

# Thriving Athletes

## Five Simple Steps to a NCAA Division 1 Scholarship.



Thriving Athlete's Five Simple Steps to a NCAA Division 1 Scholarship Formula has developed over 12 years after working with many athletes, parents, coaches, and recruiting coordinators of NCAA Division 1 colleges:

- 1: Get Known
2. Find the right fit Athletically and Academically
3. Know your Financial Plan
4. Volunteering to greatness.
5. Parents are your cheerleaders.

Playing in a Division One program is very competitive. There are over 179,000 student athletes in Division One schools competing at over 350 schools. Of these 179,000 athletes 59% of them receive some level of scholarships. Division One programs cannot provide every student athletes a full ride (including tuition and room and board), but many schools have partial scholarships for their student athletes. There are 5 Simple Steps to a Division Ones scholarship:

**Step One: Get Known** If the coaches do not know you exist, how can they recruit you? There are many ways to be seen by the coaches. There are events, tournaments, and National qualifiers where coaches can watch you at your sport. However, there are over 200 other athletes that are typically participating at these events. Therefore, you must stand out, so coaches can get to know you. There are many ways for an athlete to do this. I have seen athletes color their hair orange or wear crazy socks to be noticed by coaches. I once had an athlete refer to herself as "the girl with the long braids." She even changed her email to this description. Every time the coach sent her an email, that is what the coach had to type up. Similarly, you should think of something memorable for coaches to remember you by so that you can stand out from all the other athletes in the same field you are competing against.

**Step Two: Find the Right Fit** You are going to college to get a higher education for your career. Only 1% of college athletes go pro. The rest go off to the real world and find a career of choice. So, getting into the right program is imperative to your success as a college athlete graduate. Finding the right fit educationally and athletically is the key. You must be able to excel while participating in sports and school. Yet, you have requirements by the NCAA to ensure you are eligible to participate in the collegiate sports. When you visit the NCAA Eligibility center there is a worksheet you should start using when you begin planning for your first high school class. This worksheet will ensure you are on the right track for completing all the classes to be NCAA eligible for colligate sports. If you are sitting the bench and not enjoying the experience, your grades are probably showing it. So, when you are searching for that right fit, ask yourself: "if I get injured and can't play anymore would this environment be for me?" Find out if you would stay there if you participated in a sport or not. Plus make sure your GPA, ACT, and SAT meet the requirements of the school. If you barely get in due to a low ACT, it will be challenging to keep up academically and your participating will decrease in your sport and you will have an unhappy experience, this results in a high dropout or transfer rate. It is imperative that the program meets your educational and athletic needs equally for you to Thrive in your environment and contribute to the team and excel in your classes.



### Step 3: Know Your

**Financial Plan** Not every Division One school offers fully funded programs for athletes. Most of the big teams, football, men's and women's basketball, women's volleyball, and a few others offer full rides. See the chart below and you will see how your sport is covered financially. If your sport is not a fully funded program, you may have to find additional scholarships to attend college. The total amount of your "pay to play" scholarship contract is negotiated once a year. There is no four-year full ride committed scholarship, so you can easily be passed over by a new recruit if you don't perform. You really must think of it as they are paying you to play at their standards, and, if you don't meet them, they will find another athlete that will. Below is a list of women's Varsity sports and the Scholarship limits per school. Some schools will split their scholarships up between athletes. Others have head count scholarships where a team can have a certain amount of team members that can all earn full rides. There are fewer NCAA head-count sports than equivalency sports; head count sports mean the stated scholarship limit is absolute and the number of student athletes receiving awards cannot exceed that number. Head count sports generally award a much higher percentage of full scholarships to participants.



## 3: What is your financial plan?

### What are the numbers?

#### Women's Varsity Sports

##### Scholarship limit per School

[Basketball](#) - NCAA I is a head count sport

[Beach Volleyball](#) \*

[Bowling](#)

[Cross Country](#) - NCAA limits include Track & Field

[Equestrian](#)

[Fencing](#)

[Field Hockey](#)

[Golf](#)

[Gymnastics](#) - NCAA I is a head count sport

[Ice Hockey](#)

[Lacrosse](#)

[Rifle](#) - Includes men on co-ed teams

[Rowing](#)

[Rugby](#)

[Skiing](#)

[Soccer](#)

[Softball](#)

[Swimming & Diving](#)

[Tennis](#) - NCAA I is a head count sport

[Track & Field](#) - NCAA limits include X-Country

[Triathlon](#)

[Volleyball](#) - NCAA I is a head count sport

[Water Polo](#)

[Average Athletic Scholarship per Athlete](#)

##### NCAA I

15

6

5

18

15

5

12

6

12

18

12

3.6

20

12

7

14

12

14

8

18

6.5

12

8

**\$ 15,162**





## Volunteering to set you apart from others

**Step 4: Volunteer** Yes, Volunteering or other leadership activities set you apart from others. There are thousands of athletes out there that want to play in college. Many of you have the same skill set and the coaches must decide on who to choose, so one little thing like helping others may set you apart. You can be the fastest, tallest, biggest, most wonderful athlete, yet you must be able to articulate what makes you you. I suggest that you begin volunteering or interning as early as 8<sup>th</sup> grade so you can use this experience to make yourself more marketable.

**Step 5: Parents are Your Cheerleaders** Parents this one is for you. You have one job... yes, one job: to be a cheerleader for your athlete. You cannot send out the e-mail, talk to the coaches, or be the interested person at the interviews. Your athlete is the one and only person that is going to spend the four years with the coach at the school. Parents you are to be the cheerleader, the person that's there when the no's come in and when the rejection letters come in. You need to know that there are so many options, that YOUR options are not as important to your athletes. As a Parent, remember you are not going to college since you are not the athlete

that is going to spend hours training, playing, and studying. The athletes must love the program, coach, location, school, and the teammates. They let them know they cannot go back to the parents complaining and asking YOU to talk to the coach. Your athlete will have ask about play time, skills, and training. Help your athlete learn these skills now so when they get to college they are ready to talk to the coaches with ease. This is the number one goal for you to help your student be so ready for the TRUE College experience.

## NCAA total Schools by Sports

### NCAA Facts about NCAA sports

**Does the NCAA award athletics scholarships?**

Individual schools award athletics scholarships. Divisions I and II schools provide more than \$3 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools, with more than 190,000 student-athletes, do not offer athletically related financial aid, but most student-athletes receive some form of academic grant or need-based scholarship.

**Do many high school athletes earn athletics scholarships?**

Very few, in fact. About 2 percent of high school athletes are awarded some form of athletics scholarship to compete in college.

**Do NCAA student-athletes have difficulty meeting graduation requirements with the time demands of their sport?**

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student-athletes graduate at a higher rate than the general student body.

**Do many NCAA student-athletes go on to play professionally?**

Fewer than 2 percent of NCAA student-athletes go on to be professional athletes. In reality, most student-athletes depend on academics to prepare them for life after college. Education is important. There are nearly half a million NCAA student-athletes, and most of them will go pro in something other than sports.

**ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL**

Student-Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student-Athletes	7,300,000	546,400	429,400	1,083,300	488,800	35,200	440,300
NCAA Student-Athletes	492,000	18,700	16,600	73,700	34,600	4,100	24,800
Percentage Moving from High School to NCAA	6%	3.4%	3.9%	6.8%	7.1%	11.7%	5.6%
Percentage Moving from NCAA to Major Professional*	2%	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%

\*Percent NCAA to Major Professional figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL, and MLS drafts.

