



WMYSA College Recruitment Guide

August 2017



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College Recruitment



Interested in Playing College Soccer

Are you interested in playing College Soccer? Despite what many people assume, you don't have to be an All American NCAA Division 1 caliber player to do this. In addition to having options such as NCAA Division II & III, there are several other collegiate associations in the United States, such as NAIA, NCCAA, NJCAA, the USCAA, and the National Intramural and Recreational Sports Association for schools without collegiate programs, but who have a collegiate club team.

While getting the opportunity to play college soccer takes athletic ability, it's the ones who understand the process of recruitment who find the better opportunities. With so many opportunities, if you are realistic in your approach you should be able to find the right match for you. It has been my experience it's not necessarily the most talented who find the right school program, it's the player who is most educated on how the search and recruitment process works that has the greatest opportunities to find the right match.

There are countless recruitment organizations which can aid you in the search. Many of them offer great features including ones which will help you quickly search by state, level of play, degree programs, student population size, cost, etc. Some include video editing-posting and allow you quick access for sending coaches emails and attend webinars of financial aid, coach communication rules, visitations do's and don'ts etc. Prices range from \$100 to \$1,000 for a four year membership.

WMYSA is proud to be your partner in your search for the right college soccer program for you. To aid in this partnership we are now offering our own College Soccer Combine and scholarship program. Below are links to guides which will assist families and players walk you through the entire recruitment process and finding a place to play in college.



Recruitment Rules



Recruitment Rules

NCAA Recruitment Rules

The NCAA has established strict rules which limit when and how often a college coach may make contact with an athlete or their guardians. This includes phone calls, emails written letters and even electronic social media sites. It is important to understand these rules do not apply to other associations. Likewise, they differ from sport to sport, grade to grade as well as within each division of the NCAA.

(See Appendix 1 for NCAA Recruitment Rule Chart)

NAIA Recruitment Rules

Unlike the NCAA, the NAIA is less restrictive; in fact, they are very straight forward and don't differentiate based on division or high school grade. They do not have recruiting calendars at this time nor have other recruiting restrictions for high school students. Coaches are free to contact prospective students up until the point where the athlete draws equipment and engages in organized pre-school practice at another institution.

A prospective student is defined as any individual who has never identified or whose previous collegiate identification was with another collegiate institution. An individual remains classified as a "prospective" student until the time in which they practice with the team during the 24 week season or they are identified with an institution. An individual's status is not impacted by age, grade level, college acceptance or signed commitment.

Coaches are permitted to contact high school students as early as they would like and as often without restriction. Once the student has enrolled at another institution or has drawn equipment and participated in pre-season practices at another institution, coaches can no longer initiate contact with the student. From that point forward the student is off limits to the coach unless the student contacts them. In the case of junior college students, coaches can initiate contact with a two-year college prospect once that student has completed the academic year in which he or she is charged with their first season of competition by the junior college.



Athletic Scholarships



Scholarships

Contrary to what many people think, Scholarships from colleges and universities are limited. Many people compare Football and Basketball to other “non-revenue” producing sports, like Soccer. The reality is that Soccer does not produce revenue for schools, at least not at the moment. The football and basketball teams get more scholarships, deservedly so, and they basically fund the other sports. The number of athletic scholarships authorized to each school will depend on such things as the association they are affiliated with (NCAA, NAIA, etc), the division they are playing in and the gender of the sport. Competition for scholarship money is extremely competitive. If getting a scholarship is essential for you, then you should use the chart below to look and see what the best opportunities are. For example, if you are a good NCAA DII player then maybe looking at a smaller school and playing NAIA might be a better fit as they offer more scholarships. Remember, soccer is an equivalency sport which means all scholarships are NOT full scholarships, and coaches may divide the total number of scholarships allotted to them between as many athletes as they wish.

Looking at the number of players a team carries and how many players they will be losing when your class is incoming also helps you gauge potential scholarship money available. Finally each school is different. While you may be there top recruit, if the maximum athletic scholarship the coach is authorized to give is 50% then you may be better served looking elsewhere. The chart below is the 2015 Scholarships authorized by NCAA, NAIA and NJCAA by gender.

<u>Gender</u>	<u>NCAA DI</u>	<u>NCDII</u>	<u>NAIA</u>	<u>NJCAA</u>
Men's:	9.9 Scholarships	9 Scholarships	12 Scholarships	18 Scholarships
Women's:	14 Scholarships	9.9 Scholarships	12 Scholarships	18 Scholarships

While NCAA scholarships are year to year, many of the NAIA scholarships are guaranteed for four years unless the player decides to leave the program. This is one advantage the NAIA players have in relation to season or even career ending injuries affecting the scholarship awards.

