

COLLEGE RECRUITING FAQ

How do I get recruited?

There are several ways this can happen. The first is when a college coach reaches out to you specifically and mentions they would like to talk to you about their college/university. Another way is to construct an email about who you are and why you think you would be a good fit for whatever college/university you contact and be proactive about the school you would like to play for. It doesn't mean they will start recruiting you, but it may be a way to gather more information and determine the next steps.

What are the differences in NCAA divisions? NAIA? Jr. College?

There are three divisions within the NCAA (Division 1-3). You may assume all D1 teams are better than all D2, which are better than all D3, etc. But that is not the case!

- There are Division 3 teams that are better than Division 1 teams. What division a school is in largely depends on finances, location, and preference. Most D1 schools have larger football or basketball programs and offer more sports in general.
- NCAA Divisions 1 and 2 offer athletic scholarships. NCAA Division 3 does not.
- NAIA and Jr. College schools can offer scholarships as well.
- NAIA is similar to the NCAA. It is an association that offers an alternative for student-athletes to larger colleges or universities. While NAIA schools may not be as high-profile as other NCAA

schools, they offer several athletic scholarship opportunities.

- A student-athlete may choose a Jr. College if they need to work on their academics. It is a place where they can improve academically and still participate in college athletics. Many who start at Jr. College go on to NCAA schools and have outstanding athletic careers.

When should I start reaching out to coaches?

The recruiting cycle differs from sport to sport and even gender to gender within the sport. (For example, top-level men's soccer's primary recruiting time is junior year of high school, while top-level women's soccer's primary recruiting time is sophomore year.) There are many factors that colleges and universities work with when going through a recruiting period. For some sports, you should reach out even as early as your freshman year of high school if you aspire to play at the highest collegiate level. But you could also reach out during your senior year and have the opportunity to be recruited and play somewhere.

Early is better than late to get the process started. But there are certain times, depending on the sport and gender, that play a factor in the best time to reach out to schools.

Do I need a highlight video?

To be recruited, the schools you are interested in need to see you play. That can happen in several ways, but a highlight video makes it easier for schools to get an idea of the type of athlete you are. So, you should make a video that lasts 3-5 minutes.



NICK THOMPSON, CVCA College Recruiting Coordinator

“Having worked in college athletics for the better part of ten years, I feel I can be an asset to many of our CVCA athletes and families who need help navigating the world of college athletics. With my extensive experience recruiting and working with student-athletes, I am eager to be a resource and look forward to helping our students achieve their goal of becoming college athletes.”

Nick can be reached at nthompson@cvcroyals.org.