

# The Ultimate Guide to Getting Recruited for Sports Scholarships

Wolfe Sports

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## Introduction

A sports scholarship can change a young athlete's life, covering college costs worth over \$100,000. With only 7% of high school athletes securing scholarships (NCAA data), preparation is key. This eBook from Wolfe Sports provides a clear roadmap for student-athletes and parents to navigate recruiting, from middle school to college commitment. Learn how to meet NCAA eligibility, build a personal brand, engage coaches, and leverage Name, Image, and Likeness (NIL) opportunities to land a full-ride scholarship.

## 1 Understanding Sports Scholarships

### 1.1 What Are Sports Scholarships?

Sports scholarships are financial awards from colleges for athletic and academic excellence. They're offered by NCAA Division I and II, NAIA, and NJCAA schools, either as full or partial awards.

- **NCAA Division I:** Most scholarships, full rides in sports like football (up to 85) and basketball (13).
- **NCAA Division II:** Fewer, often partial, scholarships.
- **NAIA:** Flexible scholarship structures.
- **NJCAA:** Scholarships for development before four-year schools.

### 1.2 Types of Scholarships

- **Athletic:** Based on skill and potential.
- **Academic-Athletic:** Requires strong grades.
- **Need/Merit-Based:** Supplements athletic awards.

### 1.3 Why Start Early?

Coaches scout as early as 7th grade, with contact allowed in 10th grade (NCAA rules, 2025). Early prep builds skills and visibility. **Start in middle school** (ages 11–13).

## 2 The Recruiting Timeline

### 2.1 Middle School (Grades 6–8)

**Focus:** Build foundations.

- **Athlete:** Join club teams, attend camps, track stats.
- **Parent:** Research NCAA eligibility, balance academics/athletics.

### 2.2 Freshman Year (Grade 9)

**Focus:** Establish base.

- **Athlete:** Maintain 2.3+ GPA, create resume, start social media.
- **Parent:** Register with NCAA Eligibility Center, help with reels.

### 2.3 Sophomore Year (Grade 10)

**Focus:** Increase visibility.

- **Athlete:** Attend camps, email coaches after June 15, build social media.
- **Parent:** Update resume/reel, monitor academics.

### 2.4 Junior Year (Grade 11)

**Focus:** Engage coaches.

- **Athlete:** Take SAT/ACT, send reels, visit schools, target 5–10 colleges.
- **Parent:** Prepare questions, track communications.

### 2.5 Senior Year (Grade 12)

**Focus:** Secure offers.

- **Athlete:** Sign NLI (November/April), maintain academics.
- **Parent:** Review agreements, plan transition.

**Key Action:** Start in 7th grade, intensify in 9th–10th, engage in 11th–12th.

## 3 NCAA Eligibility Requirements

### 3.1 Academic Requirements

- **Core Courses:** 16 (e.g., 4 years English, 3 years math).
- **GPA:** 2.3 (Division I), 2.2 (Division II).
- **SAT/ACT:** Sliding scale (e.g., 2.3 GPA needs 1080 SAT).
- **NCAA Eligibility Center:** Register by 10th grade (\$90 domestic, \$150 international).

### 3.2 Amateurism Requirements

Avoid professional contracts; follow NIL rules.

### 3.3 International Athletes

Submit TOEFL/IELTS, verify coursework, secure F-1 visa. **Key Action:** Register by 10th grade, maintain GPA, test by 11th.

## 4 Building a Personal Brand

A strong brand is key, as 80% of coaches check social media.

### 4.1 Key Elements

- **Social Media:** Optimize Instagram/X, post training/academics (2–3 times/week).
- **Recruitment Video:** 2–3-minute highlights + 30-second intro.
- **Scholarship Essay:** Highlight leadership, align with school values.

**Key Action:** Start in 9th grade, refine by 11th.

## 5 Engaging with College Coaches

### 5.1 Strategies

- **Emails:** Send personalized emails post-June 15 (10th grade).
- **Camps/Showcases:** Attend events, follow up.
- **Visits:** Schedule in 11th grade.
- **Follow-Up:** Send monthly updates.

## 5.2 Parent Role

Help with emails, track communications. **Key Action:** Contact in 10th grade, attend camps in 9th–11th.

# 6 Showcases, Camps, and Competitions

## 6.1 Preparation

- **Choose Events:** Sport-specific showcases (e.g., Nike EYBL).
- **Stand Out:** Prepare skills, network.
- **Follow-Up:** Send thank-you emails.

**Key Action:** Attend 2–3 showcases annually from 9th grade.

# 7 Navigating NIL Opportunities

The \$1 billion NIL market enhances scholarship appeal.

## 7.1 Strategies

- **Following:** Aim for 5,000–10,000 followers by 11th grade.
- **Sponsorships:** Partner with local businesses.
- **Compliance:** Follow NCAA/state rules.

**Key Action:** Start NIL branding in 9th grade.

# 8 Academic Preparation

## 8.1 Actions

- **GPA/Courses:** 2.3+ GPA, 16 core courses.
- **Tests:** SAT/ACT in 11th grade.
- **Financial Aid:** Complete FAFSA in 12th grade.

**Key Action:** Prioritize academics from 9th grade.

# 9 International Athletes

## 9.1 Considerations

- **Visa:** F-1 visa, TOEFL/IELTS.
- **NCAA:** Verify coursework.

- **Branding:** Use social media.

**Key Action:** Start NCAA/branding in 9th grade.

## 10 Financial and Commitment Considerations

### 10.1 Scholarship Terms

- **Full vs. Partial:** Full covers all; partial needs aid.
- **Renewal:** Annual based on performance.
- **NLI:** Signed in 12th grade.

**Key Action:** Review offers in 12th grade.

## 11 Common Mistakes to Avoid

- Starting late.
- Poor social media.
- Ignoring academics.
- Generic outreach.
- Overlooking Division II/NAIA.

**Key Action:** Plan early, stay professional.

## 12 Wolfe Sports Resources

Explore our programs:

- **Scholarship Success Accelerator (\$199):** 4-week course.
- **International Athlete Success Bundle (\$250):** International support.
- **Athlete Brand Mastery Program (\$399):** Branding/recruiting coaching.
- **Ultimate Scholarship Blueprint (\$499):** Comprehensive program.
- Visit [wolfe.sports](https://wolfe.sports).

## 13 Conclusion

A sports scholarship starts in middle school. Build a brand, maintain academics, engage coaches, and leverage NIL to secure a full ride. Parents guide academics and logistics. Download this free eBook at [wolfe.sports](https://wolfe.sports) to start your journey with Wolfe Sports!