You may have noticed that NCAA DIII schools are not listed on this chart. These schools don't rely strictly on an athletic scholarship. Instead they offer other forms of financial assistance such as grants and additional academic scholarship opportunities.

"Do not get discouraged by this information. We recommend you do the best you can to withstand the initial "sticker shock" and ask questions to find out if the opportunity may actually be feasible for you.

Although it is true that Division III schools do not offer athletic scholarships, they do offer a substantial amount of other financial aid to students. Division III schools use athletics as a driver for their enrollment and do not want to discourage athletes from attending their institutions. Schools want students to be involved and active while on campus working toward their degree. This helps build friendships and provide lasting memories which in turn allow students to become great ambassadors for the college upon graduation.

Division III schools will also often have a great deal of financial aid they can provide for students even without being able to award athletic scholarships. Frequently, Division III schools will have very large endowments, especially when compared to the size of the student population. This allows schools to provide many forms of financial aid to cover the cost of attendance. Since each college or university has the freedom to make their own rules for the financial aid process, it is likely you will encounter many different types of aid you qualify for at many different schools. This underscores the importance of asking questions of each individual school you are applying to." ~ NCSA Sports.

NAIA Schools are typically private institutions with a smaller campus size. Conversely they tend to be more expensive, similar to many of the NCAA DIII schools are. From a competitive standpoint many of the NAIA schools are comparable with many NCAA DII schools. While this may sound strange, the reason for this is affordability. You may ask how a private school can be more affordable than a state school. NAIA, similar to NCAA DIII typically has a substantial amount of financial aid available to its students in forms of endowments, grants and scholarships. Additionally, they are able to offer scholarships and at a higher rate than the NCAA DII schools can.

The Rest of the Story

Counting on a soccer scholarship to cover most of the costs of college is an extreme long shot which will really ever pay off. If you think about it, statistically only 9% of men who played high school soccer will go on to play in college and only 10% of females will do the same. However, don't get discouraged! Realistically, if you can find the right fit you have the opportunity to get some form of soccer scholarship which can be supplemented in many other ways to make college more affordable.

What you need to focus on is what you have the most control over; grades and experience. The best way to enhance your chances of getting outside scholarships is by having good solid grades, respectable ACT or SAT scores and to have been actively involved in the community. Don't

underestimate the community importance. This tends to be the one thing that separates one student applicant from another. I recommend you get involved in one or two groups per year. If you find one you really like it's ok to stick with it. Just rotate the other so the resume is well rounded

When it comes to non-athletic or academic scholarships the first thing you need to learn is not to put all your eggs in one basket. In most cases 95% of the ones you apply for won't pan out. That's because everyone is applying for anyone they can find. Therefore you should apply for as many as you can.

Start searching early so you will be prepared. Each scholarship has a different due date an inevitably you will end up missing out on one or two that could have really helped. Exhaust all resources by checking banks and credit unions, places of worship, parent's place of employment. Look at the different college sights under financial aid pages and you will see most have a section with suggestions as well.

Needs based scholarships may also be available at your school of choice. It may take academics into account, but the primary criterion for qualification is demonstrating financial need. Students who have parents in a lower-middle income bracket may not have the funds to pay for college, but their parents might make too much for them to qualify for government grants and other assistance primarily for students at or below the poverty level.

The bottom line is no matter how small the scholarship is for, it will all add up in the long run and will help supplement the cost of college. This just may be the difference between being able to afford to go to the school of your dreams or not.



Researching Schools



Narrowing the Focus

Attending college can be one of the most important decisions you will ever make. This is because the overall costs and educational experience you gain will be the building blocks of your adult life. Picking a school that you can't afford may be enjoyable for four years, but may just set you up for hardship for the next twenty years thereafter. So, what is considered affordable? That's a decision only you can make

A general rule of thumb many student loan programs use is they recommend you not borrow more than 60% of your anticipated annual income upon graduating. Remember the numbers add up very fast and while jobs are not guaranteed, you are expected to begin the loan repayment as soon as you graduate. Borrowing \$20,000 typically would cost the average student \$222 a month for 120 months. Keep this in mind when researching your schools.

Since you are pursuing aspirations to play soccer at the collegiate level, organizing your search, understanding academic and athletic standards, and knowing exactly what options are available to you are a key focus. Here are some areas to help you with your search.

