

Masconomet Regional High School

Student-Athlete Recruit Guide



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The key in this whole process is to market yourself!

9th Grade:

- Strive for a strong academic record. This will allow you to have many more college options if you choose to pursue athletics in college. Remember all four years of high school count!!!
- Play any and all sports you have an interest in, so that you can keep your options open as to which sport you would like to pursue in college.
- Inform your coach that you may be interested in playing sports in college.
- Start researching colleges. Consider what each level of college lacrosse entails (Division I, II, and III). Begin thinking about academics — what are your career goals, and what types of things might you study to achieve them? Talk to your parents, guidance counselors, teachers, coaches, siblings, and older teammates to get information.
- Attend one or more sport-specific camps to improve your skills. (Talk to your coach about the camps that would be best for you.)
- Weight train, condition, and continue to play in the off-season.
- Begin to record your athletic information on an athletic resume. (See examples in the back of guide)

10th Grade:

- Continue to strive for a strong academic record.
- Continue to participate in any and all the sports you are interested in playing.
- Weight train, condition, and continue to play in the off-season.
- Play in outside leagues and tournaments.
- Participate in college showcases and other college recruitment venues to gain exposure.
- Research colleges and athletic programs. Investigate and decide at what level (Division I, II, or III) you are interested in playing. Utilize your coaches and outside individuals when making this assessment.
- Go see teams at various levels compete.
- Compile a list of college choices. The amount of schools will change but make it manageable.
- Be honest with yourself, and most importantly, watch the schools you are interested in playing for compete in your sport.
- Attend several sport-specific camps at colleges of interest (or where a college coach may be coaching).
- Record all athletic information on your athletic resume, which includes information such as athletic camps attended, club teams, awards, height and weight, statistics, positions played, SAT, ACT, GPA, AP classes taken, etc.

11th Grade:

- Send a preliminary introduction letter to college coaches in the summer before your junior year. (See example in the back of the guide)
- Send an athletic resume to college Coaches in the summer.
- Continue to strive for a strong academic record.
- Set up a meeting with parents, coaches, and college guidance counselors to discuss the college list. Compile a tentative list of prospective schools.
- Continue to participate in any and all sports you are interested in.
- Weight train, condition, and continue to play in the off-season.
- Continue writing Coaches with updated information throughout the year.
- Play in outside leagues and tournaments. Email college coaches to inform them that you will be participating in a tournament, showcase, and/or camp.
- Discuss with your coach whether you should compile a videotape, a clip from a game, or a highlights video.
- Call the college coach to make an appointment to meet with her/him if you are going to visit and interview at the college.
- Record all athletic information on your athletic resume.

- Make unofficial visits to campuses to help narrow your choices. Let coaches know well in advance when you plan to visit.
- Register with the NCAA Eligibility Center <http://www.ncaa.org/student-athletes/future/eligibility-center> .

12th Grade:

- Send an updated athletic resume in the summer before your senior year.
- Study and consider information about Early Decision or Early Action admission to college.
- Set up official and unofficial visits with college Coaches – plan to spend the night.
- Continue to be in contact with college Coaches -- inform them when you will be competing in a tournament or playoff game, send emails or newspaper clippings that document your contributions, send them your senior year schedule of competition.
- Continue to weight train, condition, and play in the off-season.

Finally

- When you have made a choice, write all coaches you have been working with, thank them, and inform them of your decision.

Recruiting Reality Check

If you have been as proactive as possible with a college coach, and they have never responded to you or given you any indication that they are interested in you – move on from playing sports there but you can still maybe attend the institution. The reality of the situation is that they are focusing on other recruits. There are plenty of other schools and sports programs out there! Remember – There is a school and a sports program for everyone!

Recruiting Tips

The following is a list of suggestions to consider as you progress through the recruiting experience:

1. Respond to all questionnaires and return all phone calls promptly.
2. Keep a notebook and record the time, date, college, and contact person's name for all phone calls. Take accurate and complete notes on all information given during the contact.
3. Keep a list of questions handy by the phone to ask coaches when they contact you. (see examples)
4. Be positive and responsive to all contacts.
5. Be responsible by letting coaches know where you stand in the recruiting process. If you are no longer interested in a school, make sure you tell the coach and explain why.
6. Be honest; never lie about offers from other schools. If your family circumstances require that your choice of a school will depend primarily on money available to you, tell the coach up front.
7. Be aware of negative recruiting where coaches criticize other schools or coaches.

