**College Recruiting Process**

<http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

NCAA Clearinghouse/ Eligibility Center: www.EligibilityCenter.org

\*Register ($75), Get ID #, Send All Transcripts & Test Scores (Code: 9999)

\*Send Official transcripts after Junior & Senior Year

\*Request Final Amateurism after April 1, Senior Year

**There is a place for EVERYONE to Run:** (If you choose)

347 Division I Members, 309 Division II Members, 442 Division III Members

**Academics: NCAA Division 1 High School Requirements**

4 Years of English

3 Years of Mathematics

2 Years of Natural/ Physical Sciences

1 Extra Year of English, Math or Natural/ Physical Science

2 Years of Social Science

4 Additional Academic Courses

+ Have at least a 2.3 in Core Courses

\*\*Must have 10 of the 16 Core Courses completed by the start of your Senior Year.\*\*

**Core GPA & SAT/ACT Sliding Scale Examples:**

1. GPA – 3.5 SAT (M+V) 430 ACT (E+M+R+S) 39
2. GPA – 3.0 SAT 620 ACT 52
3. GPA – 2.5 SAT 820 ACT 68
4. GPA – 2.3 SAT 900 ACT 75

**Freshman & Sophomore Year (until after June 15th):** D1 College coaches can’t call you, return a phone call or return e-mails. We aren’t trying to be rude or act uninterested, we just can’t.

**Junior Year & Senior Year:** D1 College coaches can call, email and text you. Start taking unofficial & official visits. Can have off-campus contact with you. Fill out college recruiting questionnaires. Visit college campuses. Make a list of important characteristics.

**Official Visit** (Max of 5): Any visit to a college campus by you & your parents paid for by the college. May include: Transportation, Room, Meals & Entertainment (Tickets for Home Athletic Events) The visit has a maximum length of 48 hours on Campus.

Official Visit Requirements:

1. Unofficial Transcript
2. SAT / ACT Test Score
3. NCAA Clearinghouse ID Number

**Verbal Commitment:** Phrase used to describe a college-bound student-athlete’s commitment to a school before he or she signs a National Letter of Intent (NLI). May be done at any point, but this is non-binding

**Athletic Scholarships**: Aid given for sport performance.

\*Men – 12.6 & Women – 18 Scholarships

\*Scholarships range from a books scholarship (2-3%) up to a Full Ride (100%).

**How fast do I have to run to earn a College Scholarship?**

\*For every school that you are interested in, go look at their conference results. If you are able to score, you might be able earn some type of athletic aid.

NLI Signing Period: November 11 – 18, 2015 or After April 13, 2016

**Contacting College Coaches:**

1. Recruiting Questionnaires on Athletic Websites
2. E-Mailing Coaches – Be short & sweet. To the point.
   1. Name, High School, Graduation Year, Phone Number
   2. Track Times
   3. Academic Info (GPA, Class Rank, Test Scores)
   4. Your connection to the coach/ university

3) Unofficial Visits (Unlimited): Any visit by your & your parents to a college campus paid for by you & your parents. You may still receive tickets to Home Athletic Events.

**Academic Scholarships**: Most universities have academic aid. They are awarded based on GPA, Class Rank & Test Scores.

**Characteristics of Your School:**

Think about what you want in the characteristics of what you’re looking for in a university. Such as: Location, Size, In-State or Out-of-State, Cost, Majors, Coaches Personality, Coaches Training Philosophy, Team Dynamics, Academic Ranking, Cross Country/ Track & Field Success, Athletic Facilities. Whatever aspects of the school that are important to YOU.

**DO NOT**

* Have parents OVERLY involved in the recruiting process. We are recruiting you, the athlete. Be on same page with parents about finances.
* Think a school in not interested just because they don’t respond immediately.
* Close a school off unless you are sure that you will not go there.

**DO**

* Pursue the schools you are interested in aggressively.
* Be Upfront and Honest.
* Tell a coach early on that you are NOT interested in their school so they don’t waste your time or theirs.
* Keep track of all information you receive for future reference when it’s time to make your decision or narrow down your choices.