Division:

Be honest with yourself about your talent level. Look at what level you currently play at, talk with multiple coaches and players you know who are now in college to get their feedback. You will need to decide where you would be content. Are you ok being a small role player in a big program or a big role player in a small program? This is important so you don't spend a lot of time researching programs that are really not realistic for you.

Cost:

Consider the cost of the school; does the price include room and board? Many schools can be ruled out quickly just on price alone

Distance:

How far do you want to live? It sounds fun living away from home, but after a while, players do get home sick. It's important for players to have a support system due to the rigor of playing collegiate sports. Injuries, Grades, social and emotional problems could impact performance in the classroom and on the field. So if you need to be where you have a strong support system and away from things that impact you in a negative way. Sometimes it's better for athletes to go further, while others need to stay closer to home.

School Environment:

What size campus would you prefer? If you are unsure take a weekend to travel around and look at a few that are in the area and will allow you to get a feel for your personal comfort level as it relates to campus size. Do you prefer being in a city or a rural area. Each of these is equally important in the decision process.

Education:

Do you know what you want to major in? If you do, and not everyone does, rule out those that don't offer your major. If you don't, rule out the ones that don't offer a broad variety of majors.

Religion:

Do you have a religious affiliation? If so look at what the schools religious focus is.

Division I is probably the most competitive, but not by much. There are many Division II and III schools that can compete with DI schools. Don't focus on just DI because you think you have the talent to play at DI, focus on the school, coach, team, and academics. Here is a list of D-I schools in the USA. As of 2013, there were 205 Division 1 Schools that carried men's soccer out of 345. The SEC, Big 12, MEAC, Mountain West, Ohio Valley, Big Sky, Southland, and SWAC conferences do not offer soccer programs. There are 315 Women's soccer programs in Division I. Follow these links to find out more information

Division II schools also offer scholarships. There are currently 179 NCAA DII programs for Men and 225 for Women. They also have a 9.9 scholarship limit for Men's programs and 14 for the women's program. As mentioned earlier, the focus needs to be on, in no particular order, the coach, school, team, and academics. There are numerous DII programs in the country that compete at a very high level.

The only difference about Division III programs is that they do not offer scholarships. The financial aid is entirely academic and/or need based. The majority of schools in this division are private schools with the exception of a few state schools. The focus of Division III tilts towards academics instead of athletics. But don't underestimate the competition at Division III schools, which are very competitive. There are several Division III schools that are competitive with Division II programs. This is also the largest division of collegiate soccer with 400 programs for Men and 425 for Women.

The NAIA is another athletic association with a total number of 198 Soccer programs. The academic requirements for the NAIA are the least demanding of any of the 4-year colleges.

The Electronic Search:

To search for schools, you may be interested in, please click on the images below with the association you have an interest in playing with. Once you find a school in an area you may be interested in, go to that school to conduct your research. You may also want to look to see how many openings there will be the year you would be attending. It is recommended you record the schools that interest you by tracking them on a spreadsheet. The list should include elements of your search which are important to you such as distance, cost, and association



Don't Put All Your Eggs in One Basket

Regardless of where you see yourself as a player, we recommend you try and keep 15 schools on your radar during your freshman and sophomore year. As you rule out a school you can then replace them until you no longer have schools that meet your criteria. This is how you will narrow your list down. Use the chart below based upon where you see yourself as a player in college to get an idea how many schools at each association you should look at. Note this is just a guideline.

	<u>Division I</u>	<u>Division II</u>	<u>Division III</u>	<u>NAIA</u>
Division I Starter	10	5	N/A	N/A
Division I Role Player	5	10	N/A	N/A
Division II Starter	3	7	2	3
Division II Role Player	2	6	2	5
Division III Starter	0	3	7	5
Division III Role Player	0	2	7	6
NAIA Starter	2	5	3	5
NAIA Role Player	0	2	5	8



Building A Profile



Letting Coach's get to know who you are

The Big Four Questions

Coaches receive thousands of emails and phone calls from prospective players and their parents all the time. Rather than having to make contact with each and every one of them they would prefer a way to screen prospective candidates so they can better allocate their time and efforts on players who may fit into their program. What they are really looking at is four areas.

- ▶ Do they have a proven record of athletic accomplishment; i.e. level of play, training, etc.
- ▶ Does the athletes playing style fit my program.
- ▶ Academically can they adjust and maintain eligibility.
- ▶ Will they fit in with the group dynamics on and off the field.

