

CARY FOOTBALL



Recruiting Manual 2017

DIVISION I FOOTBALL RECRUITING FUNNEL



Honesty

Our philosophy is that as a coaching staff we will not lie for you. We will speak honestly about every player and parent within our program. We will never lie for a player. What you produce, academically, athletically and within the school is what you are. Give us a reason to brag on your character and integrity.

We will also speak honestly of the parents and their involvement when it comes time for recruiting. We want to brag on the product that we have, however we cannot lie to people and destroy our reputation.

Cary High School is bigger than a football team or just one person. Cary's reputation deserves our honesty!

Character / Perception and Reputation

Recruiting is a continual interviewing process for both parties (recruiters and student-athletes). However, the colleges are the ones that offer aid and scholarships so it's important to present yourself in the best fashion possible. Many coaches (after speaking to your high school coaches) will ask, teachers, guidance counselors, the cleaning staff as well as the cafeteria staff about you. They do not want to invest money and time into someone they cannot trust. If you have a history of getting into trouble, being unreliable, taking short cuts, being disrespectful, or having the perception of being not genuine they will find out. The best thing to do is conduct yourself at all times as though someone is watching (because truthfully someone is). If a college coach calls you, the best thing to do is be respectful, address him as sir, and thank him at the end of the call for taking time to talk to you. This will show respect and entice him to call back again. College coaches have thousands of kids on their list to choose from when calling. The more calls they make the less personal time they have with their families. What are you going to do to stand out in their notes to make them call you back again the next week. Remember it is an interview!

Character cannot be faked or be a part time thing. This staff is here to help you and will do anything possible for you but WE WILL NOT LIE FOR YOU! If we lie for one person the word will spread and colleges will no longer recruit our school. Earn the right for our coaches, faculty, and staff to brag on you because we want to brag on you!

Recruiting Services

The coaches at Cary High School do not endorse any recruiting services. If you want to spend money to assist in the recruiting process, please feel free to donate to the football booster club. The coaching staff compiles and updates recruiting information regularly for college coaches. We have Hudl which we use to share game film, create highlights, and provide prospect information online. All of which are shared with college coaches throughout the country on a regular basis.

We are blessed to have coaches on our staff that have either played or coached at the collegiate and/or professional level. We have coaches who have helped numerous student-athletes receive college aid and scholarships. In our experiences, recruiting services cost a lot of money for little if any result. They are businesses that have the main objective of making money for their personal gain. And they do not work for

colleges, nor do they personally evaluate the players on a daily basis like our staff does. Many recruiting services will report to the parents that those college coaches have a sincere interest in your sons. They are only concerned about a short period of time and the money they can make (they have no obligation to you after signing day). We as a staff are concerned with your son while he is here, as he moves forward to college, and the rest of his life!

Camps

Camps have become a valuable recruiting tool. However, blindly showing up to a camp does not bode well for athletes. We ask that you and your family discuss camps with the coaching staff prior to attending them. We will evaluate together what camps are best to go to and make sure you are not wasting money on ones that will not benefit you during the recruiting process (i.e. grades do not match the school's admission policy, their needs in recruiting that season, or talent level does not best suit that level of competition). We will keep a record of every school camp you attend and call ahead to see what they need us to prepare for you. We will call after the camp to get an honest opinion of their assessment.

We will also attend a team camp that will allow for you to be evaluated by college coaches as well as allow our team to bond together while building for this season.

If you have any questions please contact our coaching staff to assist you. We are here for you during the recruiting process.

ACT / SAT Core GPA / Transcript Release

The testing that is required to go to college is offered numerous times throughout the year. Potential student-athletes for NCAA athletics need to begin the test taking process no later than early spring semester of their junior year. The test will help the coaches at Cary High as well as colleges assess what type of colleges we need to target. Waiting until your senior year to take the test will put you behind other athletes in the country.

College coaches will ask, during their spring visits, first about a young man's grades and when they have taken the "test". This refers to their current ACT/SAT score and when it will be available. Second, they will ask about a potential recruit's character. All the pieces are important in the process but the prospect cannot be recruited unless all the pieces are there. We will offer any recruiting coach an unofficial transcript (as long as the release form has been signed by a parent or guardian prior) and prepared evaluation based on the student's core GPA to assist the colleges in recognizing our players.

It is important to understand that college coaches travel to hundreds of high schools and a college football staff have thousands of kids to evaluate. We need to have our players prepared to have all these things completed so they do not fall to the bottom of piles of coaches' desks around the country.

Information about Standardized Testing:

www.sat.collegeboard.org/home

www.actstudent.org

Remember, no one plays a football game without practicing. Taking a standardized test is similar. Study before taking a test, attend an ACT / SAT review class, and give yourself the best chance you have to have a great future!

