Recruiting 101 for the High School Athlete

Jane Prince
Director of School Counseling
Prince William County Schools
Wife of Football Coach, Athlete’s Mom
1. Academics

A. Understanding Scheduling and the 48 H Form (understanding core requirements)
B. NCAA Div. I Eligibility (2.3 core, sliding scale, 16 cores)
C. NCAA Div II Eligibility (2.0 core, 68 sum ACT, 820 SAT score, 16 cores)
D. NCAA Div III Eligibility (gain admittance to the college)
E. NAIA Eligibility (2 out 3, 2.0 GPA, 18 ACT/860 SAT, top half of class rank)
F. JR. College Eligibility (graduate from high school, meet the benchmarks necessary for classes)
2. College Entrance Exams

A. ACT or SAT - Begin taking as a Sophomore

B. Arrange for Individual tutoring

ACT: http://www.actstudent.org/

SAT: https://sat.collegeboard.org/home
3. Register with the NCAA and NAIA Eligibility Centers

B. NCAA Code 9999 for sending test scores
C. [http://www.playnaia.org](http://www.playnaia.org)
D. NAIA code 9876 for sending test scores
E. Fee Waivers
4. How Athletes Should Respond to the Media: *representing yourself, school and community*

How **not** to respond:

“We couldn’t have won this game if it wasn’t for me”

“My coach doesn’t know what he is doing…..we just made plays”

“Grades….who needs grades……I’m a player”

**What should be included in an interview:** credit to teammates, coaches, practice (preparation), time to be humble, use proper grammar, keep calm, don’t let reporters lead you into incriminating questions, be positive, look the interviewer in the eye, offer the info. that you want the public to know, and make your point in 20 seconds or less while using complete sentences.
5. How Do You Know If You Are Being Recruited?

A. Hand-Written Letters and Notes/Questionnaires
B. College Coaches visits to school
C. Phone Contact (make the most of phone calls)
D. Official and Unofficial Visit
E. Coach may attend games to scout
6. Technology

A. Twitter, Facebook, Instagram, Snapchat, Text, etc. (parents friend your student on social media… (see CNN Secret Life of Teen)

B. Online Scouting Reports and Services

C. Completion of Eligibility NAIA, NCAA sites
(Make sure all needed documents have been uploaded)
7. Attending Summer Camps

a. Attending camps to improve skills and recognize talent and competition of others.
b. Choose 1 and 2 day camps in the summer and off-season to get exposure and save money and time.
9. Who is Responsible for “Getting your Kid a Scholarship”?

A. Form a good working relationship with your student’s Coach and School Counselors.

B. Market your Athlete following a successful season. (video on hudl, academic profiles, athlete photo)

C. Attend recruiting invites and camps, official or unofficial at a desired school.
10. File for the FAFSA early…. Oct. 1st!!

https://fafsa.ed.gov/

*beginning in the fall of 2016 (for the 2017-2018 college year) student athletes will be able to file for financial aid in October to get a head start for recruiting. Students who have an early financial aid profile are more recruitable.
11. Understanding the different levels of available scholarships

Are you a Head Count Athlete or Equivalency Athlete?

a. Division I: full ride (year to year)
b. Division II: full ride/ partial
c. Division III: academic scholarship only
d. NAIA: full ride/ partial
e. Junior College: partial/ academic
8. Materials to Send to Coaches

A. Letter of Interest
B. Athlete's Resume’
C. Transcript with ACT/SAT
D. Sports Questionnaire
E. Game DVD/Highlight/Hudl link or youtube link
F. Sports Action Photo
G. Sports Schedule
H. NAIA ID#, NCAA ID#
12. Signing Day…the speech and why it is important

a. Work with your school on a date for signing (invitations)
b. Can the recruiting coach attend?
c. Taking care of official paperwork
d. Media
## Athletics Probability Chart

