



Introduction



Objectives...

- Self-Reflect on whether college athletics is for you
- Understand basic requirements
- Identify ways to start your recruiting process



STEP 1: Decide if the experience is right for you



A “typical” day for a student-athlete



7.30am – Wake up, go through your morning routine, before packing your bag with what you need for the day.

8.30am – Breakfast with teammates or friends at a dining hall on campus.

9am – First class of the day (typically 1 hr to 1.5 hrs)

10am – Second class of the day (also lasting 1 hr to 1.5 hrs)

11.30am – Video coordinating meeting: Going through previous days performance or watching scouting videos on your next opponent. Video meetings are typically designed to improve performance through visual means.

12.30pm – Lunch with teammates and friends, at one of the various food halls available on campus.

1.30pm – Third and final class of the day (also lasting 1 hr or 1.5 hrs)

3pm – Arrive at the Training Room to prepare for practice. You may warm up muscles on an electro-stimulation machines, or get stretched out or taped by an Athletic Trainer.

4pm – Practice typically begins and usually lasts for two hours. Some days will be very intense or you may undergo fitness testing. Other days, you may be recovering from a game or competition the day before. If you have a game/competition coming up, your session is likely to be lighter and focused on preparation.

6pm – Training Room to make sure you cool down properly and take care of your body. You may take an ice bath, stretch or massage after practice.

7pm – Dinner with teammates and friends before getting some studying or homework done, depending on your school workload.

9.00pm – Yay you made it to the evening and it is yours! You might decide to hang out with friends, watch tv or get an early night if competing the next day.

On the Road Again!



Human vs Food!

Team Table

Per Diem

Fast Food



**Away Game
Meals**

Hotel Meals

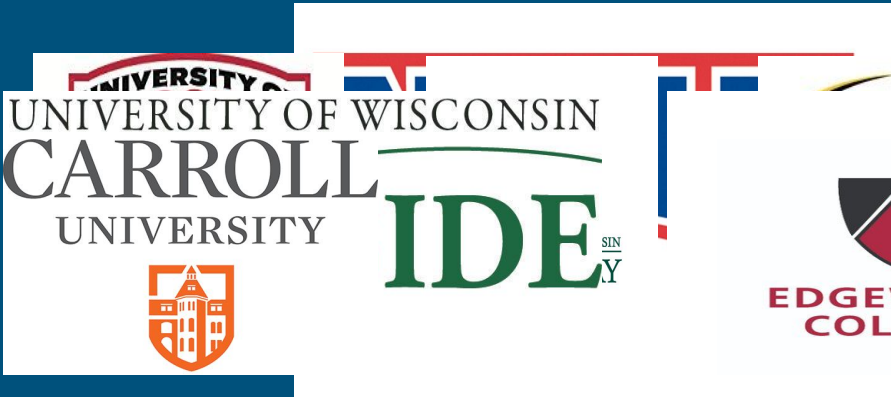
The Gear



STEP 2: If I decide I want to play what options are available?



What options are available



STEP 3: Do I only need to qualify for school admission?





Division III

DISCOVER | DEVELOP | DEDICATE



NCAA

DIVISION I



Division II

Tracking your coursework

(Always recommended to see your counselor if you have questions)

[NCAA HS Search](#)

Enter HS Code to see list of approved courses:

- Sun Prairie East HS (502242)
- Sun Prairie West HS (853316)

STEP 4: Recruiting



Please talk to me afterward if you figured it out!



Be Realistic

Knowing yourself and understanding what you want out of college can help you find the right fit at the next level.



EXPOSURE! EXPOSURE! EXPOSURE!

Email coaches

- Individualize emails to programs

Social Media Accounts

- Sport specific
- Follow coaches from colleges
- Keep it clean

Collegiate Athletic Questionnaire



EXPOSURE! EXPOSURE! EXPOSURE!

Athletic Recommendations

Off-Season Camps and Invites

Increasing your Exposure



Maintain Positive Attitude



**Be willing to ask
questions**



Academics

- Do I get to pursue the major I want?
- Is there athletic academic supports on campus?
- Does team have academic advisors?
- What is the balance of athletics and academics?



The Team

- What does the current roster look like & are they recruiting transfers?
- Coach relationship with current players
- Rooming with other athletes



The Facilities

- Are the facilities modern or older?
- Are there shared locker rooms or practice fields/courts?
- How close are facilities to campus?





