



# BASEBALL RECRUITING GUIDELINES BY DIVISION

## Division I, High DII, High Junior College

Over 1 strikeout per Inning Pitched  
ERA: Below 2.50 / Velocity: 84-95+  
At least 1 K Per Inning Pitched  
2+ Pitches Thrown To Spots Consistently

## Mid DII, High NAIA, High DIII, Mid JC

ERA: Below 3.00 / Velocity: 82-90+  
At least 1 K Per Inning Pitched  
1+ Pitches Thrown To Spots Consistently

## Low DII, Mid NAIA, Mid DIII, Low JC

ERA: Below 2.50-3.50 / Velocity: 77-82+  
Strike Out/Walk Ratio of 1:1  
Control One Off-speed Pitch & Develop Another

## Low NAIA, Low DIII, Low Junior College

ERA: Below 4.00 / Velocity: Varies  
1 or Less than 1 K Per Inning Pitched  
Success With A Fastball & Work On 2nd Pitch

P

C

CF

LF/RF

2B/SS

1B

3B

6'2" / 200 lbs  
Pop Time: 1.95 & Below Consistently

6'0" / 180 lbs  
Pop Time: 2.00 & Below Consistently

5'11" / 180 lbs  
Pop Time: 2.0-2.1

5'10" / 170 lbs  
Pop Time: 2.1 or Below

6'2" / 210 lbs / 60 yd: 6.7 or Below  
OB%: .500 / SLG: .500 (Min. 2 AB's Per Game)

6'0" / 190 lbs / 60 yd: 6.9 or Below  
OB%: .450 / SLG: .500 (Min. 2 AB's a Game)

5'11" / 180 lbs / 60 yd: 6.9 or Below  
OB%: .400 / SLG: .500

5'10" / 170 lbs / 60 yd: 7.0 or Below  
OB%: .350 / SLG: .450

6'2" / 210 lbs / 60 yd: 6.8 or Below  
OB%: .500 / SLG: .750 (Min. 2 AB's Per Game)

6'0" / 190 lbs / 60 yd: 7.0 or Below  
OB%: .450 / SLG: .650

5'11" / 180 lbs / 60 yd: 6.9 or Below  
OB%: .400 / SLG: .650

5'10" / 170 lbs / 60 yd: 7.0 or Below  
OB%: .350 / SLG: .600

6'1" / 190 lbs / 60 yd: 6.8 or Below  
OB%: .500 / SLG: .600 (Min. 2 AB's Per Game)

5'8"-6'2" / 165-190 lbs / 60 yd: 6.9 or Below  
OB%: .550 / SLG: .450 (Min. 2 AB's a Game)

5'11" / 170 lbs / 60 yd: 7.0 or Below  
OB%: .400 / SLG: .500

5'10" / 165 lbs / 60 yd: 7.1 or Below  
OB%: .350 / SLG: .450

6'2"-6'6" / 190-240 lbs  
Power Numbers: 8+ HR, 30+ RBI

6'0" / 180 lbs  
Power Numbers: 4+ HR, 20+ RBI

6'0" / 180 lbs  
Power Numbers: 3+ HR, 25+ RBI

5'11" / 170 lbs  
Power Numbers: 2+ HR, 20 RBI

5'10"-6'3" / 180-220 lbs  
Power Numbers: 8+ HR, 30+ RBI

5'9"-6'3" / 170-220 lbs  
Power Numbers: 4+ HR, 20+ RBI

6'0" / 180 lbs  
Power Numbers: 2+ HR, 25+ RBI

5'11" / 170 lbs  
Power Numbers: 2+ HR, 20 RBI

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## BASEBALL RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.  
GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.  
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.  
DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

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DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.



# MEN'S BASKETBALL RECRUITING GUIDELINES

## BY DIVISION

### TOP DI / TOP JC

	HT	PPG	APG	RPG
PG	6'1"+	10+	6-8	N/A
SG	6'4"+	15+	N/A	N/A
SF	6'6"+	10-12+	N/A	8+
PF	6'8"+	10+	N/A	8-10+
C	6'10"+	12-15+	N/A	8-10+

### LOW DI / TOP DII / TOP NAIA

	HT	PPG	APG	RPG
PG	6'1"+	8-12+	6	N/A
SG	6'3"+	12-15+	N/A	N/A
SF	6'5"+	10+	N/A	8+
PF	6'7"+	10+	N/A	6-8+
C	6'8"+	12+	N/A	8-10

### LOW DIII / LOW NAIA

	HT	PPG	APG	RPG
PG	5'11"+	8-10+	4-6	N/A
SG	6'2"+	10-15+	N/A	N/A
SF	6'4"+	10+	N/A	8+
PF	6'5"+	10+	N/A	N/A
C	6'7"+	10+	N/A	N/A

### LOW DIII / LOW JC

	HT	PPG	APG	RPG
PG	5'10"+	8-12+	6	N/A
SG	6'2"+	10-12+	N/A	N/A
SF	6'4"+	10+	N/A	N/A
PF	6'5"+	10+	N/A	N/A
C	6'7"+	10+	N/A	N/A

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## BASKETBALL RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

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DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

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DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.



# WOMEN'S BASKETBALL RECRUITING GUIDELINES

## BY DIVISION

### TOP DI / TOP JC

	HT	PPG	APG	RPG
PG	5'8"+	10	4	N/A
SG	5'10"+	12+	N/A	N/A
SF	5'11"+	12+	N/A	8
PF	6'0"+	12+	N/A	10
C	6'2"+	12	N/A	12

### LOW DI / TOP DII / TOP NAIA

	HT	PPG	APG	RPG
PG	5'7"+	10	3	N/A
SG	5'8"	10+	N/A	N/A
SF	5'10"+	11+	N/A	5
PF	5'11"+	9	N/A	6
C	6'0"+	11+	N/A	8

### TOP DII / TOP DIII / LOW NAIA

	HT	PPG	APG	RPG
PG	5'6"+	8	2.5	N/A
SG	5'8"+	9+	N/A	N/A
SF	5'9"+	9+	N/A	4
PF	5'10"+	8	N/A	5
C	5'11"+	9+	N/A	7

### LOW DIII / LOW JC

	HT	PPG	APG	RPG
PG	5'5"	6	2	N/A
SG	5'8"	8+	N/A	N/A
SF	5'8"+	7+	N/A	3
PF	5'9"+	6	N/A	5
C	5'11"+	7+	N/A	6

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## BASKETBALL RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

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### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

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DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

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DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: APRIL OF JUNIOR YEAR BEGINNING THE THURSDAY FOLLOWING THE WOMEN'S FINAL FOUR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.



