



Sports Specific Recruiting Guide

Baseball

Recruiting Guidelines

Division I Baseball

The typical Division I baseball player is 'polished' and already has all the tools necessary to be successful as a freshman. As opposed to the Division II baseball player, the typical DI player needs far less development, if any. The position players possess at least 4 of the 5 measurable tools – hit for average, hit for power, arm strength, speed, and defensive abilities. The pitchers display a command of at least 3 pitches with high velocities. On average, they have the ability to throw many innings, and most often they are only used on the mound and rarely as position players. Most D1 players come from large high schools. Many of these programs are considered the best in their area or in the state. In addition, most DI players have been awarded accolades such as All-Area, All-County, or All-State.

The average characteristics by position are as follows

Pitchers

HAND	HEIGHT	WEIGHT	K'S/INNING ERA	VELOCITY
RIGHT	6'1	180>1	2.50	88-90
LEFT	6'1	180>1	2.50	85-87

Fielders

POSITION	HEIGHT	WEIGHT	SPEED MISC
OUTFIELD	5'11	170	(60)<6.6 VELOCITY (86-87)
MIDDLE INFIELD	5'11	175	(50)<6.9 VELOCITY (85+)
CORNER INFIELD	6'2	200	8 + HR
30 + RBI			
CATCHER	5'10-6'0	180	POP < 1.95

*Velocity must be verified by a neutral source

Division II Baseball

For some schools, especially those in the Southern States and out on the West Coast, Division II Baseball is an extension of Division I. There are very few differences between the typical West Coast or Southern Division II player and the average Division I player. For the Division II schools up North, the athletes may be a notch below the average Division I and perhaps a little less polished. They may not throw as hard, play for the top high schools programs, or possess at least 4 of the 5 measurable tools. This is not always the case, as there are some very solid Division II Baseball Programs up North. However, it is no secret that overall, the better baseball schools are those located in warmer climates.

The Minimum Requirements by position are as follows

Pitchers

HAND	HEIGHT	WEIGHT	K'S/INNING ERA	VELOCITY
RIGHT	6'0	175	3.00	85
LEFT	5'10	165	3.00	83

Fielders

POSITION	HEIGHT	WEIGHT	SPEED MISC
OUTFIELD	5'9	150	(60)<6.8
INFIELD	5'7	150	(60)<7.1 FROM SS
CATCHER	5'9	175	POP < 2.0

Much can be determined on film. It is very difficult to measure defensive abilities on paper. Fielding percentage cannot be used as an accurate statistic because it is difficult to calculate and it can be easily manipulated. Most Division II players have received several accolades, such as All Conference or All Area.

Division III Baseball

Some Division III programs are stronger than others, but there seems to be more continuity with the physical characteristics of Division III players than there are for Division II or NAIA. Certain D III programs, such as Wisconsin Whitewater or George Fox, play at a superior level. However, for the most part, the range of physical characteristics was slim.

The Minimum Requirements by positions are as follow

Pitchers

HAND	HEIGHT	WEIGHT	K'S/INNING ERA	VELOCITY
RIGHT	5'8	155	4.00	81
LEFT	5'8	155	4.00	79

Fielders

POSITION	HEIGHT	WEIGHT	SPEED MISC
OUTFIELD	5'7	140	(60)<7.0
INFIELD	5'7	150	(40)<4.9
CATCHER	5'8	165	POP < 2.1

NAIA BASEBALL

The discrepancies in characteristics are very severe when it comes to NAIA baseball. Some NAIA schools are playing at a Division II level, while others are competing at a lower Division III level. NCSA found a mix of Division II criteria and Division III criteria make up the recruiting guidelines for this league.

Junior College Baseball

Unlike the NAIA conference, Junior Colleges do have 3 divisions for the purpose of separating stronger JC programs from the weaker ones. While there may be somewhat of a drop off in talent between Division III Junior College and Division I and Division II Junior Colleges, there is little difference between Division I and Division II Junior Colleges. Many of the Junior College players lack the 'polish' to be considered Division I players coming out of HS, but they already possess the necessary physical tools to be successful at the Division I level. All they need to do is harness and polish those skills. The GPA's of most of the Junior College athletes are lower than those attending 4 year schools, suggesting that these athletes need to two years to mature academically as well.

Division Recruiting Differences

Division I

Baseball coaches at the Division I level rely on professional scouts, word of mouth, nominated and hand selected showcases, and All-State/Area. These coaches are recruiting players at events such as the Area Code Games played in Southern California and the East Coast Showcase in Wilmington, NC. These players are ready to compete as a freshman or transfer. Many division one coaches are also recruiting junior college players because they have physically matured and have proven themselves at the college level. Many junior college players were drafted out of high school and attend a JC to have the flexibility to sign a professional contract early in their collegiate career. Countless numbers of these players are on state championship caliber teams and are potential Gatorade Player of the Year candidates. Most Division I player will be drafted by Major League teams. The time line for recruiting can vary. Some players will verbally commit as early as sophomore year and others will commit as late as June of senior year. Most Division I players will sign in the early period in November.

Division II

Many Division II rosters are inundated by junior college transfers. These coaches rely on JC coaches as their eyes and ears for recruits. Many times Division II coaches are recruiting players that lower level Division I coaches are also recruiting but these players never get an offer from a Division I coach. Most of the time Division II coaches start the recruiting process during the spring of a player's junior year of high school or after the first season for a junior college player. Division II coaches rely on their own camps and showcases to recruit players.

Division III

Most of these coaches spend their time recruiting high school players. These players are from the local area or state of the college. These players are usually all-league players and coaches rely on these nominations to learn about players. Several Division III coach-

es go to Division I college camps and recruit the players attending these camps. Coaches recruit late in the process and usually not until the player's senior season.

NAIA

Many of these coaches also rely on their own camps and showcases to recruit players. A few recruit Division I transfers and junior college transfers. Again, the relationships these coaches have with division one coaches are important because many of them also recruit at Division I camps. NAIA coaches invite players to workout for them at their schools to get a better evaluation.

Basketball

Men's Recruiting Guidelines

NCAA DIVISION I:

Point Guard (6'0" +)

- Great ball handling skills
- Great passing skills
- Ability to knock down open shots from the perimeter
- Displays exceptional floor leadership
- Excellent court awareness
- Exceptional athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Shooting Guard (6'2" +)

- Exceptional shooter from the perimeter
- Extremely athletic with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Small Forward (6'4" +)

- Extremely athletic with good lateral quickness
- Very versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Minimum of 10 PPG

Power Forward (6'7" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Extremely athletic
- Ability to run the floor extremely well

- Minimum of 10 PPG

Center (6'9" +)

- Ability to play with back to the basket
- Very good rebounding skills
- Ability to run the floor extremely well
- Extremely athletic
- Minimum of 10 PPG with the exception of student-athletes who are 6'10" and above

NCAA DIVISION II:

Point Guard (5'11" +)

- Very good ball handling skills
- Very good passing skill
- Ability to knock down open shots from the perimeter
- Displays very good floor leadership
- Excellent court awareness
- Very good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Shooting Guard (6'1" +)

- Exceptional shooter from the perimeter
- Very good athleticism with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Small Forward (6'4" +)

- Very athletic with good lateral quickness
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Power Forward (6'6" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Very Athletic
- Ability to run the floor well
- Minimum of 10 PPG

Center (6'7" +)

- Ability to play with back to the basket
- Very good rebounding skills

- Ability to run the floor well
- Very Athletic
- Minimum of 10 PPG with the exception of student-athletes 6'8" and above

NCAA DIVISION III:

Point Guard (5'8" +)

- Good ball handling skills
- Good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership
- Good court awareness
- Good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Shooting Guard (5'11" +)

- Exceptional shooter from the perimeter
- Athletic with good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Small Forward (6'2" +)

- Athletic
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Power Forward (6'4" +)

- Ability to play with back to the basket
- Good rebounding skills
- Athletic
- Ability to run the floor well
- Minimum of 10 PPG

Center (6'5" +)

- Ability to play with back to the basket
- Good rebounding skills
- Ability to run the floor well
- Athletic
- Minimum of 10 PPG

Note: All student-athletes who score 25 and above on the ACT, or equivalent on the SAT, will be an exception to the minimum of 10

PPG for NCAA Division III

NAIA DIVISION I:

Point Guard (5'11" +)

- Very good ball handling skills
- Very good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership
- Very good court awareness
- Very good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Shooting Guard (6'1" +)

- Exceptional shooter from the perimeter
- Very good athleticism with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Small Forward (6'3" +)

- Very athletic with good lateral quickness
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Power Forward (6'4" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Very Athletic
- Ability to run the floor well
- Minimum of 10 PPG

Center (6'7" +)

- Ability to play with back to the basket
- Very good rebounding skills
- Ability to run the floor well
- Very Athletic
- Minimum of 10 PPG with the exception of student-athletes who are 6'8" and above

NAIA DIVISION II:

Point Guard (5'10" +)

- Very good ball handling skills

- Very good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership
- Good court awareness
- Good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Shooting Guard (6'0" +)

- Exceptional shooter from the perimeter
- Good athleticism with good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Small Forward (6'2" +)

- Good athleticism
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 10 PPG

Power Forward (6'4" +)

- Ability to play with back to the basket
- Good rebounding skills
- Athletic
- Ability to run the floor well
- Minimum of 10 PPG

