

Athletic Recruitment: NCAA Updates and Finding Your Fit

May 8, 2025



WELCOME!

- Your microphone will be muted throughout the program.
- You may choose to have your video on or off.
- **If you have questions for the presenters:**
 - Please type them in the Chat area. Any not answered during the presentation will be addressed at the end as time allows.
- **PowerPoint and any Handouts(files):**
 - Will be in posted on the Student Services webpage.

Coach Wants Me So I'm in Right?

- **Lauren Sciocchetti**

Director of Undergraduate Admissions at Ursinus College and Former Head Women's Soccer Coach at Neumann University.

- **Derek Fox**

Associate Director of Admissions, Athletic Liaison, Lehigh University

- **Erin DeMarco**

Assistant Athletic Director, Compliance, Drexel University

Some Things to Consider

- Time Commitment
- Career Goals/Life Choices
- Major Choice
- Realistic Assessment of Personal Ability

Differences in Divisions

- Division 1
 - Athletic Scholarships
 - Increased organized/official time commitment
 - Bigger Travel Range
- Division 2
 - Athletic Scholarships
 - Follows Div 1 schedule as far as time commitment
 - Smaller travel range than Div 1
 - Least amount of total schools
- Division 3
 - No Athletic Scholarships
 - Emphasis on participation
 - Increased amount of merit scholarships available
 - Large variation in types of schools, size and academic focus

Academically

- Do your research first – SLAAM!
 - Size, Location, Academics/Athletics, Money!
 - Fit versus feel
- Get good grades
 - All years of HS matter
 - Testing??
 - Coaches want students they don't have to support to get in
- Course Selection
 - Challenging but not overwhelming
- Get involved in a meaningful way in high school beyond athletics

Athletically

- Reach out to coach and be ready to talk via zoom/phone.
 - Coaches want to hear from the players!
- Make coach aware if you are visiting campus ahead of time.
 - Current climate – see if there are virtual visits
- Invite them to see you play.
 - Videos, film practice, share club coaches information

Things for Students to Ask Potential Coaches

- Coaching/Team Philosophy
- What do you look for in a player/team member
- How do you see me fitting in to your program
- Expected time commitments
- Guaranteed spots versus walk-ons
- ID camps and clinics to attend?

Things to Help Students Think about

- DON'T rule out a school that shows interest because you haven't heard of them – Keep an open mind!
- DON'T assume coaches will reach out to you- figure out what you want and advocate for yourself.
- DON'T compare your process to others – pave your own path and find your own way.

Recruiting Timelines

- Recruiting processes vary by division, school and program.
- Ask coaches about his/her process to know expectations and timelines.
- Have your own recruiting timeline that makes you comfortable!
 - Pre-Reads
 - Verbal Commitments – National Letter of Intent
 - Application Process – Pay attention to deadlines and requirements of the application
 - Financial Assistance/FAFSA

Advice – Finding Your Fit

- **Professionalism**

- Emails
- Social Media
- Face to face meetings

- **Coachability**

- Buy in to the program
- Willingness to learn
- Knowing/accepting your role

- **Good Fit**

- Team chemistry
- Personal accountability

Questions?

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Director of Undergraduate Admissions at Ursinus College and Former Head Women's Soccer Coach at Neumann University.

lsiocchetti@ursinus.edu

- **Derek Fox**

Associate Director of Admissions, Athletic Liaison, Lehigh University

djf312@lehigh.edu

- **Erin DeMarco**

Assistant Athletic Director, Compliance, Drexel University

ed689@drexel.edu