



## RECRUITING GUIDELINES

## WRESTLING

There are slightly more than 300 college wrestling programs in the country. Schools can be selective when offering wrestling scholarships, and that's why it's important for every wrestling recruit to know what level of competition he's best suited for. NCSA's recruiting guidelines can help you decide what schools you're most likely to receive a wrestling scholarship from.

Wrestling scholarships are scarce, and finding out as much as you can about the recruiting process is very important. The knowledge provided by NCSA can prove to be an essential tool for wrestling recruits hoping to make the process just a little easier.

**Grades: 3.0 + GPA, 24+ ACT, 1000+ SAT (Out of 1600)**

TIER 1	
DESCRIPTION	DIVISION I
HIGH SCHOOL EXP.	STATE CHAMPION OR PLACER MULTIPLE TIMES. JUNIOR OR CADET NATIONAL CHAMPION OR PLACER. MAJOR TOURNAMENT CHAMPION OR PLACER.
EXPERT NOTES	COACHES LOOK FOR ATHLETES THAT ARE DEDICATED AND WILLING TO WORK YEAR ROUND. A LOT OF TIME AND ENERGY WILL BE PUT TOWARDS WRESTLING AT THIS LEVEL DURING THE SEASON AND OFFSEASON. MUST BE PHYSICALLY AND MENTALLY STRONG TO ENDURE THE GRIND OF YEAR ROUND WORK.

TIER 2	
DESCRIPTION	HIGH DIVISION III, HIGH NAIA
HIGH SCHOOL EXPERIENCE	STATE PLACER, REGIONAL AND DISTRICT CHAMPION, DISTRICT PLACER MULTIPLE TIMES, WIN SEVERAL TOURNAMENTS. EXPERIENCE IN FREESTYLE AND GRECO. WRESTLED AT MAJOR TOURNAMENTS.
EXPERT NOTES	COACHES LOOK FOR ATHLETES THAT ARE DEDICATED TO WRESTLING AND WILL PUT A LOT OF HARD WORK IN. USUALLY NOT YEAR ROUND WORK, BUT DURING THE YEAR A LOT OF TIME WILL BE INVESTED.

TIER 3	
DESCRIPTION	REST OF DIVISION II, DIVISION III AND NAIA
HIGH SCHOOL EXP.	STATE PLACER. WIN HIGH SCHOOL TOURNAMENTS, STARTING ON VARSITY
EXPERT NOTES	COACHES LOOK FOR ATHLETES THAT WANT TO WRESTLE, BUT CANNOT PUT IN THE AMOUNT OF TIME NEEDED FOR HIGHER LEVELS. NOT YEAR ROUND WORK, AND GOOD AMOUNT OF TIME PUT IN DURING THE SEASON.

TIER 4	
DESCRIPTION	LOW NAIA AND JUNIOR COLLEGE
HIGH SCHOOL EXP.	ON VARSITY, STATE QUALIFIER, PLACED AT TOURNAMENTS IN HIGH SCHOOL.
EXPERT NOTES	COACHES ARE LOOKING FOR ATHLETES THAT HAVE SHORT EXPERIENCE IN WRESTLING AND WRESTLERS THAT MAY NOT BE FULLY COMMITTED TO WRESTLING

MAJOR TOURNAMENTS	
Fargo Junior/Cadet National Super 32 Challenge (NC) Ironman Invitational (OH) Beast of the East (DE) Reno Tournament of Champions (NV) Five-Counties Invitational (CA)	Powerade Christmas Tournament FloNational (OH) Virginia Beach Senior Nationals Cheesehead Invitational (WI) Medina Invitational (OH)