Center (6'5" +)

- Ability to play with back to the basket
- Good rebounding skills
- Ability to run the floor well
- Athletic
- Minimum of 10 PPG with the exception of student-athletes who are 6'7" and above

Basketball By The Numbers

SCHOOLS OFFERING BASKETBALL		ATHLETIC SCHOLARSHIPS	PARTICIPATIONS
NCAA DIV I	326	13	4,996
NCAA DIV II	293	10	4,594
NCAA DIV III	405		6,981
NAIA	247	11	
NAIA DII		6	
NJCAA	426		
NCCAA	102		
TOTAL : 1,799			
HS STUDENT-ATHLETES :			556,269

Women's Recruiting Guidelines

NCAA DIVISION I:

Point Guard (5'8" +)

- Great ball handling skills
- Great passing skills
- Ability to knock down open shots from the perimeter
- Displays exceptional floor leadership
- Excellent court awareness
- Exceptional athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Shooting Guard (5'10" +)

- Exceptional shooter from the perimeter
- Extremely athletic with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Small Forward (5'11" +)

- Extremely athletic with good lateral quickness
- Very versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Minimum of 7 PPG

Power Forward (6'0" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Extremely athletic
- Ability to run the floor extremely well
- Minimum of 7 PPG

Center (6'2" +)

- Ability to play with back to the basket
- Very good rebounding skills
- Ability to run the floor extremely well
- Extremely athletic
- Minimum of 7 PPG

NCAA DIVISION II:**Point Guard (5'7" +)**

- Very good ball handling skills
- Very good passing skills
- Ability to knock down open shots from the perimeter
- Displays very good floor leadership
- Excellent court awareness
- Very good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Shooting Guard (5'8" +)

- Exceptional shooter from the perimeter
- Very good athleticism with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Small Forward (5'10" +)

- Very athletic with good lateral quickness
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Power Forward (5'11" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Very Athletic
- Ability to run the floor well
- Minimum of 7 PPG

Center (6'0" +)

- Ability to play with back to the basket
- Very good rebounding skills
- Ability to run the floor well

- Very Athletic
- Minimum of 7 PPG with the exception of student-athletes who are 6'3" and above

NCAA DIVISION III:

Point Guard (5'5" +)

- Good ball handling skills
- Good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership
- Good court awareness
- Good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum 7 PPG

Shooting Guard (5'7" +)

- Exceptional shooter from the perimeter
- Athletic with good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum 7 PPG

Small Forward (5'8" +)

- Athletic
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum 7 PPG

Power Forward (5'9" +)

- Ability to play with back to the basket
- Good rebounding skills
- Athletic
- Ability to run the floor well
- Minimum 7 PPG

Center (5'11" +)

- Ability to play with back to the basket
- Good rebounding skills
- Ability to run the floor well
- Athletic
- Minimum 7 PPG with the exception of student-athletes who are 6'2" and above

NAIA DIVISION 1:

Point Guard (5'6" +)

- Very good ball handling skills
- Very good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership
- Very good court awareness
- Very good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Shooting Guard (5'8" +)

- Exceptional shooter from the perimeter
- Very good athleticism with very good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Small Forward (5'9" +)

- Very athletic with good lateral quickness
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Power Forward (5'10" +)

- Ability to play with back to the basket or facing the basket
- Very good rebounding skills
- Very Athletic
- Ability to run the floor well
- Minimum of 7 PPG

Center (5'11" +)

- Ability to play with back to the basket
- Very good rebounding skills
- Ability to run the floor well
- Very Athletic
- Minimum of 7 PPG with the exception of student-athletes who are 6'2" and above

NAIA DIVISION 2:

Point Guard (5'5" +)

- Very good ball handling skills
- Very good passing skills
- Ability to knock down open shots from the perimeter
- Displays good floor leadership

- Good court awareness
- Good athleticism and lateral quickness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Shooting Guard (5'7" +)

- Exceptional shooter from the perimeter
- Good athleticism with good lateral quickness
- Good ball handling skills
- Good passing skills
- Ability to score the basketball from different areas on the floor
- Good court awareness
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Small Forward (5'8" +)

- Good athleticism
- Versatile all-around skills
- Ability to score the basketball from different areas on the floor
- Ability to break defenders down off the dribble
- Minimum of 7 PPG

Power Forward (5'10" +)

- Ability to play with back to the basket
- Good rebounding skills
- Athletic
- Ability to run the floor well
- Minimum of 7 PPG

Center (5'11" +)

- Ability to play with back to the basket
- Good rebounding skills
- Ability to run the floor well
- Athletic
- Minimum of 7 PPG with the exception of student-athletes who are 6'2" and above

Statistics Help Tell The Story

In an effort to better serve our basketball recruits, NCSA recently surveyed DI, DII, DIII, NAIA and JUCO Women's Basketball Coaches about the role that statistics play when reviewing college recruits. The overall feedback from the survey was that coaches highly value statistics, from average points and rebounds per game to assists. For example, Division I Coaches said that on a scale of 1 - 5, with 5 being very important, they rank statistics as a 4 in terms of overall importance. So what numbers are college coaches expecting to see?

Women's Basketball Results

DIVISON	IMPORTANCE OF STATISTICS*	AVG POINTS	AVG REBOUNDS	AVG ASSISTS
NCAA I	3.25 OUT OF 5.00	12.4	6.2	3.7
NCAA II	3.60 OUT OF 5.00	11.0	3.5	2.5
NCAA III	3.11 OUT OF 5.00	8.3	5.9	3.6
NAIA	3.40 OUT OF 5.00	9.0	2.8	
JUCO	3.50 OUT OF 5.00	7.0	4.5	

* Scale of 1.00 - 5.00, with 5 being Very Important

Although statistics are an important factor, they do not tell the entire story, especially in regards to specific positions and overall playing performance. Our feedback indicates that coaches are looking for wing players to be able to score, point guards to distribute and lead and post players with great size, footwork and hands. In some instances, these skill sets are as important, if not more important to college coaches than statistics. Level of competition also plays an important role in stats. In addition, work ethic, attitude, leadership and a winning mentality are all factors that gain the attention of college coaches.

NCSA reminds players that AAU is one of the biggest recruiting tools for college coaches. Finding a quality AAU team that competes nationally will allow student-athletes to gain maximum exposure.

Track & Field

Men's Track Recruiting Guidelines

Division I

High School Qualifications:

- 4 Years Varsity
- State Champion or High State Finish (dependant on level of competition: 1A, 2A, 3A, etc.)
- Awards such as All-State/Region
- Meet of Champions Qualifier or High Finish (All Divisions in the State)
- Team MVP & Captain

AAU and USTAF Qualifications:

- USATF Regional & National competition strongly preferred
- Participation in Track Club

*All times should be FAT. FAT refers to Fully Automated Timing, as opposed to hand-held timing. Hand timing is not measured in hundredths, whereas FAT is always to the hundredth. All hand times in events less than 300 meters will have .24 seconds added.

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55 M	6.4	6.6	6.6	6.7
60 M	6.8	6.95	7.0	7.2
55 MH	7.4	7.65	7.65	7.9
60 MH	7.8	8.0	8.1	8.2
110 M HIGH HURDLES	13.95	14.3	14.9	15.9
300 M HURDLES	37	38.2	40	42
400 M HURDLES	51.0	53.0	55.0	56.0
100 M	10.5	10.8	10.8	11.0
200 M	21.25	21.5	21.8	22.7
400 M	47.5	48.5	48.5	51.0
800 M	1:52	1:54	1:55	1:58
1500 M	3:55	4:00	4:05	4:10
1600 M	4:15	4:20	4:25	4:30
3000 M	9:34	9:40	9:40	9:50
3200 M	9:10	9:30	9:30	9:45
HIGH JUMP	7'0	6'8"	6'8"	6'4"
POLE VAULT	16'6"	15'6"	15'0"	14'6"
LONG JUMP	24'6"	23'0"	23'0"	22'0"
TRIPLE JUMP	5'1"0"	47'6"	46'0"	42'0"
SHOT PUT	60'10"	57'0"	55'0"	45'0"
DISCUS	185'0"	170'0"	165'0"	155'0"
JAVELIN	210'0"	190'0"0"	185'0"	170'0"
HAMMER (12LB)	210'0"	190'0"0"	185'0"	170'0"
DECATHALON	7000	6800	6500	6000

Division II

High School Qualifications:

- 3+ Years Varsity
- State Qualifier or High State Finish depending on level of competition (1A, 2A, 3A, etc.)
- Awards such as All-Region/Section/County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition preferred
- Participation in Track Club preferred

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55 M	6.6	6.7	6.8	7.2
60 M	6.95	7.2	7.3	7.4
55 MH	7.65	7.9	8.0	8.2
60 MH	8.07	8.23	8.3	8.5
110 M HIGH HURDLES	14.9	15.5	15.1	16.0
300 M HURDLES	40.0	42.0	42.0	44.0
400 M HURDLES	54.5	57.0	56.0	60.0
100 M	10.9	11.3	11.1	11.3
200 M	22.00	24.0	23.0	24.0
400 M	49.0	52.0	52.0	54.0
800 M	1:57	2:02	2:00	2:08
1500 M	4:05	4:30	4:15	4:45
1600 M	4:30	4:45	4:45	5:00
3000 M	9:45	10:30	10:20	11:00
3200 M	9:30	9:45	9:50	10:15
HIGH JUMP	6'4"	6'0"	6'2"	6'0"
POLE VAULT	14'6"	13'0"	13'6"	12'0"
LONG JUMP	22'6"	20'0"	22'0"	19'0"
TRIPLE JUMP	45'0"	40'0"	40'0"	38'00"
SHOT PUT	50'0"	40'0"	45'0"	35'0"
DISCUS	150'0"	130'0"	150'0"	120'0"
JAVELIN	170'0"	140'0"	160'0"	130'0"
HAMMER (12LB)	170'0"	140'0"	160'0"	130'0"
DECATHALON	7000	6000	6500	6000

