



# Athletics

INSIDER

A Guide to  
College Athletics



College Planning



Getting Noticed



Meeting Requirements

2023-2024

Granite Edvance, formerly the NHHEAF Network, is a 60-year-old nonprofit whose mission is to support NH students and families in navigating their education and career pathways. We offer college and career planning support at no cost, as well as scholarships, grants, and a private student loan. Learn more: [GraniteEdvance.org](https://www.GraniteEdvance.org)

# Welcome!

If you're planning to play a sport in college, you're getting ready for one of the most exciting times in your life. You've also got some important decisions ahead of you – and we're here to help. This Insider is designed to help student athletes understand the recruitment and application process so they can make smart choices about college. For more helpful resources, or to set up an appointment with one of our college and career counselors, visit [GraniteEdvance.org](https://www.graniteedvance.org).



## About Granite Edvance

Granite Edvance (formerly The NHHEAF Network) helps NH students prepare for college and careers. Our counselors share their knowledge through free workshops, presentations, and individual appointments, helping thousands of students every year. We make college and career planning as easy as possible so that students can reach their goals with confidence and excitement. We also work with school counselors, colleges, and community and business partners to reach as many students as we can. All NH students are welcome to use our free services!

## What's Inside

This guide will help you understand the basics of college sports and divisions, make a plan that works for you, and choose a college that fits your athletic and life goals.

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# Getting Started

Take the first steps toward playing a college sport by learning about schools and collegiate sports.



# Explore Colleges

Maybe you're dreaming of big football stadiums bursting with fans. Maybe you imagine yourself running on wooded campus trails. Playing a sport in college can be thrilling, but remember – it is only one part of college life. Make a list of your academic and life goals as well as your athletic goals. Then, look for colleges that feel like a good fit for you and will help you reach all your goals. Here are some things to think about:

- Size and location of the college
- Cost of attendance
- Acceptance rate
- Majors and courses offered
- School culture and activities

**Ask yourself: Would I be happy here if I weren't playing sports?**

# Register with the NCAA Eligibility Center

If you want to play sports at the Division I or II level, the first step is registering with The NCAA Eligibility Center: [eligibilitycenter.org](http://eligibilitycenter.org). You can register at any time, but it's best to start early! The Eligibility Center makes sure you meet all requirements for practicing, competing, and receiving athletic scholarships.

It is important to keep track of your coursework throughout high school to make sure you are meeting all of the NCAA course and grade requirements. Check the NCAA website early and often if you hope to play DI or II sports. Although DIII athletes do not need to register with the NCAA, you can visit [ncaa.org/D3](http://ncaa.org/D3) for more information.

**You are responsible for monitoring your NCAA eligibility.**



# Understand Divisions

The National Collegiate Athletics Association (NCAA) has three main divisions. Many people think that Division I athletes are the best players, Division II are second best, and Division III are third best. This is not totally true. There are many competitive conferences and teams in each division. Also, some outstanding athletes choose to play at DII or DIII schools – either to have a more balanced schedule or get more play time. The chart to the right shows the differences between the divisions.

	Division I	Division II	Division III
<b>Average undergrad enrollment</b>	8,960	2,428	1,740
<b>Number of schools</b>	350	310	438
<b>Athlete commitment</b>	High: Your sport is like a full-time, year-round job	Medium-high: Demanding, but less intensive than DI	Balanced: More time for academics and other activities
<b>Graduation rate</b>	89%	76%	88%
<b>Scholarships</b>	57% of athletes receive some level of athletics aid.	60% of athletes receive athletics aid.	80% of athletes receive financial aid. No athletic scholarships available.

Source: [ncaa.org](http://ncaa.org) | Oct 2023

# Making a Game Plan

Your journey to playing college sports won't be quite like anyone else's journey.



Your athletic ability, athletic goals, career goals, and other things will all affect your choices. They will also affect your opportunities.