# MEN'S & WOMEN'S DIVING RECRUITING GUIDELINES

## BY DIVISION

### Top Division I

Club Experience

High School Experience

Junior Olympic Program

### Lower Division I / Top Division II

Club Experience

High School Experience

Experience in both: Necessary

### Division DII & DIII

Club Experience

High School Experience

Experience in both: Helpful

*DI coaches are looking for experience with 1M & 3M, as well as, dive difficulty. Men with an 11 dive list should have scores in the mid-400s and 6 dives approx. 250 score. Women with an 11 dive list should have scores over 400 and 6 dives over 200.*

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## DIVING RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

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ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

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DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

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# FIELD HOCKEY RECRUITING GUIDELINES BY DIVISION

## TECHNICAL SKILLS DESIRED AT ALL LEVELS

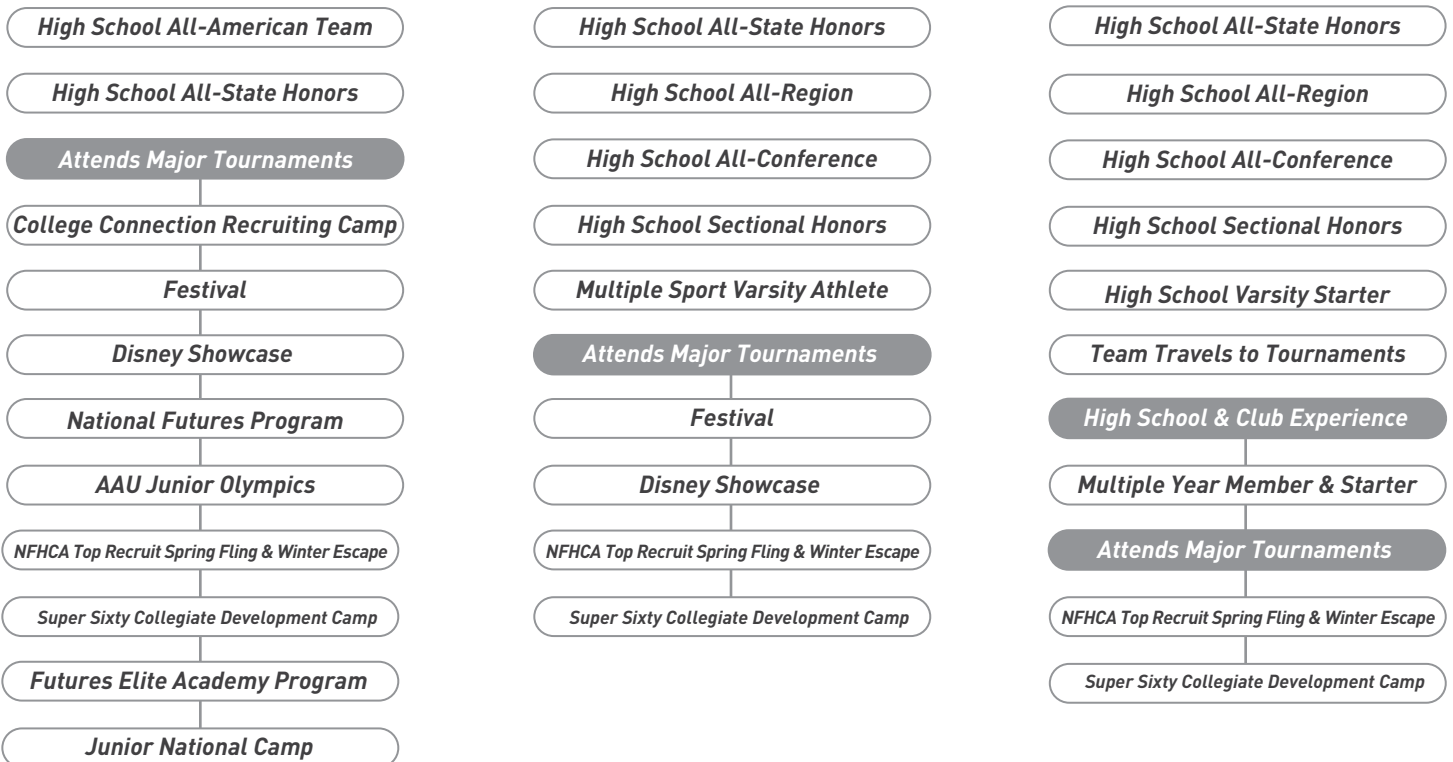
## GOALIE

Evaluation Skills	Strong Passing Ability	Carrying the Ball	Reaction Time
First Step Speed & Top Speed	Scoring Ability	Dribbling	Body Positioning
Balance and Agility	Developmental Skills	Positioning in Attack	Clearing Ability
Ability to Read Plays	Hitting and Receiving	Covering	Angle Play & Shot Defense
Passing Ability & Field Vision	Trapping and Tackling	Defending & Leadership	Stick Handling

### Top Division I

### Division II / NAIA DI

### NAIA DII



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### MAY RECEIVE GENERAL INFORMATION

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### MAY RECEIVE RECRUITING MATERIALS

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DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