Division III

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55 M	6.8	7.2
60 M	7.3	7.4
55 MH	8.0	8.2
60 MH	8.3	8.5
110 M HIGH HURDLES	15.5	17.0
300 M HURDLES	42.0	44.0
400 M HURDLES	56:00	60.0
100 M	11.0	11.4
200 M	22.15	23.5
400 M	49.5	53.0
800 M	1:57	2:04
1500 M	4:00	4:20
1600 M	4:30	5:00
3000 M	9:45	11:00
3200 M	9:45	10:45
HIGH JUMP	6'1"	5'9"
POLE VAULT	15'0"	13'0"
LONG JUMP	21'9"	19'6"
TRIPLE JUMP	44'6"	38'2"
SHOT PUT	50'0"	40'0"
DISCUS	150'0"	120'0"
JAVELIN	160'0"	130'0"
HAMMER (12LB)	160'0"	130'0"
DECATHALON	5800	4000

NAIA

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55 M	6.8	7.2
60 M	7.3	7.4
55 MH	8.0	8.2
60 MH	8.30	8.5
110 M HIGH HURDLES	15.5	16.5
300 M HURDLES	42.0	44.0
400 M HURDLES	56.0	60.0
100 M	10.9	11.3
200 M	22.5	23.0
400 M	49.5	52.0
800 M	1:58	2:03
1500 M	4:00	4:20
1600 M	4:25	4:45
3000 M	9:45	10:30
3200 M	9:45	10:30
HIGH JUMP	6'2"	5'8"
POLE VAULT	14'6"	13'0"
LONG JUMP	22'0"	19'6"
TRIPLE JUMP	45'0"	38'0"
SHOT PUT	50'0"	40'0"
DISCUS	140'0"	110'0"
JAVELIN	160'0"	130'0"
HAMMER (12LB)	150'0"	120'0"
DECATHALON	5000	4000

Men's Track by the Numbers

SCHOOLS OFFERING BASKETBALL	ATHLETIC SCHOLARSHIPS	PARTICIPATIONS
Varsity		
DIVISION I	262	12.6
DIVISION II	164	12.6
DIVISION III	255	7,634
NAIA	144	12
NJCAA	76	
TOTAL : 901		
HS STUDENT-ATHLETES :		544,180

Women's Track Recruiting Guidelines

Division I

High School Qualifications:

- 4 Years Varsity
- State Champion or High State Finish (dependant on level of competition: 1A, 2A, 3A, etc.)

- Awards such as All-State/Region
- Meet of Champions Qualifier or High Finish (All Divisions in the State)
- Team MVP & Captain

AAU and USTAF Qualifications:

- USATF Regional & National competition strongly preferred
- Participation in Track Club

*All times should be FAT. FAT refers to Fully Automatic Timing, as opposed to hand-held timing. Hand-timing is not measured in hundredths, whereas FAT is always to the hundredth. All hand times in events under 300 meters will have .24 seconds added.

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55M	7.11	7.25	7.25	7.50
60M	7.65	7.85	7.85	7.95
60MH	8.6	8.8	9.0	9.2
100M HURDLES	14.5	14.7	15	15.5
300M HURDLES	43.1	44.5	45.0	46.0
400M HURDLES	60.0	63.5	63.5	65.5
100M	11.9	12.2	12.5	12.8
200M	24	25.0	26.0	26.5
400M	54.5	57	58	60
800M	2:10	2:18	2:20	2:25
1500M	4:40	5:00	5:10	5:20
1600M	5:00	5:20	5:15	5:30
3200M	11:00	11:30	11:30	12:15
3000M STEEPLCHASE	10:45	11:30	11:30	12:00
HIGH JUMP	5'10"	5'5"	5'5"	5'2"
LONG JUMP	19'6"	18'6"	18'6"	17'0"
SHOT PUT	45'0"	37'0"	37'0"	32'0"
DISCUS	149'0"	130'0"	130'0"	120'0"
POLE VAULT	12'6"	11'0"	10'6"	10'0"
TRIPLE JUMP	40'0"	38'0"	38'0"	32'0"
HAMMER	170'0"	158'0"	150'0"	140'0"
JAVELIN	140'0"	120'0"	130'0"	120'0"
HEPTATHLON	5000	4900	4500	4000

Division II

High School Qualifications:

- 3+ Years Varsity
- State Qualifier or High State Finish depending on level of competition (1A, 2A, 3A, etc.)
- Awards such as All-Region/Section/County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition preferred
- Participation in Track Club preferred

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
55M	7.5	8.0	7.8	8.0
60M	7.95	8.2	8.2	8.5
60MH	9.2	9.7	9.5	10.0
100M HURDLES	15.2	15.5	15.5	16.5
300M HURDLES	46.5	47.5	47.5	48.5
400M HURDLES	63.0	64.5	64.5	67.0
100M	12.5	12.9	12.9	13.4
200M	26.2	27.0	26.5	28.5
400M	59.0	61.0	61.0	68.0
800M	2:20	2:24	2:24	2:42
1500M	4:50	5:10	5:00	5:20
1600M	5:15	5:20	5:30	6:00
3200M	11:30	11:50	11:50	12:15
3000M STEEPLECHASE	11:00	11:30	12:00	12:50
HIGH JUMP	5'4"	5'2"	5'2"	5'0"
LONG JUMP	17'0"	16'0"	16'0"	15'0"
SHOT PUT	38'0"	35'6"	35'6"	32'0"
DISCUS	120'0"	110'0"	110'0"	100'0"
POLE VAULT	10'6"	9'0"	9'0"	8'0"
TRIPLE JUMP	35'0"	32'0"	32'0"	30'0"
HAMMER	140'0"	130'0"	130'0"	120'0"
JAVELIN	120'0"	110'0"	110'0"	100'0"
HEPTATHLON	4500	4000	4000	3500

Division III**High School Qualifications:**

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55M	7.8	8.0
60M	8.2	8.5
60MH	9.5	10.0
100M HURDLES	15.5	17.5
300M HURDLES	48.5	49.5
400M HURDLES	1:07	1:18
100M	12.5	13.5
200M	25.8	28.5
400M	59.5	1:04
800M	2:20	2:30
1500M	4:40	5:20
1600M	5:30	6:00
3200M	11:50	12:50
3000M STEEPLECHASE	11:40	12:50
HIGH JUMP	5'1"	4'9"
LONG JUMP	18'0"	16'0"
SHOT PUT	40'0"	32'0"
DISCUS	120'0"	100'0"
POLE VAULT	10'6"	9'0"
TRIPLE JUMP	36'0"	31'0"
HAMMER	136'0"	110'0"
JAVELIN	110'0"	90'0"
HEPTATHLON	3600	3000

NAIA

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition is beneficial
- Track Club participation is beneficial

EVENT	RECRUIT	ROSTER
55M	7.8	8.0
60M	8.2	8.5
60MH	9.5	10.0
100M HURDLES	15.5	17.5
300M HURDLES	47.5	48.5
400M HURDLES	1:15.5	1:20.5
100M	12.87	13.5
200M	26.0	28.0
400M	59.5	62.5
800M	2:15	2:30
1500M	5:00	5:10
1600M	5:30	6:00
3200M	11:50	12:30
3000M STEEPLECHASE	11:40	12:50
HIGH JUMP	5'4"	5'0"
LONG JUMP	17'0"	15'6"
SHOT PUT	38'0"	34'0"
DISCUS	120'0"	100'0"
POLE VAULT	9'0"	8'0"
TRIPLE JUMP	35'6"	34'2"
HAMMER	120'0"	100'0"
JAVELIN	120'0"	100'0"
HEPTATHLON	3600	3000

SCHOOLS OFFERING BASKETBALL	ATHLETIC SCHOLARSHIPS	PARTICIPATIONS
Varsity		
DIVISION I	302	18
DIVISION II	173	12.6
DIVISION III	261	
NAIA	151	12
NJCAA	77	
TOTAL : 964		
HS STUDENT-ATHLETES :		444,181

Cross Country

Men's Cross Country Recruiting Guidelines

Division I:

High School Qualifications:

- 4 Years Varsity
- State Champion or High State Finish (dependant on level of competition: 1A, 2A, 3A)
- Awards such as All-State/Region
- Meet of Champions Qualifier or High Finish (All Divisions in the State)
- Team MVP & Captain

AAU and USTAF Qualifications:

- USATF Regional & National competition strongly preferred
- Participation in Track Club

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
5000 M	16:20	17:00	17:15	17:30
10,000 M	34:00	38:00	36:00	40:00

Division II:

High School Qualifications:

- 3+ Years Varsity
- State Qualifier or High State Finish depending on level of competition (1A, 2A, 3A, 4A)
- Awards such as All-Region/Section/County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition preferred
- Participation in Track Club preferred

