

# DIVISION I RECRUITING

“Scholarships”



# You be the Coach

- How big of a scholarship would you offer
  - 4:19 1600m male
  - 5:10 1600m female
- Keep that number for later

# Objectives

- Better understanding of NCAA rules pertaining to recruiting
- Let you see things from the perspective of a college coach (eye opening)
- Give you ideas of things you can do to help your athlete with the recruiting process
- Give you something to take home to your athletes as a recruiting resource

# Academics

- Admissions
  - If you can't get in, you can't get a scholarship
- NCAA Clearinghouse
- APR (Academic Progress Report)
  - Each year universities get graded on the academic performance of scholarship athletes
  - If scholarship athletes don't perform academically, the program is penalized scholarships
  - Coaches are more cautious about athletes with questionable grades

# Junior Year

- Take SAT or ACT
- If scores are low, sign up for early fall senior year
- Register for the NCAA Clearinghouse at the end of junior year
- Come up with a list of factors that will influence decision
- Research colleges that may interest you

# NCAA Clearinghouse

- Minimum standards (sliding scale using core courses)
- Doesn't guarantee admission (still have to be accepted by individual schools)
- \$50 fee
- Send official high school transcripts
- Send official test scores
  - Can do so by listing 9999 when choosing where to send results

# Division I Sliding Scale

GPA	SAT	ACT
3.550 & Above	400	37
3.300	500	44
3.000	620	52
2.500	820	68
2.000	1010	86

# Recruited Student Athlete

- July 1 after junior year
- Prior to July 1 college coaches can correspond via
  - Letter
  - email
- After July 1
  - Can make in person contact
    - Three off-campus contacts
    - At a contest must be after athlete is done and released by you
    - On campus visits unlimited
    - Careful prior to July 1
  - One phone call per week
  - No texting

# Visits

- Unofficial Visits
  - Can make as many as you want at your own expense
- Official Visits
  - 5 total expense paid official visits
  - Registered with NCAA Clearinghouse
  - Transcripts
  - Test Scores
  - Placed on institutional recruiting list (NCAA Compliance)
  - Student-athlete must receive official visit policies

# Scholarships

- Colleges do not have a “blank checkbook”
- Different rules for NCAA Division 1, 2 & 3; NAIA and JC
- Not every school is fully funded with grant-in-aids (e.g. Some have to fundraise for scholarship money)

# D1 SCHOLARSHIP OPPORTUNITIES

- Full Scholarships are rare, especially boys
- There are no cross country only scholarships (only NCAA sponsored sport that doesn't have it's own scholarships)
- The NCAA allows a maximum of 12.6 grant-in-aid opportunities per institution for **men's cross country and track & field combined** (18 for women)
- This is total for all events for all four years (not per year)
- The number of scholarships a school has available each year are only those made available by graduating seniors
- Many schools increase scholarships for those athletes who performed well, thus potentially less scholarship money available

# Example

- Graduate 6 seniors: there are 3.0 scholarship available to recruit all freshmen for all events
  - Can recruit three people on full-scholarship
  - Six people on a half scholarship
  - Twelve people on a quarter scholarship
  - Or any combination
  - Increase scholarship for any returnees?

# More events than scholarships

- There are 19 individual events in track & field (plus relays)
- There are 12.6 scholarships available for men
  - 0.66 scholarships per event
- There are 18 scholarships available for women
  - 1.05 per event
- Remember; this is total, not per year
- Coach can give more in one event; take away from another event

# Head Coach's Preference

- Some coaches use more scholarships for sprinters
- Some coaches use more scholarships for distance runners
- Some coaches use more scholarships for field event athletes
- Some coaches spread the scholarships evenly over all events

# Performance in High School vs. College

- Competitive performance in high school may or may not be competitive in college
  - Everyone says they will improve in college
- Many coaches look at how competitive you would currently be at the college level
  - Based on how you would do at their Conference Championship
- Conference Performance Lists

# Southland Conference

## 10<sup>th</sup> Best Performance in Conference

- 800            2:17.07            1:53.87
- 1500          4:45.20 (5:05)      3:57.99 (4:15)
- 3000          10:24.35 (11:04)    8:40.38 (9:15)
  - Indoor in February
- 5000          18:03.91            14:57.83



# Quality of the team

- The quality of the team will determine how much scholarship money a coach will offer to recruit a certain quality athlete
- Though both are interested in the athlete, both are willing to offer different scholarship amounts based on that athlete's contribution to the program
- A team with three sub 4:10 runners will offer less for a 4:19 runner than a team with a best runner who runs 4:20

# Decision for athlete

- Accept less or no scholarship money to compete on a better team?
- Accept more scholarship money to compete on a poorer team?
- **The answer is different for each athlete**