Clearing House (NCAA Eligibility Center)

First of all, make your intentions known to your high school guidance counselor and coach. They can assist you in this process.

Second, register with the NCAA Clearinghouse during or just after your junior year of high school.

We as coaches at Cary High would like for any junior interested in possibly playing football in college to register for the NCAA clearinghouse during their Junior year of high school. This will allow us to better assist you in the recruiting process. Colleges begin assessing the student-athletes they will recruit at this point in their careers. Since junior days and official visits are now essential in the recruiting process we need to have our athletes registered prior to their visits. Colleges are not allowed to offer a formal written offer to a student-athlete who has not been registered.

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



NCAA Division I Initial-Eligibility Requirements

Core Courses: (16)

- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Sixteen (16) core courses are required (see chart below for subject-area requirements).
 - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
 - These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
 - *Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting **academic redshirt** requirements (see below).*

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
 - **SAT:** critical reading and math sections.
 - Best subscore from each section is used to determine the SAT **combined** score for initial eligibility.
 - **ACT:** English, math, reading and science sections.
 - Best subscore from each section is used to determine the ACT **sum** score for initial eligibility.
- All ACT and SAT attempts *before* initial full-time collegiate enrollment may be used for initial eligibility.
- Enter 9999 during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. **Test scores on transcripts will not be used.**

Core Grade-Point Average:

- Only **core courses** that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- **Initial full-time collegiate enrollment *before* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
 - Core-course GPA is calculated using the best 16 core courses that meet subject-area requirements.
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
 - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
 - Core-course GPA is calculated using the best 16 core courses that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

DIVISION I Core-Course Requirement (16)	DIVISION I – 2016 Qualifier Requirements	DIVISION I – 2016 Academic Redshirt Requirements
4 years of English 3 years of math (Algebra I or higher) 2 years of natural/physical science (1 year of lab if offered) 1 year of additional English, math or natural/physical science 2 years of social science 4 years of additional courses (any area above, foreign language or comparative religion/philosophy)	<i>*Athletics aid, practice, and competition</i> <ul style="list-style-type: none"> • 18 core courses <ul style="list-style-type: none"> ◦ Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science. <ul style="list-style-type: none"> ▪ "Locked in" for core-course GPA calculation. • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2). • Graduate from high school. 	<i>*Athletics aid and practice (no competition)</i> <ul style="list-style-type: none"> • 18 core courses <ul style="list-style-type: none"> ◦ No grades/credits "locked in" (repeated courses after the seventh semester begins may be used for initial eligibility). • Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 2). • Graduate from high school.

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

Signing Day

Signing Day for the NCAA is the first Wednesday in February. A student-athlete may receive a written or verbal offer prior to this but nothing is official until the National Letter of Intent (NLI) is signed. We request that offers go through the coaching staff so that we have the ability to hold the colleges accountable for the offer. Coaches who only communicate with the parents or the players often feel very little accountability since they are only recruiting that player for one year. However, once they have given confirmation with the coaching staff they know they will be held accountable for years to come in that school, community, and area. We will welcome all colleges to recruit our players but will not continue working with colleges that “pull” offers for any reasons other than grades or behavioral issues.

We will encourage our student-athletes to explore all opportunities before committing to a college. Your reputation is only as good as your word, so once you and your family choose a school, our staff will inform the other institutions of your intentions. “Flipping schools” is not good for the program or your decision making process. Be informed, educated, and make a decision for the right reasons.

Signing day is the first permissible day to sign grant-in-aid, however players can and will at times be offered financial aid after that day. Division 2, Division 3 (academic or need based only grants), junior colleges, and NAIA schools will often recruit players months after signing day.

Please understand, even if a student-athlete signs a scholarship it can be rescinded if grades fall below NCAA requirement, the student gets into trouble in school, arrested out of school, or lied on their college application.

Scholarships (Grant-in-Aids)

Scholarships and grant-in-aids differ based on the level of athletic competition an athlete signs with. Division 1 (FBS) are complete aids offered without anything other than athletic money. Division 1 (FCS) begins to get a little more tricky. A private or state school may create a package with separate things inserted including loans. Division 2 and Division 3 schools will do the same. They will term them “packages”. It is extremely important that we obtain this “package” prior to signing them to define what each source listed is.

Students eligible for need at need aid (Pell Grants) at FCS schools need to see if the school is “stacking” the money or allowing it to be used by the student for permissible expenditures while in college.

There is a difference between Full Grant-in-Aid and Total cost of Attendance.

Scholarship Breakdown by Division

NCAA Football Bowl Subdivision (FBS)

How many schools: There are over 120 schools competing in the FBS (formerly Division I-A), the highest level in the collegiate ranks. This includes the big programs like Michigan, Ohio State, Clemson, UNC and NC State.

