




Sport Specific Information

Baseball



Baseball by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	297	11.7	\$13,821
NCAA D2	260	9	\$5,362
NCAA D3	374	-	-
NAIA	212	12	\$6,431
NJCAA	511	24	\$1,960
OTHER	152	-	\$342
TOTAL	1,650	-	-

Baseball by the Numbers



High School Athletes

474,219



College Athletes

54,165

only 11% will compete in college!

Baseball - Pitchers

STUDENTathleteWorld.com	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Height	5'11+	5'10+	5'9+
Weight	190+	175+	160+
LHP MPH	80+	80+	80+
RHP MPH	85+	82+	80+
K's	> 1 per IP	= 1 per IP	= 1 per IP
ERA	< 2.50	< 3.00	< 4.00
Other	3+ Pitches	2+ Pitches	2+ Pitches

Baseball - Catchers



NCAA D1

NCAA D2

NCAA D3

Height

6'1+

6'0+

5'10+

Weight

200+

180+

170+

POP Time

< 1.95

< 2.00

< 2.10

Baseball - Middle Infielders

STUDENTathleteWorld.com	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Height	6'1+	6'0+	5'10+
Weight	200+	180+	165+
60 Time	< 6.8	< 6.9	< 7.1
H-1st (R)	< 4.2	< 4.3	< 4.4
H-1st (L)	< 4.1	< 4.2	< 4.3
Velocity	85+	Low 80s+	Upper 70s+

Baseball - Corner Infielders



NCAA D1

NCAA D2

NCAA D3

Height

6'2+

6'0+

5'11+

Weight

200+

180+

170+

HR's

8+

4+

2+

RBI's

30+

20+

20+

Baseball - Outfielders

STUDENTathleteWorld.com	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Height	6'1+	5'11+	5'10+
Weight	190+	180+	170+
60 Time	< 6.6	< 6.8	< 7.0
H-1st (R)	< 4.1	< 4.2	< 4.3
H-1st (L)	< 4.0	< 4.1	< 4.2
Velocity	87+	82+	78+

Baseball - Notes

Statistical requirements (BA, HR, ERA, K's, etc.) for both position players and pitchers depend largely on the level of competition around you. For example, it can be more impressive for a player to hit .300 in a tough league than for a player to hit .500 in a very easy league.

5 Tools Evaluated

1. Arm Strength/Throwing Ability - Arm Speed, Exchange, Release, Throwing Accuracy, etc.
2. Range/Fielding Ability - Body Control, Footwork, Quickness, etc.
3. Speed / Base Running Ability: Footwork, Overall Speed, Quickness, etc.
4. Hitting for Average: Balance, Bat Speed, Explosion, Hitting to All Fields, Length of Swing, Power, etc.
5. Hitting for Power

Pitching Evaluation Criteria

Arm Speed, Balance, Each Pitch thrown for Consistent Strikes, Movement of Pitches, Overall Mechanics, Velocity

Baseball – D1

- The typical DI baseball player is ‘polished’ and seems to already have all the tools necessary to be successful as a freshman. As opposed to the DII baseball player, the typical DI player needs far less development, if any. The position players possess at least 4 of the 5 measurable tools. The pitchers display a command of at least 3 pitches with high velocities. On average, they have the ability to throw many innings, and most often they are only used on the mound and rarely as position players. Most DI players come from large high schools. Many of these programs are considered the best in their area or in the state. In addition, most DI players have been awarded accolades such as All-Area, All-County, or All-State early in their high school career. Lastly, most DI programs identify prospects their freshman and sophomore years, many of these recruits verbally commit junior year, and these programs mainly wrap up recruiting by the early signing period senior year.
- There are over 500,000 student-athletes across the country that play high school baseball and less than 2% of them will play at the DI level. If a student-athlete has not been in communication back and forth with DI level programs at the start of junior year, they must be open to attending a college at the DII, DIII, NAIA, or Junior College levels.

Baseball – D2

- For some colleges, especially those in the southern states and out on the west coast, DII Baseball is an extension of DI. There are very few differences between the typical west coast or southern DII player and the average DI player. For the DII schools up north, the athletes may be a notch below the average DI and perhaps a little less polished. They may not throw as hard, play for the top high schools programs, or possess at least 4 of the 5 measurable tools. This is not always the case, as there are some very solid DII baseball programs up north. However, it is no secret that overall, the better baseball schools are those located in warmer climates. STUDENTathletes should be meeting the guidelines by the summer before their Senior year as many DII programs recruit student-athletes who may not have been picked up by DI programs after the early signing period.
- There are only 16 DII colleges in the states of Arizona, California, Nevada, Oregon, and Washington. STUDENTathletes who want to compete at this level on the West Coast have a very limited number of opportunities to consider
- Many junior college STUDENTathletes transfer to the DII programs creating even less opportunities at this level. (There are close to 90 junior college programs in California alone.)

Baseball – D3

- Some DIII programs are stronger than others, but there seems to be more continuity with the physical characteristics of DIII players than there are for DII or NAIA. Certain DIII programs, such as Wisconsin-Whitewater or George Fox recruit STUDENTathletes who miss out on opportunities with the least selective DI programs. STUDENTathletes should be meeting the criteria by the beginning of Senior year when most DIII programs start heavily recruiting players.
- There are no DIII colleges that offer baseball in Florida and only eight in the Southeast States of Alabama, Georgia, South Carolina, and Florida. This is one of the most saturated areas of baseball talent and this means there is even more competition for programs at other division levels.

Baseball – NAIA

The discrepancies in characteristics are very severe when it comes to NAIA baseball. Most compete near a DII level. The most selective NAIA programs are best compared to a low DI level program. The least selective are best compared to a low DIII level program.

Baseball - JUCO

- Similar to the NAIA level, there are many discrepancies in characteristics between the top level programs and the least selective programs. The most selective Junior Colleges in the country recruit mid to upper level DI student-athletes. Lower level JUCO programs recruit low level DIII players.
- Also, unlike the NAIA, Junior Colleges have 3 divisions for the purpose of separating stronger programs from the weaker ones. While there may be somewhat of a drop off in talent between Division III Junior College and Division I and Division II junior colleges, there is little difference between DI and DII Junior Colleges. Many of the Junior College players lack the 'polish' to be considered DI players coming out of High School, but they already possess the necessary physical tools to be successful at high levels. Many times, these recruits need to harness and polish those tools. At times, the GPA's of some Junior College athletes are lower than those attending four year schools, suggesting that these athletes need two years to mature academically.
- There are 88 junior colleges located in California alone
- 175 players were selected from the NJCAA in the MLB Draft in June, 2010

Baseball - Scholarships

How do I get a baseball scholarship?

College baseball coaches have thousands of athletes to choose from when making scholarship decisions. Baseball scholarships are only awarded to the top baseball players at the each division level. It takes more than just a rocket arm and powerful bat. You need to be a good student and a high character individual for coaches to recruit you. To get recruited for a baseball scholarship you must be attending camps and showcases each summer. However, just showing up won't get you discovered; coaches need to know you are there.

How do I get a college baseball scout to see me?

To get college coaches to watch you isn't very difficult in baseball. However, having them watch you doesn't translate directly into receiving a scholarship. Baseball coaches don't travel to camps and showcases to find new talent – they are there to watch players they are already interested in.


How many baseball scholarships are available?

Not all school that are eligible to offer scholarships will choose to do so. For example, Ivy League schools choose not to offer athletic scholarships. Baseball is an equivalency sport which means all scholarships are NOT full scholarships. For example, in NCAA D2, coaches can divide the value of the 9 scholarships available to them between as many players as they see fit.

Basketball (Men)



Men's Basketball by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	348	13	\$13,821
NCAA D2	299	10	\$5,362
NCAA D3	414	-	-
NAIA D1	113	11	\$7,336
NAIA D2	121	6	\$4,880
NJCAA	427	15	\$1,960
OTHER	228	-	\$342
TOTAL	1,950	-	-

Men's Basketball by the Numbers



High School Athletes

535,569




College Athletes

31,863

only 6% will compete in college!