So how do you convey all this information into a package that catches the coaches eye and gets them to want to meet with you? It all starts with your Soccer Profile. There are two components of this profile, the background information and the game video. Starting with the background, similar to building a resume for a job search, you are simply building your soccer resume. Whether seeking a new job or a position on a collegiate soccer program, the most important thing to do with your resume is to regularly review it and identify areas you should work towards improve upon and then add updating the resume.

The Soccer Resume should have: Personal information, athletic information including a link to your profile website, list of academic and athletic awards, training attended, accomplishments and references. If you do a computer search you will find countless examples and templates. To save you sometime this is a [template](#) I used for my child.

Online Soccer Profile

Do it yourself project

As we mentioned earlier there are several companies and sites that will gladly assist you in your recruitment process. For the purposes of this site, we are going to show you how to make your own site at no cost to you. The site I recommend is Weebly.com. This site is expandable based upon your programmable knowledge. Basically this means you do not need to understand the difference between html, java or c++. All you have to do is drag, drop and type; it's that easy. Here is an [example](#) of one that was created by someone in Idaho.

Now I am not a big fan of the layout he used in his site, you can see how easy it is for a coach to navigate through the site and get a quick feel about the player. Some coaches look at a profile once, others may look as many times as forty-five or more. This is the one big advantage the paid sites have in that they are able to track the coach that is looking at your profile. This helps you know how serious they are about you. However, don't get roped into the thought if they don't go to your site a lot they are not interested in you. Some only use it as a tool to identify someone. Once identified they may feel there is no need to go to your site as they may just want to watch from a distance or depending on their specific recruitment rules start the communication process.

When building your online profile you want to include everything you had in your Soccer Resume and more. This is a great place to include letters of references from coaches, links to newspaper articles, club news pages you were highlighted on. Most importantly this is where you can embed your video highlights.

Video Highlights

Does and Don't of Video Taping

Coaches want to be able to evaluate a player in an 11 v 11 game, not a practice environment. The fastest way to get a coach to stop watching is to have highlights of yourself at a practice, camp or clinic. Once you have enough video to edit I recommend you create your own YouTube site where you can post the videos. I would make it private so only you have the link. The reason I say this is you don't want a coach to go to your video and read a comment someone made that makes them question your playing ability or personal character.

When recording, do it from a high perspective. Coaches want to be able to see the play develop, your interaction and what you do afterwards. They like to see all aspects of your game including combination play, foot skills, shooting and defending. To do this its best to break the field into 3rds.

- Always use a tripod – nothing worse than bouncy film.
 - Do not zoom in and out when filming. You will inevitably get the great foot skills but miss the ball going into the net.
 - Film as often as you can, too much video to choose from is better than too little.
-

Video Editing

If you have a video program that lets you easily edit and highlight the player that works best, but it's not necessarily required. You don't want any one video highlight to be more than three minutes long. They are meant to be "trailers" to grab the coach's attention. I typically try going through and tracking each highlight on a log indicating the name of video, start and end time of clip I think is good, rank it on a scale of 1-10 and list what it is of. Once I have gone through all my video footage I look at my logs and decide what clips I want to use. If I have the software to highlight the player I try and put a few clips together of a similar nature. This shows it wasn't a onetime thing I am highlighting. If I don't have that software I try and put clips together where the player is wearing the same color/number jersey. This way it's easier for the coach to follow who you are.

If you don't have special software program your computer probably has Movie Maker. This is a windows based program that comes with most windows based computers. If you don't see it on your start menu you can do a search for "MovieMaker.exe". It's very easy to use and there are lots of YouTube videos on tips for using it.

I would try and do one video highlight each season; one club season followed by one high school season. This will give the coaches a good cross comparison as to the level of competition and your ability to adapt to it.





Getting It Started



Beginning the Process

Networking to get the job

You have now reviewed several schools and identified a number you would like to make contact with. This is the point in the process where we say, “It’s time to let go”. Parents, you have to learn to be willing to let go of their kids and let them lead the way in the recruitment process.

Athletes, you have to let go of your insecurity and be willing to step up and be assertive with coaches. If you are a great fit for a program, coaches are impressed by student-athletes who are proactive and initiate contact. In school teachers expect a greater level of responsibility from their students as they move from elementary to middle and then middle to high school. Similarly, coaches expect a greater level of independence and responsibility from the players they will be coaching. They need to feel comfortable you will be able to thrive on your own and away from home. Having your parents calling and emailing coaches does not show them the level of independence they are looking for.