Travel

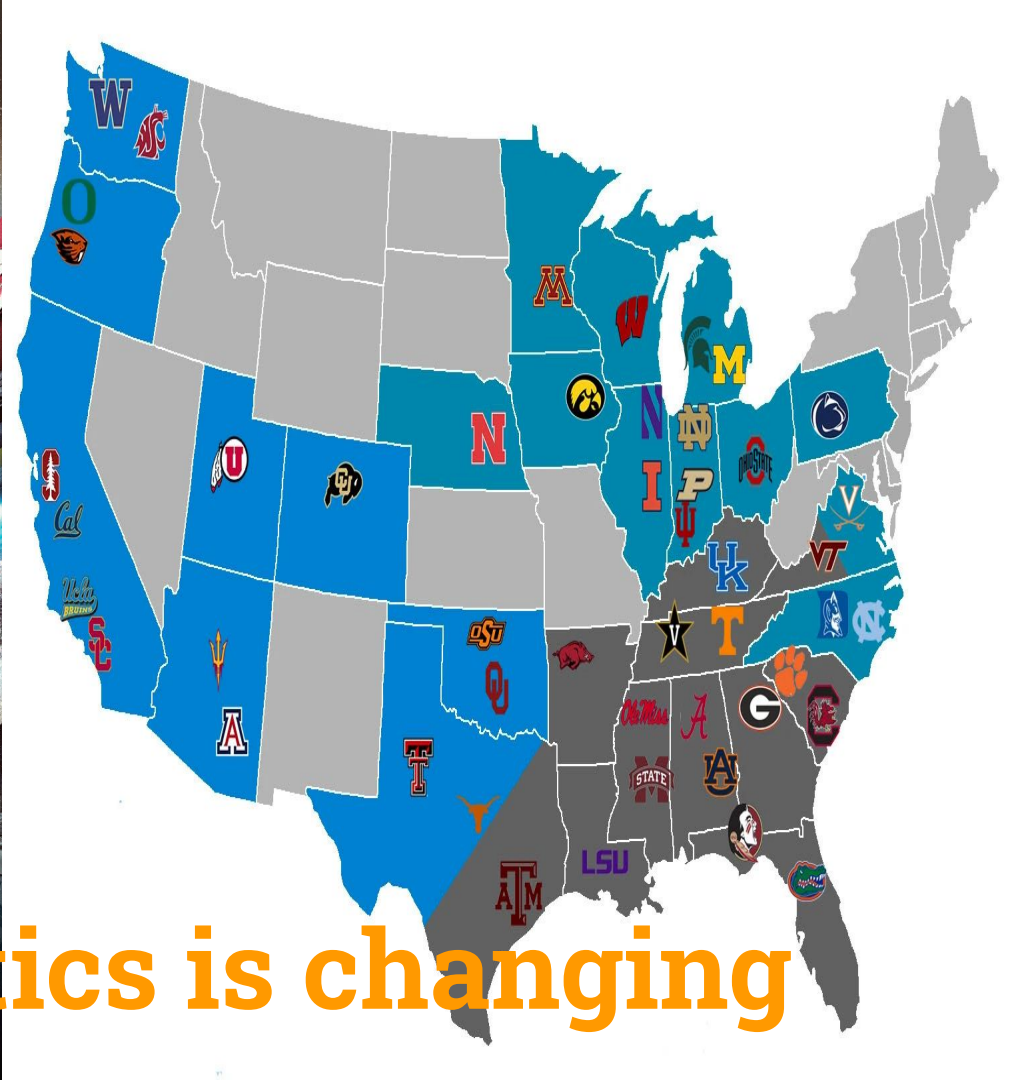
- Where does team travel for games during the season?
- How often does team travel during school year?
- Are there supports while traveling on road?
- Are games close enough to family, friends, classmates?



**Visit When
Possible**


Visit Campus





Changes to Collegiate Athletics

- Online coursework for NCAA
- Transfer Portal
- Conference realignment
- NIL Deals for student athletes in college
 - Sorry still no law for HS students in Wisconsin
- Division I Scholarships for all sports are set to increase



Each athlete
takes a
different path

Remember that every journey is different and not every single athlete has the same process. Your experience is unique to you. Only you and your family will be able to determine your goals.

In the end make sure you are doing what you would like to do and that you are enjoying the process.



Resources

[NCAA Registration](#)

[Guide for College Bound Student-Athlete](#)

[Division I Academic Flyer](#)

[Division II Academic Flyer](#)

[Division III Athletic Homepage](#)

[NAIA Athletic Homepage](#)

[NAIA Registration](#)

[NJCAA Athletic Homepage](#)

