

INTERCOLLEGIATE ATHLETICS - FINDING THE RIGHT SCHOOL FOR YOU

**Information on the Academic Requirements
and Recruiting Processes of the
NCAA, NAIA, and CA Community Colleges.**

**IRVINE VALLEY COLLEGE
21-TIME STATE CHAMPIONS**

LASERS

NCAA for Eligibility and Conduct:

www.ncaa.org

Click here for – [NCAA Eligibility Center, aka “The Clearinghouse”](#)

Click here for - [Guide for the College-Bound Student-Athlete](#)

Or

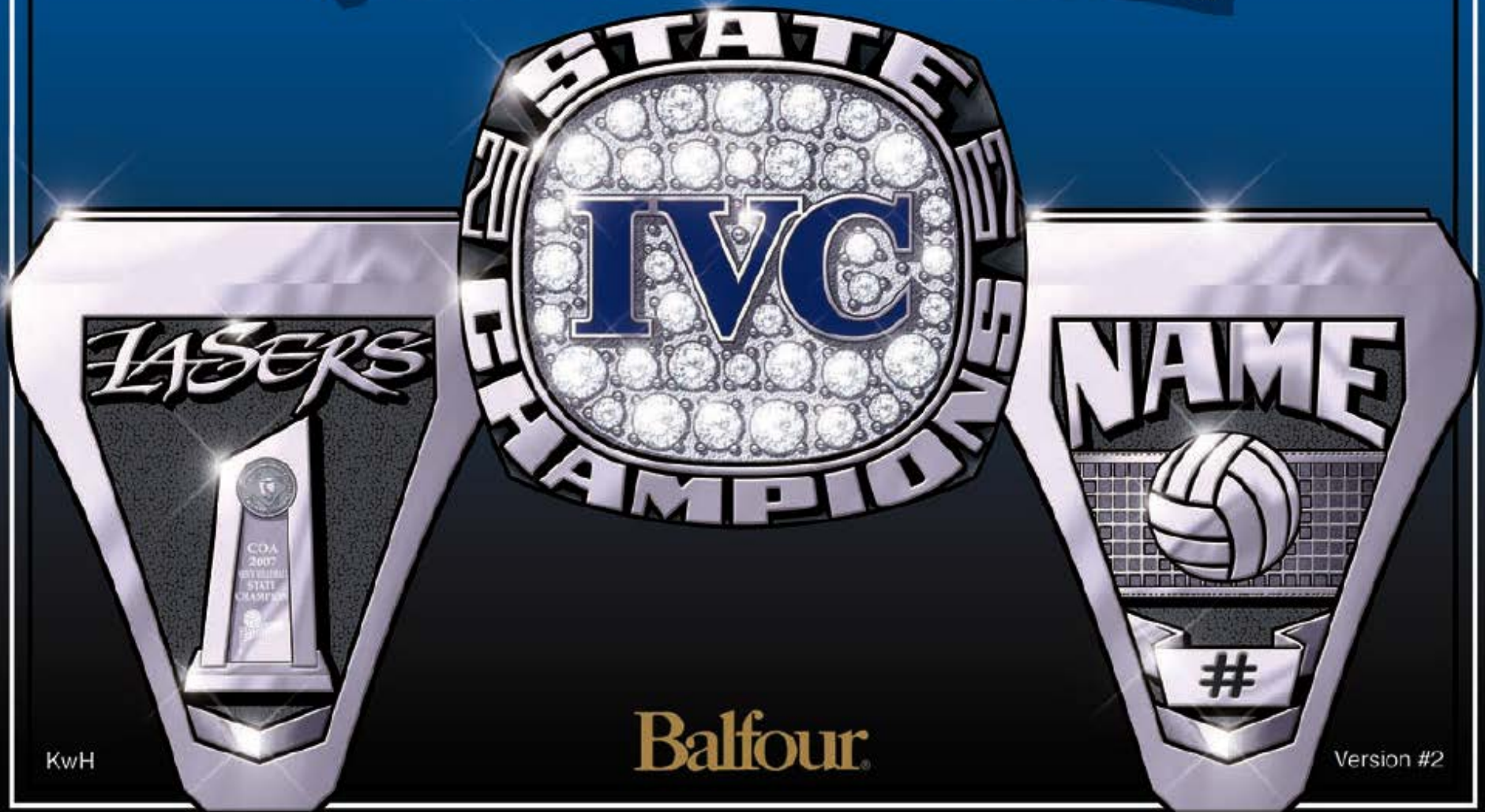
(800) 638-3731

Click here for – [NAIA Eligibility Center](#)

Seminar Documents will be available from your Athletic Dept.

www.ivclasers.com

IRVINE VALLEY COLLEGE VOLLEYBALL



KwH

Balfour

Version #2

1801XXXL has a New Panel with IVC Filled with DARK BLUE Epoxy and Surrounded by CZs.