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
5000 M	16:20	17:00	17:15	17:30
10,000 M	34:00	38:00	36:00	40:00

Division III:

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF competition is beneficial
- Track club participation is beneficial

Event	Tier 1	Tier 2
5000M (5K)	17:00	18:00
10,000M	35:00	40:00

NAIA:**High School Qualifications:**

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF competition is beneficial
- Track club participation is beneficial

EVENT	TIER 1	TIER 2
5000 M	17:00	18:00
10,000 M	35:00	40:00

Women's Cross Country Recruiting Guidelines**Division I:****High School Qualifications:**

- 4 Years Varsity
- State Champion or High State Finish (dependant on level of competition: 1A, 2A, 3A)
- Awards such as All-State/Region
- Meet of Champions Qualifier or High Finish (All Divisions in the State)
- Team MVP & Captain

AAU and USTAF Qualifications:

- USATF Regional & National competition strongly preferred
- Participation in Track Club

EVENT	TIER 1	TIER 2
5000 M	17:00	18:00
10,000 M	35:00	40:00

Division II:**High School Qualifications:**

- 3+ Years Varsity
- State Qualifier or High State Finish depending on level of competition (1A, 2A, 3A, 4A)
- Awards such as All-Region/Section/County/Conference/League

AAU and USTAF Qualifications:

- USATF Regional competition preferred
- Participation in Track Club preferred

EVENT	TIER 1 RECRUIT	TIER 1 ROSTER	TIER 2 RECRUIT	TIER 2 ROSTER
5000 M	18:30	19:00	18:50	20:30
10,000 M	35:00	35:50	36:00	38:00

Division III:

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF competition is beneficial
- Track club participation is beneficial

EVENT	TIER 1	TIER 2
5000 M	21:00	23:00
10,000 M	42:30	46:00

NAIA:

High School Qualifications:

- 2+ Years Varsity
- State Qualifier preferred
- Awards such as All-County/Conference/League

AAU and USTAF Qualifications:

- USATF competition is beneficial
- Track club participation is beneficial

EVENT	TIER 1	TIER 2
5000 M	21:00	23:00
10,000 M	42:30	46:00

Important Information about Track & Cross Country

1. All times less than 1600M should be recorded at Hand or FAT. This should be noted on the scouting report.
2. Coaches like to see the progression from year to year, so PR's are important even if they are not strong times.
3. FAT times should always be recorded to the hundredth.
4. Split times are not important to coaches
5. Indoor times are slower than outdoor
6. Indoor track is not very important in the recruiting process. It is only ran in the Northern states.
7. Men run the 110M High Hurdles, women run the 100M Hurdles.
8. Men compete in the decathlon and women the heptathlon (outdoor). Men compete in the heptathlon and women in the pentathlon (indoor).
9. Hammer and Weight throw are not common in high school, more common in AAU or USATF.
10. Girls generally have a transition year with the hurdles, going from a 4 step to a 3 step (between each hurdle). Times are generally a little slower that year.
11. Girls often peak early high school, men generally continue to improve. It is not uncommon for a female to run her best times as a freshman or soph.
12. In recruiting guidelines – Roster means walk-on. Recruit

- means scholarship.
13. It's better for a recruit to look at the conference performances vs. current members of the team. It will give them a more accurate idea of how interested the coach will be in them.
 14. Women tend to get more financial aid. Cross Country runners also tend to get more financial aid.
 15. Most recruiting is done during senior year for all division, with the exception of the elite athletes (junior year). Students should not expect a lot of contact before senior year unless they are Elite! Verbal commitments are rare until November of senior year
 16. Creating leverage is REALLY important to get more scholarship.
 17. Coaches recruit based on junior times/PR's
 18. Good sites are Dyestat.com, trackshark.com, USATF.org, IAAF.com, everythingtrackandfield.com.

Important Men's and Women's Track & Cross Country Meets

USATF National Junior Olympic Outdoor Track & Field Championships

USA Youth Outdoor Track & Field Championships

USA Junior Outdoor Track & Field Championships

USA Outdoor Track & Field Championships

AAU Nationals

USATF Association Championships (State JO's)

USATF Regional Championships (Regional JO's)

Footlocker Events: Regionals (Northeast, Midwest, South, West),

Cross Country Championships

Simplot Games

Great Southwest

Arcadia Invitational

USATF National Club Cross Country Championships

USATF National Junior Olympic Cross Country Championship

Football

Football Recruiting Guidelines

NCSA is proud to reveal its Recruiting Guidelines. Over the past eight years NCSA has gathered information by using a state of the art system called Recruit Match. Using Recruit Match, NCSA has tracked the height, weight, 40, bench and squat of every NCSA student athlete that has committed over the past eight years. Using these numbers NCSA has generated its Recruiting Guidelines to display what averages of each player at the various division levels. The averages for a Division I player should be obtained by the end of the junior football season. The majority of players that end up signing with a Division I-A school will be identified and offered during the offseason of their junior year. It is important that you go into your junior year off-season with comparable numbers in order to put yourself on par with other division one hopefuls. Remember these

are only averages, some players will meet these averages and some will fall just outside of them. These averages should be set as a goal for you to work towards during your freshman and sophomore year. Please contact NCSA recruiting coaches for further details.

Division I-A

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'3	200	4.6	260	425
RB	6'0	210	4.5	315	415
WR	6'2	185	4.5	235	315
TE	6'4	240	4.7	300	440
OL	6'4	280	5.1	320	450
DB	6'2	200	4.6	270	385
LB	6'2	220	4.6	315	445
DL	6'4	250	4.8	315	450

Division I-AA/JC

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'2	190	4.7	250	385
RB	5'11	190	4.55	280	390
WR	6'1	185	4.6	225	295
TE	6'4	240	4.8	285	420
OL	6'3	275	5.2	305	425
DB	6'0	185	4.6	250	380
LB	6'2	220	4.7	300	435
DL	6'3	250	5	305	415

As you may notice, the averages for a Division I-AA/JC player are not that far off from those of a Division I-A player. This is a perfect example of exactly how competitive collegiate football has become. Some players meet the same height, weight or speed requirements. Traditionally Division I-AA/JC players are going to meet these averages a little later in their high school career, thus missing the Division I-A window.

Division II/NAIA

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'2	195	4.8	225	345
RB	5'11	190	4.6	270	375
WR	6'1	185	4.6	205	275
TE	6'3	220	4.85	275	415
OL	6'3	290	5.4	300	410
DB	5'11"	185	4.65	250	380
LB	6'0	210	4.7	295	405

Division II players traditionally are a step slower than the Division I players. Athleticism is such an important part of the game that it can literally define what level a student athlete will be able to compete at. Again it is important to notice that some of the measurable are very comparable to the 1-aa players. Remember the early a student athlete can achieve these numbers the better.

DIII

	HEIGHT	WEIGHT	40	BENCH	SQUAT
QB	6'0	175	4.8	205	315
RB	5'10	180	4.7	265	350
WR	6'1	180	4.7	200	265
TE	6'2	215	4.9	270	405
OL	6'2	275	5.5	294	405
DB	5'10	180	4.7	240	295
LB	5'11	195	4.75	275	395
DL	6'1	250	5.2	295	395

When reviewing averages for Division III players it is important to remember that a player will have much more time to achieve these numbers. Most Division III schools will recruit players all the way through June of their senior season. In addition these numbers are only averages; players will compete at the Division III level who do not meet these exact numbers.

Golf

Men's Recruiting Guidelines

Division I

Top Division I

Handicap: Scratch or better

18 Hole Average: 72 or under

Top Finishes at National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

Lower Division I

Handicap: Equal to or <1

18 Hole Average: 73 or under

Competes in National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

Division II

Handicap: Equal to or < 2

18 Hole Average: 74 or under

Competes in National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

**Some Division II coaches require Division I standards

Division III

Handicap: Equal to or < 3

18 Hole Average: 75 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

**Some Division III coaches require Division I standards

NAIA

Top NAIA

Handicap: Equal to or < 2

18 Hole Average: 74 or under

Competes in National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

Lower NAIA

Handicap: Equal to or < 3

18 Hole Average: 75 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

**Some NAIA coaches require Division I standards

Note: On average, the NCSA men's golfers that have moved on to compete at the next level had a handicap of (1), an 18-hole average of (72.5), and a grade point average of (3.37). These student-athletes also competed in national tournaments such as AJGA, FCWT, and USGA, along with state and local tournaments.

Preferred Grades for All Divisions:

3.0 GPA + 24 ACT + 1000 SAT (out of 1600)

(No scores needed for underclassmen)

In order to compile these Recruiting Guidelines, NCSA tracked hundreds of former NCSA student-athletes who have gone on to compete at the collegiate level, polled college coaches across the nation, and analyzed college rosters at all levels of competition.