When choosing a school make sure to apply the “**broken leg**” test. If you were to break your leg during the season and were stuck at the school without athletics would you still like it there? If the answer is yes than you have chosen a good school for you, however if the answer is no, cross the school off of your list. Choose a school for the school, not for the athletics.

College Athletic Opportunities

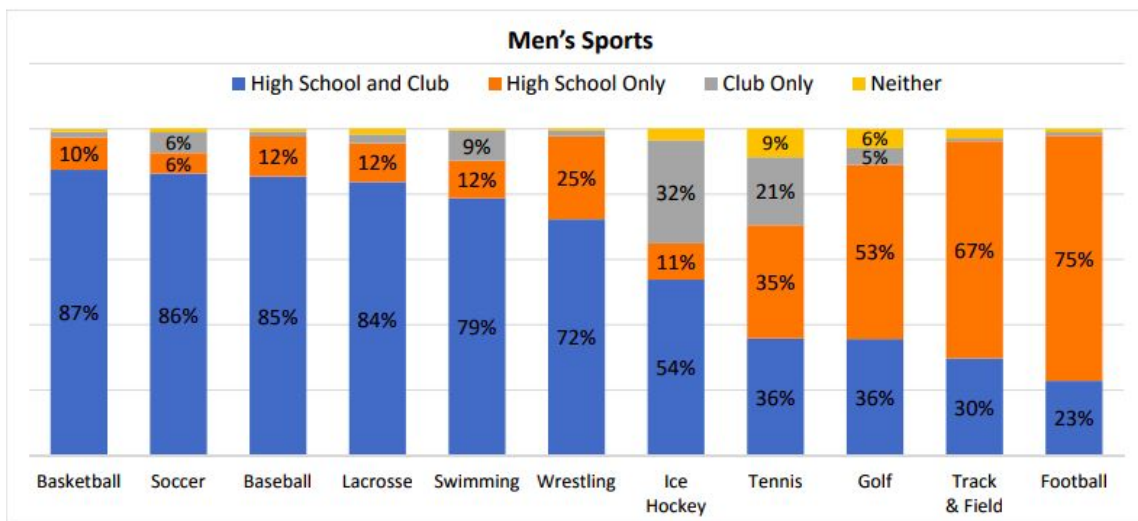
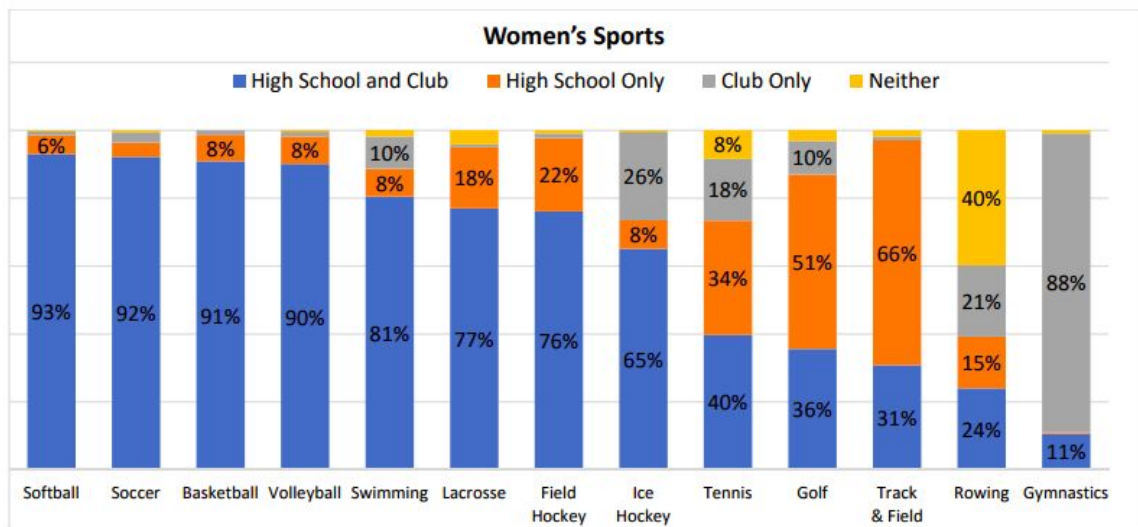
College athletic programs are supervised and governed by three major governing bodies. The National Collegiate Athletic Association (NCAA), the National Association of Intercollegiate Athletics (NAIA), and the National Junior College Athletic Association (NJCAA). Each governing body has specific rules and regulations regarding athletic eligibility for the colleges under their supervision.