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# FOOTBALL RECRUITING GUIDELINES BY DIVISION

## BY DIVISION

Division I-A						Division I-AA/JC						Division II/NAIA						Division III					
	HT	WT	40	BENCH	SQUAT		HT	WT	40	BENCH	SQUAT		HT	WT	40	BENCH	SQUAT		HT	WT	40	BENCH	SQUAT
QB	6'4	220	4.5	260	425	QB	6'2	200	4.6	250	385	QB	6'0	200	4.7	225	345	QB	5'10	180	4.8	205	315
RB	6'0	210	4.4	280	390	RB	5'11	195	4.5	270	375	RB	5'10	175	4.6	265	350	RB	5'9	160	4.7	260	340
WR	6'2	190	4.5	235	315	WR	6'0	176	4.6	225	295	WR	5'10	165	4.6	205	275	WR	5'8	150	4.7	200	265
TE	6'4	230	4.7	300	440	TE	6'3	220	4.8	285	420	TE	6'2	215	4.85	275	415	TE	6'1	205	4.9	270	405
OL	6'5	280	5.0	320	450	OL	6'3	270	5.2	305	425	OL	6'1	260	5.3	300	410	OL	6'0	235	5.4	295	405
S	6'2	200	4.6	270	405	S	6'1	190	4.65	250	390	S	5'11	185	4.7	250	390	S	5'10	180	4.8	250	350
DB	6'0	185	4.5	270	405	DB	6'0	185	4.6	250	380	DB	5'10	175	4.65	250	380	DB	5'9	160	4.7	240	295
LB	6'2	220	4.6	315	445	LB	6'1	210	4.65	300	435	LB	6'0	200	4.7	295	405	LB	5'10	190	4.75	275	395
DL	6'4	250	4.6	315	450	DL	6'3	230	4.7	305	415	DL	6'2	220	4.8	305	405	DL	6'0	210	4.9	295	395

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## FOOTBALL RECRUITING GUIDELINES: CONTACTING COACHES

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DIVISION I: ONCE FROM APRIL 15TH -MAY 31ST OF JUNIOR YEAR. ONCE PER WEEK STARTING SEPT. 1ST OF SENIOR YEAR.  
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NAIA: ANYTIME, UNLIMITED.



# MEN'S GOLF RECRUITING GUIDELINES BY DIVISION

High Division I	Low Division I	Division II & Top NAIA	Division III & Low NAIA
Handicap: Scratch or Better	Handicap: Equal to or < 1	Handicap: Equal to or < 2	Handicap: Equal to or < 3
Tournament Average: 72 or Under	Tournament Average:	Tournament Average: 74 or Under	Tournament Average: 75 or Under
Top Finishes at:	73 or Under	Competes in: State Tournaments	Competes in: State Tournaments
National Tournaments	Competes in: National Tournaments	Local Tournaments	Local Tournaments
State Tournaments	State Tournaments	Preferred Tournaments:	Preferred Tournaments:
Local Tournaments	Local Tournaments	(AJGA, FCWT, USGA)	(AJGA, FCWT, USGA)
<i>*Highly Ranked on the Junior Golf Scoreboard, Golfweek or Polo Golf Rankings</i>		<i>*Some DII &amp; NAIA coaches require DI standards</i>	<i>*Some DIII &amp; NAIA coaches require DI standards</i>

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## GOLF RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

- DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
- DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

- DIVISION I: JULY 1ST AFTER JUNIOR YEAR.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

- DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

- DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.





# WOMEN'S GOLF RECRUITING GUIDELINES BY DIVISION

## High Division I

Handicap: Scratch or Better

Tournament Average: 72 or Under

Top Finishes at:

National Tournaments

State Tournaments

Local Tournaments

*\*Highly Ranked on the Junior Golf Scoreboard, Golfweek or Polo Golf Rankings*

## Low Division I

Handicap: Equal to or < 8

Tournament Average:

82 or Under

Competes in: National Tournaments

State Tournaments

Local Tournaments

## Division II & Top NAIA

Handicap: Equal to or < 10

Tournament Average: 85 or Under

Competes in: State Tournaments

Local Tournaments

Preferred Tournaments

(AJGA, FCWT, USGA)

*\*Some DII & NAIA coaches require DI standards*

## Division III & Low NAIA

Handicap: Equal to or < 15

Tournament Average: 95 or Under

Competes in: State Tournaments

Local Tournaments

Preferred Tournaments

(AJGA, FCWT, USGA)

*\*Some DIII & NAIA coaches require DI standards*

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## GOLF RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.  
GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.  
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.  
DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.



# MEN'S ICE HOCKEY RECRUITING GUIDELINES

## BY DIVISION

### DIVISION I

Center: 60% + On Face-offs

Goalie: 90% + Save Percentage

<2 Goals Against

Club Experience

Tier I/II Juniors / Top Prep Pg Yr /AAA (Top U16/18)

High School Experience

Elite High School or Prep School

### DIVISION II & III

Center: 55% + On Face-offs

Goalie: 88% + Save Percentage

<2.3 Goals Against

Club Experience

Tier I/II, Top Tier III Juniors / Top Prep Pg /Top AAA

High School Experience

Top Prep School

### ACHA

Center: 50% + On Face-offs

Goalie: 80% + Save Percentage

<2.5 Goals Against

Club Experience

Tier I/II, Top Tier III Juniors / Top Prep Pg /Top AAA

High School Experience

Prep School Varsity Hockey (low club)

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## HOCKEY RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: JANUARY 1ST SOPHOMORE YEAR.  
DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JUNE 15TH AFTER SOPHOMORE YEAR.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.  
DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: JANUARY 1ST OF SOPHOMORE YEAR, UNLIMITED.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.  
DIVISION III: ANYTIME, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.  
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.  
NAIA: ANYTIME, UNLIMITED.



# WOMEN'S ICE HOCKEY RECRUITING GUIDELINES

## BY DIVISION

### DIVISION I

- Center: 60% + On Face-offs
- Goalie: 90% + Save Percentage
- <2 Goals Against
- Club Experience
- Top AAA (US) / Top AA (CND)
- High School Experience
- Top Prep School / MN Varsity High School

### DIVISION II & III

- Center: 50% + On Face-offs
- Goalie: 85% + Save Percentage
- <2.5 Goals Against
- Club Experience
- AAA (US) / AA (CND) / Prep
- High School Experience
- Prep School / MN Varsity High School

### CLUB

- Center: 40% + On Face-offs
- Goalie: 80% + Save Percentage
- <2.5 Goals Against
- Club Experience
- AAA (US)-A Lower (CND) or Lower / Low Prep
- High School Experience
- Junior Varsity

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## HOCKEY RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

- DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
- DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

- DIVISION I: JULY 7TH AFTER JUNIOR YEAR.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

- DIVISION I: ONCE PER WEEK STARTING JULY 7TH AFTER JUNIOR YEAR.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

- DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.



