

## ***RECRUITING 101 CHEAT SHEET FACTS & WEBSITES!***

### **Websites to Facilitate the Recruiting Process**

- National Collegiate Scouting Association: <http://www.ncsasports.org/>
- BeRecruited: <https://new.berecruited.com/>

### **Websites to Follow Elite Level Track & Field:**

- <http://www.tfrs.org/>
- The track & field results reporting system ranks every athlete in the NCAA in Division I, II, III etc. by event each season, and is current from week to week

### **Websites to Establish an NCAA ID Number/Account**

- [https://web3.ncaa.org/ECWR2/NCAA\\_EMSS/NCAA.jsp](https://web3.ncaa.org/ECWR2/NCAA_EMSS/NCAA.jsp)

### **Tips to Facilitate the Recruiting Process**

- Every program has an online website
- Every program has a recruiting coordinator
- You can always contact the program's recruiting coordinator (head coaches will often forward initial emails to the recruiting coordinator or events coach anyhow) and write a short initial email that simply states your marks thus far, your age and how long you've been competing for, and how strong of an academic student you are. Mention what you're looking for academically post high school, and ask if you'd be a potential candidate to run for their program. Then provide your phone number and email as well as your coach's contact information.
- Most programs have a "prospective student-athlete questionnaire" that you can fill-out to also display your potential interest in a program
- Most programs have their recruiting coordinator's phone number or email on their website
- For most programs, you'll have to do a little digging and click multiple times to get to the student-athlete recruiting questionnaire page, or find the recruit coordinator's contact information.

### **Recruiting Timeline**

- Coaches may congratulate you on races as early as your freshman year in high school
- Coaches may actually start recruiting you anytime on or after June 15<sup>th</sup> preceding your junior year in high school
- Coaches may invite you on an official recruiting visit (everything paid for, they can potentially take you off campus as well) anytime during your junior or senior year
- NCAA signing dates for partial or full scholarship-offered cross country/track and field athletes: 2<sup>nd</sup> week of November & again in 2<sup>nd</sup> week of April
- Walk-on athletes may give a verbal commit at any time during the junior/senior year process

### **Rules to know about**

- You cannot accept monetary gifts from winning road-races or triathlons or anything like that—it violates the amateurism rules in order to compete later at the NCAA level! If you already have, you can still give the money back, and get a letter documenting that you did so!
- Coaches may come watch you compete at a meet, but they can't actually engage in contact with you until you're done competing for the day (aka typically after you've run your last event at a track meet, or once a xc meet is over), so do not take offense if a coach sees you, but does not start chatting with you or approach you until after the meet is over with—that is a rule per the NCAA