

# A GUIDE TO INTERCOLLEGIATE ATHLETICS

WHAT YOU NEED TO KNOW AS PARENTS



Presented by The University of Houston Athletic Department

# THE NCAA

The NCAA is divided into 3 divisions

- Division I
- Division II
- Division III



Division I is divided into 2 divisions

- Football Bowl Subdivision (FBS) – 128 schools
- Football Championship Subdivision (FCS) – 124 schools
- 95 non-football Division I Schools

# DIVISION I FCS CONFERENCES

- Big Sky
- Big South
- Colonial Athletic Association (CAA)
- Ivy League
- Mid-Eastern Athletic
- Missouri Valley
- Northeastern
- Ohio Valley
- Patriot League
- Pioneer League
- Southern Conference (SoCon)
- Southland
- Southwestern Atlantic

# DIVISION I FBS CONFERENCES

## Autonomous 5



## Group of 5



SUN BELT



# SCHOLARSHIP 101

## Division I

- Division I offers athletically related financial aid to student-athletes, sports are deemed either “equivalency” or “head count” (explained in following slides).

## Division II

- Division II institutions can offer athletically related financial aid, but all sports at the Division II level are “equivalency” sports. To receive a full-ride, most Division II student-athletes receive a combination of athletic and academic aid.

## Division III

- Division III does not offer any athletically related financial aid, all scholarships received are academic based.

# SCHOLARSHIP 101

## Head Count Sports

- Head count sports have a set number of scholarships they are able to offer, the number of scholarships they can offer is equal to the number of individuals they are permitted to have on the roster, so each member of the team receives a full scholarship.

Head count sports and their number of scholarships are as follows:

Football – 85

Women's Basketball – 15

Men's Basketball – 13

Women's Tennis – 8

Women's Gymnastics – 12

Women's Volleyball – 12

# SCHOLARSHIP 101

## Equivalency Sports

- Equivalency sports have a set number of scholarships, but each one can be divided among two or more student-athletes. Scholarships include tuition, fees, books and room and board, so in equivalency sports one team member may have the tuition part of a scholarship while the other team member has the room and board portion.

Equivalency Sports and their number of full-scholarships allotted are as follows:

Softball – 12

Women's Golf – 6

Baseball – 13

Men's Golf – 4.5

Women's XCT&F – 18

Women's Swimming – 14

Men's XC/T&F – 12.6

Women's Soccer – 12

\* Baseball has a set roster size of 35, all other equivalency sports do not have a mandated roster size.

# NCAA CLEARINGHOUSE

The NCAA Eligibility Center is a part of the National Collegiate Athletic Association and was created to ensure that student-athletes are prepared to meet the academic rigors of college. You will not be eligible to play college sports or get an athletic scholarship from an NCAA school without registering and being cleared by the NCAA Eligibility Center.

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

## How to Register

- As early as the PSA's Junior year of high school, create an account on the website. \*Parents you can create an account for your child.
- Pay \$70 dollars (\$120 for international students) \*fee waivers are available to student-athletes and you can talk to your high school counselor about how to do this once you have created an account.
- Have your high school counselors send official copies of your transcripts.
- Have the appropriate testing agency send official copies of your SAT or ACT test scores.
- Complete the amateurism questionnaire online.
- When you graduate high school you need to request final certification and have your high school send your final transcripts and proof of graduation to the eligibility center.

Note: High School students who are attempting to be recruited by NCAA institutions should take their first SAT/ACT during the first semester of their junior year of high school.



# RECRUITING SERVICES

## What are Recruiting Services?

- Hundreds of recruiting services exist across the country to aid in making the recruiting process easier for student-athletes and their parents.
- Prices range from \$750-\$5,000 and these services can act as the middle person between your student-athlete and college coaches.
- Services including communication about student-athletes to college coaches, organization of statistics, highlight videos and creating student-athlete profiles available to college coaches.

## How do College Coaches feel about Recruiting Services?

- “We definitely look at recruiting services as a good starting point, to put a pool together of good options. It isn’t the end all be all and definitely not the final say, but we do look to them as a starting point.” – Kellen Sampson, UH Men’s Basketball Assistant Coach
- “We are not 100% dependent upon recruiting services, but we will look at the information they gather and give a second look to a kid if something on their recruiting profile really sparks our interest. This is especially true for our international kids, but for our local recruits we still find a lot of them by going out to tournaments and looking for talent.” – Kaddie Platt, UH Women’s Volleyball Head Coach
- “I don’t pay any attention to emails from recruiting services that kids pay to use.” – Todd Whitting, UH Baseball Head Coach

# THE RECRUITING PROCESS

Recruiting Calendars differ from each sport and can be found on NCAA.org, terms found on recruiting calendars are as follows:

## Contact Period

- A contact is any face-to-face encounter between a prospective student-athlete or the prospective student-athlete's parents, relatives or legal guardians and an institutional staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting.
- A contact period is a period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

## Dead Period

- A dead period is a period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus. It remains permissible, however, for an institutional staff member to write or telephone a prospective student-athlete during a dead period.

