

WOMEN'S VOLLEYBALL RECRUITING GUIDELINES

BY DIVISION

Division I	Division II/ Top NAIA	Division II/Division III	Division III/Low NAIA
HEIGHT	HEIGHT	HEIGHT	HEIGHT
OH 5'11"-6'2" / Approach Jump: 9'8"+	OH 5'10"-6'0" / Approach Jump: 9'6"+	OH 5'8"-5'10" / Approach Jump: 9'4"	OH 5'8"-5'10" / Approach Jump: 9'0"
MB 6'0"-6'4" / Approach Jump: 10'+	MB 5'11"-6'3" / Approach Jump: 9'8"	MB 5'10"-6'2" / Approach Jump: 9'6"	MB 5'9"-6'1" / Approach Jump: 9'4"
RS 5'11"-6'2" / Approach Jump: 9'8"+	RS 5'8"-6'0" / Approach Jump: 9'4"+	RS 5'7"-5'10" / Approach Jump: 9'2"	RS 5'7"-5'10" / Approach Jump: 9'0"
S 5'9"-6'1" / Approach Jump: 9'6"+	S 5'8"-6'0" / Approach Jump: 9'4"+	S 5'7"-5'10" / Approach Jump: 9'2"	S 5'4"-5'10" / Approach Jump: 8'10"
L/DS 5'5"-6'0" / Approach Jump: N/A	L/DS 5'5"-5'10" / Approach Jump: N/A	L/DS 5'0"-5'8" / Approach Jump: N/A	L/DS 5'0"-5'8" / Approach Jump: N/A
5+ Years Of Club Experience	3+ Years Of Club Experience	1-2 Years Of Club Experience	0-1 Years Of Club Experience
3-4 Year Varsity Starter	2-3 Year Varsity Starter	2-3 Year Varsity Starter	1+ Year Varsity Starter

****Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.**

VOLLEYBALL RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED..

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

WOMEN'S BASKETBALL RECRUITING GUIDELINES

BY DIVISION

TOP DI / TOP JC

	HT	PPG	APG	RPG
PG	5'8"+	10	4	N/A
	HT	PPG	APG	RPG
SG	5'10"+	12+	N/A	N/A
	HT	PPG	APG	RPG
SF	5'11"+	12+	N/A	8
	HT	PPG	APG	RPG
PF	6'0"+	12+	N/A	10
	HT	PPG	APG	RPG
C	6'2"+	12	N/A	12

LOW DI / TOP DII / TOP NAIA

	HT	PPG	APG	RPG
PG	5'7"+	10	3	N/A
	HT	PPG	APG	RPG
SG	5'8"+	10+	N/A	N/A
	HT	PPG	APG	RPG
SF	5'10"+	11+	N/A	5
	HT	PPG	APG	RPG
PF	5'11"+	9	N/A	6
	HT	PPG	APG	RPG
C	6'0"+	11+	N/A	8

TOP DII / TOP DIII / LOW NAIA

	HT	PPG	APG	RPG
PG	5'6"+	8	2.5	N/A
	HT	PPG	APG	RPG
SG	5'8"+	9+	N/A	N/A
	HT	PPG	APG	RPG
SF	5'9"+	9+	N/A	4
	HT	PPG	APG	RPG
PF	5'10"+	8	N/A	5
	HT	PPG	APG	RPG
C	5'11"+	9+	N/A	7

LOW DIII / LOW JC

	HT	PPG	APG	RPG
PG	5'5"	6	2	N/A
	HT	PPG	APG	RPG
SG	5'8"	8+	N/A	N/A
	HT	PPG	APG	RPG
SF	5'8"+	7+	N/A	3
	HT	PPG	APG	RPG
PF	5'9"+	6	N/A	5
	HT	PPG	APG	RPG
C	5'11"+	7+	N/A	6

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

BASKETBALL RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: APRIL OF JUNIOR YEAR BEGINNING THE THURSDAY FOLLOWING THE WOMEN'S FINAL FOUR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