<table>
<thead>
<tr>
<th></th>
<th>High School Participants</th>
<th>NCAA Participants</th>
<th>Overall % HS to NCAA</th>
<th>% HS to NCAA Division I</th>
<th>% HS to NCAA Division II</th>
<th>% HS to NCAA Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td>482,629</td>
<td>33,431</td>
<td>6.9%</td>
<td>2.1%</td>
<td>2.1%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Basketball</td>
<td>541,054</td>
<td>18,320</td>
<td>3.4%</td>
<td>1.0%</td>
<td>1.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Cross Country</td>
<td>252,547</td>
<td>14,218</td>
<td>5.6%</td>
<td>1.9%</td>
<td>1.4%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Football</td>
<td>1,093,234</td>
<td>71,291</td>
<td>6.5%</td>
<td>2.5%</td>
<td>1.7%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Golf</td>
<td>152,647</td>
<td>8,654</td>
<td>5.7%</td>
<td>1.9%</td>
<td>1.6%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>35,393</td>
<td>3,976</td>
<td>11.2%</td>
<td>4.6%</td>
<td>0.5%</td>
<td>6.1%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>106,720</td>
<td>12,682</td>
<td>11.9%</td>
<td>2.9%</td>
<td>2.1%</td>
<td>6.9%</td>
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<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>433,344</td>
<td>16,319</td>
<td>3.8%</td>
<td>1.1%</td>
<td>1.1%</td>
<td>1.5%</td>
</tr>
<tr>
<td>Cross Country</td>
<td>218,121</td>
<td>15,922</td>
<td>7.3%</td>
<td>2.8%</td>
<td>1.7%</td>
<td>2.8%</td>
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<tr>
<td>Field Hockey</td>
<td>61,471</td>
<td>5,902</td>
<td>9.6%</td>
<td>2.9%</td>
<td>1.1%</td>
<td>5.6%</td>
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<tr>
<td>Golf</td>
<td>72,172</td>
<td>5,076</td>
<td>7.0%</td>
<td>3.0%</td>
<td>2.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>9,150</td>
<td>2,140</td>
<td>23.4%</td>
<td>8.7%</td>
<td>1.2%</td>
<td>13.5%</td>
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<tr>
<td>Lacrosse</td>
<td>81,969</td>
<td>10,330</td>
<td>12.6%</td>
<td>3.7%</td>
<td>2.4%</td>
<td>6.5%</td>
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<tr>
<td>Soccer</td>
<td>374,564</td>
<td>26,358</td>
<td>7.0%</td>
<td>2.4%</td>
<td>1.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Sport</td>
<td>NCAA Participants</td>
<td>Approximate # Draft Eligible</td>
<td># Draft Slots</td>
<td># NCAA Drafted</td>
<td>% NCAA to Major Pro*</td>
<td>% NCAA to Total Pro^</td>
</tr>
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<td>---------------</td>
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<td>----------------------</td>
</tr>
<tr>
<td>Football</td>
<td>71,291</td>
<td>15,842</td>
<td>256</td>
<td>255</td>
<td>1.6%</td>
<td>3.7%</td>
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<tr>
<td>M Basketball</td>
<td>18,320</td>
<td>4,071</td>
<td>60</td>
<td>47</td>
<td>1.2%</td>
<td>11.6%</td>
</tr>
<tr>
<td>W Basketball</td>
<td>16,319</td>
<td>3,626</td>
<td>36</td>
<td>32</td>
<td>0.9%</td>
<td>4.7%</td>
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<tr>
<td>Baseball</td>
<td>33,431</td>
<td>7,429</td>
<td>1,216</td>
<td>638</td>
<td>8.6%</td>
<td>--</td>
</tr>
<tr>
<td>M Ice Hockey</td>
<td>3,976</td>
<td>884</td>
<td>211</td>
<td>60</td>
<td>6.8%</td>
<td>--</td>
</tr>
<tr>
<td>M Soccer</td>
<td>23,602</td>
<td>5,245</td>
<td>76</td>
<td>72</td>
<td>1.4%</td>
<td>--</td>
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</tbody>
</table>