King School College Athletics Night

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Moderated by:

Micah Hauben
Dean of Athletics
mhauben@kingschoolct.org

Tom Broschardt
Athletics Coordinator
tbroschardt@kingschoolct.org

Emily Prince
Assistant Director of College Counseling
eprince@kingschoolct.org

SPECIAL GUEST PRESENTERS

Ian Choi
Fordham University
Women's Volleyball Head Coach
jchoi99@fordham.edu

Ryan Mee
Vassar College
Men's Basketball Head Coach
rmee@vassar.edu

Saj Thakkar
Davidson College
Head Football Coach
football@davidson.edu

Joey Skarad
King School Class of 2019
Sacred Heart Baseball
joeskarad13@outlook.com

Erica Cunningham
King School Class of 2020
University of Alabama Rowing
ericarosec1202@gmail.com

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

Visit our Pursuing College Athletics page on the King website for more information and to view tonight's presentation. Please also review the NCAA DI, DII, DIII Time Demands Sheet and the NCAA Guide for the College-Bound Student-Athlete .

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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 with bio information in settings.
    - 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 a 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 that 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 the 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 financially. As a general rule of thumb, D3 offers a more well-rounded quality of life for student-athletes.
- 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.

NCAA website recruiting page with divisional overview below:

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	DIVISION I	DIVISION II MAKE IT YOURS	DIVISION III DISCOVER | DEVELOP | DEDICATE
NUMBER OF SCHOOLS*	351 (33%)	296 (27%)	433 (40%)
MEDIAN UNDERGRADUATE ENROLLMENT	8,449	2,300	1,655
STUDENTS WHO ARE ATHLETES	1 in 22	1 in 9	1 in 6
AVERAGE NUMBER OF TEAMS PER SCHOOL	19	16	19
PERCENTAGE OF NCAA STUDENT-ATHLETES IN EACH DIVISION	36%	25%	38%
ATHLETICS SCHOLARSHIPS	Multiyear, cost-of-attendance athletics scholarships available **58%** of athletes receive athletics aid	Partial athletics scholarship model **87%** of athletes receive athletics aid	No athletics scholarships **80%** of athletes receive nonathletics aid
DID YOU KNOW?	Division I student-athletes graduate at a higher rate than the general student body.	Division II is the only division with schools in Alaska, Puerto Rico and Canada.	Division III's largest school has **27,642** undergraduates. The smallest? **228**.

*The number of schools for each division is current as of the 2022-23 academic year. The data do not reflect provisional membership classes. Student-athlete participation numbers are NCAA championship counts only and are current as of the 2021-22 academic year.

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.

What are the eligibility requirements in each division?

If you want to compete at an NCAA school, you must meet academic and/or amateurism standards set by NCAA members. **Academic** and **amateurism standards** are outlined in this guide and can be found on each division's page on **ncaa.org**.