

Your Handbook
For Success

COLLEGE RECRUITING 101



OFFICIAL
GUIDE

MESSAGE FROM THE EDITOR

While some students will immediately pursue a two- or four-year education, others will choose a different route, and the reasons vary. No matter where you are in the journey choosing the right school will be one of the biggest decisions you will make up to this point in your life.

We have put together this handbook to help families and, prospective college bound students, student-athletes navigate the process and find the right educational opportunity.

When it comes to being “actively recruited” it all comes down to what a prospective student-athlete does or does not do.

Myth



The majority of students and parents believe talented high school athletes are actively recruited and offered full-ride sports scholarships by Division I college coaches.

Only 2% of these athletes are “actively recruited” by leading college coaches with the remaining 98% left to “recruit themselves” via self-directed efforts.

When you are ready to make a personal college connection

<https://MATCHFIT.com/>

Reality

BE PROACTIVE

COLLEGE RECRUITING BEGINS WITH YOU - SO WHAT ARE YOU WAITING FOR!

Being Proactive is essential to being successfully recruited. Below are some basic eligibility rules for each governing body that is affiliated with schools that offer sanctioned collegiate sports. Make sure you are taking the appropriate core academic courses, follow the rules and registered with the appropriate Eligibility Center where applicable.

ACADEMICS – now is an exciting time to review your academics and ensure you are on track if the goal is to play collegiate sports. The National Collegiate Athletic Association / NCAA Division I or II has specific requirements as do others. Schools are looking for the brightest and best to become a member of their school and athletic teams.

Let's get started.



<https://www.ncaa.org/index.aspx>

First, you need to obtain a copy of your high school transcript from your guidance counselor and compare the classes you are taking to the ones that are required by the NCAA Eligibility Center.

REQUIRED COURSES

NCAA Division I

16 Total Core Course Units Required

- 4 units - English
- 3 units - Mathematics
- 2 units - Natural/Physical Science
(plus 1 unit of Science Lab if your high school offers it)
- 1 unit - Additional English, Math, or Natural/Physical Science
- 2 units - Social Science
- 4 units - Additional Courses
(from any area above, Foreign Language, Comparative Religion, or Philosophy)

All 16 units must be complete before enrolling in college

10 units must be complete before you begin 12th Grade

- At least 7 of these 10 units must be English, Math, or Natural/Physical Science

AND

15 units must be complete by your high school class's graduation

- All 16 units are required by then if you do NOT graduate on-time with your class

- 1-Year Course = 1 unit
- 1-Semester Course = 0.5 unit
- 1-Trimester Course = 0.34 unit

NOTICE: These criteria are for students that enroll in an NCAA Division I college or university on or after August 1, 2016.

REQUIRED COURSES

NCAA Division II

16 Total Core Course Units Required

- 3 units - English
- 2 units - Mathematics
- 2 units - Natural/Physical Science
(plus 1 unit of Science Lab if your high school offers it)
- 3 units - Additional English, Math, or Natural/Physical Science
- 2 units - Social Science
- 4 units - Additional Courses
(from any area above, Foreign Language, Comparative Religion, or Philosophy)

All 16 required core course units must be completed before full-time enrollment at ANY college or university

- 1-Year Course = 1 unit
- 1-Semester Course = 0.5 unit
- 1-Trimester Course = 0.34 unit

REMEMBER – YOU ARE A STUDENT-ATHLETE

COLLEGE COACHES ARE RECRUITING THE
BRIGHTEST AND BEST

If you are using our online college connection center, MATCHFIT® our Core Course & NCAA Eligibility Calculator can identify which courses you are missing if any so you will be eligible.

The fee for the NCAA Eligibility Center's Academic and Amateurism Certification account is \$100 for domestic students (U.S., U.S. territories, and Canada) and \$160 for international students. There is also an Amateurism-Only Certification account for \$70.

If your goal is to become “actively recruited” you must meet or exceed athletic eligibility guidelines and, make it easy for a college coach to recruit you at his or her school. There are thousands of prospective student-athletes across the USA and around the world.

If your goal is to play NCAA Division III sports, you must meet the general admission standards, and notify the coach of your desire to be “actively recruited” to play sports at their school.

Do you know the difference? NCAA Division I and II offers academic and athletic scholarships whereas NCAA Division III offer academic scholarship.

