or your parents during this time.

#### 10. Unofficial Visit:

- Any visit by you and your parents to a college campus paid for by you or your parents is an unofficial visit.
- The only expense you may receive from the college is three complimentary admissions to a home athletics contest.
- You may make as many unofficial visits as you like and may take those visits at any time.
- The only time you cannot talk with a coach during an unofficial visit is during a dead period.

#### 11. National Letter of Intent (NLI):

- The NLI or National Letter of Intent is a legally binding document that a high school athlete signs with a school.
- It signifies the award of athletic scholarship money for one year.
- It is used at all NCAA DI and some NCAA D2 institutions.

#### 12. Redshirt:

- Redshirt is a term used to describe a student-athlete who does not compete in athletic competition.
- A redshirt may practice and travel with the team.

#### 13. Free Application for Federal Student-Aid (FAFSA):

- Free Application for Federal Student-Aid is the form you fill out that determines your EFC, and colleges use this to calculate and award need-based financial aid.

#### 14. Expected Family Contribution (EFC):

- Expected Family Contribution is the amount of money a college expects you to contribute to your education based on your FAFSA application.
- Your EFC is the same for the year it's calculated in regardless of what school you are applying to. Ex: if your EFC is \$10,000 and the cost of attendance to XYZ University is \$20,000, then you will be eligible for \$10,000 in federal financial aid funds from that campus.