Women's Golf Guidelines

Division I

Top Division I

Handicap: Equal to or < 5

18 Hole Average: 78 or under

Competes course yards 6000+

Competes in National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

Lower Division I

Handicap: Equal to or < 8

18 Hole Average: 82 or under

Competes in National Tournaments (ex. AJGA, FCWT, USGA)

Competes in State and Local Tournaments

Division II

Handicap: Equal to or < 10

18 Hole Average: 85 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

**Some Division II coaches require Division I standards

Division III

Handicap: Equal to or < 15

18 Hole Average: 95 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

**Some Division III coaches require Division I standards

NAIA

Top NAIA

Handicap: Equal to or < 10

18 Hole Average: 85 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

Lower NAIA

Handicap: Equal to or < 15

18 Hole Average: 95 or under

Competes in State and Local Tournaments

Preferred Tournaments (AJGA, FCWT, USGA)

**Some NAIA coaches require Division I standards

Note: On average, the NCSA women's golfers that have moved on to compete at the next level had a handicap of (9.6), an 18-hole average of (83.7), and a grade point average of (3.42). These student-athletes also competed in national tournaments such as AJGA, FCWT, and USGA, along with state and local tournaments.

Ice Hockey

Men's Recruiting Guidelines

A men's hockey player only qualifies for the NCSA program if he has played at any or all of the following levels:

- Junior A or B (Junior A is preferable)
- Prep School (most are on the east coast)
- USA Hockey Development Camps/Festivals
- AAA Midget (minimum requirement)

In addition to having this hockey experience, a men's hockey family must also recognize how difficult it is to play college hockey at the Division I or Division III level (there is not really Division II hockey - those schools play against Division III competition -, or NAIA). There

are only 138 schools that offer Men's Hockey as a varsity sport (58 Division I, 7 Division II, 73 Division III) and recruits must remember that in addition to all of the competition in the US, they are also competing with Canadian athletes for roster spots. To emphasize what a small number 138 schools actually is, I usually compare this to the number of Men's Varsity Basketball Teams in the NCAA, which is 1,805.

Most college hockey coaches scout from the juniors leagues. "Over 90% of our team's make up is out of junior players" Sacred Heart Coach (D1)

"Top tier junior hockey recruits with the strong academic profiles needed..." Western New England College (DIII)

The USA Junior hockey program is for players who are 20 and under. The purpose of the junior program is to prepare athletes for advancement into college hockey. Junior programs are divided into Tiers and divisions based on their competitiveness (Tier 1 Junior-A, Tier 2 Junior-A, Tier 2 Junior-B, Tier 2 Junior-C). The best leagues are Junior-A - USHL and NAHL). There are also junior hockey leagues in Canada. Canadian Tier 2 Junior-A Hockey programs are recognized as amateur by the NCAA and are scouted by US college coaches. If a family will not consider junior hockey and does not attend a prep school, they do not qualify for NCSA.

Prep school hockey is another venue where college coaches scout players. Some student-athletes attend a prep school for a post-graduate (PG) year, and therefore they would enter college with more experience/maturity/strength than the typical 18-year old freshman. Prep school athletes may also spend a year or two playing junior hockey after graduation. Juniors hockey is not necessarily for the bad student. Many Ivy League bound student-athlete play juniors before college, and Ivy League coaches encourage and often recommend this transition. Playing juniors hockey definitely has its risks - it can be dangerous for poor students and it does not guarantee that one will earn a scholarship or even a roster spot in college - and therefore it is not a practical choice for many student-athletes.

This is a dilemma that most aspiring male college hockey players will be faced with.

NCSA does not expose hockey players to Juniors coaches, we only match with college coaches.

There are obviously exceptions to every rule, and every year a few high school hockey players go directly to college. These guidelines are in place to ensure that NCSA only enrolls realistic college prospects.

College hockey opportunities also exist in the ACHA, which is club

hockey. There are different divisions within the ACHA and teams range from those that are fully funded by the school to those that are, essentially “beer leagues”. NCSA can send hockey profiles to ACHA coaches although some of these coaches are actually students, and none of these programs offer scholarships.

When you talk to a hockey family become the devil’s advocate. Paint a grim picture of how hard it is to play in college, and explain that we are very selective with the men’s hockey players that we allow to enroll. In order for a student-athlete to qualify for NCSA you must believe the family when they say, in their own words “I recognize and understand how difficult it is to earn a spot on a Division I or III hockey program and I know that NCSA cannot serve as a loophole for me playing hockey at the highest possible level where college hockey coaches scout. I also understand that NCSA does not market me to junior teams. After considering all of these facts, I still want to use NCSA as a resource to maximize my son’s chances of playing college hockey.”

*Note: There is no Juniors Hockey for women and female hockey players typically go straight from high school to college, just like any other sport. There are many opportunities for females. Please see the standard hockey recruiting guidelines for women’s hockey prospects, and contact Lisa Strasman (1-888-333-6846 x7407) with any questions.

In Summary

Men’s Hockey Players Must Have the Following Experience/Mindset to qualify:

- Junior A or B (Junior A is preferable)
- Prep School (most are on the east coast)
- USA Hockey Development Camps/Festivals
- AAA Midget (minimum requirement)

The family must be open to potentially playing Juniors in the future (if not currently).

The family must recognize how hard it is to play Division I or Division III hockey and accept that there are no guarantees that their son will be able to play in college, even with NCSA’s help.

The family must understand that NCSA is not a loophole for Juniors hockey.

The family must be aware that NCSA will not expose their student-athlete to junior coaches.

Men's Lacrosse

Men's Recruiting Guidelines

Division I - Tier I:

- US Lacrosse Regional Team Member
- High School/US Lacrosse/Under Armour All-America Honors
- High School All-State Honors
- Attends Major Events
 - Top 205
 - Top Star
 - Top 105
 - Texas Top 99
 - NE Elite 180
 - Champ Camp
 - US Lacrosse Sponsored Events

Division I: Tier II & Division III: Tier I

- High School All-State Honors
- High School All-Region/Conference/Sectional Honors
- Attends Major Events
 - Top 205
 - Top Star
 - Top 105
 - Texas Top 99
 - NE Elite 180
 - Champ Camp

Division II & Division III

- High School All-Region/Conference/Sectional Honors
- High School Varsity Starter
- Team travels to tournaments

Technical Skills Desired at all Levels:

Attackmen

Preferred Height: 5'7" - 6'1"
Shot Speed & Accuracy
Strong Scoring Ability
Agility & Moving With the Ball
Stick Handling & Shot Selection
Passing Ability & Field Vision

Midfielders

Preferred Height: 5'10" - 6'2"
Strong Passing Ability
Scoring Ability
Shortstick & Longstick Handling
Speed & Agility

Defensemen / Longstick-Midfield

Preferred Height: 5'10" - 6'3"

Take-Aways, Ground Balls
Strength & Checking Ability
Passing & Clearing
Size & Speed

Goalie

Preferred Height: 5'9" - 6'3"

Reaction Time
Body Positioning
Clearing Ability
Angle Play & Shot Defense
Stick Handling

Top Events for Coaches to Make Evaluations

- Top 205
- Peak 200
- Blue Chip 225
- STX Shoot Out
- Champ Camp
- Summer Sizzle
- Battle of the Hotbeds
- Texas Top 99
- Midwest 99
- Nike Blue Chip
- Top Star
- Elite 180
- New England Premier
- Chicago Machine Combine
- Empire State Games

**Club experience is strongly preferred among college coaches at all division levels.

**University camps are highly recommended.

- Must see video first to be sent to Division I schools.
- In order to be matched with college coaches, video must be uploaded on your scouting report.

Women's Lacrosse

Women's Recruiting Guidelines

Division I – Tier I

- US Lacrosse Regional Team Member
- US Lacrosse All-American
- High School/Under Armour All-American
- High School All-State Honors
- Attends Major Club Tournaments (listed below)

Division I – Tier II, Division III – Tier I

- High School All-State Honors
- High School All-Region/Conference/Sectional Honors
- Attends Major Club Tournaments (listed below)

Division II, Division III

- High School All-Region/Conference/Sectional Honors
- High School Varsity Starter
- Team travels to tournaments
- o IWLCA Sponsored Events

Tournament/Showcases

Top Camps:

Elite 300 Premier Camp
IAS Showcase
Penn Elite Camp
All-Star Lacrosse Camp
Players Choice Lacrosse Camp
University Sponsored Camps

Tournaments:

All-Star Express
All-American Showcase
Champions Cup
Capitol Cup
National Draw
Skyscraper
Turkey Shoot

Men's Soccer

Men's Soccer Guidelines

Division I Schools

These schools start to identify prospects starting freshman year.

The events they typically recruit from are:

USYS Regional Camps
USYS Regional Championships
USYS National Championships
USSF Academy Showcases
Red Bull National League
USYS Regional Leagues

The Top Flights of Major, National Club Tournaments

The teams they typically recruit from are:

US Youth National Teams
USYS ODP Region Pools
USYS ODP State Teams
Club Teams that are:
State Cup (or National Cup) Champions or Finalists
Win/place in the tournaments and leagues listed above

Top tier Division I

Schools (Power Conferences and Top 25) will target Regional Pool members and higher.

Division I

The rest of Division I schools will target USYS ODP State team members and higher. Coaches will have already identified their top recruits by the end of their sophomore year. Starting September 1st of junior year these recruits will be asked via emails to make unofficial visits and will be extended offers. Power Conference and Top 25 programs would ideally like to be finished recruiting juniors in high school by the end of fall of junior year. Schools may not get all of their commitments until the end of junior year, but they will be in continuous communication with their prospects they are considering throughout junior year.

This trend in soccer has turned official visits at Division I schools into a thing of the past. Student athletes now only take one official visit and that is to the school they already verbally committed to as a junior.

