

# NCAA TRACK & FIELD SCHOLARSHIP & RECRUITING

## US College costs are skyrocketing

What does college cost today in the United States? What will it cost tomorrow? Brace yourself for a shock. The table below shows some very real cost of attendance estimates for the 2010-2011 academic year. The costs were obtained directly from the websites of 4 schools. Search on the websites of the colleges you are interested using key phrases like "cost of attendance," to find out costs. (One of the first things you will likely find is that these total cost estimates are often hidden from plain sight. That's an acknowledgement that they are scary numbers!)



**Note: these costs are for one year.** Costs for four years will almost certainly exceed four times the one-year costs. This is because each year college costs increase. These costs are breathtaking. At this point, the total cost for four years at many private schools tops \$200,000. There may be less expensive and more expensive schools, but these are representative costs for colleges and universities in the categories listed.

### Example college costs for 1 year and 4 years

<u>School</u>	<u>2010-2011 school year</u>	<u>4-year estimate*</u>
famous private university	\$56,135	\$235,499
small private university	\$53,742	\$225,160
small private college	\$50,750	\$209,524
famous state university (non-resident)	\$52,582	\$249,668
famous state university (in state)	\$29,771	\$143,305
smaller state university (non-resident)	\$34,672	\$144,950
smaller state university (in state)	\$23,630	\$106,570

**Current data from actual college/university websites.**

\*(Four-year estimate based on the increase in costs these same schools had from the previous year to this year.)

## But wait, it gets worse!

The cost picture gets worse because **more than half** of all college students today will take five or more years to graduate. With costs going up each year, the fifth year will cost 15-20% more than the first year and therefore that fifth year may add 25-30% to the total cost of college.

## How to Get Recruited for college track

## ***Facts about the track scouting and scholarship process***

You might be one of the best runners at your school but if your not in the top 3% then don't expect the NCAA track coaches to come to you; you have to make it happen and apply to as many colleges as possible. Remember, you wont make your dream come true if you don't do everything you possibly can to get recruited. You must have a detailed, professional athletic resume prepared and you must get it into the hands of the NCAA track and field coaches.

We do the hard work for you, it's fast, efficient and above all it allows you to compare offers from many different colleges.

419 NCAA men's track and field coaches will have your resume and will be reading about you. For NCAA women's track it's 448 coaches.

It doesn't matter how good you are, to get recruited and be in line for track and field scholarships you need to tell the college coaches who you are and why you deserve to be recruited. ***COACHES CANNOT EVALUATE YOUR POTENTIAL FOR TRACK AND FIELD SCHOLARSHIPS IF THEY DON'T KNOW YOU'RE OUT THERE.***

Not all athletic scholarships are full ride like football and basketball, so called "head count" sports; most are classed as "equivalency" sports, like college track . Put simply this means that coaches can "share" their allocation between a larger number of athletes.

There are 278 division I and 151 division II colleges that offer track and field scholarships for men. A total of 5,405.4 scholarships in the NCAA alone. For women the total number in the NCAA is 7,668.

There are 278 division I and 151 division II colleges that offer Indoor track and field scholarships for men. For women there are 314 division I and 160 division II colleges that offer Indoor track and field scholarships.

The discrepancy between men and women is because of the application of Title IX. Cross country and Track are considered one sport by many colleges so coaches tend to give out more distance scholarships than field and sprints. They get more for their money – 3 sports. A typical mix might be 8 distance and 4 field & sprints.

Many fine young athletes are overlooked each year because they didn't submit their athletic scholarship resume to the "right" colleges or left out important information. It's also a fact that many colleges simply don't allocate all of their track recruiting funds because "suitable" athletes didn't approach them.

The NCAA allows each division I college track program 12.6 scholarships for men and 18 for women. In division II the ratio is 12.6 for men and 12.6 for women.

As a high school track athlete you should be aware that the standard of track and field at college level is very high. I would recommend that you attend a few meet's to gauge the actual intensity at this level. Remember that only the absolute top athletes will be approached with offers.

The college track recruiting process can be very competitive, most athletes have to market themselves. You can try to do this yourself or use our athletic recruiting service.

## **Are you waiting for a call?**

Every year, thousands of high school athletes sit by their phones waiting for college coaches to call. Some will get called, but thousands of talented athletes will not. Do not wait. Take action before it is too late. You can increase your chances of being recruited, of competing at the college level and of getting a sports scholarship.

When should you start? Now! The earlier you start, the wider will be your range of opportunities. The earlier you start, the more likely you are to be successful. If you are still waiting for a call when your senior year starts, then time is getting very short. If you are a junior there is more time, but the earlier you start, the more you can do and the more choices you will have.

## ***NCAA CLEARINGHOUSE RULE CHANGES. ATHLETES MUST BE PLACED ON A IRL LIST.***

As I am sure you are aware by now, to compete at the NCAA level, all athletes must first be registered with the eligibility center of the NCAA Clearinghouse. In the past this has been as easy as going to the center's website, entering the athlete's name and general information and requesting that the athlete's high school send transcripts to the NCAA. By maintaining a GPA of 2.00, the eligibility process was satisfied. Unfortunately this is no longer the case. Because the NCAA handles more than 100,000 athlete applications each year, the eligibility center was forced to institute a new policy which requires all athletes to be placed on an active Institutional Request List (IRL).

Although there are no additional forms or documents to fill out to satisfy the IRL requirement, the process is rather confusing. To be placed on an IRL list, you must first apply to the NCAA clearinghouse, the same way you did before, and request that your high school send transcripts to the NCAA. The next step is to contact the coach of a college or university that you are interested in and ask the coach to place you on his Institutional Request List. Getting into contact with coaches can be a difficult process and the skills and expertise of a recruiting service such as College Athletic Scholarships can be invaluable in helping you find programs and coaches that you may never have been able to find if trying to recruit yourself. With our comprehensive database of more than 12,000 college coaches we guarantee to put you into contact with these coaches, increasing your chances of being placed on an IRL list. Once the coach says he will place you on his IRL list, he will contact the NCAA and request that they clear your application so that he can review it. Once one coach has requested your application to be cleared, it will be available to be seen by any other coach. In short, you only have to be placed on one school's IRL to be cleared to play at any other school.

The same guidelines for eligibility apply to the Clearinghouse's new rule. Athletes must maintain a GPA of 2.00 and achieve a minimum score on your ACT and SAT; this is between 37 and 86 on the ACT, and between 820 and 1010 on the SAT. Be sure to remember, the higher your GPA, the lower your test scores will need to be to obtain acceptance to a university. The Clearinghouse takes up to six months to clear an athlete and college coaches are constantly filling out their recruiting boards and drawing up their rosters, if you wait too long you may miss your chance to be cleared on time. In the past, athletes have been accepted to schools and given promises of early playing time. However, because they procrastinated on their clearinghouse registration, they were denied entry into their chosen university because their clearinghouse forms had not been processed on time. Be sure to register at the NCAA Clearinghouse website as soon as possible and begin the process of contacting college coaches.

## **NCAA 2010-2011 Guide for the College Bound Student Athlete**

The Guide addresses issues for three important groups of readers

- High school students who hope to participate in college athletics at an NCAA college or university;
- Parents and legal guardians; and
- High school counsellors and athletics administrators.

<http://www.ncaapublications.com/productdownloads/CB11.pdf>

### What is the NCAA?

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,300 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the student athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

- 335 active Division I members;
- 288 active Division II members; and
- 432 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not.

<http://www.ncaapublications.com/productdownloads/D110.pdf>