# MEN'S & WOMEN'S LACROSSE RECRUITING GUIDELINES

## BY DIVISION

Attackmen	Midfielders	Defensemen / Longstick Midfield	Goalie
Preferred Height: 5'7" - 6'1"	Preferred Height: 5'10" - 6'2"	Preferred Height: 5'10" - 6'3"	Preferred Height: 5'9" - 6'3"
Shot Speed & Accuracy	Strong Passing Ability	Take-Aways, Ground Balls	Reaction Time
Strong Scoring Ability	Scoring Ability	Strength & Checking Ability	Body Positioning
Agility & Moving With the Ball	Shortstick & Longstick Handling	Passing & Clearing	Clearing Ability
Stick Handling & Shot Selection	Speed & Agility	Size & Speed	Angle Play & Shot Defense
Passing Ability & Field Vision	Passing Ability & Field Vision	Passing Ability & Field Vision	Stick Handling

### Top Division I

- Club Experience
- Multiple Year Tournament All-star
- MVP Honors
- High School Experience
- 3 Year Varsity Starter
- All-American Honors &/or Nominee
- All-State Selection
- Multiple Years Nominated

### Lower Division I

- Club Experience
- All-Star Honors At Multiple Events
- High School Experience
- 3 Year Varsity Player
- Multiple Sport Varsity Athlete
- All-State
- Multiple Years All Region
- All Area & All County

### Top Division II & DIII

- Club Experience
- All-star Nominations & All-Tournament Recognition
- High School Experience
- Multiple Year Starter And/or Contributor
- Lower Division II & DIII
- High School & Club Experience
- Multiple Year Member And Starter

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

LACROSSE RECRUITING GUIDELINES: CONTINUED ON REVERSE SIDE

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

- DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
- DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

- DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.



# MEN'S & WOMEN'S LACROSSE RECRUITING GUIDELINES



## LACROSSE RECRUITING GUIDELINES: CONTACTING COACHES

### YOU CAN TAKE UNOFFICIAL VISITS

*YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.*

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

*THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.*

- DIVISION I: JULY 1ST AFTER JUNIOR YEAR.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

*AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.*

- DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

# MEN'S & WOMEN'S ROWING RECRUITING GUIDELINES

## BY DIVISION

### Heavy Weight Division I/II

Men
6:20 - Intense Interest
6:30 - Middle 50%
6:40/6:50 - Not Uncommon
Women
7:15 Intense Interest
7:30 - Middle 50%
7:40/7:50 Not Uncommon

### Heavy Weight Division III

Men
6:20 - Intense Interest
6:35 - Middle 50%
6:45/6:55 - Not Uncommon
Women
7:30 Intense Interest
7:40 - Middle 50%
7:55 Not Uncommon

### Heavy Weight

Men
Weigh More Than 160 lbs.
5'11" And Taller
Women
Weigh More Than 140 lbs.
5'7" And Taller

### Light Weight

Men
6:20 - 6:30 - Top Recruits
<6:40 - Get Noticed
Weigh Less Than 160 lbs.
5'11" And Taller
Women
<7:40 - Excellent
7:50 - Good
Weigh Less Than 130 lbs.
5'7" And Taller

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## ROWING RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

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DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

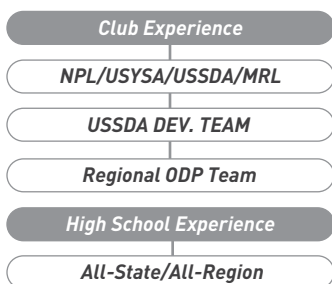


# MEN'S SOCCER RECRUITING GUIDELINES BY DIVISION

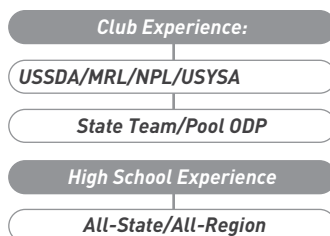
## High/Mid Division I



## Low DI, Top/Mid DII Top NAIA



## Low DII, Mid NAIA, Top DIII, Top JC



## Mid/Low DIII, Low NAIA, Mid/Low JC



\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## SOCCER RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

- DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.
- DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

- DIVISION I: JULY 1ST AFTER JUNIOR YEAR.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

- DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.
- DIVISION III: ANYTIME, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

- DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.
- DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.
- NAIA: ANYTIME, UNLIMITED.

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# MEN'S SOCCER RECRUITING GUIDELINES BY DIVISION



## SOCCER RECRUITING GUIDELINES: TRYOUTS

### **NCAA TRYOUTS - starting June 15th after sophomore year**

Division II schools are allowed to hold one practice or tryout for a college-bound student-athlete on its campus as long as the student-athlete is a high-school senior who is enrolled in a term other than the term in which the traditional season in the sport occurs. The school may conduct a medical examination of the student-athlete, and the tryout may include tests to evaluate the student-athlete's strength, speed, agility and sport skills. The tryout may include competition except in football, ice hockey, lacrosse, soccer and wrestling. The tryout is limited to the length of the school's normal practice period in the sport, but in no event can it be longer than two hours. The school may loan equipment and clothing to the college-bound student-athlete during the tryout.

### **NAIA TRYOUTS**

Students are permitted a maximum of two days of tryouts throughout their entire career, and the tryout cannot interfere with school time. The tryout must occur on campus. If a school has a policy for reimbursing all students for such visits, the same can be applied to you as a prospective student-athlete.





# WOMEN'S SOCCER RECRUITING GUIDELINES BY DIVISION

<i>High/Mid Division I</i>	<i>Low DI, Top/Mid DII Top NAIA</i>	<i>Low DII, Mid NAIA, Top DIII, Top JC</i>	<i>Mid/Low DIII, Low NAIA, Mid/Low JC</i>
Club Experience	Club Experience	Club Experience:	Club Experience:
ECNL/NPL/USYSA/MRL	NPL/USYSA/MRL	ECNL/MRL/NPL/USYSA	Top Team Within Local Club
National/Regional ODP	ECNL	State Team/Pool ODP	High School Experience
High School Experience	Regional ODP Team	High School Experience	All-Area Honorable Mention
All-State/All-American	High School Experience	All-State/All-Region	All-District Honorable Mention
	All-State/All-Region		All-Conference Honorable Mention

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## SOCCER RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

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DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

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NAIA: ANYTIME, UNLIMITED.