Comparing the Divisions

From 2010-2011 NCAA website	Division I	Division II	Division III
Number of Member Institutions	335 66% Public, 34% Private	283 52% Public, 48% Private	424 20% Public, 80% Private
Average Undergraduate Enrollment	10,054	4,500	2,562
Total Operating Expenses for Athletics	\$23.2M (I-A) \$6.8M (I-AA)	\$2.3M (football) \$1.5M (no football)	\$1.25M (football) \$.66M (no football)

The level of college athletics at which a student competes will depend upon their talent and the commitment they are willing to make to their sport.

Did NCAA Student-Athletes Compete on High School and Club Teams?



Source: NCAA GOALS Study (data collected in spring 2015). Figures are combined across Divisions I, II and III. High school indicates participation on a high school sponsored team. Club team includes AAU, national, academy or other elite teams not affiliated with the high school.

Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

Student-Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Hockey	Men's Soccer
High School Student-Athletes	549,500	456,900	983,600	455,300	29,900	321,400
High School Senior Student-Athletes	157,000	130,500	281,000	130,100	8,500	91,800
NCAA Student-Athletes	15,700	14,400	56,500	25,700	3,700	18,200
NCAA Freshman Roster Positions	4,500	4,100	16,200	7,300	1,100	5,200
NCAA Senior Student-Athletes	3,500	3,200	12,600	5,700	800	4,100
NCAA Student-Athletes Drafted	44	32	250	600	33	76
Percent High School to NCAA	2.9	3.1	5.8	5.6	12.9	5.7
Percent NCAA to Professional	1.3	1.0	2.0	10.5	4.1	1.9
Percent High School to Professional	0.03	0.02	0.09	0.5	0.4	0.08

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

Recruiting Quick Facts Sheet

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

- 176,000 student-athletes
- 346 colleges and universities

ATHLETICS SCHOLARSHIPS

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

ACADEMICS

2014 Graduation Success Rate: 83 percent*

OTHER STATS

Median Undergraduate Enrollment: 9,205
Average Number of Teams per School: 19
Average Percentage of Student Body Participating in Sports: 4 percent
Division I National Championships: 26 (1 out of every 8.5 student-athletes participates)

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

- 118,800 student-athletes
- 307 colleges and universities

ATHLETICS SCHOLARSHIPS

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

ACADEMICS

2014 Academic Success Rate: 71 percent*

OTHER STATS

Median Undergraduate Enrollment: 2,530
Average Number of Teams per School: 15
Average Percentage of Student Body Participating in Sports: 10 percent
Division II National Championships: 25 (1 out of every 7 student-athletes participates)

DIVISION III

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

PARTICIPATION

- 187,800 student-athletes
- 439 colleges and universities

FINANCIAL AID

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

ACADEMICS

2014 Academic Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 1,860
Average Number of Teams per School: 18
Average Percentage of Student Body Participating in Sports: 21 percent
Division III National Championships: 28 (1 out of every 10 student-athletes participates)

Recruitment Regulations

NCAA Division I

Sophomore Year

- You may receive program brochures, camp information, and questionnaires.
- You may call college coaches, but they cannot contact you.
- You may visit the school and meet coaches; no official visits or off-campus contact are allowed.

Junior Year

- You can receive recruitment information from coaches after September 1st.
- You may call coaches; coaches cannot call you or return your calls.
- Off-campus contact is allowed at high school once during April, then unlimited after July 1 .
- Unofficial visits are allowed, but no official visits are permitted.

Senior Year

- Coaches may call you once per week beginning July 1st .
- Off-campus contacts and unofficial visits are allowed, but limited.
- You can participate in up to five official visits beginning the first day of your Senior year.