Men's Basketball - Heights

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>	<u>NAIA D1</u>	<u>NAIA D2</u>
PG	6'0+	5'11+	5'8+	5'11+	5'10+
SG	6'2+	6'1+	5'11+	6'1+	6'0+
SF	6'4+	6'4+	6'2+	6'3+	6'2+
PF	6'7+	6'6+	6'4+	6'4+	6'4+
C	6'9+	6'7+	6'5+	6'7+	6'5+

Men's Basketball - Notes

- Level of competition plays an important role in stats. An athlete that scores 25+ PPG can be less talented than another athlete who scores only 15 PPG but plays against better competition.
- Although statistics are an important factor, they do not tell the entire story, especially in regards to specific positions and overall playing performance. Our feedback indicates that coaches are looking for wing players to be able to score, point guards to distribute and lead, and post players with great size, footwork and hands. In some instances, these skill sets are as important, if not more important, to college coaches than statistics. In addition, work ethic, attitude, leadership and a winning mentality are all factors that gain the attention of college coaches.

Men's Basketball - Notes

The Basketball Recruiting Process Starts Early

In Men's Basketball, more than any other sport, the process begins early. College players on scholarship began the process in 8th or 9th grade. If you want to play college basketball but haven't been contacted by coaches before your Junior year, you have fallen way behind.

How do I improve my chances of earning a basketball scholarship?

There are over 1 million high school basketball players in the USA and thousands more internationally. The key to getting a basketball scout to see you in person is to be sending out a great video and playing against the best competition.


How many basketball scholarships are available?

Not all colleges that are eligible to offer scholarships will choose to do so. For example, Ivy League schools choose not to offer athletic scholarships. Basketball is a head count sport in NCAA D1 only, which means all scholarships in NCAA D1 are full scholarships. However, it is an equivalency sport in NCAA D2 which means all scholarships are NOT full scholarships. For example, in NCAA D2 coaches can divide the value of the 10 scholarships available to them between as many players as they see fit.

Basketball (Women)



Women's Basketball by the Numbers

	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	346	15	\$14,660
NCAA D2	301	10	\$6,559
NCAA D3	442	-	-
NAIA D1	110	11	\$8,346
NAIA D2	120	6	\$5,110
NJCAA	393	15	\$2,698
OTHER	207	-	\$474
TOTAL	1,899	-	-

Women's Basketball by the Numbers



High School Athletes

436,100




College Athletes

28,002

only 6% will compete in college!

Women's Basketball - Heights

 STUDENT athlete World	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>	<u>NAIA D1</u>	<u>NAIA D2</u>
PG	5'8+	5'7+	5'5+	5'6+	5'5+
SG	5'10+	5'8+	5'7+	5'8+	5'7+
SF	5'11+	5'10+	5'8+	5'9+	5'8+
PF	6'0+	5'11+	5'9+	5'10+	5'10+
C	6'2+	6'0+	5'11+	5'11+	5'11+

Women's Basketball - Notes

- Level of competition plays an important role in stats. An athlete that scores 25+ PPG can be less talented than another athlete who scores only 15 PPG but plays against better competition.
- Although statistics are an important factor, they do not tell the entire story, especially in regards to specific positions and overall playing performance. Our feedback indicates that coaches are looking for wing players to be able to score, point guards to distribute and lead, and post players with great size, footwork and hands. In some instances, these skill sets are as important, if not more important, to college coaches than statistics. In addition, work ethic, attitude, leadership and a winning mentality are all factors that gain the attention of college coaches.

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Bowling (Men)



Men's Bowling by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	-	-	\$13,693
NCAA D2	1	-	\$4,812
NCAA D3	-	-	-
NAIA	28	-	\$6,741
NJCAA	23	8	\$485
OTHER	5	-	\$2,140
TOTAL	57	-	-

Men's Bowling by the Numbers



High School Athletes

28,292



College Athletes

736

only 3% will compete in college!


Men's Bowling - Notes

Bowling is NOT an official NCAA sport for men but is an emerging sport in the NAIA.

Bowling (Women)



Women's Bowling by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	34	5	\$15,293
NCAA D2	20	5	\$6,130
NCAA D3	8	-	-
NAIA	26	-	\$6,858
NJCAA	17	8	\$622
OTHER	5	-	\$2,648
TOTAL	57	-	-

Women's Bowling by the Numbers



High School Athletes

25,980



College Athletes

1,124

only 4% will compete in college!

Women's Bowling - Scholarships

How do I get a bowling scholarship?

Bowling coaches do not actively scout athletes.

How do I improve my chances of earning a college bowling scholarship?

If you want to be recruited, you must be proactive during this process.


What are the athletic requirements to receive a college bowling scholarship?

The top college bowlers in the country average 200+. The average collegiate bowler should carry an average near 165+. The most important things are that you have good average, tournament experience, and a strong desire to compete at the college level. If you are interested in a bowling program do some research to see if your competition scores match up with the individuals on their roster.

Cross Country (Men)



Men's Cross Country by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	315	12.6	\$13,650
NCAA D2	252	12.6	\$5,634
NCAA D3	388	-	-
NAIA	196	12	\$6,218
NJCAA	116	20	\$1,669
OTHER	106		\$464
TOTAL	1,373	-	-

Men's Cross Country by the Numbers



High School Athletes

248,494



College Athletes

17,975

only 7% will compete in college!

Men's Cross Country - Times

STUDENTathleteWorld.com	<u>5K</u>	<u>10k</u>
NCAA D1	15:00 – 16:20	31:15 – 34:00
NCAA D2	16:20 – 17:30	34:00 – 36:27
NCAA D3	17:00 – 18:00	35:24 – 37:29
NAIA	17:00 – 18:00	35:24 – 37:29

Men's Cross Country - Notes

What are the athletic requirements to receive a cross country scholarship?

All times should be established on a track. Coaches typically do not look at times run during cross country because courses and conditions can be so different. Just because you run the minimum time here doesn't mean you meet a programs requirement. If you want to know if you are good enough to run at a specific college, check their team website to see what times their runners are posting at meets.

How many scholarships are available?

Cross country is an equivalency sport which means all scholarships are NOT full scholarships, and coaches may divide the total number of scholarships allotted to them between as many athletes as they wish. Track and Cross Country share scholarship money which means that they have to divide up the scholarship amounts in both sports between them.

How do I get a college cross country scholarship?

Thousands of athletes have 5k times that are good enough to compete at the college level. Runners who succeeded in earning a scholarship found the right fit and showed the desire to compete for that team.

How do I get a college cross country coach to see me?

Coaches don't typically recruit you based on in-person evaluations in cross country.


How do I get recruited for a cross country scholarship?

Being recruited for a cross country scholarship can be difficult because of the large number of athletes who are going to be equally as talented. If you want coaches to believe you are a better candidate than the rest then you need to have a strict plan of action.

Cross Country (Women)



Women's Cross Country by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	344	18	\$14,737
NCAA D2	279	18	\$6,856
NCAA D3	399	-	-
NAIA	200	12	\$6,524
NJCAA	121	20	\$1,956
OTHER	110		\$557
TOTAL	1,373	-	-

Women's Cross Country by the Numbers



High School Athletes

212,262



College Athletes

18,809

only 9% will compete in college!

Women's Cross Country - Times

STUDENTathleteWorld.com	<u>5K</u>	<u>10k</u>
NCAA D1	18:30 – 20:30	38:32 – 42:42
NCAA D2	18:55 – 22:00	39:24 – 45:49
NCAA D3	21:00 – 23:00	43:44 – 47:54
NAIA	21:00 – 23:00	43:44 – 47:54

Women's Cross Country - Notes

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Fencing (Men)



Men's Fencing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>
NCAA D1	20	4.5
NCAA D2	2	4.5
NCAA D3	12	-
OTHER	1	
TOTAL	35	-

Men's Fencing by the Numbers



High School Athletes

1,925



College Athletes


622

Only 32% will compete in college!