Division II

Division II schools will recruit from the following events/teams:

USYS Regional Camps

USYS ODP State Teams/Pools

Club Teams that are:

State Cup Champions or Finalists

Participate in the tournaments and leagues listed:

National Tournaments listed above

Other Regional/National Tournaments

USYS Regional Leagues

Division II schools will solicit unofficial visits during junior year via emails, but will not typically extend offers until fall of senior year, usually when a prospective student-athlete is on an Official Visit. They will make phone calls to their top prospects starting June 15th after junior year. They will wait for DI prospects that didn't get offers at DI schools; these prospects have been receiving emails from DII schools all junior year. They typically want to be finished with their recruiting class by fall of senior year.

Division III

Division III coaches will not know their finalized roster until all of their recruits have applied and been accepted to the school. This is because their recruits will all wait for their Award Letter via admissions to know how much money they qualified for.

This doesn't mean that Division III coaches will not start recruiting until senior year though. Division III coaches may have to recruit even harder than their other division peers. They will be sending emails and questionnaires starting in junior year. They will encourage everyone to come on visits. They will request that their top prospects apply as early as possible and will help them with the application process. They will also help their top prospects with getting as much financial aid as possible. These discussions usually take place fall of senior year.

Division III coaches will typically recruit from:

Club teams that participate in Regional/National Tournaments

High School All-State, All-Region/Section awards lists

Women's Soccer

Women's Soccer Guidelines

Division I Schools

These schools start to identify prospects starting freshman year. If you are going to play at one of these schools you need to be at a Division I level by freshman year.

The events they typically recruit from are:

- USYS Regional Camps
- USYS Regional Championships
- USYS National Championships
- USSF Academy Showcases
- Red Bull National League
- USYS Regional Leagues
- The Top Flights of Major National Club Tournaments

The teams they typically recruit from are:

- US Youth National Teams
- USYS ODP Region Pools
- USYS ODP State Teams
- Club Teams that are:
 - State Cup Champions or Finalists
 - Win/place in the tournaments and leagues listed above

Top tier Division I schools (Power Conferences and Top 25) will target Regional Pool members and higher. The rest of Division I schools will target USYS ODP State team members.

Division I coaches will have already identified their top recruits by the end of their sophomore year. Starting September 1st of junior year these recruits will be asked via emails to make unofficial visits and will be extended offers. Power Conference and Top 25 programs would ideally like to be finished recruiting juniors in high school by the end of fall of junior year. Schools may not get all of their commitments until the end of junior year, but they will be in continuous communication with their prospects they are considering throughout junior year.

This trend in soccer has turned official visits at Division I schools into a thing of the past. Student athletes now only take one official visit and that is to the school they already verbally committed to as a junior.

Division II

Division II schools will recruit from the following events/teams:

- USYS Regional Camps
- USYS ODP State Teams/Pools
- Club Teams that are:
 - o State Cup Champions or Finalists
 - o Participate in the tournaments and leagues listed:
- National Tournaments listed above
- Other Regional/National Tournaments
- USYS Regional Leagues

Division II schools will solicit unofficial visits during junior year via emails, but will not typically extend offers until fall of senior year, usually when a prospective student-athlete is on an official Visit. They will make phone calls to their top prospects starting June 15th after junior year. They will wait for DI prospects that didn't get offers at DI schools; these prospects have been receiving emails from DII schools all junior year. They typically want to be finished with their recruiting class by fall of senior year.

Division III

Division III coaches will not know their finalized roster until all of their recruits have applied and been accepted to the school. This is because their recruits will all wait for their Award Letter via admissions to know how much money they qualified for. This doesn't mean that Division III coaches will not start recruiting until senior year though. Division III coaches may have to recruit even harder than their other division peers. They will be sending emails and questionnaires starting in junior year. They will encourage everyone to come on visits. They will request that their top prospects apply as early as possible and will help them with the application process. They will also help their top prospects with getting as much financial aid as possible. These discussions usually take place fall of senior year.

Division III coaches will typically recruit from:

- Club teams that participate in Regional/National Tournaments
- High School All-State, All-Region/Section awards lists

Softball

Recruiting Guidelines

General Recruiting Guidelines (Keep in mind coaches are unique and different in their ways of recruiting as well as communicating. There are always exceptions to the general rules.)

	D1	D2	D3
PITCHERS			
HEIGHT:	5'9"	5'7"	5'6"
VELOCITY:	60+, 63+ TOP	58+	55+
ERA:	1.0 OR LESS	1.5	2.0
CATCHERS			
HEIGHT:	5'8"	5'4"	5'4"
WEIGHT:	160 LBS	150 LBS	140 LBS
POP TIME:	>1.8	>1.9	>2.0
HOME TO 1B:	>3.0	>3.1	>3.2
MIDDLE INFIELDBERS			
HEIGHT:	5'6"	5'5"	5'4"
WEIGHT:	135 LBS	135 LBS	125 LBS
HOME TO 1B:	2.8	2.9	3.1
STOLEN BASES:	10+	10+	8+
CORNER INFIELDBERS			
HEIGHT:	5'7"	5'6"	5'5"
WEIGHT:	145 LBS	140 LBS	135 LBS
HOME TO 1B:	>2.9	>3.0	>3.1
RBI'S:	20+	15+	15+
HOME RUNS:	2+	1+	1+
CENTER FIELDBERS			
HEIGHT:	5'7"	5'5"	5'4"
WEIGHT:	135 LBS	130 LBS	130 LBS
HOME TO 1B:	>2.8	>2.9	>3.1
BATTING AVERAGE:	.400+	.360+	.330+

SCHOOLS OFFERING SOFTBALL		ATHLETIC SCHOLARSHIP	PARTICIPATION
NCAA DIVISION I	269	12	5,082
NCAA DIVISION II	270	7.2	4,763
NCAA DIVISION III	406		6,764
NAIA	202	10	
NJCAA	353		
TOTAL	1,500		
HS STUDENT-ATHLETES			373,448

Junior Colleges are very competitive and sometimes a great choice for a student to start with before transferring to a four-year college.

Swimming

		HIGH D0	LOW D1	HIGH D2	LOW D2	D3
50 FREE	M	< 21.4	< 22.0	< 22.0	< 23.5	< 24.0
	F	< 24.0	< 25.0	< 25.5	< 26.5	< 28.0
500 FREE	M	< 4:35.0	< 4:45.0	< 4:50.0	< 5:00.0	< 5:05
	F	< 5:00.0	< 5:06.0	< 5:10.0	< 5:18.0	< 5:32
100 BACK	M	< 52.0	< 55.0	< 55.0	< 57.0	< 59.0
	F	< 57.0	< 1:00.0	< 1:00.5	< 1:02.0	< 1:06
100 BREAST	M	< 57.0	< 1:01.0	< 1:01.0	< 1:04.0	< 1:06
	F	< 1:08.0	< 1:12.0	< 1:13.0	< 1:15.0	< 1:17
100 FLY	M	< 51.0	< 54.0	< 56.0	< 57.0	< 59.0
	F	< 55.0	< 59.0	< 1:00.0	< 1:02.0	< 1:07
200 IM	M	< 1:55.0	< 2:01.0	< 2:02.0	< 2:05.0	< 2:08
	F	< 2:02.0	< 2:10.0	< 2:11.0	< 2:16.0	< 2:24

	SCHOOLS OFFERING SWIMMING		SCHOLARSHIPS		ATHLETE PARTICIPATION	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
NCAA DIVISION I	139	190	9.9	14	3,547	4,966
NCAA DIVISION II	55	73	8.1	8.1	966	1,375
NCAA DIVISION III	195	242			3,258	4,640
NAIA	16	24	8	8		
NJCAA	19	17				
TOTAL	424	546				
HIGH SCHOOL					106,738	143,639

Men's Tennis

Men's Recruiting Guidelines

Division I (Tier 1)

Height:

Range - 5'8"-6'3"

Average - 6'1"

High School Qualifications:

#1 Singles, #1 Doubles

4 Years Varsity

Awards such as All-County/Conference/Region/State, MVP, Player of the Year,

State Champion

USTA & ITA/ITF Qualifications:

High Performance Participation

Zonal Team Participation

Sectional Rank - Top 20 in Tier 1 section, Top 10 in Tier 2 section

National Rank - Top 100 in age group

ITF Rank - 200

Attend National Level Tournaments: National Open, Section Closed, etc...