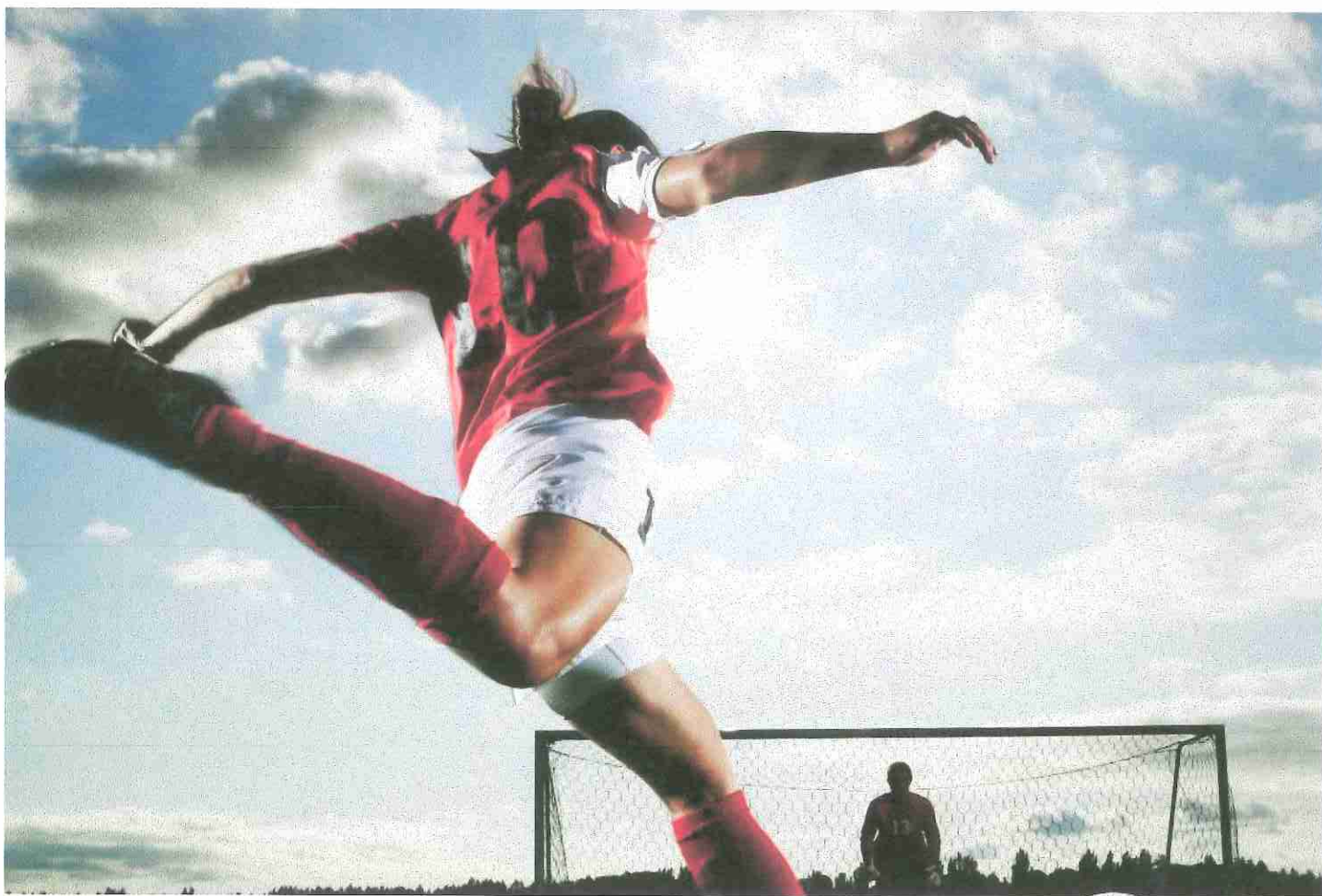
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

WOMEN'S SOCCER RECRUITING GUIDELINES BY DIVISION



SOCCER RECRUITING GUIDELINES: TRYOUTS

NCAA TRYOUTS - starting June 15th after sophomore year

Division II schools are allowed to hold one practice or tryout for a college-bound student-athlete on its campus as long as the student-athlete is a high-school senior who is enrolled in a term other than the term in which the traditional season in the sport occurs. The school may conduct a medical examination of the student-athlete, and the tryout may include tests to evaluate the student-athlete's strength, speed, agility and sport skills. The tryout may include competition except in football, ice hockey, lacrosse, soccer and wrestling. The tryout is limited to the length of the school's normal practice period in the sport, but in no event can it be longer than two hours. The school may loan equipment and clothing to the college-bound student-athlete during the tryout.

NAIA TRYOUTS

Students are permitted a maximum of two days of tryouts throughout their entire career, and the tryout cannot interfere with school time. The tryout must occur on campus. If a school has a policy for reimbursing all students for such visits, the same can be applied to you as a prospective student-athlete.