The two most important rules about making contact are:

1. Never hesitate to initiate contact with a coach!
2. If one doesn’t work out simply move on to the next!

To make contact I recommend you create a form email template you can customize for each school. This will make life a lot easier. There is a lot less time spent typing and retyping emails and more importantly you won’t have to try and remember what you said to which coach if they should happen to call. However it’s critically important you don’t accidentally list the wrong school, wrong coach or send something littered with typos. This is your first impression you are making and you want to ensure it’s a positive one. The email needs to include the following:

- Your email should include the following information
- Introduce yourself and tell them why you are writing.
- Provide a brief background of yourself to include high school, anticipated graduation year and why you are considering their school.
- Provide a brief background on your playing experience
- Ask a few questions so that they have something to respond to. Don’t make them too complicated and don’t ask about scholarships. It’s too early for that.
- Let them know you are enclosing your soccer resume with additional information they may find useful. Let them know you would love to have them watch you play sometime and that you have also attached a copy of your schedule.

- Thank them for their time and close on a positive note. If you have recruitment site be sure to include this under your name. Do not simply paste the link. Instead just type something like "Recruitment Profile with Videos" and hyperlink that instead.



School Visits



School Visits

In order to schedule your first unofficial visit, you will need to be prepared to talk with the coach. At this point you will have emailed back and forth a few times and are now ready to take that next step. During your conversation let them know what you are interested in doing during your visit. Some coaches may have you come with a set group of recruits where they can meet several candidates at once. In either case you really want to accomplish the following with your visit:

- Meet with someone from admissions office to learn about the application process, financial aid, scholarship opportunities as well as endowments and grants you may qualify for
- If you know what you want to major in, try and meet with a member of that department to learn more about the program.
- Tour the campus, dorms, classrooms and athletic facilities. Try and get a feel for for the school in general, try to answer the question can i see myself going here.
- Meet the coach and get a feel for how you would get along with them.
- Meet some of the players and talk to them about the program.
- Watch a practice or game to get a feel for the talent level of the team and how the coach interacts with them. A lot of people don't know this, but other than NCAA DI & DII schools, most others do not have restrictions on not allowing prospects to practice with the team. This is a great opportunity for you to show a coach your abilities.

When you get a chance to meet with the coach you want to ask questions about their program. This is why it's important to show them you did your homework. You should know the conference they play in and how they did the past few years. Try and find out:

- Have they or a member of their staff had a chance to evaluate you either at a practice you just participated in, ID camp or your recruitment video? If so where do they see you fitting in with their program and what would they recommend you continue focusing on to improve?

- Try and get a feel for how many athletes they plan on recruiting for your incoming class and how many are they already committed to.
- What types of training does the team do in the off season?
- How do they coordinate study time, class schedules and practice time?

At the conclusion of the meeting be sure to thank the coach, making good eye contact in order to give a good final impression. Then once you return home be sure to send them a thank you note letting them know what you enjoyed and whether or not you are still interested in their program and why. It's important that you never leave on bad terms. The college coaching community isn't as big as one might think and many of the coaches know one another and actually refer players to one another. Therefore, if you simply didn't like the coach you can tell them you felt the school was too small or too large for your comfort level.





Commitment Process



Commitment Process

Understanding how it works

There are two types of commitments the athlete will make to the school. First is the verbal commitment. This is when the coach offers the athlete a spot in their program. It may or may not include an athletic scholarship depending on the division of the school or where the coach sees you as a player. It's important to know that while a verbal commitment is not a binding contract, it is viewed as a moral commitment. However, it should be noted schools have been known to pull their offers before signing day and players have chooses other schools without ramification.

Coaches ask athletes to commit early, even though it isn't set in stone, because it helps give them an idea of what recruits they have coming in and what positions they must still go after. Coaches know that a certain percentage of athletes will not hold their end of the bargain.

The other form of commitment is the signing of a National Letter of Intent. In regards to athletes who plan to play in the NCAA, this occurs between the 1st Wednesday of February and the 1st of August each year. This is a binding contract as it commits the athlete to attend the school they sign with for one full academic year in exchange for receiving an athletic scholarship. If an athlete withdraws from school before completing one academic year, they might incur penalties upon transfer to another school, unless the school they signed with releases them. It should be noted NAIA Schools utilize their own form of a National Letter of Intent that is not as restrictive by dates as the NCAA version is.

A few technicalities to be aware of, the National Letter of Intent must be accompanied by a financial aid agreement from the school the athlete will sign with. If both documents are not signed, the National Letter of Intent will not be valid. Also, when signing it's always a good thing to verify that the document reflects the same amount that was originally offered.