The following rankings are in no particular order (based on the number of participants in the Top 100 USTA National 18's):

Tier 1 Sections:

Florida

Southern

Southern California

Midwest

Texas

Eastern

Northern California

Tier 2 Sections:

Mid-Atlantic

Middle States

New England

Missouri Valley

Northern

Pacific Northwest

Intermountain

Southwest

Caribbean (Puerto Rico)

Hawaii Pacific

Tennisrecruiting.net Qualifications:

Minimum 4 star recruit, preferred 5 star +
National Ranking 190 or below
Private Training Qualifications:

Extensive experience & training
For example, attended one of the following Academies:

Evert Tennis Academy - FL
Saddlebrook Academy - FL
Bolletierri Academy - FL, PA
John Newcombe Tennis Academy - TX
ITA International Tennis Academy Camp - FL
Rick Macci Tennis Academy - FL
Windward Academy - GA

Division I (Tier 2)

Height:

Range - 5'8"-6'3"
Average - 6'1"
High School Qualifications:

#1 Singles, #1 Doubles
4 Years Varsity
Awards such as All-County/Conference/Region/State, MVP, Player of the Year,
Top 5 State Finish
USTA & ITA/ITF Qualifications:

Zonal Team Participation
Sectional Rank - Top 40 in Tier 1 section, Top 20 in Tier 2 section
National Rank - Top 200 in age group
ITF Rank - 300
Several years experience preferred
Attend National Level Tournaments: National Open, Section Closed, etc...
Tennisrecruiting.net Qualifications:

Minimum 3 star recruit, preferred 4 star +
National Ranking 190 or below
Private Training Qualifications:

Extensive experience & training

Division II

Height:

Range - 5'8"-6'0"
Average - 5'11"

High School Qualifications:

#1-2 Singles, #1 Doubles

3+ Years Varsity

Awards such as All-County, All-Conference

State Qualifier, High Conference or Regional Finish

USTA Qualifications:

Sectional Rank - Top 200 in Tier 1 section, Top 100 in Tier 2

National Rank - Top 600 in age group

Several years experience preferred

Tennisrecruiting.net Qualifications:

Minimum 1 stars recruit, preferred 2 star +

National Ranking 300 or below

Private Training Qualifications:

Several years experience

Division III

Height:

Range - 5'7' -6'3'

Average - 5'11'

High School Qualifications:

#1-3 Singles, #1 Doubles

3+ Years Varsity

Awards such as All-County, All-Conference

State Qualifier, High Conference or Regional Finish

USTA & ITA/ITF Qualifications:

Sectional Rank - Top 250 in Tier 1 section, Top 150 in Tier 2

National Rank - Top 600 in age group

Several years experience preferred

Tennisrecruiting.net Qualifications:

Preferred 1 star +

National Ranking 500 or below

Private Training Qualifications:

Several years experience

Preferred Grades for All Divisions:

3.0 GPA + 24 ACT + 1000 SAT (out of 1600)

(No scores needed for underclassmen)

In order to compile these Recruiting Guidelines, NCSA tracked hundreds of former NCSA student-athletes who have gone on to compete at the collegiate level, polled college coaches across the nation, and analyzed college rosters at all levels of competition.

Tennis by the Numbers

	SCHOOLS OFFERING TENNIS		SCHOLARSHIPS		ATHLETE PARTICIPATION	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
NCAA DIVISION I	265	324	4.5	8	2,680	2,891
NCAA DIVISION II	162	212	4.5	6	1,619	2,004
NCAA DIVISION III	326	378			3,551	3,826
NAIA	104	121	5	5	819	926
JUNIOR COLLEGE	80	92			679	676
NJCAA			0	0		
TOTAL	937	1,127				
HIGH SCHOOL					157,165	177,593

Women's Tennis

Women's Recruiting Guidelines

Division I (Tier 1)

Height: Range - 5'0"-5'10"; Average - 5'6"

High School Qualifications:

#1 Singles, #1 Doubles

4 Years Varsity

Awards such as All-County/Conference/Region/State, MVP, Player of the Year,

State Champion

USTA & ITA/ITF Qualifications:

Zonal Team Experience

USTA Sectional Rank - Top 30 in Tier 1 Section, Top 15 in Tier 2 Section

The following rankings are in no particular order (based on the number of participants in the Top 100 USTA National 18's):

Tier 1 Sections:

Florida

Southern

Southern California

Midwest

Texas

Eastern

Northern California

Tier 2 Sections:

Mid-Atlantic
Middle States
New England
Missouri Valley
Northern
Pacific Northwest
Intermountain
Southwest
Caribbean (Puerto Rico)
Hawaii Pacific
USTA National Rank - Top 100
ITF - Top 200

Tennisrecruiting.net Qualifications:

Minimum 4 star recruit, preferred 5 star +
National Ranking 250 or below

Private Training Qualifications:

Extensive experience & training

Division I (Tier 2)

Height: Range - 5'0"-5'10"; Average - 5'6"

High School Qualifications:

#1 Singles, #1 Doubles
4 Years Varsity
Awards such as All-County/Conference/Region/State, MVP, Player of the Year
Top 5 State Finish

USTA & ITF Qualifications:

Zonal Team Experience
USTA Sectional Rank - Top 60 in Tier 1 Section, Top 30 in Tier 2 Section
USTA National Rank - Top 300
Attend National Level Tournaments: National Open, Section Closed, etc...

Tennisrecruiting.net Qualifications:

Minimum 3 star recruit, preferred 4 star +
National Ranking 250 or below

Private Training Qualifications:

Extensive experience & training

Division II

Height: Range - 5'3"-5'9"; Average - 5'5"

High School Qualifications:

#1-2 Singles, #1 Doubles

3+ Years Varsity

Awards such as All-County, All-Conference,
State Qualifier, High Conference or Regional Finish

USTA Qualifications:

District Rank - Top 50

Sectional Rank highly desired

* USTA experience is strongly preferred at D2, but not necessary

Tennisrecruiting.net Qualifications:

Preferred 1 star +

National Rank 500 or below

Private Training Qualifications:

Experience preferred

Division III

Height: Range - 5'2'-5'9'; Average - 5'5'

High School Qualifications:

#1-4 Singles, #1-2 Doubles

2+ Years Varsity

Preferred Team Captain

Conference & or District Finish

USTA & ITA Qualifications:

District Rank - preferred Top 50

Sectional Rank - preferred

Several years experience preferred

Tennisrecruiting.net Qualifications:

Preferred 1 star

Private Training Qualifications:

Several years experience

Volleyball

Women's Volleyball Recruiting Guidelines

DI Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 3-4 year varsity starter
- Team Captain
- Generally attend a large high school (4A, 5A, 6A) with a nationally recognized volleyball program.
- Recognized early in their high school career with all-state, all-conference, all-region honors.
- High School All-Americans, Volleyball Magazine All-American

Club Experience:

- Extensive National level club experience, 5+ years
- High placement at National Tournaments
 - o Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
 - o AAU Nationals - Orlando, FL
 - o Reno Volleyball Festival – Reno, NV
 - o USA Junior Olympic Girls' Volleyball Championships
- All-American, USA JO All-Tournament recognition

National Experience:

- Junior, Youth, or USA Select National Team
- High Performance Camps & Regional Teams
- USA HP Championships

The average characteristics by position are below:

POSITION	HEIGHT	WEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'5 – 6'0	125		28" + (VERTICAL)
MIDDLE HITTER	6'0 – 6'4	155	9'5	10'0 +
OUTSIDE HITTER/RIGHT	5'11 – 6'2	140	9'4	9'10 +
SETTER	5'8 – 6'1	130	9'2	9'6 +

DI Tier 2 (Mid-Lower level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most athletes come from a large high school although an outstanding player from a small school could also be a fit with the appropriate club experience.
- All-State, All-Region, All-Conference

Club Experience:

- National level club experience, 3+ years or extensive club experience outside the national level (5+ years).
- National Tournament Attendance
 - o Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
 - o AAU Nationals - Orlando, FL
 - o Reno Volleyball Festival – Reno, NV
 - o USA Junior Olympic Girls' Volleyball Championships

National Experience:

- High Performance Camps & Regional/State Teams
- USA HP Championships

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'5 – 5'10		24" + VERTICAL
MIDDLE HITTER	5'11 – 6'3	9'3	9'9 +
OUTSIDE HITTER/RIGHT	5'10 – 6'0	9'1	9'7 +
SETTER	5'8-6'1	9'0	9'3 +

DII Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region or All-Conference honors during their high school career.
- Tend to be from larger schools, but a smaller school candidate is also an option with the appropriate club experience.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required
 - o Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
 - o AAU Nationals - Orlando, FL
 - o Reno Volleyball Festival – Reno, NV
 - o USA Junior Olympic Girls' Volleyball Championships

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'2 – 5'8	5'2 – 5'8	22" + VERTICAL
MIDDLE HITTER	5'10 – 6'2	5'10 – 6'2	9'8 +
OUTSIDE HITTER/RIGHT	5'8 – 5'11	5'8 – 5'11	9'6 +
SETTER	5'7-5'10	5'7-5'10	9'2 +

Special Note: Many upper level DII programs are highly competitive and would be equal to a mid-lower level DI program.

DII Tier 2 (Lower level) Candidate:**High School Experience:**

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, 2+ years
- National Tournament Attendance preferred, but not required

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'0 – 5'8		18" + VERTICAL
MIDDLE HITTER	5'9 – 6'1	9'2 +	9'6 +
OUTSIDE HITTER/RIGHT	5'8 – 5'10	9'0 +	9'4 +
SETTER	5'4-5'10	8'10 +	9'0 +

DIII Tier 1 (Upper level) Candidate:**High School Experience:**

- Generally 2-3 year varsity starter
- Team Captain
- Most players earned honors such as All-State, All-Conference, or All-Region during their high school career.

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.

- National Tournament Attendance preferred, but not required

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'0 – 5'8		20" + VERTICAL
MIDDLE HITTER	5'9 – 6'1	9'2	9'6 +
OUTSIDE HITTER/RIGHT	5'8 – 5'10	9'0	9'4 +
SETTER	5'4-5'10	8'10	9'0 +

Special Note: Most upper level DIII volleyball players would be very similar to a mid level DII player.