Fencing (Women)



Women's Fencing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>
NCAA D1	24	5
NCAA D2	3	4.5
NCAA D3	14	-
OTHER	1	
TOTAL	42	-

Women's Fencing by the Numbers



High School Athletes

1,771



College Athletes


674

Only 38% will compete in college!

Field Hockey



Field Hockey by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	78	12	\$14,769
NCAA D2	28	6.3	\$5,178
NCAA D3	152	-	-
NAIA	1	-	\$8,888
TOTAL	259	-	-

Field Hockey by the Numbers



High School Athletes

60,607



College Athletes

5,665

Only 9% will compete in college!

Field Hockey - Times



40 Yard

Mile

Speed

< 5:34

< 7:15

Field Hockey - Qualifications

Division I – Tier I

High School All-American Team

High School All-State Honors

Attends Major Tournaments (Festival, Disney Showcase, National Futures Program, College Connection Recruiting Camp, AAU Junior Olympics)

Division I – Tier II, Division III – Tier I

High School All-State Honors

High School All-Region/Conference/Sectional Honors

Attends Major Tournaments (Festival, Disney Showcase)

Division II, Division III

High School All-Region/Conference/Sectional Honors

High School Varsity Starter

Team travels to tournaments

Field Hockey - Scholarships

How many scholarships are available?

Not all programs have a full 12 scholarships available. Some programs also have limits on the number of scholarships they can provide to out of state or international students. Field Hockey is an equivalency sport which means all scholarships are NOT full scholarships. For example, in NCAA D1, coaches can divide the value of the 12 scholarships available to them between as many players as they see fit.

How do I get a college field hockey scholarship?

There are a limited number of schools that offer scholarships. Only well rounded student-athletes get recruited for field hockey. Each program has different positional needs and just being a good player will not guarantee you interest from a coach.

How do I get a college field hockey coach to see me?

College field hockey coaches watch players at summer tournaments and camps. The first step to gaining exposure is having a great video and to be playing on a competitive club team that attends prestigious tournaments.


How do I improve my chances of earning a college field hockey scholarship?

Providing high quality references to coaches can make or break your recruiting process. Coaches will want to ask your references about how coachable you are and if you are someone who makes everyone around you better.

Football



Football by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1 - FBS	126	85	\$17,551
NCAA D1 - FCS	123	63	\$10,882
NCAA D2	163	36	\$4,938
NCAA D3	240	-	-
NAIA	79	12	\$6,577
NJCAA	67	24	\$1,920
OTHER	75	-	\$213
TOTAL	873	-	52,200

Football by the Numbers



High School Athletes

1,121,744




College Athletes

88,146

Only 8% will compete in college!


Football – Qualifications (QB)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'4+	6'2+	6'0+	5'10+
Weight	220+	200+	200+	180+
40 Yard	< 4.5	< 4.6	< 4.7	< 4.8
Bench	> 260	> 250	> 225	> 205
Squat	> 425	> 385	> 345	> 315

Football – Notes (QB)

D1 Athletes- Must be able to throw the Deep Out, Comeback, Dig, and Seam Route with no loft. Should be able to throw ball through goalpost from opposite 40 yard line. Proficient ability to throw receivers open and execute the back shoulder throw. Has to have demonstrated QB ability multiple years at an All-State level.


Football – Qualifications (RB)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'0+	5'11+	5'10+	5'9+
Weight	210+	195+	175+	160+
40 Yard	< 4.4	< 4.5	< 4.6	< 4.7
Bench	> 280	> 270	> 265	> 260
Squat	> 390	> 375	> 350	> 340

Football – Notes (RB)

D1 Athletes- Runs with both power, speed and balance and can pull away from 4.5 40 defenders. Must have exceptional lower and upper body strength. Can catch the ball well out of the backfield and provide pass protection. Has to have demonstrated RB ability multiple years at an All-State level.


Football – Qualifications (WR)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'2+	6'0+	5'10+	5'8+
Weight	190+	175+	165+	150+
40 Yard	< 4.4	< 4.6	< 4.6	< 4.7
Bench	> 235	> 225	> 205	> 200
Squat	> 315	> 295	> 275	> 265

Football – Notes (WR)

D1 Athletes- Must be a constant threat anytime he is on the field. Must have an instant release off of the line of scrimmage with low pad level and little wasted movement, a burst into the route, one step cuts, impeccable catching ability, and the ability to separate himself from defenders with rare top end speed and elusiveness. He must be able to catch a jump ball as easy as a post, shallow, slant, or hitch. He must be comfortable running all routes, possesses rare ball skills, have a great combination of size & speed, and a willingness to block. He is a multiple year All-State player or All-American.

Football – Qualifications (TE)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'4+	6'3+	6'2+	6'1+
Weight	230+	220+	215+	205+
40 Yard	< 4.7	< 4.8	< 4.85	< 4.9
Bench	> 300	> 285	> 275	> 270
Squat	> 440	> 420	> 415	> 405

Football – Notes (TE)

D1 Athletes- Have a great combination of size & speed, and must change the line of scrimmage at the point of attack. Soft hands. Needs to be able to stretch the field vertically.

Demonstrates explosive physicality. Can find the open window in zone and separates from man coverage. Shows the ability to break tackles and gain yards after contact. He is a multiple year All-State player or All-American.


Football – Qualifications (OL)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'5+	6'3+	6'1+	6'0+
Weight	280+	270+	260+	235+
40 Yard	< 5.0	< 5.2	< 5.3	< 5.4
Bench	> 320	> 305	> 300	> 295
Squat	> 450	> 425	> 410	> 405

Football – Notes (OL)

D1 Athletes- Must be the most physically dominant player on the field; should move the line of scrimmage by 5 yards consistently. Must play with excellent pad level by demonstrating natural knee bend. Should have a devastating hand punch against pass rush and be able to lock on defenders and control them. Must be athletic enough to stay ahead of ball carrier in open field and demonstrate the body control to block in space. All-State caliber player.


Football – Qualifications (DL)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'4+	6'3+	6'2+	6'0+
Weight	250+	230+	220+	210+
40 Yard	< 4.6	< 4.7	< 4.8	< 4.9
Bench	> 315	> 305	> 305	> 295
Squat	> 450	> 415	> 405	> 395

Football – Notes (DL)

D1 Athletes- Must be instinctive & productive against both the run and the pass at an All-State level for 3 or more years. Needs to show the strength & leverage to dominate along the line-of-scrimmage as a run defender. Should be able to win with speed, quickness & power as an edge rusher. This player should clearly stand-out as exceptional in his play!


Football – Qualifications (LB)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'2+	6'1+	6'0+	5'10+
Weight	220+	210+	200+	190+
40 Yard	< 4.6	< 4.65	< 4.7	< 4.75
Bench	> 315	> 300	> 295	> 275
Squat	> 445	> 435	> 405	> 395

Football – Notes (LB)

D1 Athletes- Must be equally active in both the run game and in coverage. Gains ground and plays downhill with first step. Stays square without losing athleticism. Strong enough to play on line of scrimmage. Has explosiveness on contact, visibly changing the line of scrimmage and knocking ball carriers back. Displays fluid hips and good knee bend, plays under his pads. Shows skills in both zone and man coverage. Can match up with the best athlete on the field. Shows burst and speed with quickness to bend the corner in pressure game. Has to have demonstrated LB ability multiple years at an All-State level.

Football – Qualifications (DB)

	<u>FBS</u>	<u>FCS</u>	<u>D2/NAIA</u>	<u>NCAA D3</u>
Height	6'0+	6'0+	5'10+	5'9+
Weight	185+	185+	175+	160+
40 Yard	< 4.5	< 4.6	< 4.65	< 4.7
Bench	> 270	> 250	> 250	> 240
Squat	> 405	> 380	> 380	> 295

Football – Notes (DB)

D1 Athletes- Should be the best athlete on the field. Can flip hips and get in and out of breaks without false steps. Physical and aggressive in the run game and against screens. Must be able to know all coverage and have quick feet. Needs to be strong in man coverage and excellent in zone coverage with knowing his responsibilities, also needs to be the fastest kid on the field and have the range to cover sideline to sideline. He must be able to read the Offense. Demonstrated All-State ability for multiple seasons.