## Resources Available to You

### Work with your high school counselor

Your high school counselor is an important resource. Make sure to talk to them early about your athletic goals. They can help you:

- Understand the academic requirements for college sports and stay on track with your grades
- Choose high school courses
- Send your high school transcript to the NCAA
- Explore colleges and majors

### Work with your coach and/or athletic director

Your high school coach or club sport coach and/or your high school athletic director are also important resources. They are probably your biggest supporters and know your abilities better than anyone. Some have more experience with college athletics than others. They may be able to help you:

- Set realistic goals
- Understand college sports and NCAA requirements
- Make connections with college coaches

## Understand the Recruiting Process

If you play a sport in high school, you have probably heard about recruiting. Recruiting is what college coaches do to fill the spots on their team each year. They usually start by sending out thousands of letters and emails to high school athletes. If you get one of these letters, it does not mean you are being recruited. When a coach reaches out to you personally by phone more than once, arranges an official visit (a visit paid for by the college) or sends you a Letter of Intent, you are being recruited.



## Get Noticed

Top high-school athletes may be able to wait for coaches to recruit them, but most athletes need to start the process themselves. Here are some tips for getting noticed by recruiters.

- Research recruiting events in your area.
- Fill out the recruiting questionnaire on the website of any college you're interested in.
- Send personal email messages to college coaches telling them about yourself and showing your interest in the college.
- Use social media to market yourself – but be careful about what you post. Never post anything negative.
- Create a profile video. Coaches may not have the time or budget to see you play in person, but they may watch a highlight video. Some athletes hire a professional videographer to make and market their video. This can be helpful but also expensive.
- Contact coaches yourself. Your parents/guardians are an important part of the process, but they are not the ones who will be playing on the team. Coaches want to hear from you.
- Know the rules about when and where you can have contact with coaches and their staff (see Recruitment Timeline below). Understand the difference between an official and unofficial visit. Always check with the NCAA or the college itself to make sure you fully understand the rules.

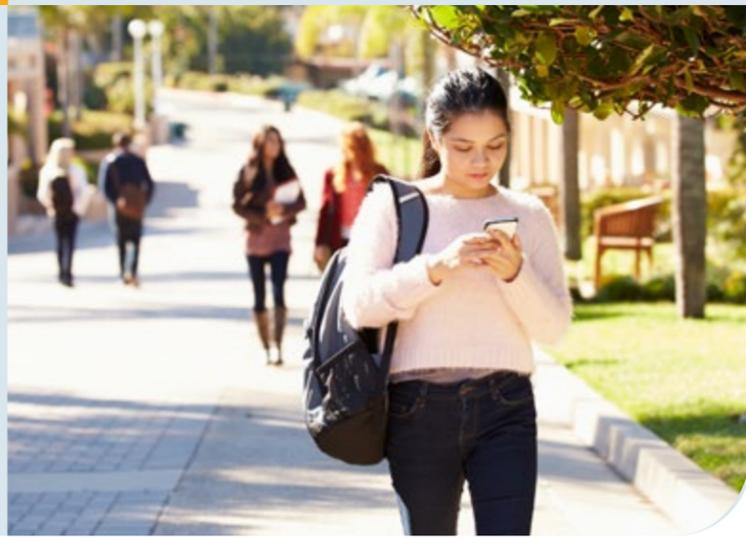
See **page 10** for some important definitions in the recruiting process.

## Recruitment Timeline

Depending on the sport that you play, recruitment timelines may vary not only by sport but by division. For a complete list of recruitment calendars by sport for Division I and Division II, please visit [ncaa.org/division-i-and-ii-recruiting-calendars](https://www.ncaa.org/division-i-and-ii-recruiting-calendars).

# Choosing a College

While college coaches are choosing athletes, athletes are also choosing where they want to attend college. It is a two-way street!



You may have to decide between several offers. Or, you may have to decide between your dream school and a school that makes you a good offer. You may not get recruited at all but still want to play sports. The most important thing is to find a college that fits your goals, your finances, and your needs.

