

# Student-Athlete Recruiting 101



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# Collegiate Athletic Oppor



NATIONAL ASSOCIATION OF  
INTERCOLLEGIATE ATHLETICS



- NCAA (National Collegiate Athletic Association): DI, DII, DIII
- NAIA (National Association of Intercollegiate Athletics): DI & DII
- NJCAA (National Junior College Athletic Association): DI, DII, DIII
- NCCAA (National Christian College Athletic Association): DI & DII
- USCAA (United States Collegiate Athletic Association): DI & DII
- NIRSA (National Intramural and Recreational Sports Association): Club





- 439 institutions competing at the DIII level (187,800 student-athletes)
- No athletic scholarships
  - 82% of student-athletes receive some form of academic grant or need-based scholarships (\$17,000 average)
- Encourages a well-rounded collegiate experience that may include pursuing other extracurricular activities
  - Multi-sport athletes
  - Study-abroad
  - Clubs/student groups



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Division II



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- 307 institutions competing at the DII level (118,800 student-athletes)
- Offers athletic scholarships- financial award amounts vary for each sport (received by 61% of student-athletes)
  - Full scholarships are less common than in DI
- More likely to have athletes from in-state or local areas
- Student-athletes usually makes up a higher percentage of the student body at DII schools
  - “Athletics are an important component of the learning experience at these institutions.” (ncaa.org)





- 346 institutions competing at the D1 level (176,000 student-athletes)
- 56% of all student-athletes receive athletic financial aid
- Usually larger schools- sponsor more sports and scholarships
- Year-round commitment
- Larger emphasis on athletics and time spent training
  - Typically around 4 hours a day dedicated to your sport





“NIRSA believes that collegiate recreation is a significant and powerful key to inspiring wellness in local, regional, and global communities”

- Teams are predominantly student-run and the intensity/organization of the team depends on the student leaders in charge
- Some programs have coaches
- Players are in charge of paying for travel and gear but are often provided a small budget from the college/university
  - Fundraising

# The Early Stages of Your Recruiting Process

- Do your research: come up with a criteria list of what you are looking for in a school
- Email the coaches of schools you're interested in
  - Personalize each email- why you're interested in that school/program
  - Include you and your coaches' contact info
  - Basic athletic & academic info
  - Let them know where/when you will be competing
  - Speck check!
- Create a highlight tape (no longer than 5 minutes, don't save your best clips for last, include clips of your mistakes & recovery, narrate it)
- Be persistent and put yourself out there- follow up if coaches don't answer (could be due to NCAA restrictions)
- Ask questions

# What Are Coaches Looking For?

Varies at each division

- **Beyond athletic abilities...**

- Good people
- Respectful & well spoken in emails, calls, & any other interactions
- Body language on the field
- Driven, competitive, good teammate

- **Campus visits**

- Relationship with family
- How you interact with coaches
- How you interact with the current team
- Interest and knowledge of the school & their team's program
- How you make them feel



# How To “Gauge” Programs

- Various recruiting strategies from coaches
- Ask current student-athletes about their experiences
- Does the coach over-promise?
- Dialogue with coaches should be a two-way street
  - How often are you speaking with the coaching staff & players?
- Find the right fit, not what’s prestigious or “elite”

# Do Research On Your Specific Sport

- The process is different for each sport and gender
- Examples
  - St. Scholastica & St. Olaf are the only 2 MN colleges that have nordic skiing teams
  - Dance teams differ by institution (not NCAA sponsored)
  - Gustavus & Hamline gymnastics in the WIAC
- Understand the differences among divisions & athletic conferences
  - Consider the travel schedule- distances between other schools in your conference (plane or bus)
  - Off-season schedules & responsibilities
  - Eligibility clocks & transferring (2-year to 4-year and 4-year to 4-year)
  - NCAA Clearinghouse for DI & DII
- Determine if you need a highlight tape

# Helpful Links

- <https://www.ncaa.org/sites/default/files/Recruiting%20Fact%20Sheet%20WEB.pdf>
- <http://www.ncaa.org/student-athletes/future>
- <http://www.naia.org/>
- <http://njcaa.org/landing/index>
- <http://www.thenccaa.org/>
- <http://www.theuscaa.com/landing/index>
- <https://nirsa.net/nirsa/>
- <https://www.athleticscholarships.net/ncaa-clearinghouse.htm>

# Questions?