Football – Scholarships

How do I get a college football scholarship?

For 99% of football players, the football scholarship process is not what you see on TV. The college recruiting process can be very unforgiving. Most football players need to work very hard in the recruiting process to get a scholarship. There is a lot of misinformation about what you can and can't do when pursuing a scholarship.

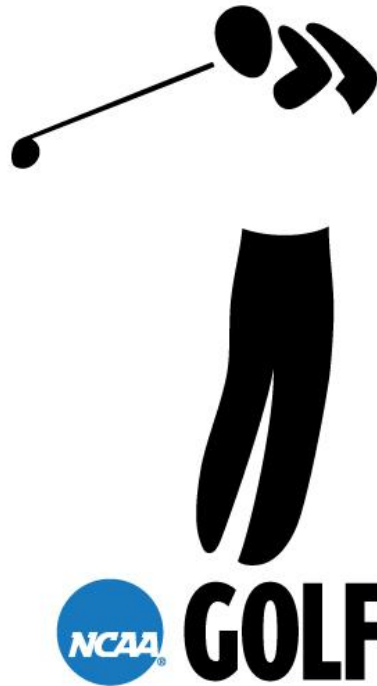
How do I get a college football coach to see me?

Football programs evaluate talent three ways. You must have a high quality highlight video, attend camps and combines, and have coaches watch you at your games. The earlier you start the recruiting process the better chance you will have of getting evaluated by coaches.


How do I get recruited for a football scholarship?

The football recruiting process should start your freshman year. You need to begin identifying and contacting football coaches early and plan what camps you will be attending each summer.

Golf (Men)



Men's Golf by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	298	4.5	\$13,747
NCAA D2	227	3.6	\$5,711
NCAA D3	286	-	-
NAIA	170	5	\$6,343
NJCAA	195	8	\$1,746
OTHER	67	-	\$456
TOTAL	1,243	-	-

Men's Golf by the Numbers



High School Athletes

152,725




College Athletes

12,132

only 8% will compete in college!

Men's Golf - Qualifications

	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>High NAIA</u>	<u>Low NAIA</u>
Handicap	< 0	< 2	< 2	< 3	< 2	< 3
Average	72	74	74	75	74	75
Driving Distance	270+	260+	260+	260+	260+	260+
Putts Per Round	< 30	< 30	< 32	< 34	< 32	< 34
Scrambling	50%	50%	45%	40%	45%	40%

Men's Golf – Scholarships

How do I get a college golf scholarship?

Earning a golf scholarship is more than just about shooting low scores; it's about shooting the scores in the right tournaments. Don't expect to be found just because you are playing in tournaments. You must make the effort to get in contact with college golf coaches and continually update them when you have significant tournament results to report.

How do I get a college golf coach to see me?

Coaches will only come to your tournaments once you have established contact and proven you are a serious recruit. Often times coaches are very particular about the tournaments they visit, so be prepared to go to those tournaments first.

How do I improve my chances of earning a college golf scholarship?

With golf being a non-revenue sport, having good grades will help open up more opportunities. The more schools you can qualify for academically the higher your chance will be of earning a scholarship.

How do I get recruited for a golf scholarship?

College golf coaches want to recruit athletes who have great potential and strong fundamentals. Showing your potential goes beyond just playing golf.

Golf (Women)



Women's Golf by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	261	6	\$14,833
NCAA D2	169	5.4	\$7,007
NCAA D3	174	-	-
NAIA	137	5	\$6,843
NJCAA	51	8	\$2,048
OTHER	38	-	\$643
TOTAL	830	-	-

Women's Golf by the Numbers



High School Athletes

71,086




College Athletes

6,316

only 9% will compete in college!

Women's Golf - Qualifications

	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>High NAIA</u>	<u>Low NAIA</u>
Handicap	< 5	< 8	< 10	< 15	< 10	< 15
Average	78	82	85	95	85	95
Driving Distance	235+	235+	225+	225+	225+	225+
Putts Per Round	< 34	< 34	< 36	< 36	< 36	< 36
Scrambling	50%	50%	45%	40%	45%	40%

Women's Golf – Scholarships

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Gymnastics (Men)



Men's Gymnastics by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	16	6.3	\$14,556
NCAA D2	-	5.4	\$6,325
NCAA D3	1	-	-
OTHER	1	-	\$1,822
TOTAL	18	-	-

Men's Gymnastics by the Numbers



High School Athletes

2,352



College Athletes

371

only 16% will compete in college!

Men's Gymnastics - Scholarships

How do I get a college gymnastics scholarship?

There are thousands of gymnasts who are talented enough to compete in college but there are limited opportunities to do so. With a small number of schools competing in gymnastics, it's about finding the right fit and making sure that a program needs you as well.

How do I get a college gymnastics coach to see me?

Gymnastics coaches primarily use video to evaluate athletes. Only after they have narrowed down their recruiting board will they take the time to see a potential recruit in person.

How do I get recruited for a gymnastics scholarship?

Most college gymnasts are required to be able to compete in multiple disciplines. Almost all DI gymnasts are expected to be competing and placing very well at Level 10. Some programs require athletes to have competed at the National and International level. Getting a scholarship all comes down to your strengths matching a college coaches needs.

Gymnastics (Women)



**GYMNASTICS
CHAMPIONSHIPS**

Women's Gymnastics by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	63	12	\$14,649
NCAA D2	10	6	\$7,385
NCAA D3	15	-	-
OTHER	1	-	\$2,130
TOTAL	89	-	-

Women's Gymnastics by the Numbers



High School Athletes

19,119



College Athletes

1,682

only 9% will compete in college!

Women's Gymnastics - Scholarships

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Ice Hockey (Men)



Men's Ice Hockey by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	44	18	\$13,821
NCAA D2	21	13.5	\$5,362
NCAA D3	75	-	-
NAIA	4	-	\$6,431
NJCAA	8	16	\$1,960
TOTAL	152	-	-

Men's Ice Hockey by the Numbers



High School Athletes

35,732



College Athletes

4,295

only 12% will compete in college!

Men's Ice Hockey – Notes

Junior A Leagues

- USHL – United States Hockey League
- MJHL – Minnesota Junior Hockey League
- GTHL – Greater Toronto Hockey League
- AJHL – Atlantic Junior Hockey League
- EJHL – Eastern Junior Hockey League
- BCHL – British Columbia Hockey League
- NAHL – North American Hockey League
- OJHL – Ontario Junior Hockey League
- WSHL – Western States Hockey League
- SJHL – Saskatchewan Junior Hockey League

Men's Ice Hockey - Scholarships

The hockey recruiting process is unlike all other college sports. Hockey players who receive scholarships directly from high school play for high ranking prep teams. The most common route is to play several years of Junior A Hockey in a North American League before attending college.

How do I get recruited for an ice hockey scholarship?

The hockey recruiting process takes longer than any other college sport. Hockey players need to start the recruiting process before they reach Junior A hockey. Once in Junior A hockey coaches can then examine how you match up with the best competition. Don't think that just because you see scouts that you are being looked at for a scholarship; you need to take the reins and execute the process yourself.

Ice Hockey (Women)



Women's Ice Hockey by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	29	18	\$14,660
NCAA D2	9	18	\$6,599
NCAA D3	50	-	-
NAIA	-	-	\$6,791
NJCAA	1	16	\$2,698
TOTAL	89	-	-

Women's Ice Hockey by the Numbers



High School Athletes

8,833



College Athletes

2,055

only 23% will compete in college!

Women's Ice Hockey – Notes

Junior Leagues

- Manitoba Women's Junior Hockey League
- Junior Women's Hockey League
- Winnipeg Women's Junior Hockey League
- Western Women's Hockey League
- Canadian Women's Hockey League
- Provincial Women's Hockey League

Women's Ice Hockey - Scholarships

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Lacrosse (Men)



LACROSSE

Men's Lacrosse by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	61	12.6	\$13,821
NCAA D2	51	10.8	\$5,362
NCAA D3	209	-	-
NAIA	12	-	\$6,431
NJCAA	26	20	\$1,960
OTHER	2	-	\$342
TOTAL	361	-	-

Men's Lacrosse by the Numbers



High School Athletes

100,641



College Athletes

12,781

only 12% will compete in college!