# WOMEN'S SOCCER RECRUITING GUIDELINES BY DIVISION



## SOCCER RECRUITING GUIDELINES: TRYOUTS

### **NCAA TRYOUTS - starting June 15th after sophomore year**

Division II schools are allowed to hold one practice or tryout for a college-bound student-athlete on its campus as long as the student-athlete is a high-school senior who is enrolled in a term other than the term in which the traditional season in the sport occurs. The school may conduct a medical examination of the student-athlete, and the tryout may include tests to evaluate the student-athlete's strength, speed, agility and sport skills. The tryout may include competition except in football, ice hockey, lacrosse, soccer and wrestling. The tryout is limited to the length of the school's normal practice period in the sport, but in no event can it be longer than two hours. The school may loan equipment and clothing to the college-bound student-athlete during the tryout.

### **NAIA TRYOUTS**

Students are permitted a maximum of two days of tryouts throughout their entire career, and the tryout cannot interfere with school time. The tryout must occur on campus. If a school has a policy for reimbursing all students for such visits, the same can be applied to you as a prospective student-athlete.



# SOFTBALL RECRUITING GUIDELINES BY DIVISION

	DIVISION I	DIVISION II / HIGH NAIA	DIVISION III / LOW NAIA
P	Height: 5'9" ERA below 1.00 Or Less / Velocity: 60 MPH+	Height: 5'7" ERA below 1.50 / Velocity: 58 MPH+	Height: 5'6" ERA below 4.00 / Velocity: 55 MPH+
C	Height: 5'8" Home to 1st: 3.0 / Pop Time: 1.8 Or Below	Height: 5'4" Home to 1st: 3.1 / Pop Time: 1.9 Or Below	Height: 5'4" Home to 1st: 3.2 / Pop Time: 2.0 Or Below
CF	Height: 5'7" Home to 1st: 2.8 / Batting Average: .400	Height: 5'5" Home To 1st: 2.9 / Batting Average: .360	Height: 5'4" Home To 1st: 3.1 / Batting Average: .330
LF/RF	Height: 5'7" Home to 1st: 2.8 / Batting Average: .400	Height: 5'5" Home To 1st: 2.9 / Batting Average: .360	Height: 5'4" Home To 1st: 3.1 / Batting Average: .330
2B/SS	Height: 5'6" Home to 1st: 2.8 / Stolen Bases: 10+	Height: 5'5" Home To 1st: 2.9 / Stolen Bases: 10+	Height: 5'4" Home To 1st: 3.1 / Stolen Bases: 8+
1B	Height: 5'7" Home to 1st: 3.2	Height: 5'6" Home To 1st: 3.2	Height: 5'5" Home To 1st: 3.3
3B	Height: 5'7" Home to 1st: 3.2	Height: 5'6" Home To 1st: 3.2	Height: 5'5" Home To 1st: 3.3

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches. So, size and athleticism are on a sliding scale. This means, the smaller you are on the scale, the more explosive you must be.

## SOFTBALL RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.  
GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

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# MEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

	<i>High Division I</i>	<i>Low Division I</i>	<i>High Division II</i>	<i>Low Division II &amp; III</i>
<b>50 Free</b>	High DI (<20.29)	Low DI (<21.5)	High DII (<21.5)	Low DII-DIII (<24.0)
<b>100 Free</b>	High DI (<45.0)	Low DI (46.0)	High DII (47.0)	Low DII-DIII (<48.0)
<b>200 Free</b>	High DI (<1:40.0)	Low DI (1:42.0)	High DII (1:42.0)	Low DII-DIII (<1:50.0)
<b>500 Free</b>	High DI (<4:21.0)	Low DI (4:30.0)	High DII (<4:44.0)	Low DII-DIII (<5:05.0)
<b>1650 Free</b>	High DI (<15:51.0)	Low DI (16:03.0)	High DII (16:03.0)	Low DII-DIII (16:30.0)
<b>100 Back</b>	High DI (<50.0)	Low DI (52.2)	High DII (<54.0)	Low DII-DIII (<58.0)
<b>200 Back</b>	High DI (<1:49.0)	Low DI (1:53.0)	High DII (<1:55.0)	Low DII-DIII (<2:00.0)
<b>100 Breast</b>	High DI (57.1)	Low DI (<58.69)	High DII (<59.5)	Low DII-DIII (<1:06.0)
<b>200 Breast</b>	High DI (2:03.0)	Low DI (<2:08.0)	High DII (<2:10.0)	Low DII-DIII (<2:16.0)
<b>100 Fly</b>	High DI (<50.2)	Low DI (<51.2)	High DII (<53.0)	Low DII-DIII (<58.0)
<b>200 Fly</b>	High DI (1:50.0)	Low DI (1:53.1)	High DII (<1:55.0)	Low DII-DIII (<2:00.0)
<b>200 IM</b>	High DI (1:50.2)	Low DI (1:54.5)	High DII (<2:00.0)	Low DII-DIII (<2:08.0)
<b>400 IM</b>	High DI (3:55.2)	Low DI (<4:04.0)	High DII (<4:08.0)	Low DII-DIII (<4:15.0)

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

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### COLLEGE COACHES MAY CALL YOU

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NAIA: ANYTIME, UNLIMITED.



# WOMEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

## BY DIVISION

	<i>High Division I</i>	<i>Low Division I</i>	<i>High Division II</i>	<i>Low Division II &amp; III</i>
<b>50 Free</b>	High DI (<22.99)	Low DI (24.0)	High DII (25.5)	Low DII-DIII (<28.0)
<b>100 Free</b>	High DI (<50.0)	Low DI (52)	High DII (54.0)	Low DII-DIII (<55.0)
<b>200 Free</b>	High DI (<1:48.5)	Low DI (1:52.0)	High DII (1:54.0)	Low DII-DIII (<2:00.0)
<b>500 Free</b>	High DI (<4:45.0)	Low DI (4:57.0)	High DII (5:05.0)	Low DII-DIII (<5:32.0)
<b>1650 Free</b>	High DI (<16:30.0)	Low DI (17:00.0)	High DII (17:15.0)	Low DII-DIII (<17:45.0)
<b>100 Back</b>	High DI (<55.2)	Low DI (57.5)	High DII (58.5)	Low DII-DIII (<1:03.0)
<b>200 Back</b>	High DI (<2:00.5)	Low DI (2:04.0)	High DII (2:07.0)	Low DII-DIII (<2:11.0)
<b>100 Breast</b>	High DI (<1:03.3)	Low DI (1:05.0)	High DII (1:06.0)	Low DII-DIII (<1:12.0)
<b>200 Breast</b>	High DI (<2:16.2)	Low DI (2:21.0)	High DII (2:24.0)	Low DII-DIII (<2:30.0)
<b>100 Fly</b>	High DI (<54.79)	Low DI (57.2)	High DII (59.5)	Low DII-DIII (<1:06.0)
<b>200 Fly</b>	High DI (<2:00.5)	Low DI (2:06.0)	High DII (2:08.0)	Low DII-DIII (<2:12.0)
<b>200 IM</b>	High DI (<2:01.0)	Low DI (2:07.0)	High DII (2:12.0)	Low DII-DIII (<2:20.0)
<b>400 IM</b>	High DI (<4:20.7)	Low DI (4:29.0)	High DII (4:34.0)	Low DII-DIII (<4:45.0)