This is a representative list of the topics and questions any student-athlete and their family may want to address as part of the recruiting process. Although not every topic may apply to your situation, it is important to be aware of all the factors that COULD impact your decision.

I. Pre-High School

II. High School

- a. Time line for frosh/soph/jr/sr
- b. Athletically
 1. NGB, Clubs and School Teams
- c. Academically
- d. Recruiting
 1. Phone calls
 2. Correspondence
 3. Contacts
 4. Evaluations
 5. Home Visits
 6. What can you do?
 - i. Resume
 - ii. Video
 - iii. Scouting Services
 - iv. Contacting coaches
- e. Visits
 1. Unofficial - Taking advantage
 - i. Early visit
 2. Official - Taking advantage
 - i. Early visit
- f. Finances
 1. Number of scholarships available
 - i. Head Count v. Equivalency
 2. One year renewable vs. 4-year offer
 3. Financial Aid- www.fafsa.ed.gov
- g. Signing early/committing early
 1. NLI - CCA; www.national-letter.org
 2. Institutional agreement
 3. Penalties

III. NCAA Rules for Initial Eligibility

- a. Eligibility Center, aka "The Clearinghouse"
 1. History
 2. Transcripts - official only! No fax.
 3. Unofficial - for informal use, copies
 4. Multiple highs schools
 5. 8th grade/college courses

III. NCAA Rules for Initial Eligibility (cont.)

- b. Core Courses & GPA
 1. 48H website
- c. Test Scores
- d. Academic Redshirts and Non-qualifiers
- e. Home schooling
- f. Amateurism
- g. NAIA Eligibility Center

IV. Factors in the decision making process

- a. Competitive differences from HS to college (athletic and academic) - work ethic
- b. Academic considerations
- c. Large vs. small
- d. Public vs. private
- e. Financial aid
- f. Division I
- g. D-II
- h. D-III
- i. NAIA
- j. Community Colleges

V. Disabled student-athletes - waivers

- a. Diagnosis of disability
- b. IEP (Indiv. Education Plan)
- c. Non-standard courses
- d. Non-standard testing
- e. Post-graduation concession

VI. Miscellaneous

- a. Catalog
- b. Alumni
- c. Test Preparation
- d. Other organizations
 1. Club & travel ball organizations
 2. AJGA
 3. CYSA
 4. USAV
- e. Amateurism
- f. Other?

VII. Q & A

8th Grade

Talk with Mom and Dad

Consider whether advanced classes should be taken during this year (Note: they may not count as NCAA Core Courses)

9th Grade

Talk with Mom and Dad

Begin a quality working relationship with a HS Counselor; inform them that you are an athlete and begin scheduling appropriate classes

Begin A-G core courses for both college admissions and NCAA considerations

Begin looking for extracurricular activities that blend with your athletic and academic schedules

Begin keeping a file of important documents (report cards, awards, honors, activities, test scores, etc.)

Examine 1-sport focus or play multiple sports (does club team have an impact here?) Specialization.

10th Grade

Talk with Mom and Dad

Start building relationships with teachers and others for possible letters of recommendation

Begin college research on possible institutions you'd like to attend (athletics, academics, \$\$\$, social life – see pg. 5)

Attend college fairs and events at your school and district

Create a file on each college as you do your research - keep copies and/or receipts of everything!

Consider PSAT: for award consideration, practice for the SAT, and early visit potential in Senior year

Return questionnaires if schools contact you; complete on-line questionnaires of schools in which you are interested

Discuss your potential for college competition with your high school and club coaches

Begin unofficial visits when possible and viewing collegiate competition in-person

11th Grade

Talk with Mom and Dad

Discuss tax status for financial aid considerations

Correspondence begins per NCAA bylaws

Take PSAT if not previously completed

Consider SAT prep course

Consider taking SAT or ACT and SAT II in Spring

AP exams for placement in Senior year courses; is a community college course during HS a better option?

