

King School College Athletics Night

Tuesday, March 7, 2023

Zoom Webinar 7:00-8:30 p.m.

Moderated by:

Micah Hauben

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AGENDA

- 7:00 p.m. Welcome and Overview of Program
- 7:20 p.m. Panelist Introductions
- 7:40 p.m. Main Topics
- 8:05 p.m. Question and Answer Session
- 8:30 p.m. Wrap Up

SPECIAL GUEST PRESENTERS

Caylee Waters

USA Lacrosse Women's Lacrosse Team Member and UNC National Champion Goalie, former Stanford University Women's Lacrosse Assistant Coach

Andrew Brown

Head Coach, New York University Women's Volleyball

Julian Passman

Graduate Assistant Coach, Columbia University Men's Basketball, former Dickinson College Men's Basketball Student Assistant

Sarah Hammoud (*King Class of 2021*)

Boston College Women's Crew Athlete

Grady Boruchin (*King Class of 2019*)

Muhlenberg College Football Player

MAIN TOPICS

- Differences between NCAA Division 1, 2, and 3 Athletics
- NCAA Contact Rules and Regulations
- Athletic Scholarships
- A Day in the Life of the Student-Athlete
- Guiding Philosophies and Principles

Please visit our [Pursuing College Athletics page](#) on the King website for more information and for a recording of tonight's presentation.

Please also make sure to review the [NCAA Guide for the College-Bound Student-Athlete](#).



KING
SCHOOL

King School College Athletics Night

Things to think about and steps to take in the college athletics/recruiting process...

- Corresponding with Coaches – Around freshman or sophomore year depending on your sport, you will want to start corresponding with coaches. To do that you will need to:
 - Create a target list of roughly 20 colleges that are in line with your ability
 - **Self-assessment is really important**, ask your coaches to determine your realistic level of play.
 - Create an email address that you will use as your recruiting email
 - Research email addresses of coaches
 - Create an automated signature in settings with bio information.
 - Complete a Google Doc resume and hyperlink it in the signature.
 - Email target list and cast a wide net.
- Complete the online questionnaires at the target schools in order to enter their recruiting database.
- Schedule and attend camps and clinics.
 - Come up with schedule of events with optimal exposure.
 - Email the coaches to let them know you will be attending the camps or clinics.
- Talk to your club coach in order to understand which showcases and/or tournaments you will be attending with your club team.
- Create an account with the NCAA Eligibility Center for Division 3 consideration and a profile for Division 1 and Division 2 eligibility.
- Make a highlight video. Put your best plays in the front to grab the coach's attention. Also be aware some coaches will want to see half or full game films as well. For individual timed sports (track, swim, cross country, crew, etc.) coaches will need times from official events.
- Email before and after major recruiting events. Email with any updated scores, awards or GPA changes. **Email, email, email!**
- Begin to narrow down your target list based on emails and interest from coaches.
- Visit the colleges to determine fit. Email the coaches to schedule visits.
- Finally ask the coach where you stand in their recruiting class. If you are top 5, top 10, etc.?
- If you are a top recruit, the coach will take your transcript to Admissions Office in July for a pre-read before the senior year.
- Fall of senior year, apply to schools, considering going with Early Decision (ED) or Early Action (EA).

Creating a List of Target Schools and Self-Assessment

- Be realistic with your athletic and academic abilities.
- Consult with your club coach for their opinions and takeaways.
- Check NCAA rankings.
- Ask your high school coach for advice.
- Check the team's website and search the current players' high school stats. You can also look at the schedule and see how the team is competing against other teams in their league.
- Keep in mind, some D3 programs are stronger than some D1 programs.



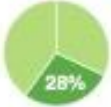








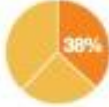

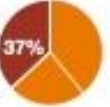

Guiding Philosophies

- Enjoy the process. It is a lot of work, but enjoy the self-advocacy and the self-exploration.
- Find the school that fits academically, socially, athletically and affordability. As a general rule of thumb, D3 offers a more well-rounded quality of life for the student-athlete.
- Know you are competing on a national and even international stage.
- Playing a sport in college requires a ton of sacrifice. Be sure it is your passion and something you are willing to commit your college life to.



Our Three Divisions

The NCAA's three divisions were created in 1973 to align like-minded campuses in the areas of fairness, competition and opportunity.

	DIVISION I	DIVISION II	DIVISION III
 NUMBER OF SCHOOLS*	350 	300 	432 
 MEDIAN UNDERGRADUATE ENROLLMENT	8,466	2,323	1,655
 STUDENTS WHO ARE ATHLETES	1 in 23 	1 in 9 	1 in 6 
 AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
 PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH 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

*Numbers are from 2020-21. This does not include reclassifying, provisional or exploratory schools.

What are the eligibility requirements in each division?

College-bound students who want to compete at a Division I, II or III school must meet academic and/or amateurism standards set by NCAA members. Eligibility standards can be found on each division's page on 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.



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

DI's largest school has **25,854** undergraduates.

The smallest? **257**.



Learn more at ncaa.org.

RECRUITING CALENDARS

NCAA member schools limit recruiting to certain periods during the year. Recruiting calendars promote the well-being of college-bound student-athletes and ensure fairness among schools by defining certain periods during the year in which recruiting may or may not occur in a particular sport. Due to the COVID-19 pandemic, recruiting calendars may be adjusted. For the most up-to-date information, visit on.ncaa.com/RecruitCal.