Bottom line, money is money and if it covers the cost of your tuition AWESOME!

What are your other options?

PlayNAIA.org helps future student-athletes discover and connect with NAIA schools, coaches and athletic scholarships. PlayNAIA is also the official clearinghouse for NAIA eligibility. **Every student-athlete must register with the NAIA Eligibility Center to play sports at an NAIA college or university.**



Athletic Eligibility requires athletes to have graduated from high school or earned a GED. If you are admitted to a school that sponsors USCAA sports or had dual affiliation with the NAIA all athletes must show academic progress to remain on an athletic roster and receive financial support. To learn more visit <https://theuscaa.com/>



Prospective student-athletes should contact U SPORTS university coaches directly with your recruiting information. The coaches will be able to answer any specific questions and assist you further. <https://en.usports.ca/> They do offer academic and athletic support/aid and are highly competitive programs.

In order to participate in U SPORTS competition, you must be registered on U SPORTS Central (usportscentral.ca). This process entails creating a personal and athletic profile that will follow you throughout your varsity career.

There is a nonrefundable one-time registration fee of \$50 CAD. Prospective student-athletes can register as early in their high school careers as they see fit. Registration in high school is not a requirement but must happen on U SPORTS Central prior to becoming a confirmed recruit (including signing of a Letter of Intent) or before competing for a U SPORTS institution (whichever comes first).



<https://thenccaa.org/> **The National Christian College Athletic Association (NCCAA)** brings together Christian colleges and Bible colleges. It aims to promote athletics with Christian values. The NCCAA manages sports, sets player rules, and hosts national championships. Student-athletes must meet certain academic standards to play in NCCAA games.

Requirement	Description	NCCAA Standard
Minimum GPA	Core courses focusing on academic readiness	2.0
Standardized Tests	ACT or SAT scores	ACT: 18 or SAT: 970
Class Ranking	Position in graduating class	Top 50%
Pre-college Credits	College credits taken during high school	9 credits

Code of Conduct and Ethics in Sportsmanship

The NCCAA expects athletes to follow a strict code of conduct. This code is grounded in Christian values like integrity, respect, and honesty. It's key for the personal growth of athletes, encouraging fair play in all games. If anyone breaks these rules, they face harsh consequences. This keeps the sport and the association honorable. It makes sure the spirit of fair play is always present.



<https://3c2asports.org/landing/index> **The California Community College Athletic Association** is an integral part of California's extensive community college system. As authorized by the State Legislature, the Education Code provides the 3C2A the opportunity and authority to establish the rules and regulations to administer the intercollegiate athletic activities of the nearly 24,000 men and women student-athletes in the state.

To play for a 3C 2A program you must do the following:

1. Contact the coach at your selected school[s].
2. Apply for admission to your selected school [s].
3. Apply for Financial Aid and Submit the required FAFSA documents.
4. All 3C 2A student-athletes must be actively enrolled in 12 units of classes to compete.



TELL YOUR STORY

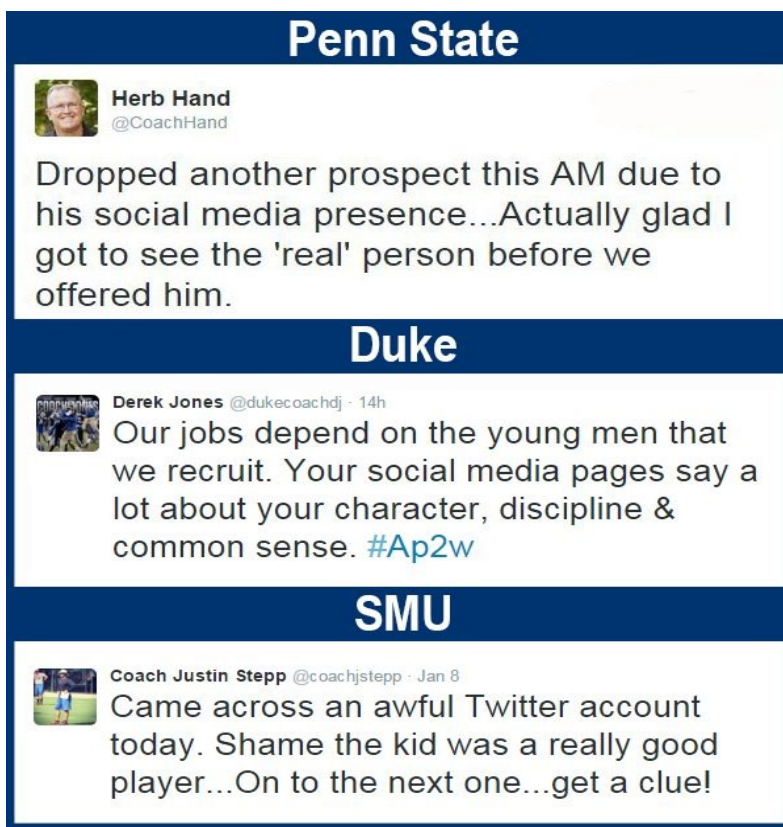
College recruiting is just like getting a job – you need to be talented, qualified and you need to apply. Did you know ...Your player resume is the best way to stand out while giving the college coach a glimpse of you academically and athletically?