Men's Lacrosse - Heights



NCAA D1

NCAA D2

NCAA D3

Attack

5'10 - 6'4

5'7 - 6'1

5'7 - 6'1

Midfield

5'10 - 6'4

5'9 - 6'2

5'8 - 6'1

Defense

5'11 - 6'6

5'10 - 6'4

5'9 - 6'2

Goalie

5'10 - 6'3

5'9 - 6'3

5'9 - 6'2

Men's Lacrosse - Qualifications

D1 Athletes- US Lacrosse Regional Team Member, High School/US Lacrosse/Under Armour All-America Honors, High School All-State Honors, All-League/District, Extensive Club/Travel Team Experience, Attends Major Events, Camps and Showcases, 4 Year Varsity Starter, Team MVP

- **Attackmen** - Shot Speed & Accuracy , Strong Scoring Ability , Agility & Moving With the Ball , Stick Handling & Shot Selection, Passing Ability & Field Vision
- **Midfielders** - Strong Passing Ability, Scoring Ability, Shortstick & Longstick Handling, Speed & Agility
- **Defenseemen / Longstick-Midfield** - Take-Aways, Ground Balls , Strength & Checking Ability, Passing & Clearing, Size & Speed
- **Goalie** - Reaction Time, Body Positioning, Clearing Ability, Angle Play & Shot Defense, Stick Handling

Men's Lacrosse - Scholarships

How do I get a college lacrosse scholarship?

The competition for lacrosse scholarships is fierce because the vast majority of the opportunities are at the NCAA Division 3 level. Don't be shy – get a hold of coaches early on in high school and develop your relationships with them to give yourself the best opportunity to earn a scholarship.

How do I get a college lacrosse coach to see me?

Getting coaches to your tournaments is a matter of getting an early evaluation, playing in the right tournaments, and being in frequent communication with them.

How do I improve my chances of earning a college lacrosse scholarship?

It is important for lacrosse scholarship candidates to remember that it is not all about the athletic talent. Coaches are looking for athletes that fit in with the culture of their team and their school.

How do I get recruited for a lacrosse scholarship?


For college lacrosse coaches to want to recruit you, you need to be playing for a competitive club lacrosse team. You will also need to have a very good academic record to have a chance at receiving scholarship money. Don't fall in the trap of thinking coaches will notice you at a summer tournament.

Lacrosse (Women)



LACROSSE

Women's Lacrosse by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	100	14	\$14,660
NCAA D2	76	9.9	\$6,599
NCAA D3	229	-	-
NAIA	14	-	\$6,791
NJCAA	15	20	\$2,698
TOTAL	361	-	-

Women's Lacrosse by the Numbers



High School Athletes

74,993



College Athletes

9,845

only 12% will compete in college!

Women's Lacrosse - Heights

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Attack	5'5 – 5'10	5'3 – 5'9	5'3 – 5'8
Midfield	5'6 – 5'11	5'4 – 5'9	5'4 – 5'8
Defense	5'5 – 5'10	5'5 – 5'10	5'3 – 5'9
Goalie	5'7 – 5'10	5'7 – 5'10	5'6 – 5'9

Women's Lacrosse - Qualifications

D1 Athletes- US Lacrosse Regional Team Member, High School/US Lacrosse/Under Armour All-America Honors, High School All-State Honors, All-League/District, Extensive Club/Travel Team Experience, Attends Major Events, Camps and Showcases, 4 Year Varsity Starter, Team MVP

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Rowing (Men)



Men's Rowing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	33	-	-
NCAA D2	6	-	-
NCAA D3	29	-	-
NAIA	2	-	-
OTHER	15	-	-
TOTAL	73	-	-

Men's Rowing by the Numbers



High School Athletes

2,464



College Athletes

2,924


Men' Rowing - Scholarships

**Men's Rowing is not
and has never been an
official NCAA Sport**

Rowing (Women)



Women's Rowing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	87	20	\$15,015
NCAA D2	18	20	\$8,318
NCAA D3	35	-	-
NAIA	2	-	\$9,031
NJCAA	1	-	-
OTHER	3	-	-
TOTAL	73	-	-

Women's Rowing by the Numbers



High School Athletes

6,261



College Athletes

7,750

Women's Rowing – Times

STUDENTathleteWorld.com

2K ERG

NCAA D1 Experienced

7:15 – 7:30

NCAA D1 Novice

< 7:30

NCAA D2 Experienced

7:30 – 7:45

NCAA D2 Novice

< 8:00

Women' Rowing - Scholarships

What are the athletic requirements to receive a rowing scholarship?

While the ERG is not the only measure of a rower it is used by many coaches to get an idea of an athlete's capabilities.

Physiological Capability

Rowers need to have stamina, good balance and timing, and lots of strength. Unlike other college sports, you don't need any experience to join a rowing team in college. As long as you are willing to put in the hard work and the time, you can be part of a team as a novice.

How do I get a college rowing scholarship?

Rowing has a tremendous amount of scholarship opportunities for women who are willing to look for them. Despite the large number of scholarships available, don't expect coaches to actively recruit athletes that did not contact them first. You must get in contact with coaches that are the right fit for you.

How do I get a college rowing coach to see me?

Only coaches at the top NCAA Division 1 programs have the budget to travel to a few regattas a year. You can get a lot of information about where coaches usually go to recruit by reading where the girls on their current rosters competed at in high school.

How do I improve my chances of earning a college rowing scholarship?

Many coaches recruit based off of academic history combined with the athletic potential of the applicant. If you are tall and strong, many coaches will consider you even if you have little rowing experience. If you need scholarship money and you are not picky about exactly where you want to go to school, rowing is a great opportunity to consider.

How do I get recruited for a rowing scholarship?

Rowing recruiting is unique compared to other college sports. Due to Title IX, there are ample scholarships available for athletes who decide to commit fully to the sport.

Skiing (Men)



Men's Skiing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	11	6.3	\$13,772
NCAA D2	6	6.3	\$7,135
NCAA D3	16	-	-
NAIA	3	-	-
NJCAA	1	-	-
OTHER	3	-	-
TOTAL	40	-	-

Men's Skiing by the Numbers



High School Athletes

10,072



College Athletes


495

only 5% will compete in college!

Skiing (Women)



Women's Skiing by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	12	7	\$13,496
NCAA D2	7	7	\$7,712
NCAA D3	16	-	-
NAIA	3	-	-
NJCAA	-	-	-
OTHER	3	-	-
TOTAL	41	-	-

Women's Skiing by the Numbers



High School Athletes

9,314



College Athletes


496

only 5% will compete in college!

Soccer (Men)



Men's Soccer by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	204	9.9	\$13,821
NCAA D2	199	9	\$5,362
NCAA D3	404	-	-
NAIA	196	12	\$6,431
NJCAA	213	18	\$1,960
OTHER	167	-	\$342
TOTAL	1,383	-	-

Men's Soccer by the Numbers



High School Athletes

412,351



College Athletes

37,240

only 9% will compete in college!

Men's Soccer - Scholarships

D1 Athletes

Olympic Development Program (ODP) Experience, All-American, All-State, All-League/District, Team MVP, 4 Year Varsity Starter, Extensive Club Team Experience, Participation in Major Tournaments and Showcases

How do I get a college soccer coach to see me?

Getting college coaches to your matches is not easy. Because of small recruiting budgets, many soccer coaches require you to come to them. In fact, for the top schools in the country it is mandatory that prospects attend their summer camps for further consideration. If you want to play at the top level, it is mandatory that coaches watch you in person.


How do I improve my chances of earning a college soccer scholarship?

There are thousands of international and domestic athletes for soccer coaches to choose from so coaches do not have the resources to find every qualified athlete. Coaches expect you to take the initiative and contact them first. With so many soccer programs out there, earning a scholarship is as much about your talent as it is about knowing what you are looking for in a school and team.