MEN'S BASKETBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore/10th and junior/11th year of high school.
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls From a Coach	A coach may call you or your family beginning June 15 between your sophomore/10th and junior/11th year of high school.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning the first day of your junior/11th year of in high school. Contacts made in your junior/11th year may occur at your educational institution except for during the April recruiting periods, when off-campus recruiting contacts may be made at your educational institution or residence.
Unofficial Visit	You and your family may visit a college at your own expense beginning Aug. 1 of your sophomore/10th year of high school.
Official Visit	A college may pay for you and two family members to visit the college beginning Aug. 1 of your junior/11th year of high school. Up to five official visits can be taken between Aug. 1 of your junior/11th year and the end of your junior/11th year. An additional five official visits may be taken between the day after the end of your junior/11th year and Oct. 15 after graduation from high school.

WOMEN'S BASKETBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence June 1 at the end of your sophomore/10th year of high school.
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls From a Coach	A coach may call you or your family beginning June 1 at the end of your sophomore/10th year of high school.
Off-Campus Contact	Off-campus in-person recruiting contacts cannot occur before Sept. 1 of your senior/12th year of high school. Contacts may occur only at your educational institution or residence.
Unofficial Visit	You and your family may visit a college at your own expense at any time. Contact with coaches can occur consistent with recruiting calendar regulations.
Official Visit	A college may pay for you and two family members to visit the college beginning Jan. 1 of your junior/11th year of high school.



FOOTBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school.
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls From a Coach	A coach may call you one time between April 15 and May 31 during your junior/11th year of high school. Beginning Sept. 1 of your senior/12th year, a coach may call you one time per week outside a contact period and make unlimited calls during a contact period.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning July 1 following the end of your junior/11th year of high school or opening day of classes of your senior/12th year (whichever comes first).
Unofficial Visit	You and your family may visit a college at your own expense at any time.
Official Visit	A college may pay for you and two family members to visit campus beginning April 1 of your junior/11th year of high school through the Sunday before the last Wednesday in June. After this date, a college may provide you the expense-paid visit after Sept. 1 of your senior/12th year.

MEN'S ICE HOCKEY, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence Jan. 1 of your sophomore/10th year of high school.
Phone Calls to a Coach	You or your family may call a coach beginning Jan. 1 of your sophomore/10th year of high school.
Phone Calls From a Coach	A coach may call you or your family beginning Jan. 1 of your sophomore/10th year of high school.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning Aug. 1 of your junior/11th year of high school.
Unofficial Visit	You and your family may visit a college at your own expense beginning Jan. 1 of your sophomore/10th year of high school.
Official Visit	A college may pay for you to visit the college beginning Aug. 1 of your junior/11th year of high school.

LACROSSE AND SOFTBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school.
Phone Calls to a Coach	You or your family may call a coach beginning Sept. 1 of your junior/11th year of high school.
Phone Calls From a Coach	A coach may call you or your family beginning Sept. 1 of your junior/11th year of high school.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning Sept. 1 of your junior/11th year of high school. Contacts made during your junior/11th year may occur at your educational institution or residence.
Unofficial Visit	You and your family may visit a college at your own expense beginning Sept. 1 of your junior/11th year of high school.
Official Visit	A college may pay for you to visit the college beginning Sept. 1 of your junior/11th year of high school.



BASEBALL, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence Sept. 1 of your junior/11th year of high school.
Phone Calls to a Coach	You or your family may call a coach at any time.
Phone Calls From a Coach	A coach may call you or your family beginning Sept. 1 of your junior/11th year of high school.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus immediately after July 1 following the end of your junior/11th year of high school or opening day of classes of your senior/12th year (whichever is earlier).
Unofficial Visit	You and your family may visit a college at your own expense beginning Sept. 1 of your junior/11th year of high school.
Official Visit	A college may pay for you to visit the college beginning Sept. 1 of your junior/11th year of high school.

ALL OTHER SPORTS, DIVISION I

RECRUITING METHOD	
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore/10th and junior/11th year of high school.
Phone Calls to a Coach	You or your family may call a coach beginning June 15 between your sophomore/10th and junior/11th year of high school.
Phone Calls From a Coach	A coach may call you or your family beginning June 15 between your sophomore/10th and junior/11th year of high school.
Off-Campus Contact	A college coach may have contact with you or your family off the college's campus beginning Aug. 1 of your junior/11th year of in high school.
Unofficial Visit	You and your family may visit a college at your own expense beginning Aug. 1 of your junior/11th year of high school.
Official Visit	A college may pay for you to visit the college beginning Aug. 1 of your junior/11th year of high school.

DIVISIONS II AND III

RECRUITING METHOD	DIVISION II	DIVISION III
Recruiting Materials	You may receive brochures for camps, questionnaires, NCAA materials and nonathletics recruiting publications at any time. A coach may begin sending you printed recruiting materials June 15 immediately preceding your junior/11th year of in high school.	You may receive printed materials any time.
Telephone Calls	No limit on number of calls by college coach beginning June 15 immediately preceding your junior/11th year of high school. You may make calls to the coach at your expense. Calls may include multiple coaches.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-Campus Contact	A college coach may have contact with you or your parents/legal guardians off the college's campus beginning June 15 immediately preceding your junior/11th year of high school. No limit on number of contacts off campus.	A college coach may have contact with you or your relatives or guardians off the college's campus after your sophomore/10th year of high school. No limit on number of contacts off campus.
Unofficial Visit	You may make an unlimited number of unofficial visits any time, except during a dead period.	You may make an unlimited number of unofficial visits any time.
Official Visit	A college may pay for you to visit the college beginning June 15 immediately preceding your junior/11th year of high school. Between June 15 before your junior/11th year and the end of your senior/12th 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.	A college may pay for you to visit the college beginning Jan. 1 of your junior/11th year of high school. There is no limit to official visits to Division III colleges. However, you may only be provided one visit per college.

