

PHC College Recruitment Night Q&A 1/8/2015

Lynn Farquhar, St. Joe's University - Division 1
Shelly Beherens, Millersville University - Division 2
Rachel Boyle, Washington College - Division 3
Megan Plank, Drexel University - student athlete

Describe the typical day during season, pre-season, post season for each division.

Div 3 - 2 hour training session during the season; typically 2 games per week, practice year round, a lot of 2 team athletes, high commitment with training sessions and classroom requirements

Div 2 – spring – 3xweek weight training, 5 competitions, community engagements and fundraisers, 2x week small groups, 2x week with team; pre season: 1 week, 5-6 of training per day; 3 hours off in between seasons, 18 games schedule, with 2 exhibition games, “commitment is commitment regardless of the division”

Div 1 –2.5 weeks pre season, one-a-day to three-a-day, one off day, usually 2 games per week, spring - 8 hours segments or 20 hour segments, and 5 competition dates in the spring, ends 2 weeks prior to finals, summer recommended conditioning and summer camps and pick up games

Player – balancing class schedule with training, strength and conditioning all year round, 6 days out of the week, have Mondays off, student academic center helps with studies and communicate with professors if you miss classes, training is at 6 in the morning

How much communication is there during the senior year of HS once the player is committed?

D3 – casual conversation, emails; if not committed yet communication involving merit scholarships, etc. form a relationship to make sure there is support within admissions to get the information they need

Player – some communication about who else is joining the team, so players can meet each other if local

D1 – every program is different, once the commitment happens, families will come in for official visits

D2 – will email or text and helps point them in the right direction with information about financial aid

How do you evaluate recruits and what are effective ways to get noticed?

D2 – wants the best fit, for the university on and off the field
How do they treat their parents, she can care less if at events if a team wins or loses, likes to see what player do when they fail, what does our system need.

D1 – not trying to impress, be yourself, go to a camp or clinic, work with them, see what their players are like

D3 – fundamental skill set; overall athleticism, connecting with coaches that have coached or are coaching that player – club coaches or HS coaches, recruits should try to interact with players on the team and make sure they like it or not

Can juniors come and practice with team?

D3 – we can, but we stay away from it.

The rules recently changed to allow D2 and D3 to allow players to do this, but coaches shy away from it.

How do you get notified of camps and clinics?

All schools will list camps, clinics, play days.

Contact the coach. Email for clinic offerings, etc.

One-day clinic gives you an opportunity to go to school and interact with players who might be running the clinic. More one-on-one attention.

How do you know if a school is in need of your position?

I don't recruit by position. Unless you are a GK. That depends on the level of ability of the GK.

Investigating rosters is an intelligent thing to do.

Look at the academics and then school size, try to narrow down to 5 schools. Then get in touch with coaches to ask about needs. Supply video.

Are you happy not starting or sharing a position? What makes the player happy with their choice?

Narrow down your choices – size, urban, atmosphere, community

The more personal and the more you know about the program may help increase the responses you receive.

How do players start to get a feel if you are interested? How often do you want to hear from recruit?

Div 1 – get emails about events people are going to ... can prioritize if a lot of prospects are going to the same event

Also include graduation year

How about videos? What do you want?

Div 1 – how do you catch someone's attention

Div 2 – likes to see people play in person, videos nothing past 5 minutes, don't just send the good stuff, okay to make mistakes, don't be put off if assistants contact you, it depends on the school; some coaches require a video

Div 3 – likes a video, don't send the restarts/self starts, does like to see skills whether contested or not, indoor is fantastic in identify the skill set and quickness (cardio and recovery rate is limited), off ball is important

Doesn't need to be a professional video. It can be situational.

You can email the coach and ask them what they would like to see.

How many athletic scholarships do you offer a year?

Div 2 - Look at academic scholarships first early on in the fall of your senior year.

Money is split up among players and it depends on the school. Non money and money players are all treated the same. It is okay to ask about money.

Div 1 – max they can give is 12 scholarship might work out to 3 a year, but will change. Sometimes come in with little and then can earn more. Some programs don't have the maximum of 12 to give. Roster sizes are 20-30 players. Money is not what your self-worth is. Providing the best package for the family. Some can provide academic scholarship some can not. Do more with academic because it is helping your family.

Div 3 – no athletic scholarships. Focus on your academics in your freshmen and sophomore year. That investment will pay you back when you are looking at schools. Put your energy there. Most merit packages on her team are about \$16,500.

Take SATS junior year in the fall. Gives coaches a better understanding of where you might fit in the academic package.

Request an early read – gives you an indication of your merit potential and financial aid.

GPA/SAT scores for team?

You are responsible for your NCAA eligibility. Need to pass 12 credit hours to be eligible.

NCAA sets standard of 2.0; but institutions can set their own

D3 technically does not have standard for GPA.

Fundraising?

Div 2 – for scholarships

Div 3 – operational expenditures

Div 1 – could be for gear or for players groups, staff doesn't get paid much, teaches life lessons

Player – fundraising for community, presents for local family for Christmas, canned goods, etc.

Importance of class year when communicating?

It is how coaches sort things so they know how to communicate with recruit.

NFHCA offers a directory of coaches – do we want to get that for the club

If you fill out online recruitment questionnaire it will upload into database.

Div 3 – likes a personal email; recruit questionnaire also goes to admissions so you will start to get information on the college/university

Div 2 – picks and pulls who she likes and sends to admissions

Who to address email to, what to include?

Include year of graduation

Position

Copy asst coaches

Include hs info and club info

If sending emails with events, it is helpful to send well in advance. Send schedule when available.

Give jersey number, grade year, club name, age group.

What is the number one thing you would look for in a player?

D2 -It is more than hockey.

D1 -All about the fit. Some element of confidence, which can be displayed in lots of different ways.

Something special to contribute.

D3 – Grit component. What the person can bring to the program as a competitor. Someone who wants a balance in their life.