NCAA Division II

- Recruiting materials may be sent to you after September 1st of your Junior year.
- Beginning June 15th following your Junior year, a coach may call you once per week.
- A maximum of three off-campus contacts can be made after June 15th of your junior year.
- Unofficial visits can be made at any time
- You can participate in up to five official visits beginning the first day of your Senior year.

NCAA Division III

- Printed materials can be received at any time and there is no limit on number of calls or when those calls can be made.
- Off-campus contacts may begin following your junior year.
- Unofficial visits can be made at any time.
- You may make an unlimited number of official visits beginning the first day of senior year.

Summary of recruiting rules for each sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of year. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. Ice Hockey—if you are an international prospect, a college coach may call you once in July after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> Allowed. 	<ul style="list-style-type: none"> You may begin receiving September 	<ul style="list-style-type: none"> You may begin receiving September 	<ul style="list-style-type: none"> You may begin receiving September
	Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense.
	College coaches may call you	<ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31. 	<ul style="list-style-type: none"> Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July 	<ul style="list-style-type: none"> Once during May of your junior year. 	<ul style="list-style-type: none"> Once per week starting July 1 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. For gymnastics—allowed after July 15 after your junior year.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	Allowed.	Allowed.	Allowed.	Allowed.
	Telephone calls	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.
	College coaches may call you	Twice per week beginning August 1.	Once per week beginning August 1.	Once per week beginning September 1.	Once per week.
	Off-campus contact	Allowed beginning September 9.	Allowed beginning September 16.	Allowed beginning November 27.	Allowed.
	Official visit	Allowed beginning opening day of classes your senior year. You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	Allowed beginning opening day of classes your senior year. You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	Allowed beginning opening day of classes your senior year. You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	Allowed beginning opening day of classes your senior year. You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	You may make an unlimited number of	You may make an unlimited number of	You may make an unlimited number of	You may make an unlimited number of
	Evaluation and contacts	Up to seven times during your senior year.	Up to five times during your senior year.	Up to six times during your senior year.	Up to seven times during your senior year.
How often can a coach see me or talk to me off the college's campus?	A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. One evaluation during September, October	A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	

Summary of recruiting rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	You may receive printed materials anytime.
Telephone calls	A college coach may call you once per week beginning June 15 between your junior and senior year. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. A college coach is limited to three in-person contacts off campus.	A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	You may make an unlimited number of unofficial visits any time.	You may make an unlimited number of unofficial visits any time.
Official visits	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.

What are college coaches looking for?

Athleticism

- Sport-specific skills
- Competitiveness and physical/mental toughness
- Athletic ability (i.e. skills, size, strength, speed, quickness, agility)
- Potential to grow and mature
- Fundamentals – do you have them and/or are you willing to improve them?

Love for the game

- Team Players
- Spark and fire for the game
- Desire to be better and to be coached

Attitude

- Coaches cannot justify recruiting players that have poor attitudes
- When coaches come to see you play, they want to see how composed you are when things go wrong.
- Everyone can be a good sport when they are winning, but how do you behave when you are losing?

Intelligence

- Players that make intelligent decisions during the game will come out ahead the majority of the time.
- Coaches are looking for player that can “out think” their opponent.
- Have “sport IQ”

Character

- Personal references - coaches can inquire in the stands as to what type of person you are.
- Do they play hard on every play until the whistle is blown?
- How have they handled any coaching changes?

Intensity

- You play to the level you practice. Colleges are looking for players who work hard whether they are in practice, the weight room, or in the game.

Academics

- A coach will ask themselves, “can the student-athlete get accepted here, graduate on time with a meaningful degree and project a positive image for the college while playing on the team?”

Recruiting Questions

Here is a list of questions/concerns that you should ask during the recruiting process:

Academic Concerns:

- What's the academic reputation of the school?
- What is the student/teacher ratio?
- Is tutorial assistance provided?
- What is the 'travel resulting in missed class' policy?
- Do they have your course of study?
- Who teaches (Professors or Graduate Assistants)?
- What is the team graduation rate?
- Is there a team academic advisor assigned to the team? Am I required to meet with him/her? How often do they check grades?
- Is their academic support available?
- Is there a study hall? Is there a weekly hour requirement to be in the study hall?
- What is the progress report/grade policy?
- What is the fifth year to finish degree policy? Can I start working on a Master's Degree during my eligibility?
- What is the summer school policy?

