



College Athletics: Levels of Competition and the Recruiting Process

Facts about NCAA Sports

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey
High School Student-Athletes	7,200,000	540,800	399,100	1,006,000	482,700	35,300
NCAA Student-Athletes	499,000	18,800	16,500	73,700	36,000	4,300
Percentage Moving from High School to NCAA	7%	3.5%	4.1%	7.3%	7.5%	12.3%

Do many high school athletes earn athletics scholarships?

Very few, in fact. About 2% of high school athletes are awarded some form of athletics scholarship to compete in college.

Source: NCAA.org

Playing Sports in College

Varsity Sports: College representative, compete against other college teams, programs receive some type of funding to operate their programs.

*Governed by sports associations:

National Collegiate Athletic Association (**NCAA**) - Division I, II, III

National Junior College Athletic Association (**NJCAA**) - Division I, II, III

National Association of Intercollegiate Athletics (**NAIA**)

	NCAA D1 (4 year Schools)	NCAA D2 (4 year Schools)	NCAA D3 (4 year Schools)	NAIA (4 year Schools)	NJCAA (2 year Schools)
# Universities/Colleges	351	308	443	250	500
# Student-Athletes	180,000	122,000	191,000	65,000	59,000
Athletic scholarship	Yes	Yes	No	Yes	Yes

Club & Intramural Sports: Alternative participation option, compete against other club and intramural teams.

Clubs: Student run, may have travel, regional and national championships

Intramural: Teams from the same school play each other

NCAA: *National Collegiate Athletic Association*



The NCAA is the largest and most well known of the college sports associations. When you watch college sports on TV, you're usually watching NCAA athletes.

The NCAA oversees three levels of play:

Division I is the biggest and most competitive NCAA division. Full scholarships, partial scholarships, recruited walk-ons, and walk-ons (no scholarship) are included on teams as athletes.

Division II athletic programs often as competitive as those in Division I but more regional. Most student-athletes don't get full-ride scholarships, but those who do receive financial aid for playing have the ability to stack scholarships with merit aid at most schools. Partial scholarships, recruited walk-ons, walk-ons.

Division III athletic programs **do not offer sports-related financial aid**. Still, these schools recruit walk-ons and offer tryouts for walk-ons; being a recruited athlete may help you get into a college that wants you in its program.

***NJCAA schools have same structure for scholarship awarding

NCAA DIVISIONS OVERVIEW

DIVISION I

DIVISION II

DIVISION III

SCHOOLS

350

310

438

MEDIAN UNDERGRADUATE ENROLLMENT

8,960

2,428

1,740

5%

*Percentage of Student Body
Participating in Sports*

11%

*Percentage of Student Body
Participating in Sports*

17%

*Percentage of Student Body
Participating in Sports*

ATHLETICS SCHOLARSHIPS

Multiyear, cost-of-attendance athletics
scholarships available

57 percent of athletes receive athletics aid

Partial athletics scholarship

60 percent of athletes receive athletics aid

No athletics scholarships

80 percent of athletes receive non-athletics aid

NCAA Sports

IF you do not see the sport that you play on this list, your sport may be governed by NAIA or possibly another association.

Not All Schools compete in every sport****

FALL SPORTS		WINTER SPORTS		SPRING SPORTS		EMERGING SPORTS
Men:	Women:	Men:	Women:	Men:	Women:	Women:
Cross Country	Cross Country	Basketball	Basketball	Baseball	Beach Volleyball	Acrobatics and Tumbling
Football	Field Hockey	Fencing	Bowling	Golf	Golf	Equestrian (Divisions I and II only)
Soccer	Soccer	Gymnastics	Fencing	Lacrosse	Lacrosse	Rugby
Water Polo	Volleyball	Ice Hockey	Gymnastics	Outdoor Track and Field	Outdoor Track and Field	Triathlon
		Indoor Track and Field	Ice Hockey	Tennis	Rowing	
		Rifle	Indoor Track and Field	Volleyball	Softball	
		Skiing	Rifle		Tennis	
		Swimming and Diving	Skiing		Water Polo	
		Wrestling	Swimming and Diving			

Process to Compete

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at: eligibilitycenter.org.

Scholarship Athlete – offered some type of athletic aid of any amount

Recruited Walk-On – recruited and offered a spot in the program but not offered any scholarship aid

Walk-On – offered a spot on the team following a tryout or other form of recruitment while on campus and enrolled at the school

ELIGIBILITY REQUIREMENTS DIFFER BASED ON DIVISION AND SCHOOL. YOU MUST BE ADMITTED TO A SCHOOL IN ORDER TO BE ELIGIBLE TO COMPETE AS AN ATHLETE.

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

<https://www.ncaa.org/sports/2014/10/13/home-school-students.aspx>

<https://www.facebook.com/ncaaec/>

TEST SCORES

In January 2023, NCAA [Divisions I](#) and [II](#) adopted legislation to remove standardized test scores from initial-eligibility requirements. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.