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

### SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

#### MAY RECEIVE GENERAL INFORMATION

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GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

#### MAY RECEIVE RECRUITING MATERIALS

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DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

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# MEN'S TENNIS RECRUITING GUIDELINES BY DIVISION

## Top NCAA DI

### USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank
- Top 20 in Tier 1, Top 10 in Tier 2
- Nation Rank - Top 100 in Age Group
- ITF Rank - 200
- Attend National Level Tournaments National Open, Section Closed, Etc.

### High School Experience:

- #1 Singles, #1 Doubles
- 4 Years Varsity
- Awards such as All-County/Conference/Region/State, MVP, Player of the Year, State Champion

### Tennisrecruiting.net Qualifications:

- Min. 4 Star Recruit, Preferred 5 Star
- National Rank: 190 or Below

## Lower NCAA DI

### USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank
- Top 40 in Tier 1, Top 20 in Tier 2
- Nation Rank - Top 200 in Age Group
- Several Years Experience Preferred
- Attend National Level Tournaments National Open, Section Closed, Etc.

### High School Experience:

- #1 Singles, #1 Doubles
- 4 Years Varsity
- Awards such as All-County/Conference/Region/State, MVP, Player of the Year, Top 5 State Finish

### Tennisrecruiting.net Qualifications:

- Min. 3 Star Recruit, Preferred 4 Star
- National Rank: 250 or Below

## NCAA DII

### USTA & ITA/ITF Qualifications:

- USTA Sectional Rank
- Top 200 in Tier 1, Top 100 in Tier 2
- Several Years Experience Preferred

### High School Experience:

- #1-2 Singles, #1 Doubles
- 3+ Years Varsity
- Awards such as All-County, All-Conference
- State Qualifier, High Conference or Regional Finish

### Tennisrecruiting.net Qualifications:

- Min. 1 Star Recruit, Preferred 2 Star

## NCAA DIII

### USTA & ITA/ITF Qualifications:

- USTA Sectional Rank
- Top 250 in Tier 1, Top 150 in Tier 2
- Several Years Experience Preferred

### High School Experience:

- #1-3 Singles, #1 Doubles
- 3+ Years Varsity
- Awards such as All-County, State Qualifier, High Conference or Regional Finish

### Tennisrecruiting.net Qualifications:

- Preferred 1 Star

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## TENNIS RECRUITING GUIDELINES: CONTACTING COACHES

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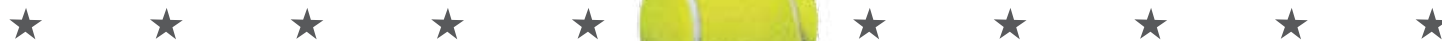
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# WOMEN'S TENNIS RECRUITING GUIDELINES BY DIVISION

## Top NCAA DI

### USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank
- Top 30 in Tier 1, Top 15 in Tier 2
- Top 150 in The Nation
- Attend National Level Tournaments
- National Open, Section Closed

### High School Experience:

- #1 Singles, #1 Doubles
- 4 Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- State Champion

### Tennisrecruiting.net Qualifications:

- Minimum 4 Star Recruit,
- Preferred 5 Star
- National Rank: 250 or Below

## Lower NCAA DI

### USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank
- Top 60 in Tier 1, Top 30 in Tier 2
- Top 300 in The Nation
- Attend National Level Tournaments
- National Open, Section Closed

### High School Experience:

- #1 Singles, #1 Doubles
- 4 Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- Top 5 State Finish

### Tennisrecruiting.net Qualifications:

- Minimum 4 Star Recruit,
- Preferred 5 Star
- National Rank: 300 or Below

## NCAA DII

### USTA & ITA/ITF Qualifications:

- District Rank - Top 50
- Sectional Rank Highly Desired
- USTA Experience Preferred. But Not Necessary

### High School Experience:

- #1-2 Singles, #1 Doubles
- 3+ Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- State Qualifier, High Conference Regional Finish

### Tennisrecruiting.net Qualifications:

- Preferred 1 Star
- National Ranking 500 or Below

## NCAA DIII

### USTA & ITA/ITF Qualifications:

- District Rank - Preferred Top 50
- Sectional Rank Preferred
- Several Years Experience Preferred

### High School Experience:

- #1-3 Singles, #1 Doubles
- 3+ Year Varsity
- All-County, State Qualifier,
- High Conference or Regional Finish

### Tennisrecruiting.net Qualifications:

- Preferred 1 Star

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## TENNIS RECRUITING GUIDELINES: CONTACTING COACHES

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DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

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NAIA: ANYTIME, UNLIMITED..