# THE RECRUITING PROCESS

## Evaluation Period

- An evaluation period is a period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

## Quiet Period

- A quiet period is a period of time when it is permissible to make in-person recruiting contacts only on the institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

## Telephone Calls (General Rule)

- Telephone calls to an individual (or his or her relatives or legal guardians) may not be made before September 1 at the beginning of his or her junior year in high school.

# THE RECRUITING PROCESS

## Telephone Calls (Exception, Football)

- In football, one telephone call to an individual (or the individual's relatives or legal guardians) may be made from April 15 through May 31 of the individual's junior year in high school. Additional telephone calls to an individual (or the individual's relatives or legal guardians) may not be made before September 1 of the beginning of the individual's senior year in high school. Thereafter, such telephone contact is limited to once per week outside a contact period, but may be made at the institution's discretion during a contact period.

## Electronic Correspondence

- Electronic correspondence (e.g., electronic mail, Instant Messenger, facsimiles, text messages) may be sent to a prospective student-athlete (or the prospective student-athlete's parents or legal guardians).

# SOCIAL MEDIA

## Social Media

- At any time a coach may request and accept a friend request on a prospective student-athletes social media account. But cannot like, comment publicly, or comment/like a photo until they have signed a National Letter of Intent, Financial Aid Agreement or made a housing deposit to the university.

## Examples of things not allowed:

- Mentioning or replying to a prospect via the “@” feature.
- Commenting on, “favorite”, or “liking” posts or photographs on a prospect’s social media account.
- A coach is allowed to direct message a prospective student athlete as long as it is on or after September 1 of their junior year of high school.

# CAMPUS VISITS

## Unofficial Visit

- Financed in whole by the prospect (lodging, transportation, meals, etc.), a prospect may take an unlimited number of unofficial visits (except during a dead period). No documentation is required to take an unofficial visit and the visit can span any amount of time.

## Official Visit

- A visit financed by the institution, a prospect may take a maximum of 5 official visits (only 1 per institution). A prospect can take an official visit starting the first day of classes of the prospects senior year. Before a prospect can make an official visit to an institution, the institution must receive a valid PSAT, SAT, PLAN or ACT Test, a high school transcript and verification that the prospect has registered with the NCAA Clearinghouse. Official visits can only last up to 48 hours.

# TOP 11 QUESTIONS TO ASK

1. What is your overall coaching philosophy?
2. How many players have transferred from your program in recent years?
3. What is the direction of the program and staff in years to come, conference affiliation and approach to schedule?
4. In case of a career ending injury, will my child's scholarship still be honored?
5. If my child has not graduated when their eligibility expires will you pay for them to graduate?

# TOP 11 QUESTIONS TO ASK

6. Is the faculty on campus supportive of athletics?
7. Please explain the academic support system and level of advising my child will receive.
8. How would you rate your athletic training staff and facilities and what are other medical services offered?
9. How is the overall residence hall environment? Do many of the players remain on campus after their freshman/sophomore year?
10. What student enhancement programs do you have in place? (mentoring, leadership, career development)
11. What is your commitment to Autonomous 5 legislation, specifically Full Cost of Attendance?



# KEYS TO GETTING THE MOST OUT OF YOUR VISIT

## Did you receive an Itinerary?

- An itinerary is an essential tool when preparing for your visit, it can give you an overview on who you will be meeting with and what you will be doing during your stay.
- Key items to make sure are on your itinerary:
  - Meeting with the Athletic Director or Sport Program Administrator
  - Meeting with the Academic Advisor
  - Tour of dorm rooms/apartments
  - Attending a practice/team workout/team event
  - Activities which will help the prospective student-athlete get a feel for the environment of the team (activities with the team with no coaches in attendance)

## What is the Culture of the Department?

- Make sure you leave campus with a strong grasp of the culture of the administration and campus community in general, coaching changes can happen, you want your child to feel comfortable with the athletic and academic community as a whole when choosing a university.