Athletes must be notified by July 1st each year whether their athletic scholarship will be renewed for the same amount, increased, decreased, or cancelled for the upcoming academic year. If an athlete's scholarship is reduced or cancelled, the athlete must be notified by the school that a hearing opportunity is available to them.



Financial Aid

A lot of people seem to think that financial aid is a government entitlement program. The reality is that a college education is not an entitlement. Rather its purpose is to help students afford to go to a college that you might not have been able to pay for on your own.

In order to provide financial assistance the government uses a formula to calculate each person's Expected Family Contribution (EFC). To calculate this number they look at both the parents and students income and assets. What they don't account for is any debt they may have. One of the reasons for this is that it's extremely difficult and costly for them to try and discern whether the debt is equated to a particular lifestyle or other issues such as health and medical bills. Since its to hard to determine they simply don't use it.

Once this EFC is determined, most colleges will use this number to determine eligibility for both federal direct subsidized and unsubsidized loans. Both loans have a six month grace period after graduating before loan repayments must begin. The difference is the subsidized loans do not begin to accrue interest until you graduate while the unsubsidized loans do. There is also strict dollar limits on both the subsidized and unsubsidized loans which differ from year to year.

<u>School Year</u>	<u>Subsidized Loans</u>	<u>Unsubsidized Loans</u>
First-Year	Up to \$3,500	Total of both loans not to exceed \$5,500
Second-Year	Up to \$4,500	Total of both loans not to exceed \$6,500
Third-Year & Beyond	Up to \$5,500	Total of both loans not to exceed \$7,500

To apply for financial aid you must complete the Free Application for Federal Student Aid (FAFSA). This must be done annually and can be submitted as early as January each year. A benefit of the FAFSA is it allows for schools to know if you qualify for a Federal Pell Grant. The Federal Pell Grant Program provides need-based grants to low-income undergraduate and certain post baccalaureate students to promote access to postsecondary education. The maximum annual Pell Grant for 2015 was \$5,730. However, it's important to remember this is a needs based grant that is calculated based off of your EFC.

Also important to note, Federal aid is limited and much of it is offered on a first-come, first-served basis, so the earlier you file the better your chances of accessing the most financial aid possible. Missing deadlines can ruin your opportunity for financial aid. Therefore, you should check with your colleges' financial aid administrators to learn each college's exact FAFSA deadline. Filing as close to January 1 as possible is highly recommended.

To learn more about [FAFSA just click on this link.](#)

Appendix I

NCAA Division I

Sophomore Year

Recruitment Material:	Coaches may send brochures for camps/clinics & surveys at any time without restriction.
Phone Calls:	College coaches cannot call athletes. However, athletes & guardians may contact them.
Off Campus Contact:	No contact off campus is allowed.
Official Visits:	No officials are allowed.
Unofficial Visits:	Unlimited unofficial visits may be made except during "dead periods".

Junior Year

Recruitment Material:	Coaches may begin to send letters and emails beginning September 1st of Junior year.
Phone Calls:	Coaches may contact you only once per week starting July 1st after Junior year.
Off Campus Contact:	Allowed starting July 1st after your Junior year.
Official Visits:	No officials are allowed.
Unofficial Visits:	Unlimited unofficial visits may be made except during "dead periods".

Senior Year

Recruitment Material:	There are no restrictions on this.
Phone Calls:	A coach may contact you no more than one time per week starting July 1st after your Junior year.
Off Campus Contact:	Coaches may now visit you but are restricted to 3 times.
Official Visits:	Allowed beginning 1st day of class senior year. 1 visit per college & no more than 5 DI visits in all.
Unofficial Visits:	There are no restrictions on this.
Note:	Coaches may conduct evaluations & contacts up to seven times.

NCAA Division II

Recruitment Material:	No restrictions on brochures. Coaches may begin sending email & letters June 15th before Junior year.
Phone Calls:	No restrictions on calls beginning June 15th before Junior year.
Off Campus Contact:	This is allowed beginning June 15th before Junior year. Only 1 visit per college, no limit on # of schools.
Official Visits:	Allowed starting 1st day senior year.
Unofficial Visits:	Unlimited unofficial visits may be made except during "dead periods".

NCAA Division III

Off Campus Visits:	This is allowed after you have completed your junior year.
Official Visits:	Allowed starting 1st day senior year.
Note:	No restrictions on recruitment material, phone calls or unofficial visits.