Soccer (Women)



Women's Soccer by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	323	14	\$14,660
NCAA D2	250	9.9	\$6,599
NCAA D3	416	-	-
NAIA	194	12	\$6,791
NJCAA	181	18	\$2,698
OTHER	150	-	\$474
TOTAL	1,514	-	-

Men's Soccer by the Numbers



High School Athletes

371,393



College Athletes

36,523

only 10% will compete in college!

Women's Soccer - Scholarships

D1 Athletes

Olympic Development Program (ODP) Experience, All-American, All-State, All-League/District, Team MVP, 4 Year Varsity Starter, Extensive Club Team Experience, Participation in Major Tournaments and Showcases

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Softball



Softball by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	292	12	\$14,660
NCAA D2	279	7.2	\$6,599
NCAA D3	399	-	-
NAIA	192	10	\$6,791
NJCAA	354	24	\$2,698
OTHER	140	-	\$474
TOTAL	1,656	-	-

Softball by the Numbers



High School Athletes

381,116



College Athletes

30,175

only 8% will compete in college!

Softball - Pitchers



NCAA D1

NCAA D2

NCAA D3

Height

5'9+

5'7+

5'6+

Velocity

60-63+

58+

55+

ERA

< 1.00

< 1.50

< 2.00

Softball - Catchers



NCAA D1

NCAA D2

NCAA D3

Height

5'8+

5'4+

5'4+

Weight

160+

150+

140+

POP Time

< 1.8

< 1.9

< 2.0


Home to 1B

< 3.0


< 3.1

< 3.2

Softball – Middle Infielders

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Height	5'6+	5'5+	5'4+
Weight	135+	135+	125+
Home to 1B	< 2.8	< 2.9	< 3.1
SB's	10+	10+	8+

Softball - Corner Infielders

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Height	5'7+	5'6+	5'5+
Weight	145+	140+	135+
Home to 1B	< 2.9	< 3.0	< 3.1
HR's	2+	1+	1+
RBI's	20+	15+	15+

Softball - Outfielders



NCAA D1

NCAA D2

NCAA D3

Height

5'7+

5'5+

5'4+

Weight

135+

130+

130+

Home to 1B

< 2.8

< 2.9

< 3.1

Batting Ave.

> .400

> .360

> .330

Softball - Notes

Statistical requirements (i.e. – BA, HR's, ERA, K's, etc.) for both position players and pitchers are will depend largely on the level of competition. For example, it can be more impressive for a player to hit .300 in a tough league than for a player to hit .400 in a very easy league. Similarly, it is more impressive for a pitcher to have a 3.00 ERA in a tough league than to have a 2.00 ERA in an easy league.

What is a D1 Athlete?

A typical D1 athlete has honors including All State, All League, League and Team MVP, 4 Year Varsity Starter, etc.

Club Teams

Playing on a club team is very important – the higher profile tournaments your team can attend the better chance you will have of having a coach come watch you.

Softball - Scholarships

Pitchers Come First

Softball coaches value pitchers most, and position players need to compete for the remaining scholarships. Make sure to research your schools of interest to determine whether or not a school already has a number of underclassmen who plays your position.

How do I get a college softball coach to see me?

Getting a coach to your softball games only happens after they have made their initial evaluation of you. You will need a high quality skills and highlight video. Don't assume if you see a coach at your tournament that they are recruiting you.

How do I improve my chances of earning a college softball scholarship?

College softball coaches value character and maturity in a prospective student-athlete. You want to make sure that you can get across to coaches that they can trust you to be a good student and hard working softball player.

Swimming and Diving (Men)



Men's Swimming and Diving by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	134	9.9	\$14,296
NCAA D2	64	8.1	\$5,683
NCAA D3	210	-	-
NAIA	20	8	\$7,275
NJCAA	18	15	\$1,898
OTHER	48	-	-
TOTAL	494	-	-

Men's Swimming and Diving by the Numbers



High School Athletes

133,823




College Athletes

10,806

only 8% will compete in college!

Men's Swimming and Diving - Times

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
50 Free	< 22.0	< 23.5	< 24.0
500 Free	< 4:45	< 5:00	< 5:05
100 Back	< 55.0	< 57.0	< 59.0
100 Breast	< 1:01	< 1:04	< 1:06
200 IM	< 54.0	< 57.0	< 59.0

Men's Swimming and Diving - Scholarships

How do I get a college swimming scholarship?

Competition for swimming scholarships is an international affair. It takes more than swimming good times in your best events to earn a swimming scholarship. Coaches have a vast pool of athletes to choose from so you must gain an advantage over others.

How do I get a college swimming coach to see me?

The more attractive you are as a candidate the better chance you have of a coach coming to watch you swim. Generally coaches will only go to the big meets, and if you want to be seen you will need to be swimming there.


How do I get recruited for a swimming scholarship?

Unless you possess an Olympic development time, you will not be offered a scholarship purely based on your swimming capabilities. College swimming coaches are looking for athletes who work just as hard in the classroom as they do in the pool. The swimming recruiting process is about being able to show improvement over the course of your high school career with clear potential.

Swimming and Diving (Women)



Women's Swimming and Diving by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	196	14	\$17,486
NCAA D2	83	8.1	\$6,823
NCAA D3	235	-	-
NAIA	22	8	\$8,183
NJCAA	19	15	\$2,499
OTHER	52	-	-
TOTAL	607	-	-

Women's Swimming and Diving by the Numbers



High School Athletes

160,456




College Athletes

13,241

only 8% will compete in college!

Women's Swimming and Diving - Times

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
50 Free	< 25.0	< 26.5	< 28.0
500 Free	< 5:06	< 5:18	< 5:32
100 Back	< 1:00	< 1:02	< 1:06
100 Breast	< 1:12	< 1:15	< 1:17
200 IM	< 59.0	< 1:02	< 1:07

Women's Swimming and Diving - Scholarships

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Tennis (Men)



Men's Tennis by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	263	4.5	\$13,864
NCAA D2	167	4.5	\$5,760
NCAA D3	327	-	-
NAIA	96	5	\$6,808
NJCAA	71	9	\$2,003
OTHER	53	-	-
TOTAL	977	-	-

Men's Tennis by the Numbers



High School Athletes

195,960



College Athletes

10,018

only 5% will compete in college!

Men's Tennis – D1

NCAA D1 athletes typically have the following qualifications:

- All-American, All-State, All-Region, All-League/District
- Top State Tournament Finish, Regional Champion, League Champion
- High School #1 Varsity Singles
- National USTA Rank of Top 100 in age group
- ITF Rank of Top 200 in age group
- tennisrecruiting.net 4 Star Ranking (5 Star Preferred)
- tennisrecruiting.net National Ranking 190 or below
- High Performance Participation
- Zonal Team Participation
- Sectional Rank of Top 20 in Tier 1
- Sectional Rank of Top 10 in Tier 2
- Attend National Level Tournaments

Men's Tennis - Notes

International Competition

More tennis scholarships are awarded to international athletes than domestic athletes. Tennis coaches have to try and evaluate students from all over the world. Because of this, domestic athletes must be proactive and not put the fate of a tennis scholarships to chance.

Tournaments

Getting recruited in tennis relies heavily on the tournaments you play and the rankings that you earn. The higher level tournaments you play the more likely a coach will make the trip out to see you.


How do I improve my chances of earning a tennis scholarship?

Having a video is a must to convince coaches to come see you in person.

Tennis (Women)



Women's Tennis by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	322	8	\$14,953
NCAA D2	228	6	\$7,152
NCAA D3	359	-	-
NAIA	107	5	\$7,164
NJCAA	79	9	\$2,554
OTHER	61	-	\$167
TOTAL	1,156	-	-

Women's Tennis by the Numbers



High School Athletes

218,093



College Athletes

10,648

only 5% will compete in college!