Apply to NCAA Eligibility Center at the end of Spring Semester, follow-up with transcripts ASAP

Begin contacting college coaches, especially those who have sent you recruiting materials; update them on progress athletically and academically, as well as future competition schedules (HS, Club, summer)

Increase unofficial visits and viewing college competition in-person

Discuss your potential for college competition with your high school and club coaches

Increase your research on schools that are now on the "short list"

12th Grade

Talk with Mom and Dad

Send transcripts to the NCAA Eligibility Center immediately following each semester

Phone calls, Official Visits, Home Visits begin

Complete and mail applications for all schools being considered before deadlines, including housing; as early as October!

Apply for as much financial aid as possible through FAFSA (Submit by January 15)

Consider re-taking SAT or ACT if previous scores were low

Take AP or community college courses where applicable

Consider SAT II if not previously completed - include English as one topic (see colleges' requirements)?

Update college coaches on academic progress and competition schedule

Continue unofficial visits

Narrow your list of schools - be realistic!

Consider signing early if your sport has a November signing date

Consider oral commitment

Sign National Letter of Intent (NLI) if offered

Send final transcript to the NCAA Eligibility Center

Attend Orientation programs as soon as they are offered

Continue dialog with coaching staff until you arrive for practice or class

When is 50% more than 75%?

As most sports are what the NCAA refers to as “equivalency sports” and do not offer “full rides”, are there circumstances where an offer of a lower percentage makes more economic sense to a student-athlete and their family?

Note: Standardized measurement – Cost of Attendance (**COA**). NOT ALL COLLEGES PROVIDE COA, AND NOT ALL COLLEGES THAT PROVIDE IT DO SO FOR ALL SPORTS! “What’s the number?”

Example: Football is a Headcount Sport - D-I institutions may allocate \$\$\$ to 85 student-athletes (I-AA = 63) (Football, M/W Basketball, W Gymnastics, W Tennis, W Volleyball at the ONLY NCAA Headcount sports!)

Example: Baseball is an Equivalency Sport - D-I institutions may allocate the equivalent of 11.7 “full rides” among up to 35 student-athletes (none of whom may receive less than 33% of that university’s athletically related grant-in-aid)

Example: Women’s Soccer – the equivalent of 14 full grant-in-aid.

COA examples (2013-14 costs):

<u>USC/privates</u>	<u>UCLA/UCs</u>	<u>San Diego St./CSUs</u>
\$45,602 Tuition	\$12,685 University Fees	\$ 6,766 Tuition and Fees
12,902 Room & Board	14,208 Room & Board	13,812 Room & Board
1,500 Books & Supplies	1,521 Books & Supplies	1,746 Books & Supplies
580 Transportation	786 Transportation	1,407 Transportation
900 Personal	1,383 Personal	1,337 Personal
761 Mandatory fees	1,323 Health Insurance	
	93 Loan Fees	
\$62,245 Total	\$31,999 Total	\$25,068 Total

Using the COA in the above examples:

What’s left to pay after an offer of 1/2 a scholarship?

Private = \$31,000 x 5 years = \$155,000
 UC = \$16,000 x 5 years = \$ 80,000
 CSU = \$12,500 x 5 years = \$ 62,500

What’s left to pay after an offer of 3/4?

Private = \$16,500 x 5 years = \$82,500
 UC = \$8,000 x 5 years = \$40,000
 CSU = \$6,250 x 5 years = \$31,250

A ½ scholarship offer from a UC or CSU is worth more in real dollars than a 3/4 offer from a private institution.

Hey, wait a minute – what about out-of-state costs?

- I. Core Courses - 16 years of Core Courses (see below); note that most universities are looking for 18, 20 or more. CSU and UC also require an additional performing/visual arts component not in the NCAA criteria.
NOTE: Must complete 10 of 16 BEFORE senior year - "TEN BY SEVEN"!
- II. **GPA - Minimum 2.3** } each based on a sliding scale
- III. Test Score – Based on Core GPA } in conjunction with the other component.
- IV. Eligibility Center - Registration (end of Jr. year; \$50; on-line).
- V. Follow-up - Transcripts (More than one high school?); test scores; update college coaches, Eligibility Center, high school and club coaches, and guidance counselor.

