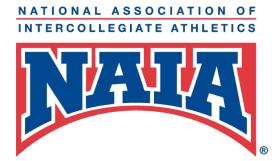
Student-Athlete Recruiting 101

Tom Homa: Augsburg University Assistant Men's Soccer Coach Taylor Tvedt: Augsburg University Assistant Women's Lacrosse Coach

Collegiate Athletic Oppor





- 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 ne 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















- 307 institutions competing at the DII level (118,800 student-athletes) NIVERSITY SAINT PAU
- Offers athletic scholarships- financial award amounts vary for each sport (received by 61% of student-athletes)
 - o 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)

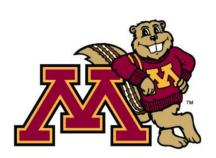








- 346 institutions competing at the D1 level (176,000 student-athletes)
- 56% of all student-athletes receive athletic financial aid
- Usually larger schools- sponsor more sports and scholarships
- Year-round commitment
- Larger emphasis on athletics and time spent training
 - Typically around 4 hours 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
 - O 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%20WE
 B.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?