Women's Tennis – D1

NCAA D1 athletes typically have the following qualifications:

- All-American, All-State, All-Region, All-League/District
- Top State Tournament Finish, Regional Champion, League Champion
- High School #1 Varsity Singles
- National USTA Rank of Top 100 in age group
- ITF Rank of Top 200 in age group
- tennisrecruiting.net 4 Star Ranking (5 Star Preferred)
- tennisrecruiting.net National Ranking 250 or below
- High Performance Participation
- Zonal Team Participation
- Sectional Rank of Top 30 in Tier 1
- Sectional Rank of Top 15 in Tier 2
- Attend National Level Tournaments

Women's Tennis - Notes

International Competition

More tennis scholarships are awarded to international athletes than domestic athletes. Tennis coaches have to try and evaluate students from all over the world. Because of this, domestic athletes must be proactive and not put the fate of a tennis scholarship to chance.

Tournaments

Getting recruited in tennis relies heavily on the tournaments you play and the rankings that you earn. The higher level tournaments you play the more likely a coach will make the trip out to see you.


How do I improve my chances of earning a tennis scholarship?

Having a video is a must to convince coaches to come see you in person.

Track & Field (Men)



Men's Track and Field by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	279	12.6	\$13,649
NCAA D2	171	12.6	\$5,311
NCAA D3	278	-	-
NAIA	147	12	\$6,301
NJCAA	66	20	\$1,779
OTHER	72	-	\$388
TOTAL	1,013	-	-

Men's Track and Field by the Numbers



High School Athletes

645,513



College Athletes


27,439

only 4% will compete in college!

Men's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
55M	6.4	6.6	6.6	6.8	6.8
60M	6.8	7.0	6.95	7.3	7.3
55MH	7.4	7.65	7.65	8.0	8.0
60MH	7.8	8.1	8.07	8.3	8.30
110MHH	13.95	14.9	14.9	15.5	15.5

Men's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
300MH	37	40	40.0	42.0	42.0
400MH	51.0	55.0	54.5	56:00	56.0
100M	10.5	10.8	10.9	11.0	10.9
200M	21.25	21.8	22.00	22.15	22.5
400M	47.5	48.5	49.0	49.5	49.5

Men's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
800M	1:52	1:55	1:57	1:57	1:58
1500M	3:55	4:05	4:05	4:00	4:00
1600M	4:15	4:25	4:30	4:30	4:25
3KMSC	9:34	9:40	9:45	9:45	9:45
3200M	9:10	9:30	9:30	9:45	9:45

Men's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
5K	15:00	15:50	16:20	17:00	17:00
HIGH JUMP	7'0	6'8	6'4	6'1	6'2
POLE VAULT	16'6	15'0	14'6	15'0	14'6
LONG JUMP	24'6	23'0	22'6	21'9	22'0
TRIPLE JUMP	51'0	46'0	45'0	44'6	45'0

Men's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
SHOT PUT	60'1	55'0	50'0	50'0	50'0
DISCUSS	185'0	165'0	150'0	150'0	140'0
JAVELIN	210'0	185'0	170'0	160'0	160'0
HAMMER	210'0	185'0	170'0	160'0	150'0
DECATHALON	7000	6500	7000	5800	5000

Men's Track and Field - Scholarships

How do I get a track and field scholarship?

Getting recruited for track and field comes down to your potential to score points for that coach and program. Scholarships are not just about how fast you run, how high you jump or how far you throw. There is no shortage of qualified track and field athletes, which can make it hard for you to be noticed by coaches. If your qualifications in high school are good enough for you to compete in the conference championship as a freshman in college, coaches in that conference will be extremely interested in you.


How do I get a college track and field scout to see me?

Track and field scouts look at the results of particular meets for athletes to recruit. However, usually coaches recruit only from the same regions and look at the same meets. If you want to be seen by a scout or a coach they need to know where you are competing at and if you meet the standards they recruit by.

Track & Field (Women)



Women's Track and Field by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	323	18	\$14,690
NCAA D2	192	18	\$6,518
NCAA D3	284	-	-
NAIA	149	12	\$6,694
NJCAA	70	20	\$2,170
OTHER	76	-	\$477
TOTAL	1,094	-	-

Women's Track and Field by the Numbers



High School Athletes

529,200



College Athletes

25,683

only 5% will compete in college!

Women's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
55M	7.11	7.25	7.5	7.8	7.8
60M	7.65	7.85	7.95	8.2	8.2
60MH	8.6	9.0	9.2	9.5	9.5
100MH	14.5	15	15.2	15.5	15.5
300MH	43.1	45.0	46.5	48.5	47.5

Women's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
400MH	60.0	63.5	63.0	1:07	1:15.5
100M	11.9	12.5	12.5	12.5	12.87
200M	24	26.0	26.2	25.8	26.0
400M	54.5	58	59.0	59.5	59.5
800M	2:10	2:20	2:20	2:20	2:15

Women's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
1500M	4:40	5:10	4:50	4:40	5:00
1600M	5:00	5:15	5:15	5:30	5:30
3200M	11:00	11:30	11:30	11:50	11:50
5K	18:30	18:50	18:55	21:00	21:00
3KMSC	10:45	11:30	11:00	11:40	11:40

Women's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
HIGH JUMP	5'10	5'5	5'4	5'1	5'4
LONG JUMP	19'6	18'6	17'0	18'0	17'0
SHOT PUT	45'0	37'0	38'0	40'0	38'0
DISCUSS	149'0	130'0	120'0	120'0	120'0
POLE VAULT	12'6	10'6	10'6	10'6	9'0

Women's Track and Field - Times

 STUDENT athlete World	<u>High D1</u>	<u>Low D1</u>	<u>D2</u>	<u>D3</u>	<u>NAIA</u>
TRIPLE JUMP	40'0	38'0	35'0	36'0	35'6
HAMMER	170'0	150'0	140'0	136'0	120'0
JAVELIN	140'0	130'0	120'0	110'0	120'0
HEPTATHALON	5000	4500	4500	3600	3600

Women's Track and Field - Scholarships

How do I get a track and field scholarship?

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Volleyball (Men)



Men's Volleyball by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	22	4.5	\$13,640
NCAA D2	16	4.5	\$5,668
NCAA D3	63	-	-
NAIA	18	-	\$6,028
OTHER	19	-	\$375
TOTAL	138	-	-

Men's Volleyball by the Numbers



High School Athletes

49,467




College Athletes

2,203

only 4% will compete in college!

Men's Volleyball- Heights

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Libero/DS	5'8 – 6'2	5'8 – 6'2	5'8 – 6'2
MH	6'5 – 7'0	6'5 – 6'8	6'3 – 6'7
OH/RS	6'4 – 6'10	6'3 – 6'6	6'0 – 6'4
Setter	6'1 – 6'5	6'1 – 6'5	6'0 – 6'5

Men's Volleyball- Approach Jump

	<u>NCAA D1</u>	<u>NCAA D2</u>	<u>NCAA D3</u>
Libero/DS	24" Vert	24" Vert	24" Vert
MH	11'6+	11'0+	11'6+
OH/RS	11'0+	10'10+	11'0+
Setter	10'8+	10'6+	10'6+

Men's Volleyball – D1

NCAA D1 Athletes have some of the following qualifications:

- 2-4x Varsity Starter
- Several Years National/Elite level club experience
- National Tournament Qualifier
- All-State, All-Area recognition as a Sophomore
- High Performance Participation
- USA Jr National Team Participation

Men's Volleyball - Scholarships

How do I get a volleyball scholarship?

Earning a volleyball scholarship has a lot do with finding the right program. Success in the volleyball recruiting process relies heavily on gaining the right exposure.

How do I get a college volleyball scout to see me?

Volleyball coaches use large tournaments to go out and watch the players they have already been in contact with. Athletes who play club volleyball assume that coaches are watching them at their tournaments, but the reality is that there are too many players at each tournament for coaches to be able to focus on any one person. Communication with coaches prior to these events is a must.

How do I improve my chances of earning a volleyball scholarship?

Make sure you are currently playing the position that would fit you best once you reach college. If you are the height of a college libero but you are currently playing setter for your club team, transition to libero so coaches can start seeing your potential for the future.