Core Course Requirements: Successfully complete at least 16 years of courses:

- English 4 years
- Mathematics [through at least geometry (or one year of a higher-level mathematics course for which geometry is a prerequisite)] 3 years
- Natural or physical sciences 2 years
(including at least one laboratory course, if offered by the high school)
- Additional English, mathematics, or natural or physical science 1 year
- Social science 2 years
- Additional academic courses 4 years
(in any of the above areas, or foreign language, philosophy or non-doctrinal religion [e.g., comparative religion] – check for NCAA-approved courses in these areas)

Core Course/GPA Sliding Scale

Please note that GPA's are for 16 NCAA-approved Core Courses only!

NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

NOTE:

43.1% of the NCAA D-I men's basketball players who enrolled in 2009-10 would not meet the higher standards established for 2016-17!

	A	B	C	D	EX	NR
1						
2						
3						
4						
5						
6						

Step 1

- All applications are ranked "A through D" status (A being best) first, then 1-6 (1 being best) within A-D ranking.
- "A-G" courses are required: 15 years of required courses, 18 recommended (compare to 16 for the NCAA), 20 to be among most competitive, with at least 7 of the 15 yearlong courses of study to be completed in the last two years.
- A. History/Social Science. Two years of history/social science, including one year of world history/ cultures/ geography; and one year of U.S. history or one-half year each of U.S. history/civics or American government.
- B. English. Four years of college-prep English that include frequent and regular writing, and reading of classic and modern literature. Up to one year of ESL-type courses can be used to meet this requirement.
- C. Mathematics. Three years of college-preparatory mathematics that include the topics covered in elementary and advanced algebra and two- and three-dimensional geometry. Approved integrated math courses may be used to fulfill part or all of this requirement, as may math courses taken in the seventh and eighth grades that your high school accepts as equivalent to its own math courses. A fourth year is recommended.
- D. Laboratory Science. Two years of laboratory science providing fundamental knowledge in at least two of these three foundational subjects: biology, chemistry and physics. Advanced laboratory science classes that have biology, chemistry or physics as prerequisites and offer substantial additional material may be used to fulfill this requirement, as may the final two years of an approved three-year integrated science program that provides rigorous coverage of at least two of the three foundational subjects. A third year is recommended.
- E. Language Other than English. Two years of the same language other than English. Courses should emphasize speaking and understanding, and include instruction in grammar, vocabulary, reading, composition and culture. Courses in languages other than English taken in the seventh and eighth grades may be used to fulfill part of this requirement if your high school accepts them as equivalent to its own courses. A third year is recommended.
- F. Visual and Performing Arts (VPA). One yearlong approved arts course from a single VPA discipline: dance, drama/theater, music or visual art.
- G. College-Preparatory Electives. One year (two semesters) from the following areas: visual and performing arts (non-introductory level courses), history, social science, English, advanced mathematics, lab science or language other than English (a third year in the language used for the "e" requirement or two years of another language).

-GPA and Standard test scores are heavily scrutinized.

-All A & B rankings have 4 years of math, and 4 year-long core courses during their senior year.

-In a typical admission year, 60% of those admitted were based on the above criteria; all of those meeting A & B were offered regular admission.

In 2014-15 cycle, 90,000 applicants, approx. 10,000 offered admission, to fill approximately 5,000 slots – 1 in 9 offered admission, 1 in 18 will actually enroll.

Step 2

-Groups C & D are examined beyond academic criteria alone:

Leadership, initiative, creativity, persistence - Athletes are often high in these areas; Honors/Awards; Community service; Geographic or personal challenges; Specialized knowledge/abilities - Athletes are often in this area.

-C rankings 1-4, and D rankings 1-2 were offered admission on these criteria.

-In this sample year, of the 11,400 accepted admissions, 2,800 freshmen and 900 transfers actually enrolled.

-Of these 3,700 who enrolled, 53% were in non-science majors, 24% were in Biology, 24% were unaffiliated.

Step 3

-Group EX includes those that were admitted by exception. Admissions by exception ("Special Admits") are low at research institutions and higher at non-doctoral awarding 4-year institutions.

-98.57% of the enrolling students for this year were UC-eligible based on their academic record; 53 total students were not, of which 35 were student-athletes. Of those 35 student-athletes, 30 had GPA's above 3.0 and/or SAT scores of a combined 1,000 or higher on the reading and math portions.