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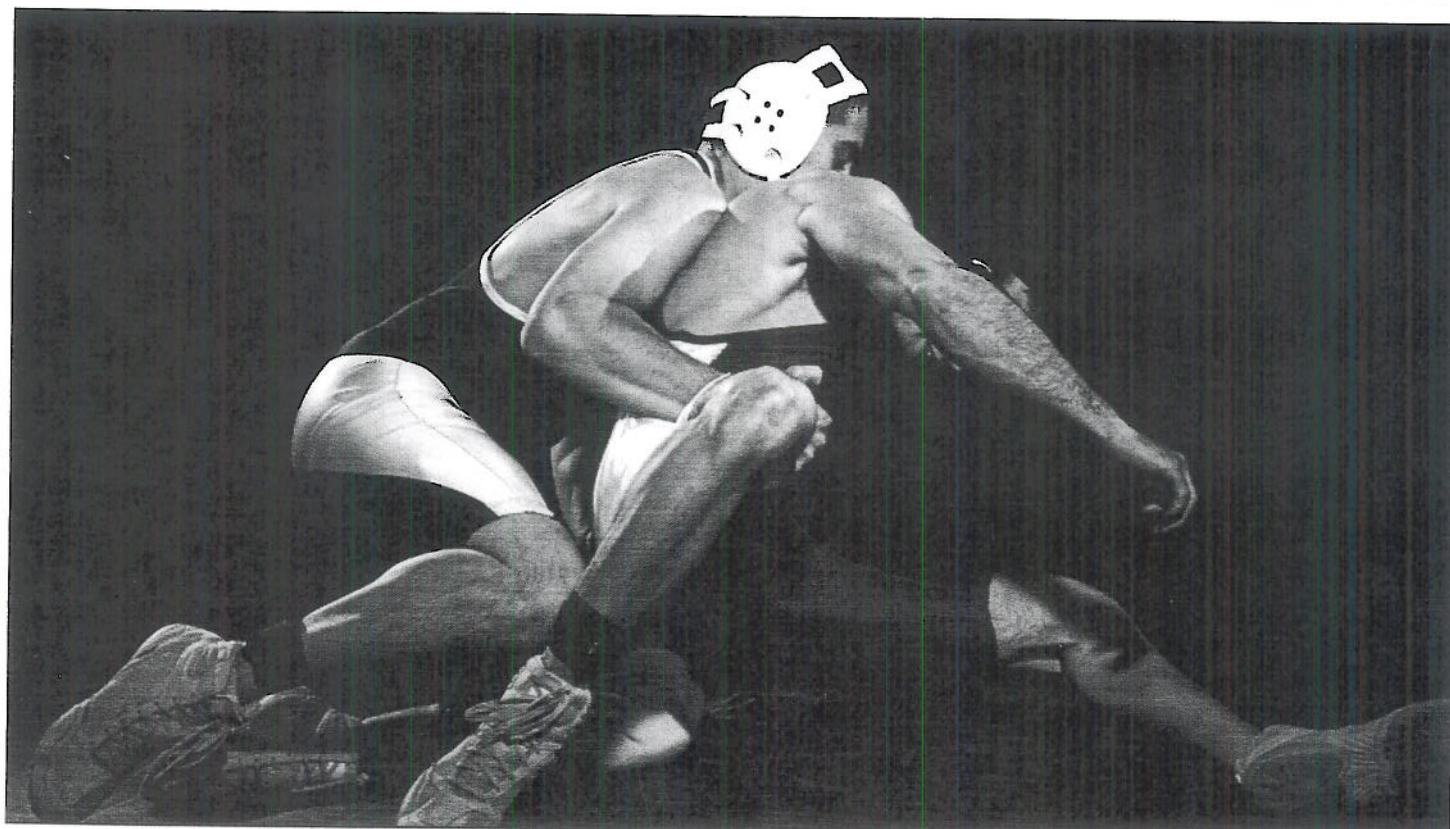
NCAA DIVISION I	
MEMBER SCHOOLS	73
ATHLETIC SCHOLARSHIPS PER SCHOOL	9.9

NCAA DIVISION II	
MEMBER SCHOOLS	52
ATHLETIC SCHOLARSHIPS PER SCHOOL	9.0

NCAA DIVISION III	
MEMBER SCHOOLS	87
ATHLETIC SCHOLARSHIPS PER SCHOOL	0.0 ACADEMIC, MERIT, NEED, LEADERSHIP, ETC. AID AVAILABLE

NAIA	
MEMBER SCHOOLS	49
ATHLETIC SCHOLARSHIPS PER SCHOOL	8.0

JUNIOR COLLEGE	
MEMBER SCHOOLS	43
ATHLETIC SCHOLARSHIPS PER SCHOOL	VARY BY SCHOOL AND CONFERENCE



“BELIEVE IN YOURSELF”