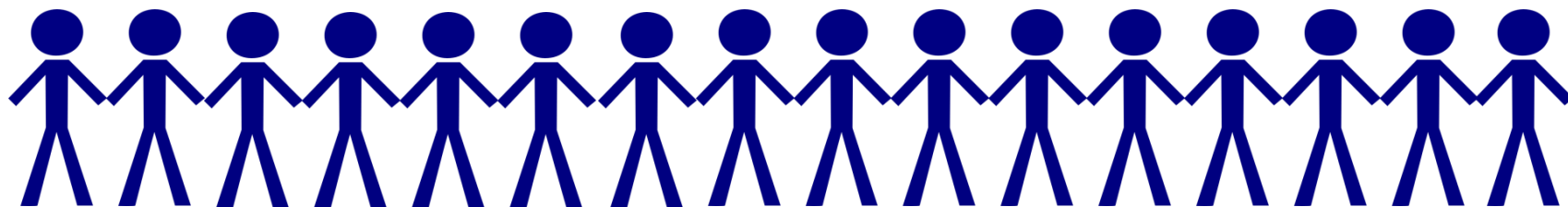
Volleyball (Women)



Women's Volleyball by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	331	12	\$14,795
NCAA D2	287	8	\$6,974
NCAA D3	414	-	-
NAIA	224	8	\$6,529
NJCAA	300	14	\$2,459
OTHER	192	-	\$432
TOTAL	1,748	-	-

Women's Volleyball by the Numbers



High School Athletes

418,903




College Athletes

25,721

only 6% will compete in college!

Women's Volleyball – Libero/DS

	<u>Height</u>	<u>Weight</u>	<u>Vertical</u>
High D1	5'5 - 6'0	125	28+
Low D1	5'5 – 5'10	-	24+
NCAA D2	5'2 – 5'8	-	22+
NCAA D3	5'0 – 5'8	-	20+
NAIA	5'2 - 6'8	-	20+

Women's Volleyball – MH

	<u>Height</u>	<u>Weight</u>	<u>Block Jump</u>	<u>Approach Jump</u>
High D1	6'0 – 6'4	155	9'5+	10'0+
Low D1	5'11 – 6'3	-	9'3+	9'9+
NCAA D2	5'10 – 6'2	-	9'4+	9'8+
NCAA D3	5'9 – 6'1	-	9'2+	9'6+
NAIA	5'10 – 6'2	-	9'2+	9'7+

Women's Volleyball – OH/RS

	<u>Height</u>	<u>Weight</u>	<u>Block Jump</u>	<u>Approach Jump</u>
High D1	5'11 – 6'2	140	9'4+	9'10+
Low D1	5'10 – 6'0	-	9'1+	9'7+
NCAA D2	5'8 – 5'11	-	9'2+	9'6+
NCAA D3	5'8 – 5'10	-	9'0+	9'4+
NAIA	5'8 – 5'11	-	9'1+	9'6+

Women's Volleyball – Setter

STUDENT athlete World	<u>Height</u>	<u>Weight</u>	<u>Block Jump</u>	<u>Approach Jump</u>
High D1	5'8 – 6'1	130	9'2+	9'6+
Low D1	5'8 – 6'1	-	9'0+	9'3+
NCAA D2	5'7 – 5'10	-	9'0+	9'2+
NCAA D3	5'4 – 5'10	-	8'10+	9'0+
NAIA	5'7 – 5'10	-	8'11+	9'2+

Women's Volleyball – D1

NCAA D1 Athletes have some of the following qualifications:

High School

- Team Captain, 3-4 Year Varsity Starter
- Large school (4A, 5A, 6A) with a nationally recognized volleyball program.
- All-state, All-conference, All-region honors as Junior/Sophomore
- High School All-American, Volleyball Magazine All-American

Club Experience

- Extensive National level club experience, 5+ years
- High placement at National Tournaments
- All-American, USA JO All-Tournament recognition

National Experience

- Junior, Youth, or USA Select National Team
- High Performance Camps & Regional Teams
- USA HP Championships

Men's Volleyball - Scholarships

How do I get a volleyball scholarship?

Earning a volleyball scholarship has a lot do with finding the right program. Success in the volleyball recruiting process relies heavily on gaining the right exposure.

How do I get a college volleyball scout to see me?

Volleyball coaches use large tournaments to go out and watch the players they have already been in contact with. Athletes who play club volleyball assume that coaches are watching them at their tournaments, but the reality is that there are too many players at each tournament for coaches to be able to focus on any one person. Communication with coaches prior to these events is a must.


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Make sure you are currently playing the position that would fit you best once you reach college. If you are the height of a college libero but you are currently playing setter for your club team, transition to libero so coaches can start seeing your potential for the future.

Water Polo (Men)



Men's Water Polo by the Numbers

	<u>Schools</u>	<u>Scholarships</u>
NCAA D1	22	4.5
NCAA D2	6	4.5
NCAA D3	14	-
NAIA	3	-
OTHER	34	-
TOTAL	79	-

Men's Water Polo by the Numbers



High School Athletes

20,721



College Athletes

1,610

only 8% will compete in college!

Men's Water Polo - Scholarships

How do I get a water polo scholarship?

The reality is that it is very difficult to earn a water polo scholarship. There are very few water polo scholarships available so getting recruited comes down to having and executing a plan. To make recruiting even more difficult, coaches value international water polo players just as much as they do domestic water polo players.


How do I get a college water polo scout to see me?

Water polo coaches have very limited budgets to watch recruits in person. Coaches are normally able to identify their top recruits early on and focus on watching those athletes specifically over the course of a few years.

Water Polo (Women)



Men's Water Polo by the Numbers

	<u>Schools</u>	<u>Scholarships</u>
NCAA D1	33	8
NCAA D2	10	8
NCAA D3	17	-
NAIA	4	-
OTHER	41	-
TOTAL	105	-

Men's Water Polo by the Numbers



High School Athletes

18,749



College Athletes

1,829

only 10% will compete in college!

Women's Water Polo - Scholarships

How do I get a water polo scholarship?

The reality is that it is very difficult to earn a water polo scholarship. There are very few water polo scholarships available so getting recruited comes down to having and executing a plan. To make recruiting even more difficult, coaches value international water polo players just as much as they do domestic water polo players.


How do I get a college water polo scout to see me?

Water polo coaches have very limited budgets to watch recruits in person. Coaches are normally able to identify their top recruits early on and focus on watching those athletes specifically over the course of a few years.

Wrestling (Men)



Wrestling by the Numbers

 STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	72	9.9	\$13,821
NCAA D2	58	9	\$5,362
NCAA D3	89	-	-
NAIA	40	8	\$6,431
NJCAA	38	16	\$1,960
OTHER	30	-	\$342
TOTAL	327	-	-

Wrestling by the Numbers



High School Athletes

272,149



College Athletes

9,530

only 3% will compete in college!

Wrestling - Scholarships

How do I get a wrestling scholarship?

Wrestling programs have some of the smallest recruiting budgets in college. Being strong, technically proficient and having a solid record isn't always enough for a scholarship. Wrestling recruiting comes down to giving coaches the opportunity to evaluate you over several years and in getting quality results against top competition. Coaches expect scholarship wrestlers to contact them; you can't expect a coach to find you just because you are a good wrestler.

How do I get a college wrestling scout to see me?

College wrestling coaches are selective in what recruiting trips to take. Video is a must if you want coaches to see you. Make sure you determine which matches will have the most coaches and work your way up to qualify for those matches.

Wrestling (Women)



Wrestling by the Numbers

STUDENTathleteWorld.com	<u>Schools</u>	<u>Scholarships</u>	<u>Average Athletic Aid Per Athlete</u>
NCAA D1	-	-	
NCAA D2	1	-	\$6,599
NCAA D3	1	-	-
NAIA	9	-	\$6,791
NJCAA	2	-	\$2,698
OTHER	-	-	-
TOTAL	13	-	-

Wrestling by the Numbers



High School Athletes

8,235



College Athletes

254

only 3% will compete in college!

Wrestling - Scholarships

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