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ATHLETICS IN COLLEGE: NAVIGATING THE RECRUITING PROCESS

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November 11, 2020

My Experience

- **Recruited mainly as a Football Punter and Kicker**
 - *Accepted a scholarship to Michigan State University*
 - *Started 4 years as the punter and placeholder*
 - *Spent 2 years working as a strength coach for the football team after graduation*

- **Relationships with others who have played collegiate athletics**
 - *Wife played softball at Ashland University (Division II)*
 - *Sister played soccer at Otterbein University (Division III)*
 - *Many other friends that have played different sports at various levels*

Eligibility Requirements

DIVISION I – 2016

Qualifier Requirements

**Athletics aid, practice, and competition*

- 16 core courses
 - Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science.
 - "Locked in" for core-course GPA calculation.
- Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
- Graduate from high school.

DIVISION II

16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Eligibility Requirements

Division I continued...

Complete a total of 16 NCAA core courses in the following areas:

- 4 years of English.
- + 3 years of math (Algebra 1 or higher).
- + 2 years of natural/physical science (including one year of lab science if offered).
- + 2 years of social science.
- + 1 additional year of English, math or natural/physical science.
- + 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy.

Core Courses = College Prep Courses

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

- 4 English courses (one per year)
- + 4 math courses (one per year)
- + 4 science courses (one per year)
- + 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

Eligibility Requirements

■ Division I

- **2.3 Core-Course G.P.A.** to be **eligible for competition** (plus sliding scale ACT score)
- **2.0 Core-Course G.P.A.** to be **eligible for scholarship and practice** (plus sliding scale ACT score)
 - ACT sliding scale
 - **G.P.A. = 3.55+** **ACT sum = 37 or more** **ACT Avg. = 9.25**
 - **G.P.A. = 2.3** **ACT sum = 75 or more** **ACT Avg. = 18.75**
 - **G.P.A. = 2.0** **ACT sum = 86 or more** **ACT Avg. = 21.5**

■ Division II (effective August 1, 2018)

- **2.2 Core-Course G.P.A.** to be **eligible for competition** (plus sliding scale ACT score)
- **2.0 Core-Course G.P.A.** to be **eligible for scholarship and practice** (plus sliding scale ACT score)
 - ACT sliding scale
 - **G.P.A. = 3.3+** **ACT sum = 37 or more** **ACT Avg. = 9.25**
 - **G.P.A. = 2.2** **ACT sum = 70 or more** **ACT Avg. = 17.5**
 - **G.P.A. = 2.0** **ACT sum = 68 or more** **ACT Avg. = 17**



NCAA RECRUITING FACTS

College sports create a pathway to opportunity for student-athletes.

490,000
Student-athletes

19,500
Teams

3 Divisions
1 Association

DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletics budgets, offer a wide array of academic programs and provide the most athletics scholarships.

PARTICIPATION

- 179,200 student-athletes
- 351 colleges and universities

ATHLETICS SCHOLARSHIPS

59 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2017 Graduation Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 9,629
Average Number of Teams per School: 19
Average Percentage of Student Body Participating in Sports: 4 percent
Division I National Championships: 26

DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

PARTICIPATION

- 121,900 student-athletes
- 308 colleges and universities

ATHLETICS SCHOLARSHIPS

62 percent of all student-athletes receive some level of athletics aid

ACADEMICS

2017 Academic Success Rate: 72 percent*

OTHER STATS

Median Undergraduate Enrollment: 2,485
Average Number of Teams per School: 16
Average Percentage of Student Body Participating in Sports: 9 percent
Division II National Championships: 25

DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful nonathletics opportunities.

PARTICIPATION

- 190,900 student-athletes
- 443 colleges and universities

FINANCIAL AID

80 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$17,000 on average

ACADEMICS

2017 Academic Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 1,748
Average Number of Teams per School: 18
Average Percentage of Student Body Participating in Sports: 26 percent
Division III National Championships: 28

Want to play NCAA sports? Visit ncaa.org/playcollegesports

*Graduation rate for student-athletes, including those who transfer from one school to another.



Facts about NCAA sports

Does the NCAA award athletics scholarships?

Individual schools award athletics scholarships. Divisions I and II schools provide more than \$3 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 190,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic grant or need-based scholarship.

Do many high school athletes earn athletics scholarships?

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

Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport? While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

Do many NCAA student-athletes go on to play professionally?

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than 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	Men's Soccer
High School Student-Athletes	7,300,000	546,400	429,400	1,083,300	488,800	35,200	440,300
NCAA Student-Athletes	492,000	18,700	16,600	73,700	34,600	4,100	24,800
Percentage Moving from High School to NCAA	6%	3.4%	3.9%	6.8%	7.1%	11.7%	5.6%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%

*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts.



THINKING OF GOING PRO?

There are more than 480,000 NCAA student-athletes, and **fewer than 2 percent** will go pro in their sport.

	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	BASEBALL	MEN'S ICE HOCKEY	MEN'S SOCCER
High School Student-Athletes	550,305	430,368	1,057,382	491,790	35,210	450,234
NCAA Student-Athletes	17,712	16,532	73,063	34,980	4,199	24,986
NCAA Student-Athletes Drafted	50	34	253	735	60	78
*Percent High School to NCAA	3.2%	3.8%	6.9%	7.1%	11.9%	5.5%
*Percent NCAA to Professional	1.2%	0.9%	1.6%	9.5%	6.4%	1.4%

*Percentages based on estimated data.