WOMEN'S SOCCER RECRUITING GUIDELINES BY DIVISION

High/Mid Division I	Low DI, Top/Mid DII Top NAIA	Low DII, Mid NAIA, Top DIII, Top JC	Mid/Low DIII, Low NAIA, Mid/Low JC
Club Experience	Club Experience	Club Experience:	Club Experience:
ECNL/NPL/USYS/MRL	NPL/USYS/MRL	ECNL/MRL/NPL/USYS	Top Team Within Local Club
National/Regional ODP	ECNL	State Team/Pool ODP	High School Experience
High School Experience	Regional ODP Team	High School Experience	All-Area Honorable Mention
All-State/All-American	High School Experience	All-State/All-Region	All-District Honorable Mention
	All-State/All-Region		All-Conference Honorable Mention

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

SOCCER RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1 AFTER JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

WOMEN'S SWIMMING RECRUITING GUIDELINES BY DIVISION

	High Division I	Low Division I	High Division II	Low Division II & III
50 Free	High DI (<22.99)	Low DI (24.0)	High DII (25.5)	Low DII-DIII (<28.0)
100 Free	High DI (<50.0)	Low DI (52)	High DII (54.0)	Low DII-DIII (<55.0)
200 Free	High DI (<1:48.5)	Low DI (1:52.0)	High DII (1:54.0)	Low DII-DIII (<2:00.0)
500 Free	High DI (<4:45.0)	Low DI (4:57.0)	High DII (5:05.0)	Low DII-DIII (<5:32.0)
1650 Free	High DI (<16:30.0)	Low DI (17:00.0)	High DII (17:15.0)	Low DII-DIII (<17:45.0)
100 Back	High DI (<55.2)	Low DI (57.5)	High DII (58.5)	Low DII-DIII (<1:03.0)
200 Back	High DI (<2:00.5)	Low DI (2:04.0)	High DII (2:07.0)	Low DII-DIII (<2:11.0)
100 Breast	High DI (<1:03.3)	Low DI (1:05.0)	High DII (1:06.0)	Low DII-DIII (<1:12.0)
200 Breast	High DI (<2:16.2)	Low DI (2:21.0)	High DII (2:24.0)	Low DII-DIII (<2:30.0)
100 Fly	High DI (<54.79)	Low DI (57.2)	High DII (59.5)	Low DII-DIII (<1:06.0)
200 Fly	High DI (<2:00.5)	Low DI (2:06.0)	High DII (2:08.0)	Low DII-DIII (<2:12.0)
200 IM	High DI (<2:01.0)	Low DI (2:07.0)	High DII (2:12.0)	Low DII-DIII (<2:20.0)
400 IM	High DI (<4:20.7)	Low DI (4:29.0)	High DII (4:34.0)	Low DII-DIII (<4:45.0)

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

SWIMMING RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.



SOFTBALL RECRUITING GUIDELINES BY DIVISION

DIVISION I	DIVISION II / HIGH NAIA	DIVISION III / LOW NAIA
P Height: 5'9" ERA below 1.00 Or Less / Velocity: 60 MPH+	Height: 5'7" ERA below 1.50 / Velocity: 58 MPH+	Height: 5'6" ERA below 4.00 / Velocity: 55 MPH+
C Height: 5'8" Home to 1st: 3.0 / Pop Time: 1.8 Or Below	Height: 5'4" Home to 1st: 3.1 / Pop Time: 1.9 Or Below	Height: 5'4" Home to 1st: 3.2 / Pop Time: 2.0 Or Below
CF Height: 5'7" Home to 1st: 2.8 / Batting Average: .400	Height: 5'5" Home To 1st: 2.9 / Batting Average: .360	Height: 5'4" Home To 1st: 3.1 / Batting Average: .330
LF/RF Height: 5'7" Home to 1st: 2.8 / Batting Average: .400	Height: 5'5" Home To 1st: 2.9 / Batting Average: .360	Height: 5'4" Home To 1st: 3.1 / Batting Average: .330
2B/SS Height: 5'6" Home to 1st: 2.8 / Stolen Bases: 10+	Height: 5'5" Home To 1st: 2.9 / Stolen Bases: 10+	Height: 5'4" Home To 1st: 3.1 / Stolen Bases: 8+
1B Height: 5'7" Home to 1st: 3.2	Height: 5'6" Home To 1st: 3.2	Height: 5'5" Home To 1st: 3.3
3B Height: 5'7" Home to 1st: 3.2	Height: 5'6" Home To 1st: 3.2	Height: 5'5" Home To 1st: 3.3

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches. So, size and athleticism are on a sliding scale. This means, the smaller you are on the scale, the more explosive you must be.