Process to Compete - Academic Eligibility Overview

DIVISION I (through the class of 2024)

- Complete 16 NCAA core courses (10 by the end of junior year)
 - Core Course Breakdown:
 - English (4 years)
 - Math (3 years)
 - Science (2 years)
 - Social Science (2 year)
 - Additional Year (English, Math, Science)
 - Additional Core Course (4 years)
 - English, Math, Science, Social Science, world language, comparative religion/philosophy
 - Qualifier: Core Course [GPA of 2.3 or higher](#)
 - Pass/Credit grades awarded “C+” value if it helps an athlete qualify academically

DIVISION II (through the class of 2024)

- Complete 16 NCAA core courses
 - Core Course Breakdown:
 - English (3 years)
 - Math (2 years)
 - Science (2 years)
 - Social Science (2 years)
 - Additional Years (3 combined English, Math, Science)
 - Additional Core Course (4 years)
 - English, Math, Science, Social Science, world language, comparative religion/philosophy
 - Qualifier: Core Course [GPA of 2.2 or higher](#)
 - Pass/Credit grades awarded “C+” value if it helps an athlete qualify academically

Process to Compete – High School Timeline

Plan

Grade 9

- ☐ Review core course guidelines listed in the College-Bound Athlete Guide, link on MHHS website
- ☐ Earn the best grades possible.
- ☐ Review the NCAA course listing on MHHS course list: CEEB Code: 054813

Register

Grade 10

- ☐ Register with the NCAA Eligibility Center at eligibilitycenter.org
- ☐ **Make sure to let your counselor know your plans.**
- ☐ If you fall off track- check back in with your counselor about your academic alternatives.

Study

Grade 11

- ☐ Confirm with your counselor that you are on track to complete core coursework on time.
- ☐ At the end of the year- sign up to take SAT or ACT, have scores sent to NCAA using code 9999
- ☐ Request to have your final junior transcript uploaded to the NCAA portal by our registrar. Make sure official records are sent from all schools you have attended.

Graduate

Grade 12

- ☐ Take the SAT or ACT again, if necessary.
- ☐ Complete required core coursework, with the necessary grades to maintain an eligible Division I/II GPA.
- ☐ Request final amateurism cert. starting 4/1 (fall enrollees), through your NCAA account.
- ☐ Request a final transcript (end of senior year) be uploaded to the NCAA portal, with proof of graduation.

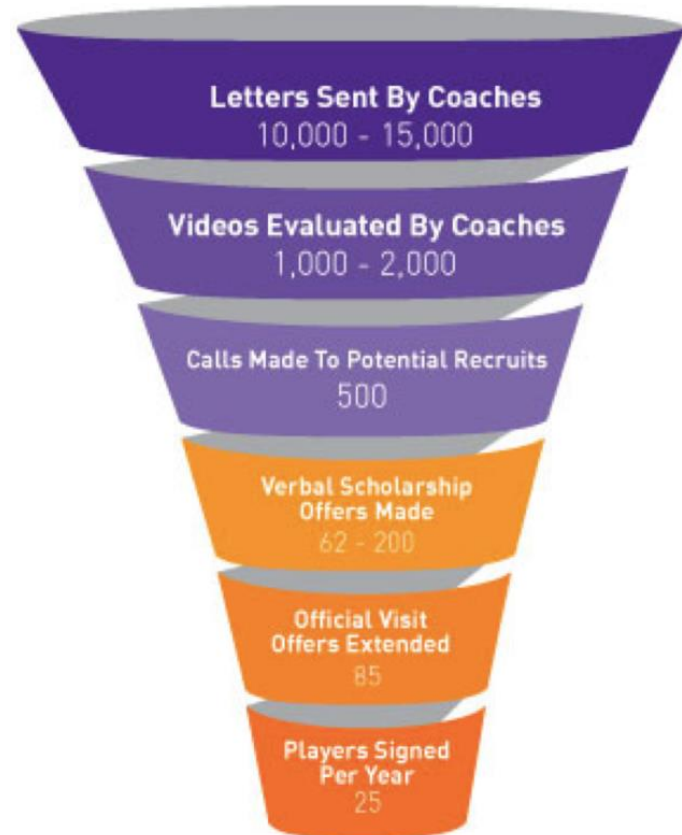
THE RECRUITMENT PROCESS SHARED FROM COACHES

Coaches inboxes are inundated with prospective student athletes inquiries and simply do not have the time or resources to vet every single player that expresses interest.

Camps are a way for coaches to evaluate skills to and multiple programs at one time Showcase events are a way for multiple colleges to evaluate talent in one location at one time.

While coaches are more readily accessible, ineffective communication from a student can end the recruiting process before it begins.

Number of students competing for spots (athletically and academically) is larger than ever



TIPS FOR THE RECRUITMENT PROCESS SHARED DIRECTLY BY ATHLETIC DIRECTORS

- Know when to reach out to the coaches by email and manage your expectations - if a coach is in season, their focus is COACHING, winning games, and trying to win conference, regional, and/or national championships.
- Depending on the school, especially for NCAA Division II, III, and NAIA schools, if you email a coach and share you did an OFFICIAL tour of campus with an admissions office, that immediately shows you already know more about the school than a random email that comes in from another student wanting to be an athlete.
- At NCAA Division I and Division II schools, coaches recruit athletes; Admissions has nothing to do with the process.
- When emailing coaches - keep it short and informative, include basic bio info and video is great (nothing super produced). (Name, position, grad year, REAL unweighted GPA, your high school, your email.
- NCAA Division I, II, III Coaches cannot start actively recruiting (calling/emailing) students generally until the start of Junior year of high school.
- Not every school has tryouts - don't assume you will be able to join a team through a tryout

THIS PLAN TAKES A TON OF PREPARATION, COMMITMENT, DRIVE, FOCUS in ALL AREAS OF ACADEMICS, ATHLETICS, EXTRACURRICULARS:

NCAA Student Athlete Responsibilities

Resources

2022-2023 NCAA Guide for the College-bound Student-athlete:

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

2022-2023 Guide for Homeschool Students

<https://www.ncaa.org/sports/2014/10/13/home-school-students.aspx>

NCAA Eligibility Center

Eligibilitycenter.org

<https://www.facebook.com/ncaaec/>

NAIA Member Schools and Recruiting Information

<https://www.naia.org/schools/index>