



ASHVILLE ATHLETICS RECRUITING INFORMATION GUIDE

I. Context

There are three categories of NCAA athletic competition: *Division I*, *Division II*, and *Division III*. There is also athletic competition at the NAIA, NJCAA, and NCCAA levels. Rules differ for each division of NCAA competition as each group of schools determines its own legislation and policy...which can change.

Division I

- Offers student-athletes multi-year scholarships, financial aid, room & board, books, etc.
- 350 total schools across the NCAA
- Requires Academic **AND** Amateurism Certification Account on NCAA Eligibility Center's website
 - o Account access requires \$90.00 fee
 - o Student-athlete's amateurism and academic standing must be protected throughout their high school career to remain eligible for Division I competition
- Subdivided (football only) into two sub-categories: Football Bowl Series and Football Championship Series

Division II

- Offers student-athletes single-year scholarships, financial aid, room & board, books, etc.
- 300 total schools across the NCAA
- Requires Amateurism-only Certification Account on NCAA Eligibility Center's website
 - o Account access requires \$90.00 fee
 - o Student-athlete's amateurism must be protected throughout their high school career to remain eligible for Division II competition
 - o Student-athlete must maintain academic standing to remain eligible according to Division II standards
- 60% of athletes receive some kind of athletics aid

Division III

- DOES NOT offer student-athletes any form of athletic scholarship aid
 - o Student-athletes are only eligible for academic scholarships from Division III institutions
- Requires a Profile Page Account on NCAA Eligibility Center's website
 - o Account is FREE

II. NCAA Initial Eligibility Must-Haves

- Division I and Division II schools no longer require standardized test scores for initial eligibility; HOWEVER, individual institutions may still maintain test score minimum requirements for admission and athletic scholarship eligibility.
- Transcripts must be uploaded to your NCAA Eligibility Center account via Parchment (St. Clair County School System's transcript distribution platform)
 - o Connect with Ashville High School's counselor to set up your Parchment account and connect your transcript to your NCAA Eligibility Center account
 - o Transcripts must have four semesters of grades and information before being uploaded via Parchment onto the student-athlete's NCAA Eligibility Center account

- If a student-athlete has attended multiple schools, a transcript is required from every school for the duration of their high school career
- The NCAA requires 16 core-course credits present on the student-athlete's transcript
 - There is an approved list of courses on the NCAA's website
 - Counselors and principals are responsible for ensuring student-athletes meet the 16 core-course credit minimum
 - Courses in driver's education, art, music, physical education, welding, etc. or courses taught below grade-level/remedial courses are NOT considered core credits
- The NCAA requires a core-course GPA measured using quality points
 - Each grade for each course is assigned a letter-grade (A,B,C,D,F) and each letter grade is assigned a quality point
 - A=4 points
 - B=3 points
 - C=2 points
 - D=1 point
 - The NCAA requires a 2.5 GPA core-course minimum (Division I) for initial eligibility (2.0 for Division II), but this is only calculated using the student-athlete's CORE COURSE credits; it is not calculated using their other, non-core credits



Scan the QR code above to visit the NCAA Eligibility Center website



Scan the QR code above to view the NCAA's recruiting calendar for your sport

III. Student-athlete Exposure

- Social Media
 - Student-athletes use social media to promote themselves, their talent, their skill, but ALSO their personality, character, and ultimate fit for a potential college coach and program
 - Social media can help as much as it can hurt a student-athlete's chances of getting recruited or securing a scholarship offer
 - Student-athletes should adhere to a BALANCED promotion strategy
 - A "balanced" promotion strategy requires the student-athletes to post content related to their athletic progress and skillset BUT also their friend group, family life, and personal interests/hobbies
 - College programs want to see the whole person, not just the athlete
 - College coaches and recruiters need to be shown a student-athlete's circumstances, character, drive, motivation, commitment, etc. along with their talent, athletic ability, and skillset
 - Certain social media platforms are better for certain student-athletes than others
 - BOYS: Twitter, Instagram, Tik Tok
 - GIRLS: Instagram, Tik Tok, Twitter
 - Controversial political, social, and religious statements can be made at the discretion of the student-athlete and their parent, but recruiting exposure repercussions may follow
- Film
 - Student-athletes should take every opportunity to capture film of their games/matches, both in-school and recreational competition
 - Recruiters and coaches want to see visual application of certain athletic fundamental skills, both physical and mental
 - BODY LANGUAGE IS THE KEY – programs want to see adversity and its influence on a student-athlete's competitive approach, especially during a game or competition
 - Student-athletes should record and post on social media film of their workouts and training sessions (as long as they remain legal and supervised under NFHS and NCAA policy)
 - College programs want to see work ethic and motivation outside of competition season as well as dedication to progress and improvement
 - Student-athletes should have readily available and up-to-date highlight film accessible via permanent links on ALL social media profiles and accounts for college programs to easily access and evaluate
 - USE HUDL, USE HUDL, USE HUDL
 - Use tools provided by platforms like Hudl to compile film and share with college coaches via social media or through email
 - When Hudl is unavailable, use YouTube or another free, video-sharing platform
- Camps and Contact
 - Always approach camps as opportunities for growth and knowledge first, exposure second
 - Programs use camps to generate revenue for their staff and players, but also use the opportunity to scout potential recruits
 - Student-athletes should focus on consistent performance at camp AND making contacts with both coaches and fellow student-athletes
 - Networking AND performing well are vital to solid camp exposure
 - Post on social media photos and video of camp performance
 - Post a short reflection of your experience at camp and openly connect to those with whom you have networked at camp, such as coaches and other student-athletes
 - Give the social media accounts of the camp you just completed a public shoutout as well

- If allowed, contact the institution and/or coach that put on the camp and thank them for the opportunity
- High school coaches should supply a steady stream of camp information to student-athletes

IV. Tips

- Student-athletes should focus on workouts, practice, competition, and improvement; HOWEVER, they should not overwork themselves as to encourage injury or mental fatigue
- Ask questions to coaches (at all levels) and school administration
- Check documents and NCAA accounts regularly
 - Keep as much information updated as quickly as possible
- Student-athletes should eat, train, and compete regularly to remain in a conditioned state
- Refrain from using recruiting platforms if possible (most of the work they do can be done by parents and coaches with a little knowledge and time)