# MEN'S TRACK RECRUITING GUIDELINES BY DIVISION

MEN	Div 1 TOP	Div 1 LOW	Div 2 TOP	Div 2 LOW	Div 3 TOP	Div 3 LOW	NAIA Top	NAIA Low
55M IN	6.32	6.70	6.35	7.20	6.78	7.20	6.52	7.20
60M IN	6.61	7.20	6.65	7.40	6.92	7.40	6.81	7.50
60M H IN	7.75	8.00	7.89	8.50	8.29	8.50	8.21	8.50
300M IN	33.94	35.80	34.99	37.90	36.78	39.00	34.99	39.00
500M IN	1:05.58	1:08.98	1:07.45	1:10.33	1:10.01	1:13.56	1:09.56	1:12.45
600M IN	1:21.08	1:24.67	1:22.34	1:28.45	1:27.55	1:30.55	1:23.44	1:25.65
1000M IN	2:28.55	2:32.44	2:31.33	2:37.44	2:38.43	2:42.44	2:34.32	2:38.56
3000M IN	7:54.15	7:59.44	7:54.22	8:00.55	8:00.44	8:14.66	8:15.55	8:30.32
110M HH	13.55	14.66	14.13	15.59	14.51	16.50	14.62	15:55
300M IH	35.92	39.55	38.02	44.00	39.67	44.00	40.55	45.00
400M IH	50.21	56.00	52.76	60.00	53.39	63.00	54.87	60.00
100M	10.17	11.00	10.44	11.30	10.65	11.40	10.68	11.30
200M	20.69	22.70	22.23	24.00	22.34	24.50	22.02	23.00
400M	45.29	51.00	47.09	54.00	48.61	54.00	48.82	52.00
800M	1:48.40	1:56.77	1:52.53	1:59.67	1:54.32	1:58.44	1:55.31	2:00.66
1500M	3:42.73	4:03.56	4:04.19	4:25.33	4:07.34	4:20.66	4:02.45	4:16.44
1600M	4:04.23	4:23.44	4:12.34	4:33.56	4:17.45	4:42.55	4:12.33	4:39.56
3200M	8:47.75	9:30.43	8:59.34	9:45.56	9:23.56	10:13.44	9:09.45	10:01.66
5K XC	14:20	16:11	15:50	16:59	17:00	18:00	16:12	17:45
3000M STPL	8:44.59	9:50	9:32.44	10:15	9:19.05	10:30	9:38.5	10:30
High Jump	7'2"	6'4"	6'10"	6'0"	6'8"	6'0"	6'6"	5'8"
Long Jump	25'1"	22'	24'1"	20'	23'9"	18'6"	23'3"	18'
Shot Put	63'6"	55'6"	56'5"	48'6"	55'7"	46'5"	54'3"	49'5"
Discus	193'	167'	173'3"	156'	171'3"	140'	161'	120'
Pole Vault	17'8"	15'	16'11"	14'	16'2"	15'	15'7"	14'
Triple Jump	52'7"	42'	49'10"	39'	48'7"	38'	47'11	38'
Hammer	209'6"	170'4"	203'2"	175'4"	194'1"	165'3"	188'6"	150'4"
Javelin	241'3"	198'	211'3"	155'	208'2"	150'	185'5"	135'6"
Decathlon	7,769	6,100	6,342	5,600	6,239	4,500	6,388	4,700

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

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# MEN'S TRACK RECRUITING GUIDELINES BY DIVISION



## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

### YOU CAN TAKE UNOFFICIAL VISITS

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ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

*THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.*

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# WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION

Women	D1 Top	D1 Low	D2 Top	D2 Low	D3 Top	D3 Low	NAIA Top	NAIA Low
<b>55M IN</b>	6.95	7.35	7.25	7.75	7.90	8.25	7.40	8.00
<b>60M IN</b>	7.31	7.85	7.30	8.50	7.80	8.50	7.68	8.50
<b>60M HH IN</b>	8.16	8.80	8.36	10.00	8.95	10.20	8.93	10.00
<b>300M IN</b>	39.20	41.05	40.00	42.32	42.03	45.00	40.07	44.00
<b>500M IN</b>	1:15.94	1:18.45	1:17.44	1:20.45	1:22.56	1:25.44	1:19.67	1:22.43
<b>600M IN</b>	1:34.31	1:36.54	1:35.23	1:39.34	1:38.67	1:44.33	1:39.23	1:42.34
<b>1000M IN</b>	2:51.46	2:55.67	2:54.34	2:59.67	2:59.44	3:09.33	2:59.27	3:05.45
<b>3000M IN</b>	9:18.54	9:23.45	9:19.56	9:29.44	9:28.60	10:00.00	10:26.69	10:17.00
<b>100M HH</b>	13.05	14.90	14.18	16.50	14.26	17.50	14.56	17.50
<b>300M IH</b>	40.57	46.00	44.39	48.50	47.56	49.50	45.66	48.50
<b>400M IH</b>	57.37	65.50	60.99	67.00	62.45	75.00	64.03	75.00
<b>100M</b>	11.32	12.50	11.90	13.00	12.12	13.20	12.03	13.50
<b>200M</b>	23.01	26.50	24.08	28.50	24.58	28.50	24.57	28.00
<b>400M</b>	52.23	60.00	54.88	65.00	56.72	67.00	56.14	62.50
<b>800M</b>	2:04.18	2:22	2:06.99	2:30	2:10.65	2:35	2:15.21	2:35
<b>1500M</b>	4:13.3	5:20	4:30.45	5:15	4:40.76	5:20	4:39.74	5:15
<b>1600M</b>	4:39.32	5:23	5:03.44	6:00	5:05.67	6:00	5:01.44	6:05
<b>3200M</b>	10:08.11	11:37	10:29.45	12:15	10:35.67	12:30	10:26.69	12:30
<b>5K XC</b>	<b>16:53</b>	<b>18:50</b>	<b>17:59</b>	<b>19:45</b>	<b>21:12</b>	<b>23:00</b>	<b>18:23</b>	<b>22:04</b>
<b>3000M STPL</b>	10:12.69	12:00	11:23.87	12:50	11:39	12:30	11:49.25	12:25
<b>High Jump</b>	6'0"	5'2"	5'8"	5'0"	5'5"	4'9"	5'6"	5'0"
<b>Long Jump</b>	20'7"	18'	19'	15'	19'	16'	19'1"	15'6"
<b>Shot Put</b>	56'2"	43'5"	47'3"	39'6"	44'8"	34'	44'11"	36'
<b>Discus</b>	178'5"	147'9"	153'	113'6"	143'6"	110'4"	121'3"	100'
<b>Pole Vault</b>	13'9.5"	11'6"	12'3"	9'0"	12'5"	9'6"	11'1"	8'0"
<b>Triple Jump</b>	43'4"	38'6"	40'4.5"	32'5"	39'1"	31'5"	37'10"	30'6"
<b>Hammer</b>	208'	170'4"	182'	146'4"	170'6"	120'3"	157'5"	110'6"
<b>Javelin</b>	161'	141'	149'	127'	138'5"	112'3"	117'10"	100'
<b>Heptathlon</b>	5,733	4,000	4,915	3,500	4,691	3,000	4,223	3,000

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

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GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

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NAIA: ANYTIME, UNLIMITED.