SOFTBALL RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

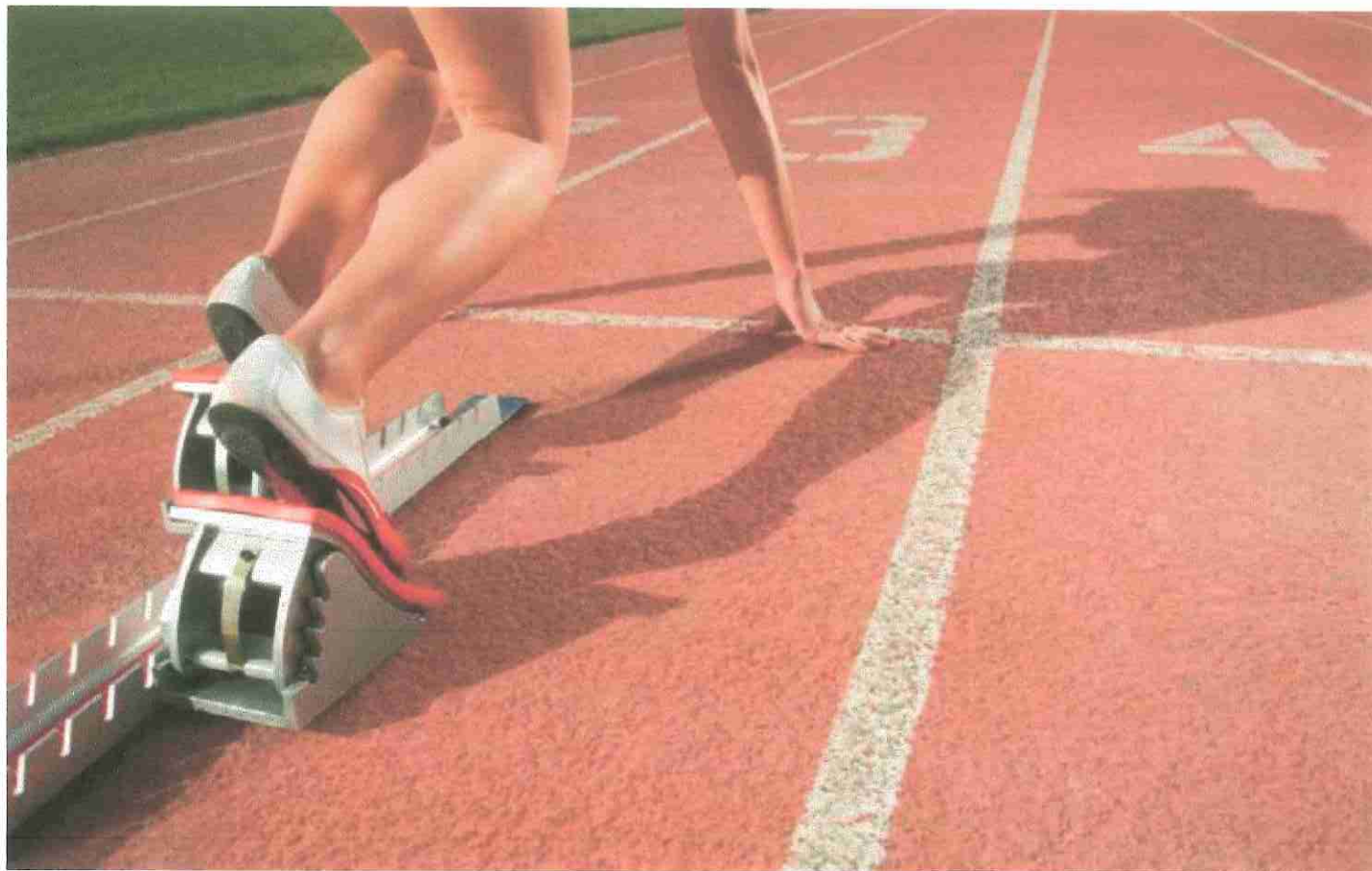
DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION



TRACK RECRUITING GUIDELINES: CONTACTING COACHES

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.



