

Recruiting Calendars

SOPHOMORE YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. You may begin receiving recruiting materials June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. 	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications. Men's Ice Hockey—You may begin receiving recruiting materials Jan. 1 of your sophomore year.
Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. A college coach can make unlimited calls beginning June 15 after your sophomore year. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. A college coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. A college coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense only. A college coach cannot call you. Women's Ice Hockey—A college coach may call international college-bound student-athletes once on or after July 7 through July 31 after sophomore year. Men's Ice Hockey—A college coach may not call you before Jan. 1 of sophomore year.
Off-campus contact	None allowed.	None allowed.	None allowed.	<ul style="list-style-type: none"> None allowed. Men's Ice Hockey—Contact may not be made before June 15 after sophomore year.
Official visit	None allowed.	None allowed.	None allowed.	None allowed.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.



JUNIOR YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Electronic correspondence (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> You may begin receiving electronic correspondence June 15 after your sophomore year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> You may begin receiving electronic correspondence Sept. 1 of your junior year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> All forms of electronic correspondence (e.g., texting) are permissible beginning Sept. 1 of your junior year. 	<ul style="list-style-type: none"> All forms of electronic correspondence permissible beginning Sept. 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school. Men's Ice Hockey— You may begin receiving Jan. 1 your sophomore year.
Recruiting materials	<ul style="list-style-type: none"> Allowed. You may begin receiving recruiting materials June 15 after your sophomore year. 	You may begin receiving Sept. 1 of your junior year.	You may begin receiving Sept. 1 of your junior year.	<ul style="list-style-type: none"> You may begin receiving recruiting materials Sept. 1 of your junior year. Men's Ice Hockey— You may begin receiving recruiting materials Jan. 1 after your sophomore year.
Telephone calls	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.
College coaches may call you	Unlimited.	Unlimited beginning Sept. 1 of your junior year.	One call from April 15 to May 31 of your junior year. Additional calls may not be made before Sept. 1 of your senior year.	<ul style="list-style-type: none"> May not be made before Sept. 1 at the beginning of your junior year. Women's Ice Hockey—Once per week beginning July 7 after your junior year. Swimming & Diving— Beginning July 1 prior to your junior year. Cross Country and Track & Field— Beginning July 1 after your junior year.
Off-campus contact	<ul style="list-style-type: none"> Allowed beginning opening day of classes. Contacts other than April period may only occur at your school. Contacts in April may occur at your school or residence. No contact on the day of a competition. Contacts may not occur during the time of day when classes are in session. 	<ul style="list-style-type: none"> Allowed Sept. 1 at the beginning of your junior year. No contact on the day of a competition. 	None allowed.	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. Women's Gymnastics—Allowed beginning July 15 after your junior year. Women's Ice Hockey—Allowed beginning July 7 after your junior year.
Official visit	<ul style="list-style-type: none"> Allowed Jan. 1 of your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> Allowed April of your junior year beginning Thursday after the Women's Final Four. 	None allowed.	None allowed.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.

SENIOR YEAR - DIVISION I

Recruiting Method	Men's Basketball	Women's Basketball	Football	Other Sports
Electronic correspondence (e.g., text messaging, instant messenger, email)	<ul style="list-style-type: none"> You may begin receiving electronic correspondence June 15 after your sophomore year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> You may begin receiving electronic correspondence September 1 of your junior year. Correspondence must be private between you and the coach until you provide a written commitment to the NCAA school. 	<ul style="list-style-type: none"> All forms of electronic correspondence (e.g., texting) may be sent to a student-athlete beginning September 1 of your junior year. 	<ul style="list-style-type: none"> All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school.
Recruiting materials	Allowed.	Allowed.	Allowed.	Allowed.
Telephone calls	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.	You may make calls to the coach at your expense.
College coaches may call you	Unlimited.	Unlimited.	<ul style="list-style-type: none"> Once per week beginning September 1 outside contact period. Unlimited calls after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. Unlimited during contact period. 	<ul style="list-style-type: none"> Women's Ice Hockey —Once per week beginning July 7 after your junior year. Unlimited calls after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.
Off-campus contact	Allowed.	Allowed.	Allowed beginning July 1 before your senior year.	Allowed.
Official visit	You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.	You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.	<ul style="list-style-type: none"> Allowed beginning opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> Allowed beginning opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits, except during a dead period.
How often can a coach see me or talk to me off the college's campus?	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) seven times. Unlimited number of contacts and evaluation after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) seven times. Unlimited number of contacts and evaluation after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus) six times. One evaluation during September, October and November. Two evaluations—April 15 through May 31 (once to evaluate athletics ability and once to evaluate academic qualifications). Unlimited number of contacts and evaluation after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you. 	<ul style="list-style-type: none"> A college coach may contact you or your parents/legal guardians not more than three times. Unlimited number of contacts and evaluation after you sign a National Letter of Intent, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.