# The Offer

- May get different offers from different schools
- When?
  - Some coaches offer prior to visiting
  - Others offer during the campus visit (pressure)
  - Others offer after the visit
- Take the offer or wait for a better offer?
  - Lot of athletes want to wait until later in the season when they feel they will run faster and earn a bigger scholarship
  - Can work both ways

# More about the offer

- Two athletes with comparable PRs
  - One wants to sign opening day
  - One wants to wait to race outdoor and improve their time
- College coaches don't want to miss out; may pressure athlete to make a decision
- Squad size limits
- Questionable money available for athletes waiting for something to pan out

# Signing Day

- February 4
  - Prior to outdoor track senior season!
- Many college coaches make many of their scholarship offers by this date.
- Others may wait until later in the spring
- You be the coach (each coach different)

# National Letter of Intent (NLI)

- One year commitment from the athlete once they sign on the dotted line
- One year commitment from the school; scholarships are one year contracts that can be renewed

# You be the Coach Scenario 2

- You graduate five seniors who were on scholarship – a high jumper, a pole vaulter, a 400m runner, a 110m hurdler and a distance runner.
- What are your recruiting priorities?
- Do you recruit only those events?
- Do you recruit all events?
- How many distance runners do you recruit?

# You be the Coach Scenario 3

- Do you buy the new plasma screen TV on sale this week or do you buy a new washing machine?
- Your team has 3 good milers but has graduated all scoring 800m runners
- You have one partial scholarship remaining
- A 4:19 miler is interested in your program
- What do you tell him?

# You be the Coach Scenario 4

- You have signed all your prospects for the year, using up all your scholarship money
- A 4:19 miler contacts you wanting to join the team but wants a scholarship
- What do you tell him?

# You be the Coach Scenario 5

- You only have one partial scholarship remaining. A freshman walk-on who ran 4:30 in high school, just ran 4:18.
- A high school senior who ran 4:19 is interested in your school.
- To whom do you give the scholarship? What do you tell each of them?

# You be the Coach Scenario 6

- You have one partial scholarship remaining
- A 4:18 runner is interested in your program
- A 4:19 runner is also interested in your program
- What do you tell each of them?

# You be the Coach

- Go back to You be the Coach, Scenario 1
- How much do you offer the 4:19 or 5:10 high school runner?

# Running in College

- Need to arrive on campus fit; everyone else will
- More competitive; everyone was the star on their high school team

# Communication

## ➤ ATHLETES

- Be aware of how you come across (first impression)
- Respond (don't always end up at #1 choice)
- Already committed elsewhere
- Fake times (or relay splits)
- Fake scholarship offers

## ➤ COACHES

- Mislead about opportunities (where does scholarship come from)
- Don't uphold promises
- Negative recruiting

# Boys vs. Girls

- More senior boys
  - UIL 5A Cross Country
    - 14 of top 25 boys were seniors
    - 9 of top 25 girls were seniors
  - NXN South Regional
    - 8 of the top 10 boys were seniors
    - 1 of the top 10 girls were seniors
- More boys interested in running in college

# What can I do as the High School Coach?

- Remind them of the importance of academics
- Educate them on the process
- Encourage them to start early (SAT/ACT junior year)
- Realize many college coaches may be interested in contacting some of your athletes
- Speak with college coach about the type of student/athlete they are recruiting (honesty)
- Advise and inform, but be careful not to push
- Stress the importance of training over the summer

# Recruiting Services

# Top Things To Do Early

- Apply for federal aid – FAFSA
  - Can “apply” junior year to get an idea
- Take SAT or ACT
- Register for the NCAA Clearinghouse
- Apply to colleges
- ALSO
  - It doesn't end once you sign letter of intent



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# Grant-in-Aid

- A grant-in-aid is what most people refer to as an athletic scholarship.
- Grant in aid is defined as “all funds administered by an institution”.
  - Scholarships
  - Grants
  - Tuition waivers
  - ...
- An athletic scholarship is part of the total grant-in-aid
- NCAA definition of Countable Athletic Aid
- This basically means that for any athlete on athletic scholarship, the athletic scholarship and any other money (other than Pell Grant) counts toward an institution’s limit of 12.6

# Example

- Cost of attendance = \$10,000
- Student receives athletic scholarship of \$2000
- Also receives an academic scholarship of \$1000
- Also receives Texas Grant of \$4000
- Total of \$7,000 in financial aid from the school
- Can count as 0.7 (70%) grant-in-aid even though the student only received \$2,000 (20%) from an athletic scholarship

# Potential Problem

- Athlete A is offered a \$2000 track scholarship, the last scholarship money available, putting the team at exactly 12.6 scholarships
- Athlete A also receives an academic scholarship and Texas grant of which the coaching staff is at first unaware
- All the aid counts toward the team's grant-in-aid limit and puts the team at 13.1 scholarships and in violation of NCAA rules
- Athlete A cannot accept the grants if they want to be on the team