Official Visit:

- Limited in number; a prospect may make a maximum of 5 paid visits, only one per institution
- Official notice of applicable rules must be provided to prospect
- May be made only after the beginning of the senior year of high school
- Prospect must provide an official test score (SAT, ACT, PSAT, etc.) prior to visit
- Prospect must provide a transcript prior to visit (may be unofficial copy)
- Prospect must be registered with the Eligibility Center
- Length of visit may not exceed 48 hours
- Permissible costs:
 - >Transportation, including parking and/or gas if applicable, may be provided for the visit and during the visit (no parents)
 - >Complimentary accommodations may be provided; parents may use these accommodations also
 - >Meals may be provided for the prospect and parents
 - >Entertainment (not "exorbitant" and within a 30-mile radius) may be provided, up to a cost of \$40 each day (no parents)
 - >A student host may be used, who will be accountable for the \$40 daily entertainment money
 - >Admission to institutional athletic contests may be provided for the prospect and parents (or legal guardians)

Unofficial Visit:

- Unlimited in number; a prospect may visit as many schools as they choose, as many times as they choose
- May be made at any time prior to enrollment
- May visit without providing academic credentials
- Length of visit is not limited
- No transportation, including parking and/or gas, accommodations, or meals may be provided; prospect must pay all costs of visit
- Entertainment (not "exorbitant" and within a 40-mile radius) may be arranged by the college, but must be paid for by prospect
- A student host may be used, but not provided entertainment money
- Admission to institutional athletic contests may be provided for the prospect and up to two other persons at no cost to the prospect

- I. School's history - where have they been and where are they going? Academically and Athletically.
- II. Does the school have a "reputation"? Good (academic integrity, grad school placement, reputation in the job market, etc.) or Bad (cheating, party school, low placement or graduation rates, etc.)?
- III. The Athletic Department
 - a. Commitment to academics
 - 1. Relationship with the academic senate/faculty?
 - 2. Graduation rate in your sport? In all sports?
 - b. What academic resources do they provide EXCLUSIVELY for student-athletes?
 - 1. Study Table or Academic Center?
 - 2. Tutoring or special assistance - including Learning Disability services?
 - 3. Availability - Daily, weekly, quarterly, annually?
 - 4. Academic advising - Internal or external?
 - 5. Personnel - Who are these people; Athletics, Campus-wide, Both?
 - 6. Costs?
 - 7. Priority Registration?
 - c. Non-competition perspectives (coaching style, team camaraderie, etc.)
- IV. The Institution
 - a. What are you going to study?
 - 1. What majors/degrees are offered?
 - 2. What are the national/regional rankings for those majors?
 - 3. If my specific major isn't offered, why not? Alternatives?
 - 4. Placement rates for grad school in my major?
 - 5. Placement rates for jobs in my major?
 - 6. Class size or Student:Professor ratio?
 - b. What resources does the institution provide for all students?
 - 1. Academic resource centers? Labs? Seminars?
 - 2. Tutoring?
 - 3. Academic advising?
 - 4. Career advising/placement?
- V. Personal Issues
 - a. Financial Aid
 - b. Housing
 - c. Geography
 - d. Area
 - e. Transportation
 - f. Jobs
 - g. Safety
 - h. Sports Medicine
 - i. Strength & Conditioning
 - j. NCAA Division II & III
 - k. NAIA
 - l. 2-year/JC's
 - m. Public vs. Private
 - n. Disabled student services
 - o. Amateurism
 - p. Social Media

Do your homework before you visit! Read the catalog! Ask questions!

The growth of this division in Southern California has been significant in the last 5 years. The NAIA conferences are still quite strong, but D-II has significantly upgraded athletic, academic, and economic opportunities.



The PacWest



PHILOSOPHY

The NCAA's Division III places the highest priority on the overall quality of the educational experience. In doing so, they seek to strengthen the integration of objectives and programs in athletics with academic and developmental objectives and to assure the integration of athletes with other students.

Division III colleges and universities encourage participation by maximizing the number and variety of athletic opportunities in varsity, club, and intramural sports.

- No unique privileges for athletes.
- Equal emphasis on men's and women's sports.
- Provide appropriate competitive opportunities.
- Primary emphasis on in-season competition, but exceptional performers may be encouraged to participate in post-season play.

RECRUITING

D-III personnel may make in-person recruiting contacts either on- or off-campus after the conclusion of the prospect's junior year (there are no silent or dead periods).