DIVISIONS II AND III

Recruiting Method	Division II	Division III
Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps, questionnaires, NCAA materials, and nonathletics recruiting publications at any time. A coach may begin sending you printed or electronic recruiting materials June 15 before your junior year in high school. 	You may receive printed materials any time.
Telephone calls	<ul style="list-style-type: none"> No limit on number of calls by college coach beginning June 15 before your junior year. You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	<ul style="list-style-type: none"> A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year. No limit on number of contacts off campus. 	<ul style="list-style-type: none"> A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year. No limit on number of off-campus contacts.
Unofficial visit	You may make an unlimited number of unofficial visits any time, except during a dead period.	You may make an unlimited number of unofficial visits any time.
Official visit	<ul style="list-style-type: none"> You may make official visits starting June 15 before your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. 	<ul style="list-style-type: none"> You may make official visits starting Jan. 1 of your junior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division III colleges.



Scholarships

NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about 2 percent of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of your student-athlete experience.

Division I schools may provide tuition and fees, room and board, books, and other expenses related to attendance at the school. Division II full scholarships cover tuition and fees, room, board and course-related books and supplies. Most student-athletes who receive athletics scholarships receive an amount covering a portion of these costs. Many student-athletes also benefit from academic scholarships, NCAA financial aid programs such as the NCAA Division I Student-Athlete Opportunity Fund and need-based aid such as Federal Pell Grants. You must report all financial aid you receive to your NCAA school's financial aid office. If you have questions about what financial aid can be accepted, you should contact your NCAA school's financial aid office and athletics department for help.

Division I schools may provide you with multiyear scholarships. Additionally, Division I schools may pay for you to finish your bachelor's or master's degrees after you finish playing NCAA sports. NCAA rules require you to be registered with the NCAA Eligibility Center in order to be recruited, to go on an official visit, to receive an offer of financial aid or to sign a National Letter of Intent, but it is not required for you to receive an academic evaluation before any of these.

If a school plans to reduce or not renew your aid, the school must notify you in writing by July 1 and provide an opportunity for you to appeal. In most cases, the head coach decides who receives a scholarship, the scholarship amount and whether it will be renewed. Contact the NCAA school you hope to attend for more detailed information about NCAA financial aid rules.

National Letter of Intent

A National Letter of Intent is signed by you agreeing to attend a Division I or II college for one academic year. Participating colleges agree to provide financial aid to you for a minimum of one academic year as long as you are admitted to the school and are eligible for financial aid under NCAA rules.

The NLI is voluntary and not required for you to receive financial aid or participate in sports. Signing an NLI ends the recruiting process because participating schools are prohibited from recruiting student-athletes who already have signed letters with other participating schools.

If you sign an NLI but decide to attend another college, you may request a release from your contract with the school. If you sign an NLI with one school but attend a different school, you lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete. If you have questions about the NLI, visit the website at nationalletter.org.

ASHLEY BEATON
WOMEN'S VOLLEYBALL
UNIVERSITY OF ILLINOIS AT
SPRINGFIELD



"I am beyond grateful for the opportunity I was given to play collegiate athletics, for it has given me the chance to reach my full potential as an athlete and as a leader. The relationships I have built throughout my career in collegiate sports have led me to become the person I have always wanted to be, and has prepared me for a life outside of athletics."

MATT WARD
MEN'S GOLF
VALPARAISO UNIVERSITY



"Being a Division I student-athlete has provided me with intangible skills that cannot be learned in a classroom, but are necessary for success after graduation."

SYDNI EPPS
WOMEN'S BASKETBALL
HOFSTRA UNIVERSITY



"I have been able to create a path of my own and build my brand not just as a student-athlete but as an individual. This journey has been a challenge, but I must say it is worth it. I have learned how to enhance my leadership skills, break out of my shell and become a woman with a voice because of my participation with our Student-Athlete Advisory Committee."