WOMEN'S TRACK RECRUITING GUIDELINES BY DIVISION

Women	D1 Top	D1 Low	D2 Top	D2 Low	D3 Top	D3 Low	NAIA Top	NAIA Low
55M IN	6.95	7.35	7.25	7.75	7.90	8.25	7.40	8.00
60M IN	7.31	7.85	7.30	8.50	7.80	8.50	7.68	8.50
60M HH IN	8.16	8.80	8.36	10.00	8.95	10.20	8.93	10.00
300M IN	39.20	41.05	40.00	42.32	42.03	45.00	40.07	44.00
500M IN	1:15.94	1:18.45	1:17.44	1:20.45	1:22.56	1:25.44	1:19.67	1:22.43
600M IN	1:34.31	1:36.54	1:35.23	1:39.34	1:38.67	1:44.33	1:39.23	1:42.34
1000M IN	2:51.46	2:55.67	2:54.34	2:59.67	2:59.44	3:09.33	2:59.27	3:05.45
3000M IN	9:18.54	9:23.45	9:19.56	9:29.44	9:28.60	10:00.00	10:26.69	10:17.00
100M HH	13.05	14.90	14.18	16.50	14.26	17.50	14.56	17.50
300M IH	40.57	46.00	44.39	48.50	47.56	49.50	45.66	48.50
400M IH	57.37	65.50	60.99	67.00	62.45	75.00	64.03	75.00
100M	11.32	12.50	11.90	13.00	12.12	13.20	12.03	13.50
200M	23.01	26.50	24.08	28.50	24.58	28.50	24.57	28.00
400M	52.23	60.00	54.88	65.00	56.72	67.00	56.14	62.50
800M	2:04.18	2:22	2:06.99	2:30	2:10.65	2:35	2:15.21	2:35
1500M	4:13.3	5:20	4:30.45	5:15	4:40.76	5:20	4:39.74	5:15
1600M	4:39.32	5:23	5:03.44	6:00	5:05.67	6:00	5:01.44	6:05
3200M	10:08.11	11:37	10:29.45	12:15	10:35.67	12:30	10:26.69	12:30
5K XC	16:53	18:50	17:59	19:45	21:12	23:00	18:23	22:04
3000M STPL	10:12.69	12:00	11:23.87	12:50	11:39	12:30	11:49.25	12:25
High Jump	6'0"	5'2"	5'8"	5'0"	5'5"	4'9"	5'6"	5'0"
Long Jump	20'7"	18'	19'	15'	19'	16'	19'1"	15'6"
Shot Put	56'2"	43'5"	47'3"	39'6"	44'8"	34'	44'11"	36'
Discus	178'5"	147'9"	153'	113'6"	143'6"	110'4"	121'3"	100'
Pole Vault	13'9.5"	11'6"	12'3"	9'0"	12'5"	9'6"	11'1"	8'0"
Triple Jump	43'4"	38'6"	40'4.5"	32'5"	39'1"	31'5"	37'10"	30'6"
Hammer	208'	170'4"	182'	146'4"	170'6"	120'3"	157'5"	110'6"
Javelin	161'	141'	149'	127'	138'5"	112'3"	117'10"	100'
Heptathlon	5,733	4,000	4,915	3,500	4,691	3,000	4,223	3,000

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

TRACK RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME UNLIMITED

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESRTICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHESD CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: ONCE PER WEEK STARTING JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME UNLIMITED

WOMEN'S GOLF RECRUITING GUIDELINES BY DIVISION

High Division I	Low Division I	Division II & Top NAIA	Division III & Low NAIA
Handicap: Scratch or Better	Handicap: Equal to or < 8	Handicap: Equal to or < 10	Handicap: Equal to or < 15
Tournament Average: 72 or Under	Tournament Average:	Tournament Average: 85 or Under	Tournament Average: 95 or Under
Top Finishes at:	82 or Under	Competes in: State Tournaments	Competes in: State Tournaments
National Tournaments	Competes in: National Tournaments	Local Tournaments	Local Tournaments
State Tournaments	State Tournaments	Preferred Tournaments	Preferred Tournaments
Local Tournaments	Local Tournaments	(AJGA, FCWT, USGA)	(AJGA, FCWT, USGA)
<small>*Highly Ranked on the Junior Golf Scoreboard, Golfweek or Polo Golf Rankings</small>		<small>*Some DII & NAIA coaches require DI standards</small>	<small>*Some DIII & NAIA coaches require DI standards</small>

**Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.

GOLF RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

WOMEN'S TENNIS RECRUITING GUIDELINES BY DIVISION

Top NCAA DI

USTA & ITA/ITF Qualifications:

- Zonal Team Experience
- USTA Sectional Rank
- Top 30 in Tier 1, Top 15 in Tier 2
- Top 150 in The Nation
- Attend National Level Tournaments
- National Open, Section Closed

High School Experience:

- #1 Singles, #1 Doubles
- 4 Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- State Champion

Tennisrecruiting.net Qualifications:

- Minimum 4 Star Recruit,
- Preferred 5 Star
- National Rank: 250 or Below

Lower NCAA DI

USTA & ITA/ITF Qualifications:

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

High School Experience:

- #1 Singles, #1 Doubles
- 4 Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- Top 5 State Finish

Tennisrecruiting.net Qualifications:

- Minimum 4 Star Recruit,
- Preferred 5 Star
- National Rank: 300 or Below

NCAA DII

USTA & ITA/ITF Qualifications:

- District Rank - Top 50
- Sectional Rank Highly Desired
- USTA Experience Preferred.
- But Not Necessary

High School Experience:

- #1-2 Singles, #1 Doubles
- 3+ Year Varsity
- All-County/Conference/Region
- All-State, MVP, Player Of The Year
- State Qualifier, High Conference
- Regional Finish

Tennisrecruiting.net Qualifications:

- Preferred 1 Star
- National Ranking 500 or Below

NCAA DIII

USTA & ITA/ITF Qualifications:

- District Rank - Preferred Top 50
- Sectional Rank Preferred
- Several Years Experience Preferred

High School Experience:

- #1-3 Singles, #1 Doubles
- 3+ Year Varsity
- All-County, State Qualifier,
- High Conference or
- Regional Finish

Tennisrecruiting.net Qualifications:

- Preferred 1 Star

****Listed physical features portray the prototypical recruit for each division level. An athlete's athleticism and explosiveness on film is the determining factor for most coaches, so size and athleticism are on a sliding scale. This means the smaller you are on the scale, the more explosive you must be.**

TENNIS RECRUITING GUIDELINES: CONTACTING COACHES

MAY RECEIVE GENERAL INFORMATION

ALL DIVISIONS, ANYTIME, UNLIMITED.

GENERAL INFORMATION INCLUDES CAMP BROCHURES AND ADMISSIONS INFORMATION.

MAY RECEIVE RECRUITING MATERIALS

YOU MAY RECEIVE ANY WRITTEN INFORMATION INCLUDING PERSONAL EMAILS AND LETTERS.

DIVISION I: SEPTEMBER 1 OF JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE UNOFFICIAL VISITS

YOU ARE ALLOWED TO TAKE AN UNLIMITED AMOUNT OF UNOFFICIAL VISITS AT ANY TIME DURING YOUR CAREER. AN UNOFFICIAL VISIT IS ANY VISIT BY YOU AND YOUR PARENTS TO A COLLEGE CAMPUS PAID FOR BY YOU AND YOUR PARENTS.

ALL DIVISIONS: ANYTIME, UNLIMITED.

YOU CAN HAVE CONTACT WITH A COACH OFF OF THEIR CAMPUS

THIS MEANS YOU CAN VISIT THE COACH OFF THEIR COLLEGE CAMPUS.

DIVISION I: JULY 1ST AFTER JUNIOR YEAR.

DIVISION II: JUNE 15 AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: AFTER SOPHOMORE YEAR, UNLIMITED.

NAIA: ANYTIME UNLIMITED

YOU CAN CALL COACHES AT YOUR EXPENSE

ALL DIVISIONS, ANYTIME, UNLIMITED.

COLLEGE COACHES MAY CALL YOU

REMEMBER, YOU ARE ALWAYS ALLOWED TO CALL COACHES, BUT THERE ARE SEVERAL RESTRICTIONS ABOUT WHEN THEY CAN CALL YOU. TECHNICALLY, DIII COACHES CAN CALL AT ANY TIME, ALTHOUGH MANY FOLLOW THE DI RULES.

DIVISION I: SEPT. 1ST OF JUNIOR YEAR, UNLIMITED.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR, UNLIMITED.

DIVISION III: ANYTIME, UNLIMITED.

NAIA: ANYTIME, UNLIMITED.

YOU CAN TAKE OFFICIAL VISITS

AN OFFICIAL VISIT IS ANY VISIT TO A COLLEGE CAMPUS BY YOU AND YOUR PARENTS PAID FOR BY THE COLLEGE.

DIVISION I: OPENING DAY OF CLASS SENIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UP TO 5 TOTAL.

DIVISION II: JUNE 15TH AFTER SOPHOMORE YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

DIVISION III: JANUARY 1ST OF JUNIOR YEAR. LIMITED TO 1 VISIT PER COLLEGE, UNLIMITED.

NAIA: ANYTIME, UNLIMITED..