Official and Unofficial visits are governed by the same rules as D-I.

FINANCIAL AID

Athletically related aid is not permitted in any context. Financial aid may be provided only in demonstrated cases of need, or through a few other limited avenues such as:

- Loans administered as part of a school's regular financial aid process
- Academic honor awards for students in the top 20% of their high school graduating class, or a cumulative GPA of 3.5+, or an ACT of 25+, or an SAT of 1140+
- Non-athletic achievement awards administered through an academic department.

NATIONAL LETTER OF INTENT

Not applicable in D-III.

INITIAL ELIGIBILITY

There is no Initial Eligibility criteria for D-III. All students must be admitted as a regularly enrolled, degree-seeking student in accordance with the regular published entrance requirements of the institution.

WEST COAST D-III INSTITUTIONS (NCAA DISTRICT 8)

Southern California Intercollegiate Athletic Conference (<http://www.thesciac.org>)

UC Santa Cruz

Cal Tech

Cal Lutheran

Chapman

Claremont McKenna

Harvey-Mudd Scripps

Eastern Oregon St.

Evergreen St.

George Fox

La Verne

Lewis & Clark

Linfield

Menlo

Mills

Occidental

Pacific Lutheran

Pacific (Oregon)

Pomona Pitzer

Puget Sound

Redlands

So. Oregon St.

Whittier

PHILOSOPHY

The purpose of the NAIA is to promote the education and development of students through intercollegiate athletic participation. Member institutions, although varied and diverse, share a common commitment to high standards and to the principle that participation in athletics serves as an integral part of the total educational process.

RECRUITING

A coach or other representative of a member institution shall not contact an athlete who, prior to school beginning, has drawn equipment and is engaged in organized practice at another institution. Individual or group tryouts may be conducted only on campus, if tryouts are a part of the general institutional policy for the procurement of students with special talents.

FINANCIAL AID

Assignment of scholarships, grants-in-aid, or student loans shall be controlled by the faculty through the regularly constituted committee on student loans and scholarships, and shall be administered by the institution under the policies and procedures established by the institution through the regularly constituted committee on student loans and scholarships.

A member institution shall award no more institutionally-controlled financial aid to a student-athlete than the actual cost of tuition, mandatory fees, books and supplies required for courses in which the student-athlete is enrolled, board and room for the student-athlete only (based on the official board and room allowance listed in the institution's catalog).

NATIONAL LETTER OF INTENT

There is no NLI program within the NAIA.

INITIAL ELIGIBILITY – WWW.PLAYNAIA.ORG

Entering freshman must meet two of three entry level requirements in addition to registering with the NAIA Eligibility Center:

- Achieve a minimum of 18 on the ACT or 860 on the SAT. Tests must be taken on a national testing date (residual tests are not acceptable), and scores must be achieved on a single test; and/or,
- Achieve a minimum overall high school grade point average of 2.000 on a 4.000 scale; and/or,
- Graduate in the top half of your high school graduating class.

WEST COAST NAIA INSTITUTIONS

Golden State Athletic Conference - NAIA Region II (www.gsacsports.org)

Arizona Christian	Hope	SD Christian	Westmont
Biola	The Masters	Vanguard	William Jessup

California Pacific Conference - NAIA Region II (www.calpacathletics.com)

Antelope Valley	Embry-Riddle (AZ)	Pacific Union	Simpson
Benedictine at Mesa	La Sierra	Providence Christian	Soka
Calif. Maritime Acad.	Marymount	Sierra Nevada	UC Merced

Cascade Collegiate Conference - NAIA Region I (www.cascadeconference.org)

College of Idaho	Evergreen St.	Northwest University	Walla Walla
Corban	Multnomah	Oregon Tech	Warner Pacific (OR)
Eastern Oregon	NW Christian	Southern Oregon	

PHILOSOPHY

2-year institutions provide an opportunity to continue an athletic career in the post-high school years. Whether prolonging a career for just the additional two years, or using the 2-year opportunity as a stepping stone to a 4-year career, 2-year colleges are a useful tool to the student-athlete who desires additional competition.

RECRUITING

In California, the **CCCAA** mandates that recruiting is restricted to a “recruiting area” comprised of the district in which the institution is situated, and those districts “contiguous to” (i.e., touching boundaries with) that district. Colleges and coaches may initiate contact via phone or email elsewhere in CA, but are restricted in their activities outside of their recruiting area. A player may initiate contact with any college first, and then be legally recruited by that school. The moral – be proactive and make contact with schools you’re interested in attending.