# MAKING THE COMMITMENT

## Verbal Commitment

- A phrase used to describe a college-bound student-athletes commitment to a school before he or she signs a National Letter of Intent. The prospective student-athlete can announce this at any time and this commitment is not a binding agreement.

## National Letter of Intent (NLI)

- By signing an NLI the prospective student-athlete agrees to attend the college or university for the time stated in the scholarship agreement. Prospective student-athletes sign their NLI's on specified "signing days" during their senior year of high school.

# SCHOLARSHIP TERMINOLOGY

## 5 to play 4

- A student-athlete shall complete his or her seasons of participation within five calendar years from the beginning of the semester or quarter in which the student-athlete first registered for a full-time program of studies at a collegiate institution.

## Grayshirt

- An incoming college freshman who postpones their enrollment in classes until the second term of their freshman year. The benefit of grayshirting is that the athlete is delaying their start of their 5 year eligibility clock.

## Redshirt

- The incoming freshmen is enrolled full-time in classes and participates during practice and workouts with the team. When given a “redshirt” the student-athlete does not compete in games or competitions, therefore they do not use a year of their eligibility.

## Medical Redshirt

- When a student-athlete suffers a season-ending injury (prior to the beginning of the second half of the season) they can apply for a medical redshirt. When a student-athlete is granted a medical redshirt the season the injury took place in will not count against their 4 years of eligibility.

# SCHOLARSHIP TERMINOLOGY

## Preferred Walk – On

- An incoming student-athlete who does not sign a National Letter of Intent but has an agreement with the coaching staff that once on-campus they are guaranteed a spot on the roster, and considered a part of the team when arriving on campus.

## Walk – On

- Unlike a preferred walk-on, walk-on student-athletes tryout during a designated time and are not guaranteed a roster spot, these student-athletes are not considered a part of the team until they earn a spot on the roster.

# MAKING IT TO THE PRO'S

Student-Athletes	Men's Basketball	Women's Basketball	Football
High School Student-Athletes	538,676	433,120	1,086,627
High School Senior Student-Athletes	153,907	123,749	310,465
NCAA Student-Athletes	17,984	16,186	70,147
NCAA Freshman Roster Positions	5,138	4,625	20,042
NCAA Senior Student-Athletes	3,996	3,597	15,588
NCAA Student-Athletes Drafted	46	32	254
Percent High School to NCAA	3.3%	3.7%	6.5%
Percent NCAA to Professional	1.2%	0.9%	1.6%
Percent High School to Professional	0.03%	0.03%	0.08%

# KEY LEGISLATION CHANGES

Changes in NCAA legislation now allow for two different sets of legislation...

## Autonomous Legislation

- Authority granted to the 5 Autonomous conferences (ACC, SEC, Big 12, Big 10, Pac-12) and their 65 member institutions to adopt rules changes on specific matters affecting the interest of their student-athletes.
- Legislation passed by the Autonomous 5 will only impact these conferences and their institutions, the remaining institutions who are not a part of the 5 conferences have the ability to adopt the new legislation on a school-by-school basis.

## Shared Governance

- All conferences participate in the shared legislative process, this includes matters that require consideration by all 32 conferences.

# KEY LEGISLATION CHANGES

## Full Cost of Attendance

- Institutions can provide up to the full cost of attendance that is established by the institution's financial aid authority. Providing student-athletes with the full cost of attendance means closing the gap between what a scholarship provides and what it actually costs to attend the school.
- A 2012 study found that out-of-pocket expenses for a full-scholarship FBS athlete ranged from \$1,000 per year to \$6,904 per year, with the average being around \$3,500.

## Example:

Full Tuition	15,000
Books	1,000
Room & Board	5,000
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	\$20,000

Full Cost of Attendance=\$24,000

Normal Full Scholarship=\$20,000

Difference of Full Scholarship and Full Cost of Attendance Scholarship=\$4,000

Note: For equivalency sports, if the student-athlete is on a 25% scholarship, then they would get 25% of the \$4,000 cost of attendance.

# KEY LEGISLATION CHANGES

## Unlimited Meals

- An institution can now provide student-athletes unlimited meals and snacks in conjunction with their athletic participation. This includes student-athletes who are not receiving an athletic scholarship and are considered walk-ons. With this new rule, institutions can make sure the student-athlete is provided all of the nutritional meals needed to compete at the highest level.

## Multi – Year Scholarship

- Institutions can now offer student-athletes multi-year scholarships rather than 1-year scholarships. The benefit of a multi-year scholarship is that the multi-year agreement cannot be non-renewed due to poor athletic performance (1-year scholarships do not have to be renewed if a coach is disappointed with a student-athletes performance).