## Review Your Goals

As you review offers from colleges, compare them with your needs and goals as a student and an athlete.

### What's most important to you as a student?

- Amount of financial aid
- Courses and majors
- Size, location, or culture of the school

### What's most important to you as an athlete?

- Amount of playing time
- Team ranking
- Athletic facilities
- Coach and teammates
- Sports schedule and time commitment

## Understand College Admissions and Financial Aid

Getting recruited by a college coach does not guarantee you will be admitted to that college. You still have to meet the same admissions requirements as everyone else. You must also complete the same financial aid paperwork and meet the same deadlines as everyone else.

- Division I and II schools offer athletic scholarships. Division III teams do not have athletic scholarships; however, you can receive need-based aid and academic scholarships just like everyone else.
- Full-athletic scholarships are very rare. Partial scholarships are more common. The size of these scholarships can vary a lot.
- A scholarship award is for only one year. All scholarships have to be renewed annually by the coach.
- Sometimes, the amount of financial aid a coach offers will be different from the official financial aid letter.
- Even if a coach is very interested in you, they may not be able to offer you a lot of financial aid. School budgets and NCAA rules limit how much they can award you.

## Get to Know the Program

Getting recruited by one or more colleges can be very exciting -- but make sure you take the time to learn about each school and its sports program before making a decision. Visit the school, attend a practice, and watch a game! Take the opportunity to talk with current members of the team who will be your teammates. Make a list of questions to ask them. Try to get a sense of the team culture. Does it seem like a good fit for you?

### What is a compliance officer?

Every college with a DI, II, or III athletic program also has a compliance officer. It is their job to make sure coaches, teams, players, potential players, and their parents/guardians are following all of the NCAA's and school's rules. Part of their job is to manage recruitment and admission of athletes.

## Consider Other Options

### NJCAA

National Junior College Athletic Association. For those that are looking to start their athletic career at a community college, the NJCAA has many options.

### NAIA

National Association for Intercollegiate Athletics. Alternative options for students that are not looking to participate in a NCAA sport. There are no recruitment calendars or communication restrictions with coaches, and scholarships are available. Visit NAIA for more info.

### Walk-On Athletes

Non-recruited students that attend an open tryout and are offered a roster spot. No athletic aid is available during the first year of participation. Athletic aid could be offered in future years at DI and DII schools based on performance.

### Club Sports

Often student-run clubs organized on recreational, instructional and/or competitive levels. Club sports can be great for students seeking a high level of competition and camaraderie.

## Conclusion

This guide is meant to explain the basics for high school athletes interested in playing college sports. It is not meant to tell you everything about this topic.

Granite Edvance helps all students plan for college and understand their financing options. To learn more about the college admissions or financial aid process, or to set up an appointment with a college and career counselor, visit [GraniteEdvance.org](https://www.granitedvance.org) or call (603) 227-5444.

# Helpful Definitions

Here are some common terms you'll see during the recruiting process.



## Contact Period

The time of year when a coach may have in-person contact with a student and their parents on or off the college campus, or permit official/unofficial visits. This period is different for different sports and divisions.

## Dead Period

The time of year when a coach is not allowed to make in-person recruiting contacts, evaluate student-athletes on or off campus, or permit official or unofficial visits. This period is different for different sport and divisions.

## Evaluation Period

The time of year when a college coach may visit the high school and evaluate the students. In-person contact away from the college campus is not allowed during this time, but the coach may write or call. This period is different for different sport and divisions.

## Evaluation

A coach's review of a student's athletic or academic ability. A coach typically evaluates a student at their high school or during a showcase, practice, competition or camp.

## Quiet Period

The time of year when a coach cannot have in-person contact with a student or their parents off of the college campus. The coach cannot evaluate a student during a quiet period, but may write or call. This period is different for different sport and divisions.

## Official Visits

Visits to college campuses paid for by the colleges. You may make official visits starting your junior year in high school. There is no overall limit to how many different colleges you can make official visits to, but you may only make one official visit to each Division I or II college.