Scholarship count: FBS programs are allowed 85 scholarships on its roster at any given time, and generally can sign up to 25 players per year.

Scholarship breakdown: All 85 scholarships are full rides. There are no partial scholarships given in FBS football.

NCAA Football Championship Subdivision (FCS)

How Many Schools: There are 120+ schools competing in the FCS (formerly Division I-AA). This includes all of the Ivy League schools and FCS schools like Elon, Western Carolina, and Furman.

Scholarship Count: FCS schools have 63 scholarships to be distributed, and up to 30 incoming players each year can be given aid.

Scholarship Breakdown: Scholarships at FCS schools can be full or partial rides. The 63 grants can be divided up in any way, but no more than 85 players can be put on scholarship.

NCAA Division II

How Many Schools: There are 150+ schools competing in NCAA Division II. Some of the more well-known Division II football programs include Delta State, Northwest Missouri State, Valdosta State and Grand Valley State.

Scholarship Count: Division II programs have 36 scholarships to be distributed, though some conferences don't allow their schools to have that many.

Scholarship Breakdown: Football scholarships at Division-II institutions can be divided

among as many players as a program wishes. Most Division-II players are on partial scholarships.

NCAA Division III

How Many Schools: There are 230+ schools playing Division III football. That includes powerhouse Mount Union (Ohio), which has won several national championships and local schools Methodist, Guilford, Greensboro.

Scholarship Count: There are no athletic scholarships in Division III athletics.

Scholarship Breakdown: Though there's no chance of getting a football scholarship at a Division III school, it is possible to receive an academic scholarship or a need-based grant that can help financially while you play football.

NAIA

How Many Schools: There are 92 schools that play football in the NAIA. The powerhouse NAIA programs include Carroll College and Georgetown (Ky.)

Scholarship Count: NAIA football programs are permitted 24 scholarships to be spread out in any way.

Scholarship Breakdown: Partial scholarships are common. Strong students meeting a certain academic criteria can receive aid without it counting toward the 24-scholarship limit.

NJCAA

How Many Schools: There are 68 schools that participate in junior-college football nationwide. Some of the best include Butler (Kan.) Community College and Pearl River (Miss.) College.

Scholarship Count: NJCAA programs are permitted 85 scholarships.

Scholarship Breakdown: Many states, like Kansas, Texas and Mississippi, require its junior colleges to reserve a large number of space on the active roster for in-state talent. Kansas jucos, for example, must have 43 Kansas high school graduates on its 55-man active roster.

Information Guide for Football Players (Questions for College Coaches)

ACADEMICS

- What is the graduation rate for football players?
- Are there tutors available for football players?
- What is the average GPA of your team?
- What is the student to teacher ratio?
- What are the academic requirements to remain eligible?
- What are the admission requirements?
- What majors do you offer?
- Does your school offer graduate programs?

FINANCIAL AID

- What is the total cost for school?
- What grants are available?
- What other types of scholarships are available?
- Are there any materials (pamphlets) you can share with me that offers details in financial aid.

FOOTBALL

- How many players at my position do you have on your roster?
- Do you offer early enrollment?
- How many walk-on positions do you take annually?
- What is a typical workout day during the season and during the offseason?
- How many coaches do you have on staff?
- Do the football players house together?

OTHER

- What is the campus lifestyle like at your college?
- What type of social activities do your student athletes participate in?
- What is the community like in the area?

Student-Athlete's High School Eligibility Timeline

This timeline is focused for student-athletes planning to attend a NCAA Division I or II institution. Certainly all student-athletes can benefit from this information, but the Eligibility Center pertains to DI or DII.

Freshman Year

- Learn more about the process of becoming a student-athlete in college at www.eligibilitycenter.org
- Keep your grades high and work on your study habits
- Talk to your counselor about NCAA core class requirements; make sure you take classes that match your high school's list of approved core courses (available online at www.eligibilitycenter.org under Resources)
- Get to know all the coaches in your sport
- Attend sports camps
- Realistically analyze your ability
- Start thinking about academic and career goals

Sophomore Year

- Keep up your grades
- Take the PLAN and/or PSAT test
- Take classes that match your high school's List of NCAA Courses. The NCAA Eligibility Center will use only approved core courses to certify your initial eligibility. You can access and print your high school's List of NCAA courses at www.eligibilitycenter.org. Click the NCAA College Bound Student-Athlete link to enter and then navigate to the "Resources" tab and select "U.S. Students" where you will find the link for the List of NCAA Courses.
- At the beginning of your sophomore year, complete your online registration at www.eligibilitycenter.org.
- If you fall behind, do not take short cuts. Classes you take must be four-year college preparatory and must meet NCAA requirements.
- Talk to your coaches about your ability and ambitions
- Make preliminary inquiries to colleges that interest you (a brief e-mail to the college coach is appropriate)
- Lift weights and stay in shape in the off-season
- Attend sports camps