FINANCIAL AID

In California, no athletically related aid is permitted. Institutions may assist in finding employment for a prospect. Outside of the state, athletically related aid is permissible at NJCAA schools.

NATIONAL LETTER OF INTENT

There is no NLI program in California. The NJCAA utilizes an NLI program within their membership that is not binding with NCAA, NAIA or CCCAA colleges.

INITIAL ELIGIBILITY

If a student is eligible for enrollment at the institution, they are eligible to play as a freshman.

TRANSFER REGULATIONS

Academic requirements for transfer to a 4-year school vary widely between those who were “qualifiers” after high school and those who were not. Additionally, requirements vary among sports (football and basketball), among NCAA Divisions, and the NAIA. An appointment to see the Academic Counselor for Athletics at a 2-year college and a discussion with a college coach can help narrow these issues for you and your family.

REMINDERS FOR 2-YEAR COLLEGE TRANSFERS

1. Once you attend ANY college or university as a full-time student (12 units or more in one term), your D-I “clock” begins. You then have 5 years to complete 4 years of athletic eligibility.
2. 40/60/80 Rule – what major have you chosen? Redshirt?
3. Qualifiers vs. Non-Qualifiers vs. Academic Redshirt
4. Non-qualifiers will be limited in the number of summer school units permitted for transfer.
5. 4-2-4 degree requirement
6. Ask a College coach about “The Grayshirt” concept.

SOUTHERN CALIFORNIA COLLEGES:

Irvine Valley College	El Camino	LA Trade-Technical	Rio Hondo
Antelope Valley	Fullerton	Los Angeles Valley	Riverside
Barstow	Glendale	Marymount	Saddleback
Canyons	Golden West	Moorpark	San Bernardino Valley
Cerritos	Long Beach	Mt. San Antonio	Santa Ana
Chaffey	Los Angeles City	Mt. San Jacinto	Santa Monica
Citrus	Los Angeles Harbor	Norco	Santiago Canyon
Compton	Los Angeles Pierce	Orange Coast	Victor Valley
Cypress	Los Angeles Southwest	Pasadena City	West Los Angeles
East Los Angeles			

>Prior to today, have you heard of any of these things from a source not affiliated with education?

>Has a club program or travel ball organization provided this information, with this level of depth and sophistication, via web address, handout, flyer or phone number to which prospects, their parents, or others who truly have a student's best interest in mind could refer?

If the answer to any part of these is "No", why would you trust them with something as critical as a student's educational future or their health? The responsibility remains with those professionals with the highest level of integrity to educate, lead, and protect our students and their families.

From John Smoltz during his 2015 Baseball Hall of Fame ceremony:

"Before I hand it over to next inductee, I'd be remiss if I did not talk about Tommy John. I've been given an opportunity as one of the only players, the only one right now, to be inducted into the Hall of Fame with Tommy John Surgery. It's an epidemic.

I want to encourage the families and parents that are out there that this is not normal to have a surgery at 14 and 15 years old. That you have time, that baseball is not a year-round sport. That you have an opportunity to be athletic and play other sports. Don't let the institutions that are out there running before you guaranteeing scholarship dollars and signing bonuses that this is the way....

I want to encourage you, if nothing else, know that your children's passion and desire to play baseball is something that they can do without a competitive pitch. Every throw a kid makes today is a competitive pitch. They don't go outside, they don't have fun, they don't throw enough — but they're competing and maxing out too hard, too early, and that's why we're having these problems. Please, take care of those great future arms."

The Process - Overview

Recruiting

NCAA Guide for the College-Bound Student-Athlete

NCAA Eligibility Center

NAIA Eligibility Center

[CCCAA Admissions and Matriculation process](#)

Amateurism

Qualifier, “Academic Redshirt”/partial-qualifier, non-qualifier

Contact – letters, databases, social media, phone calls, in-person

Official visits vs. unofficial

NLI vs. commitments

Recruiting services

Club sports

College coaches’ recruiting philosophies

What to expect

D-I and D-II are FT jobs

20-hour rule; practice, competition, weights, sports med, study table

Mandatory day off

Off-season contact

Vacation periods

NAIA is a PT job

D-III and CCCAA are the archetype scholar-athletes; multi-sport athletes