Athletic Concerns:

- What position(s) are you being recruited for?
- What other players are they recruiting?
- Recruitment of other players in your position?
- Will you be able to play, considering returning players?
- What is the Head Coach's philosophy?
- What is their style of play?
- What are the team policies?
- Does the conference earn an NCAA bid?
- What kinds of facilities are available to the team?
- What is the practice schedule?
- Are there summer/pre/post season workouts?
- Can you play another sport?
- Can you participate in intramural activities?
- Can I "redshirt" my Freshman year?

Parent Concerns:

- Is there health care provided for athletes?
- What is the scholarship injury policy?
- What is the meal plan? Is food provided for late practices?
- Do athletes have to live in athletic dormitories or student housing?
- What is the policy concerning off-campus housing?
- Will games be scheduled closer to home so that we can attend?

Sample Introduction Letter

Date

Coach Name

School

Address

City, State, Zip Code

Dear _____,

My name is John/Jane Doe and I would like to take a moment of your valuable time and introduce myself. I am a (freshman, sophomore, junior, senior) at Masconomet Regional High School in Boxford, MA. Am sending my athletic resume to you in hopes that it will familiarize you with me as a student, an athlete, and a prospective candidate to your institution. I know that as a coach, it is imperative that you find and create the best possible players for your team. I hope to show you that I am an outstanding candidate for your program.

During the last few weeks I have spent time with my school counselor researching on which colleges would be a good match for me both academically and athletically. I am very interested in your college and feel it would be a great fit for me. I have researched your institution and your team and would like you to consider me as a future player.

I have played [sport] for Masconomet since the 9th grade. In this paragraph you discuss a few of your accolades such as - all league, all star, captain, etc.

Academically, I am a strong student with a [Enter GPA] average, and have no trouble balancing school and athletics. I am an active volunteer with - give few examples of community service and clubs you are involved with. Upon graduation I will have met all NCAA DI, DII, and DIII academic requirements.

Thank you so very much for your time. I appreciate you considering what I have to offer your team in spirit, energy, and capabilities. I look forward to hearing from you in the near future.

Sincerely,

John/Jane Doe
555 Maple Street
Madeup Town, MA 00000
Cell - 555-555-5555
email@email.com

Sample Athletic Resume

John/Jane Smith
Class of 2018
555-5555
respectable@email.com

Basic Information

Masconomet Regional High School
20 Endicott Rd
Boxford, MA 01921
Height: 6' 1" Weight: 185

Contact Information

Coach Duncan (High School)
555-5555
highschoolcoach@highschool.org
Coach Noriega (Club)
555-5555
clubcoach@clubteam.com

Academic Information

GPA: 3.56/4.00
SAT: 2040
o Math: 710
o Writing: 650
o Reading: 680
• All honors and AP classes
• National Honors Society

Clubs

o Investment Club: 9,10,11,12
o Italian Club: 9,10,11
o Latin Club: 10,11,12
o Rock Climbing Club: 12

Community Service

o Volunteer at St. Mary's Hospital: 15 hours/week
o Volunteer firefighter: 6 hours/week
o Animal Shelter Volunteer: 10 hours/week

Athletic Information

• Position: (that is relevant to you sport)
• Statistics (that are relevant to your sport)
Freshman Year - Goals: 14 - Assists: 12
Sophomore Year - Goals: 24 - Assists: 18
Junior Year - Goals: 28 - Assists: 21

Awards/Accolades (Individual and Team)

All League: 10,11
All State: 11

• Varsity Lacrosse: 9,10,11,12 (captain)
• Varsity Wrestling: 11,12
• Varsity Cross Country: 10,11,12

Highlight Video: www.youtube.com/johnsmithshighlight (very important in today's recruiting)

Resources

NCAA – www.ncaa.org Excellent resources specific to all sports and recruiting/eligibility rules

NCAA Eligibility Center – www.eligibilitycenter.org

2017-2018 Guide for the College Bound Student-Athlete (this is the best guide for the most up to date college sports information)

<http://www.ncaapublications.com/productdownloads/CBSA18.pdf>

2017-2018 Guide for High School Counselors (Eligibility worksheets you can fill out for DI and DII schools in this guide)

<http://www.ncaapublications.com/productdownloads/COUNSELORS18.pdf>