Junior Year

- **Keep working on your grades!**
- **Talk with your counselor about career goals and, again, about the NCAA core course requirements**
- **Talk with your coach about a realistic assessment of which college level/division you can play**
- **Take the ACT and SAT**
- **When taking the ACT or SAT, request test scores to be sent to the eligibility center (code is 9999)**
- **Refine your list of possible college choices and know their admission requirements**
- **Prior to registration for senior year classes, check with your counselor to determine the amount of core courses that you need to complete for senior year**
- **Send emails to coaches expressing your interest & begin making unofficial visits**
- **Obtain letters of recommendation from core-academic teachers (be sure to provide teachers your resume with academic, athletic, extracurricular credentials along with any awards)**
- **Attend sports camps in the summer**
- **Ask your counselor to send (upload) an official transcript to the NCAA Eligibility Center at the end of junior year.**

Senior Year

- **Senior year grades are important!**
- **Meet again with your counselor to ensure that you are meeting all graduation and NCAA requirements**
- **Sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)**
- **Review your amateurism questionnaire responses and request final amateurism certification on or after April 1 (for fall enrollees) or October 1 (for spring enrollees)**
- **Attend college fairs and financial aid workshops**

- **Retake the ACT and/or SAT, if necessary. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score**
- **Refine your college list and apply for admission**
- **Be aware of recruiting rules regarding campus visits**
- **Complete Free Application for Federal Student Aid (FAFSA) after January 1 (income may be estimated—remember financial aid is awarded until \$ runs out)**
- **Sit down with your parents and coach to list the pros and cons of each school you are considering**
- **Be sure of your final choice before signing any papers**
- **Have your high school guidance counselor send (upload) a final transcript with proof of graduation to the NCAA Eligibility Center**
- **Let coaches know when their school is no longer in the running. Thank them!**
- **Make your final college decision based on a meaningful education, excellent career preparation, and a satisfying athletic experience—IN THAT ORDER!**

IS MY SON A LEGITIMATE RECRUIT?

As the parent of a potential collegiate student-athlete, you will be exposed to the world of recruiting. Taking an active role in your son's recruitment can be beneficial for him because there are many fact and fiction situations out there for potential recruits.

First of all, it is imperative that you understand the recruiting process from A to Z so that you can properly educate your son on what is actually out there for him. One of the most commonly asked questions that we get as coaches is: "How do you find out about prospects?" High school coaches are a very reliable source due to their daily contact with the athletes while they develop as players. Various recruiting services also supply schools with names of "players to be aware of". We are going to make our own evaluation of each player, so being "rated" by a certain service carries very little weight with most collegiate coaches. In most instances, the so-called rating of a player is backed up with little to no expertise. As a parent I would only be concerned with how the high school coach regards your son, because most schools will eventually go to him for a character reference.

Here is an outline of the recruiting process in a chronological order:

FRESHMAN/SOPHOMORE

- Mail - Can only receive a camp brochure and questionnaire from an NCAA institution's athletic department.
- Phone Calls - No phone calls from the coaches. Note: You can call them at your expense, but do not leave a message for them to return your call. (They cannot under NCAA rules!)
- Visits - You can visit a school at your expense (unofficial visit) except during prescribed DEAD periods which surround the Christmas holiday, the January AFCA Convention and the National Signing Day in February.

JUNIOR

- Mail - Beginning September 1st of the prospects' junior year, he can receive mail on a daily basis.
- Phone Calls - Same as Freshman/Sophomore year, with the exception of the Spring Evaluation period at the conclusion of the prospect's junior year (April-May). We can make one phone call during this period to each prospect.
- Visits - Same as Freshman/Sophomore year.

- Invited to attend football games during Senior year. _____ Above Average
- Receiving a phone call every week from an institution's assistant coach during Senior year. _____ High
- Receiving a phone call from an institution's Head coach. _____ Very High
- Sporadic phone calls from an institution's assistant coach. _____ Above Average
- No phone calls from an institution's assistant coach . _____ Below Average or None
- Invited to make an Official Visit to an institution during the season, December, or early January. _____ Very High
- Invited to make an Official Visit to an institution in late January when you have open weekends. earlier in January or December. _____ Above Average
- Offered a scholarship by an assistant coach. _____ Very High
- Offered a scholarship by the Head coach. _____ Extremely High

Note: Over the years, I have had parents or prospects tell me, "I think we have an offer from a school". If you have received an offer of a scholarship from a school, there will be no question in your mind of the offer. The recruiting coach will make it extremely clear that you have been offered.

By understanding the recruiting process and discriminating the level of interest in your son, you can help him to sort through fact and fiction and therefore make educated decisions regarding his future. From a parent's perspective, being realistic regarding your son's future is being a good parent.