For the rest, the experiences of college athletics and the life lessons they learn along the way will help them as they pursue careers in business, education, athletics administration, communications, law, medicine and many more fields. Education is a vital part of the college athletics experience, and student-athletes treat it that way.

Overall, student-athletes graduate at higher rates than their peers in the student body, and those rates rise each year. For more information on graduation rates, search for "graduation rates" on ncaa.org.

Total Number of Allowable Sports Scholarships

Division I Sports	Men's	Women's
Baseball / Softball	11.7	12
Basketball	13 Head Count Sport	15 Head Count Sport
Track & Field	12.6	18
Football	85 Head Count Sport (FBS only)	0
Golf	4.5	6
Gymnastics	6.3	12 Head Count Sport
Field Hockey	0	12
Ice Hockey	18	18
Lacrosse	12.6	12
Rowing	0	20
Soccer	9.9	12
Swimming / Diving	9.9	8.1
Tennis	4.5	8 Head Count Sport
Volleyball	4.5	12 Head Count Sport
Water Polo	4.5	8
Wrestling	9.9	0

Division II Sports	Men's	Women's
Baseball / Softball	9	7.2
Badminton	0	10
Basketball	10	10
Bowling	0	5
Track & Field	12.69	12.69
Fencing	4.5	4.5
Football	36	0
Golf	3.6	5.4
Gymnastics	5.4	6
Handball	0	12
Field Hockey	0	6.3
Ice Hockey	13.5	18
Lacrosse	10.8	9.9
Rifle	3.6	7.2
Rowing	0	20
Skiing	6.3	6.3
Soccer	9	9.9
Squash	9	7.2
Swimming / Diving	0	9
Synchronized Swimming	0	5
Tennis	4.5	6
Volleyball	4.5	8
Water Polo	4.5	8
Wrestling	9	0

Combining Academic and Partial Athletic Scholarships

- To prevent potential loopholes, the NCAA has created restrictions when it comes to combining partial Athletic and Academic Scholarships from an institution. If students don't meet certain requirements, their Academic scholarships may count toward their sports' athletic scholarships restriction. This can be confusing, but it never hurts to be a great student!
- Division I
 - *Top 10 percent of high school graduating class*
 - *3.5 cumulative GPA out of 4.0*
 - *1200 SAT score/105 ACT sum score (26.25 average)*
- Division II
 - *Top 20 percent of high school graduating class*
 - *3.5 cumulative GPA out of 4.0*
 - *1140 SAT score/100 ACT sum score (25 average)*

What are College Coaches Looking For?

1) Athletic Potential

- *Collegiate athletics is very competitive at all levels. Having the right set of physical tools is the way you get an opportunity.*

2) Good Character

- *Want players who will be good representatives for the university*

3) Academically Proficient

- *Coaches do not want to worry about keeping their players eligible*

4) Hardworking and Coachable

- *Players who will put in the work to develop and improve*

How Do I Get Noticed?

■ High School Participation

- *Perform well in your sport*
- *Send highlight tapes to college coaches, recruiting coordinators, and travel team coaches*

■ Travel Team Participation

- *For most sports, travel team competition is the most important for recruiting*
- *Perform well and participate on elite teams*

■ Summer Camps

- *Opportunity for coaches to see you in person in their own drills*
- *Showcase athletic potential and demonstrate you are coachable*
- *Shows you are interested in their school*

Do I Really Want to Play in College?

- Huge Time Commitment

- *No matter what sport or level, college athletics require a lot of time*

**Average Hours Spent Per Week In-Season on
Athletic Activities in 2010 (Student-Athlete Self-Report)**

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
Athletic Hrs	42.1	39.2	43.3	41.6	32.0	37.6	33.3

- Increased Competition and Pressure to Perform

- *A lot of competition for playing time*
- *Coaches are more demanding, and their job security depends on winning*

Positives of College Athletics

■ Discipline and Accountability

- *Forced to learn valuable life skills: time management, punctuality, ability to handle adversity, self-discipline, teamwork, develop a great work ethic, etc.*
- *Have someone making sure you are going to class and doing the right things*

■ Part of a Team

- *Group you can trust and depend on as well as socialize with*
- *They face the same difficulties and achieve the same successes as you*

■ Resume and Career Builder

- *Being a college athlete looks great on your resume*
- *You learn the skills it takes to be successful in any occupation*

How Do I Choose the Right School?

■ What Level Can/Should I Play?

- *Assess your ability as well as your desire*
- *How serious do you want to take your athletics?*
 - *Are you doing this because you want to or other people want you to?*

■ How Far From Home?

- *Different answer for everyone*
- *Nice for parents, family, and friends to see your games*
- *Lots of great Division I, II, and III schools in Ohio*

■ Find the Right Fit

- *Don't get caught up on going to the biggest athletic school no matter what*
 - *Find a school you could see yourself at if you weren't playing sports*
- *Find coaches you like, and ones that recruit other kids similar to yourself*
- *Look for coaches and programs that focus on more than just their sport*

Questions?

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