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# WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION



## TRACK RECRUITING GUIDELINES: CONTACTING COACHES

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ALL DIVISIONS: ANYTIME, UNLIMITED.

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# MEN'S VOLLEYBALL RECRUITING GUIDELINES

## BY DIVISION

### Division I

#### HEIGHT

**OH** 6'3"-6'6" / Approach Jump: 10'10"+

**MH** 6'5"-7'0" / Approach Jump: 11'6"+

**RS** 6'3"-6'6" / Approach Jump: 10'10"+

**S** 6'1"-6'5" / Approach Jump: 10'6"+

**L/DS** 5'8"-6'2" / Vertical: 24"+

Several Years Club Experience

2-4 Year Varsity Starter

### Lower Division I/ Top DII

#### HEIGHT

**OH** 6'3"-6'6" / Approach Jump: 10'10"+

**MH** 6'5"-6'8" / Approach Jump: 11'0"+

**RS** 6'3"-6'6" / Approach Jump: 10'10"+

**S** 6'1"-6'5" / Approach Jump: 10'6"+

**L/DS** 5'8"-6'2" / Vertical: 24"+

National / Elite Club Level Experience

2-4 Year Varsity Starter

### Division II & III

#### HEIGHT

**OH** 6'0"-6'4" / Approach Jump: 10'10"

**MH** 6'3"-6'7" / Approach Jump: 11'0"

**RS** 6'0"-6'4" / Approach Jump: 10'10"

**S** 6'0"-6'5" / Approach Jump: 10'6"

**L/DS** 5'8"-6'2" / Vertical: 24"+

Some Club Experience

1+ Year Varsity Starter

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## VOLLEYBALL RECRUITING GUIDELINES: CONTACTING COACHES

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# WOMEN'S VOLLEYBALL RECRUITING GUIDELINES

## BY DIVISION

Division I	Division II/ Top NAIA	Division II/Division III	Division III/Low NAIA
<b>HEIGHT</b>	<b>HEIGHT</b>	<b>HEIGHT</b>	<b>HEIGHT</b>
<b>OH</b> 5'11"-6'2" / Approach Jump: 9'8"+	<b>OH</b> 5'10"-6'0" / Approach Jump: 9'6"+	<b>OH</b> 5'8"-5'10" / Approach Jump: 9'4"	<b>OH</b> 5'8"-5'10" / Approach Jump: 9'0"
<b>MB</b> 6'0"-6'4" / Approach Jump: 10'+	<b>MB</b> 5'11"-6'3" / Approach Jump: 9'8"	<b>MB</b> 5'10"-6'2" / Approach Jump: 9'6"	<b>MB</b> 5'9"-6'1" / Approach Jump: 9'4"
<b>RS</b> 5'11"-6'2" / Approach Jump: 9'8"+	<b>RS</b> 5'8"-6'0" / Approach Jump: 9'4"+	<b>RS</b> 5'7"-5'10" / Approach Jump: 9'2"	<b>RS</b> 5'7"-5'10" / Approach Jump: 9'0"
<b>S</b> 5'9"-6'1" / Approach Jump: 9'6"+	<b>S</b> 5'8"-6'0" / Approach Jump: 9'4"+	<b>S</b> 5'7"-5'10" / Approach Jump: 9'2"	<b>S</b> 5'4"-5'10" / Approach Jump: 8'10"
<b>L/DS</b> 5'5"-6'0" / Approach Jump: N/A	<b>L/DS</b> 5'5"-5'10" / Approach Jump: N/A	<b>L/DS</b> 5'0"-5'8" / Approach Jump: N/A	<b>L/DS</b> 5'0"-5'8" / Approach Jump: N/A
5+ Years Of Club Experience	3+ Years Of Club Experience	1-2 Years Of Club Experience	0-1 Years Of Club Experience
3-4 Year Varsity Starter	2-3 Year Varsity Starter	2-3 Year Varsity Starter	1+ Year Varsity Starter

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### VOLLEYBALL RECRUITING GUIDELINES: CONTACTING COACHES

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# MEN'S & WOMEN'S WATER POLO RECRUITING GUIDELINES

## BY DIVISION

Division 1	Club/Travel Experience	Schools Offering	Student-Athlete Participation
50 Free	Junior Olympic qualifier	NCAA Division I	NCAA Division I
Men D1 < 22:00	Zone Team Member	NCAA Division II	NCAA Division II
Women D1 < 26.5	Additional Sport:	NCAA Division III	NCAA Division III
100 Free	Must Swim For High School	Total	High School
Men D1 < 48:00	Or Club Team	Athletic Scholarship Opportunities	Total
Women D1 < 54:00	Note: Need Swim Times	DI & II (Per School)	

W | M

31 | 21

W | M

672 | 516

10 | 9

219 | 143

20 | 16

302 | 280

61 | 46

17,241 | 16,822

18,434 | 17,761

\*W-Women | M- Men

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

### WATER POLO RECRUITING GUIDELINES: CONTACTING COACHES

#### MAY RECEIVE GENERAL INFORMATION

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DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

#### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

#### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

#### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.



# WRESTLING RECRUITING GUIDELINES BY DIVISION

Division I	High Division II	High Division III	High NAIA
*State Champ or Place Multiple Time	Multiple Time State Placer	Multiple Time State Placer	Multiple Time State Placer
Junior/Cadet Nat'l Champ or Placer	Regional & District Champ	Regional & District Champ	Regional & District Champ
Major Tournament Champ or Placer	District Placer	District Placer	District Placer
National Tournaments	Win Several Tournaments	Win Several Tournaments	Win Several Tournaments
<i>*If from a less competitive state, multiple time state champion</i>	Experience in Freestyle & Greco	Experience in Freestyle & Greco	Experience in Freestyle & Greco
	Wrestled at Major Tournaments	Wrestled at Major Tournaments	Wrestled at Major Tournaments

\*\*Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

## WRESTLING RECRUITING GUIDELINES: CONTACTING COACHES

### MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

### MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

### YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

### COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

### YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.