## Unofficial Visits

Visits to college campuses that are paid for by the student or their parents. You are allowed to accept three free tickets to a home athletic event but nothing more. You can take as many unofficial visits as you'd like.

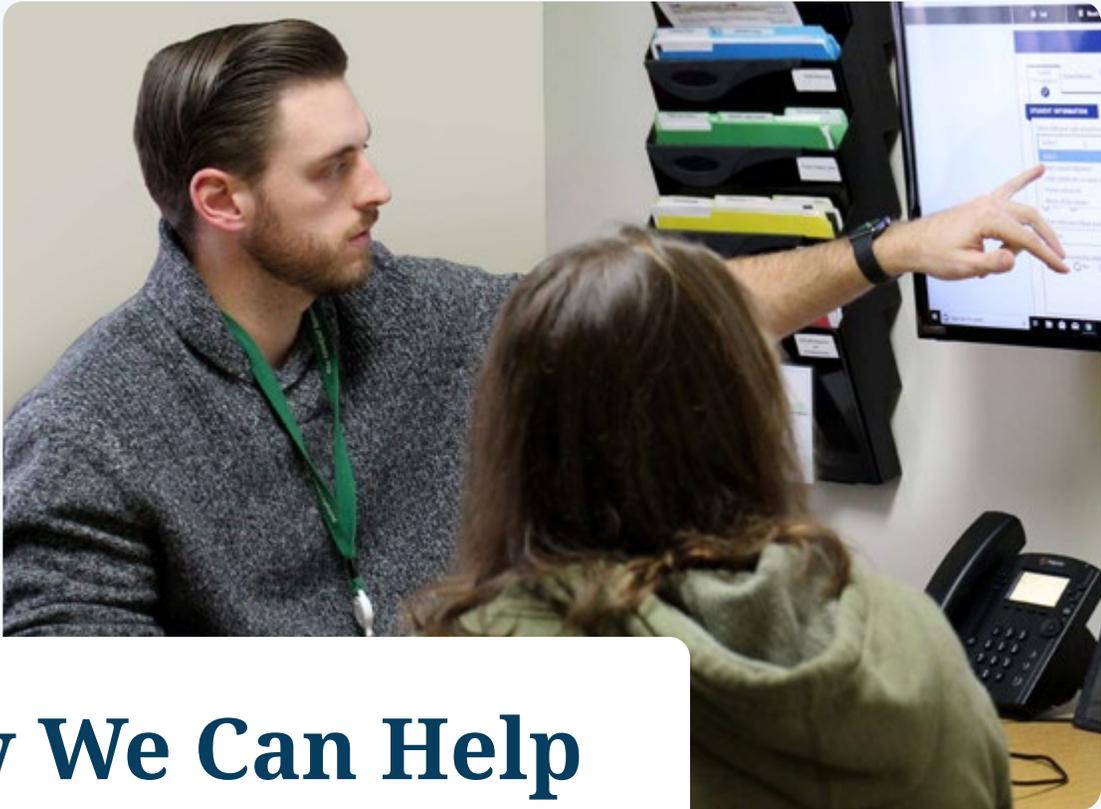
## National Letter of Intent (NLI)

A legally binding contract in which a student agrees to attend a college for one academic year. In return, a college agrees to provide the student with athletic-related financial aid for one year.

## Verbal Commitment

A student verbally indicating that they plan to attend a college or university and play a particular sport. A verbal commitment is not binding, although it is a generally accepted form of commitment.





# How We Can Help

Granite Edvance is here for you through the entire college and career planning process. Our public presentations, resources, and one-on-one appointments have helped thousands of New Hampshire students and families.



Counselor was very knowledgeable and patient. Will definitely use [your] services again for other related questions and have recommended it to other parents. Thank you!"

- A NEW HAMPSHIRE PARENT

Visit our website to find college and career resources, publications, upcoming events, and more.



[GraniteEdvance.org](https://GraniteEdvance.org)



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