

Tips and Starting Points for College Recruitment

1. **Have a long chat with your high school coach about what level of competition they think you should aim for.** Your coach may have many contacts at colleges where previous athletes they have worked with have been recruited. This is an excellent starting point.
2. Based on your coach's input as well as your own research, **begin contacting coaches** early in high school. As the athlete, you are allowed to initiate contact via an email, letter, or phone call at any time—even in middle school if you wish.
 - a. <https://www.ncsasports.org/recruiting/contacting-college-coaches>
 - b. <https://www.ncsasports.org/recruiting/contacting-college-coaches/email>
3. **Get your profile and athletic highlights on sites** like MaxPreps, hudl, or the National Collegiate Scouting Association. Some include free services and others have sliding scale fees depending on the extent of services you desire. You can even just post your highlights on YouTube and include the URL in any correspondence with coaches to ensure that they actually see it.
4. If possible, **play on an elite travel team in your sport(s)** of choice. NCAA coaches often scout at regional or national tournaments where high-caliber athletes are all competing against one another.
5. Additionally, you should **attend camps or showcases put on by collegiate coaches**. Moreover, this is a great way to display your athletic gifts in the flesh and leave a lasting impression.

Association/Division Specific Reminders:

NCAA-D1/D2 <https://www.ncaa.org/sports/2014/10/8/recruiting.aspx>

- Anyone who wants to get recruited into an NCAA Division I or Division II school has to begin by registering for a "Certification Account" with the **NCAA Eligibility Center**, an organization that looks solely at academic eligibility. It is important to note that registering does NOT help you with the recruiting process. The singular purpose of this organization is to determine one's academic eligibility.
- In most (but not all) sports, coaches cannot contact you until after your sophomore year of high school. In other sports, the contact window does not begin until late-summer/fall of junior year. To make things extra confusing, just about every DI sport operates on a different recruiting calendar. Find the precise calendar for your particular sport of interest [here](#).

NCAA-D3

- Firstly, after 11th grade, a coach can have unlimited contact with an athlete.
- Prior to 11th grade, a coach can send you printed materials and make contact by phone.
- Athletes are allowed one official visit to a given school beginning senior year.
- Lastly, athletes can make as many unofficial visits as they like.

NAIA

- Athletes must register through the NAIA Eligibility Center, a similar process to that of an NCAA athlete.
- Recruiting rules are similarly lenient to those of NCAA DIII. Coaches can contact athletes at any time.
- As with DIII, there are no “dead periods” or “quiet periods,” the recruitment process is less formal and more of an ongoing conversation than a rule-governed contract negotiation.

Resources

<https://www.collegetransitions.com/blog/how-to-get-recruited-as-a-college-athlete>

<https://www.ncsasports.org/recruiting/how-to-get-recruited>

<https://www.ncsasports.org/blog/9-essential-steps-getting-recruited>

<https://www.ncsasports.org/recruiting/how-to-get-recruited/college-recruiting-process>