MATCHFIT® the system automatically creates a professional resume that reflects your college and career objective, academic and personal accomplishments so you stand out.

Or to create your FREE personal profile go MATCHFIT.com choose Resources and download a word version or sign up for our FREE resources and let the system do the work for you.

TIP: The college will look at your social media and other methods to find out who you are so – be sure to clean your social media up before you begin.



RECRUITING 101

Often players will take a “wait & see” approach hoping a college coach will “find” them. Are you kidding? When it comes to college sports there are thousands of young men and women who are ready and willing to tell their story they are the 98% that are actively self-recruiting.

The 2% who are actively recruited, are the ones that could live under a rock in tiny-town USA or “parts un-known” country and everyone knows who they are by their game not some recruiting service, paid ranking system or social media video service.

They are the ones who are performing in the classroom, on the field, who have done what it takes to register, they are telling their story and it is resonating with college coaches – they are the ones who will be actively recruited.

If you are serious about playing at the collegiate level, you need to tell your story and show interest. A spot on a roster is just like getting a job – you need to be qualified, apply and show interest.

Review the college roster, size up the players to your desired position, read the bios of the players and coaching staff. FIND COMMONALITIES – AND INITIATE THE CONVERSATION.

Remember – it’s about what you do or don’t do – if you do nothing, expect nothing.

BEING PROACTIVE

The fact is your dreams and goals are unique, and your college search should be the same. Consider your goals and create a plan to help you achieve your desired results.

If you want to be a top prospect to a college coach – you will need to make sure it shows on the field and in the classroom.

THE EVALUATION WHILE ATTENDING TOURNAMENTS

When it comes to athletics, and recruiting - a college coach will evaluate a prospect based on a few factors.

First, they will examine their current roster.

Next, based on the roster and recruiting timeline, they will look for prospects that fill the following void:

a.] Possess the technical, tactical, physical and psychological aspects **b.]** Prospects' that add value, depth and dimension to the current team **c.]** Prospects' who meet/exceed college admissions – and if the college is an NCAA Division I or II program who have registered with the NCAA Eligibility Center and can meet Eligibility Requirements.

Tip: Visit the college website and check out videos of the team/games and opponents played. Review the current college roster and ask yourself, can you make this team a better team and if you say yes, then be prepared to tell the coach how. If you say you can, you need to back it up.

Tip: The current team roster is a perfect way to size yourself up – the coach is showing you what they look for in a prospect based on size, height, weight, position and best of all they don't turn away good prospects they make room.

THE RECRUITING PROCESS



Each year college coaches will receive hundreds of inquiries for prospects looking to join a team. The problem is the majority of the prospects have not fully evaluated their options/opportunities. Some players will focus on schools they have heard about or someone they know has attended – or only Division I schools.

The fact is there are nearly six [6] thousand accredited two and four year colleges in the USA and Canada supporting men's and women's sports offering academic and/or athletic scholarships and aid with for those who are looking for a great education.

Open your eyes and expand your search criteria – focus on the best educational opportunity that offers your chosen sport where you can be a well-rounded student-athlete.

Tip: Long after your playing days have come and gone due to old age, injury or retirement, your education will last a lifetime.

DO NOT COPY OR REPRODUCE