DIII Tier 2 (Mid-Lower Level) Candidate:

High School Experience:

- 1+ year varsity starter

Club Experience:

- Some club experience is preferred, but not totally necessary

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'0 – 5'8		16" + VERTICAL
MIDDLE HITTER	5'8 – 6'0	8'11	9'2 +
OUTSIDE HITTER/RIGHT	5'6 – 5'11	8'10	9'0 +
SETTER	5'0 - 5'10	8'8	8'10 +

NAIA Tier 1 (Upper level) Candidate:

High School Experience:

- Generally 2-3 year varsity starter
- Team Captain
- Most players earn All-Region, All-Conference during high school career

Club Experience:

- Club experience, 3+ years or 2+ years with a National level club.
- National Tournament Attendance preferred, but not required
 - o Colorado Crossroads, Pacific NW, Hooiser Mideast, Big South, Northeast, SoCal, Lone Star, Far Western, Northern Lights
 - o AAU Nationals - Orlando, FL
 - o Reno Volleyball Festival – Reno, NV
 - o USA Junior Olympic Girls' Volleyball Championships

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'2 – 5'8		20" + VERTICAL
MIDDLE HITTER	5'10 – 6'2	9'2	9'7 +
OUTSIDE HITTER/RIGHT	5'8 – 5'11	9'1	9'6 +
SETTER	5'7-5'10	8'11	9'2 +

Special Note: Many upper level NAIA programs are highly competitive and would be equal to a mid-lower level DI program. Most upper level NAIA volleyball players would be very similar to an upper level DII player.

NAIA Tier 2 (Lower level) Candidate:

High School Experience:

- Generally 1-2 year varsity starter
- Possible award such as All-league, All-Conference

Club Experience:

- Club experience, preferably 2+ years
- National Tournament Attendance preferred, but not required

The average characteristics by position are below:

POSITION	HEIGHT	BLOCK JUMP	VERTICAL/ APPROACH
DS/LIBERO	5'0 – 5'8		18" + VERTICAL
MIDDLE HITTER	5'9 – 6'1	9'1	9'4 +
OUTSIDE HITTER/RIGHT	5'7 – 5'10	8'11	9'3 +
SETTER	5'4-5'10	8'9	9'0 +

Women's Volleyball by the Numbers

	SCHOOLS OFFERING VOLLEYBALL	SCHOLARSHIPS	ATHLETE PARTICIPATION
NCAA DIVISION I	315	12	4,469
NCAA DIVISION II	275	8	3,968
NCAA DIVISION III	421		5,816
NAIA	245	8	
NJCAA	303		
TOTAL	1,559		
HIGH SCHOOL			405,832

Men's Volleyball Recruiting Guidelines

Division I

- 2-4x Varsity Starter
- Several Years National/Elite level club experience
- National Tournament Attendance, National Qualifier
- All-State, All- Region, Area, Conference, District, County,

- League recognition as a junior/sophomore
- High Performance Participation
- USA Jr. National Team Participation

The average characteristics by position are below:

POSITION	HEIGHT	VERTICAL/ APPROACH
DS/LIBERO	6'0 (5'8-6'2)	24" +
MIDDLE HITTER	6'7 (6'5-6'8)	11'0 +
OUTSIDE HITTER/RIGHT	6'4 (6'2 - 6'6)	10'10
SETTER	6'3 (6'1-6'5)	10'6

Division II

- 2x Varsity Starter
- National/Elite level club experience
- All-State, All- Region, Area, Conference, District, County, League recognition

The average characteristics by position are below:

POSITION	HEIGHT	VERTICAL/ APPROACH
DS/LIBERO	6'0 (5'8-6'2)	24" +
MIDDLE HITTER	6'7 (6'5-6'8)	11'0 +
OUTSIDE HITTER/RIGHT	6'4 (6'2 - 6'6)	10'10
SETTER	6'3 (6'1-6'5)	10'6

Division III

- Varsity Starter
- Club experience

The average characteristics by position are below:

POSITION	HEIGHT	VERTICAL/ APPROACH
DS/LIBERO	5'10 (5'8-6'2)	24" +
MIDDLE HITTER	6'5 (6'3-6'7)	11'0 +
OUTSIDE HITTER/RIGHT	6'2 (6'0 - 6'4)	10'10
SETTER	6'1 (6'0-6'5)	10'6

Men's Volleyball by the Numbers

	SCHOOLS OFFER- ING VOLLEYBALL	SCHOLARSHIPS	ATHLETE PARTICIPATION
NCAA DIVISION I	22	4.5	402
NCAA DIVISION II	11	4.5	241
NCAA DIVISION III	46		567
NAIA	11	8	
TOTAL	90		
HS STUDENT ATHLETES			46,224

Important Information

1. Men's high school season occurs in the spring, women's in the fall
2. Libero's & DS are a dime a dozen
3. Down Under games, etc...are not important for recruiting
4. DI recruiting (upper level) happens during sophomore and junior year.
5. Club volleyball has different divisions of play. Open is the highest, then National, then American (or Club).
6. Volleyball is strong in California, Texas, Great Lakes, and the Midwest. It is the weakest in the Northeast, Mideast, and Southeast with a few exceptions. Contrary to popular belief Florida is not a strong volleyball state.
7. Other than jump measurements, stats are NOT important to coaches.

Wrestling

Recruiting Guidelines

Division I

State champion or placer multiple times
Junior or Cadet National champion or placer
Tournament of Champions winner or placer multiple times
4x Varsity Starter

Placed at top tournaments such as:

Delaware Beast of the East
Reno Tournament of Champions
Five-Counties Invitational (Most difficult tournament in CA)
PowerAde Christmas Tournament
Easton-Phillipsburg (PA) National HS Wrestling Duals
Manheim (PA)
Iron Man Invitational (OH)
Clovis "Doc" Buchanan Invitational (Central CA)
Minnesota Christmas Tournament
Virginia Duals

Division II/NAIA

State placer
District and Regional champion
District placer multiple times
3x Varsity Starter
Win several HS tournaments
Experience in Greco and Freestyle

Division III/NAIA

District placer
2x Varsity Starter
Win or place at several HS tournaments

Preferred Grades

3.0+GPA, 24+ACT, 1000+SAT (out of 1600)
(No scores needed for underclassmen)
*Must see video first to be sent to Division I schools.

Wrestling by the Numbers

	SCHOOLS OFFER- ING WRESTLING	SCHOLARSHIPS	ATHLETE PARTICIPATION
NCAA DIVISION I	89	9.9	2,563
NCAA DIVISION II	45	9.0	1,234
NCAA DIVISION III	96		2,342
NJCAA	42		
NAIA	29	8	
TOTAL	301		
TOTAL HIGH SCHOOL ATHLETES			257,246

Men's Water Polo

Division I Recruiting Guidelines

Qualifications

Club/travel experience
Junior Olympic qualifier
Zone team member
Additional Sport: Must swim for either high school or club team.
Note below, need swim times.

Examples

50 Free
Men D1< 22:00
Women D1< 25:00
100 Free
Men D1< 48:00
Women D1< 54:00

Preferred Grades

3.0+GPA, 24+ACT, 1000+SAT
(No scores needed for underclassmen)

**Must see video first to be sent to DI schools.*

Water Polo by the Numbers

	SCHOOLS OFFER- ING WATER POLO		SCHOLARSHIPS		ATHLETE PARTICIPATION	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
NCAA DIVISION I	21	31	4.5	8	516	672
NCAA DIVISION II	9	10	4.5	8	143	219
NCAA DIVISION III	16	20			280	302
HS STUDENT-ATHLETES					16,822	17,241
JUNIOR COLLEGE						
NJCAA						
TOTAL	46	61				

Women's Field Hockey

Women's Recruiting Guidelines

Division I – Tier I

High School All-American Team
High School All-State Honors
Attends Major Tournaments
Festival
Disney Showcase
National Futures Program
College Connection Recruiting Camp
AAU Junior Olympics

Division I – Tier II, Division III – Tier I

High School All-State Honors
High School All-Region/Conference/Sectional Honors
Attends Major Tournaments
Festival
Disney Showcase

Division II, Division III

High School All-Region/Conference/Sectional Honors
High School Varsity Starter
Team travels to tournaments

**Club experience is strongly preferred among college coaches at all division levels*

Technical Skills Desired at all Levels

Evaluation Skills
First Step Speed
Balance and Agility
Ability to Read Plays
Passing Ability & Field Vision
Strong Passing Ability
Scoring Ability
Speed & Agility
Developmental Skills
Passing and Receiving
Hitting and Passing
Trapping and Tackling
Carrying the Ball
Dribbling
Positioning in Attack
Covering
Defending
Leadership
Goalie
Reaction Time
Body Positioning
Clearing Ability
Angle Play & Shot Defense
Stick Handling

Preferred Grades for All Divisions

3.0+ GPA, 24+ ACT, 1100+ SAT
(No scores needed for underclassmen)

NCSA's Field Hockey Recruiting Guidelines have been developed through extensive collegiate roster research, college coach feedback, as well as current and former NCSA student-athletes who have gone on to compete at the collegiate level.

Women's Field Hockey by the Numbers

	SCHOOLS OFFER- ING FIELD HOCKEY	SCHOLARSHIPS	ATHLETE PARTICIPATION
	WOMEN	WOMEN	WOMEN
NCAA DIVISION I	79	12	1,791
NCAA DIVISION II	25	6.3	564
NCAA DIVISION III	158		3,278
NAIA			0
HIGH SCHOOL			64,563
JUNIOR COLLEGE			0
TOTAL	262		