Dear Author,

Please do not pick up this order unless you can begin work on it immediately. If you have any questions, please message us before you begin work on this order. We will be doing hundreds of pages and are looking to partner with several contract writers who can learn the NCSA business well and write great copy. By accepting this order, you agree that we may name your and/or others as the author of the text you write, including any modifications to or derivative works from such text.  We are SEO experts and these many detailed suggestions have been used very successfully for writing hundreds of high performing organic content pages. We will be writing hundreds of new pages for our audience and are looking to partner with a smaller group of contract writers who do great work that we will hire many times. Here are the details.

**PAGE 1 – WOMEN’S COLLEGE TRACK AND FIELD**

1. Deliverables: 1) The highly SEO-ed article, 2) title tag, 3) description tag
2. Length: 2000 words
3. Main Keyword: college track and field (women’s college track and field)
4. Variant Keywords:   ncaa track and field, naia track and field
5. Keyword Density:
6. Headline/H1:  Use main keyword in the H1 preferably further to the left. Use the 3 main keywords in at least 25-50% of the H2’s/sub headlines.
7. Keyword Usage: The main keyword needs to be used once in the title tag, and once in the description tag. Both of secondary keyword variants should be in the title tag once, and optionally in description once if they work. The main keyword and top variants need to be used in the first 100 words of the article.
8. Title Tag (<65 chars):

**WOMEN’S COLLEGE TRACK AND FIELD | Variant 1 | Variant 2** 01234567890123456789012345678901234567890123456789012345678901234

1. Description Tag (135 characters or less with 50 word call to action at end) :

**Learn about the college women’s track and field season, times required to become a targeted recruit and top colleges in the country.**

0123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345

1. Links: Add 8-15 links to external sites (See Appendix 1). Add any page specific links for this page.   https://www.marketwatch.com/story/these-are-the-sports-your-child-should-play-to-get-a-college-scholarship-2017-05-08

<http://www.naia.org/>

<https://www.ncaa.com/sports/trackfield-outdoor-women/d1>

<http://www.letsrun.com/forum/flat_read.php?thread=5950384>

<https://running.pocketoutdoormedia.com/is-overdistance-training-beneficial-for-runners_132155>

<https://www.ncaa.org/sites/default/files/20-Hour-Rule-Document.pdf>

<https://www.ncaa.org/sites/default/files/2017DII_online-education-resources_CARA-DOC_20170807.pdf>

https://thebestschools.org/features/ncaa-division-i-athletics-programs-womens-sports/

<http://www.scholarshipstats.com/track.htm>

1. Links: Add 8-10 links to internal NCSA pages (See Appendix 2)

<https://www.ncsasports.org/best-colleges>

<https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines>

<https://www.ncsasports.org/recruiting/managing-recruiting-process>

<https://www.ncsasports.org/college-track-scholarship-faqs>

<https://www.ncsasports.org/recruiting/how-to-get-recruited>

<https://www.ncsasports.org/recruiting/how-to-get-recruited/scholarship-facts>

<https://www.ncsasports.org/best-colleges/methodology>

<https://www.ncsasports.org/best-colleges/best-track-and-field-colleges>

1. Copy direction for this article is below. This is a suggested format for the article, but feel free to change the article a bit to make it flow better.

First Section - 300 words – Article Overview

Women’s college track and field features some of the world’s most elite track and field stars. In NCAA track and field on all levels (division 1, division 2 and division 3), in [NAIA](http://www.naia.org/) track and field, and in NJCAA track and field, student-athletes dedicate the majority of their time at college toward balancing their school work and athletics. Though the season of competition is split between indoor winter track and outdoor spring track, women’s college track and field is an all-year commitment. Student athletes arrive on campus in the weeks prior to classes and remain on-campus for some of their breaks from school. They are limited to eight hours of organized team activities during the off-season and twenty hours in-season, but there are additional voluntary workouts that extend the athletic workload.

When considering [what schools to look into](https://www.ncsasports.org/best-colleges) and research, athletes should take into consideration athletics, academics and personal preferences. Looking at the NCSA’s rankings can give athletes an idea of the top women’s college track and field programs in the country.

Most important to the women’s college track and field recruiting process are the [recruiting standards](https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines). These are benchmark times that athletes must be able to consistently hit in order to be considered for recruitment at NCAA and NAIA track and field programs.

While some of the top athletes at NCAA D1 and D2 programs could possibly earn a full scholarship, it is much more common for coaches to hand out partial scholarships due to scholarship limits and large roster sizes. Women’s track and field is the [second hardest sport in college to receive a scholarship in.](https://www.marketwatch.com/story/these-are-the-sports-your-child-should-play-to-get-a-college-scholarship-2017-05-08) Fortunately there are alternative options for scholarship money outside of the athletic program and athletes can make it work in order to compete in women’s college track and field.

Middle section - 1500 words - Main Info and Details of Article

1. College track and field season

Women’s college track and field is split into two seasons: Indoor track and field in the winter and Outdoor track and field in the spring. The winter indoor track and field season begins in January, with Conference Championships in late February and National Championships taking place in early March. The spring outdoor track and field season starts the following week in march and extends through Conference Championships in early May, Regional Preliminaries in late may, and [National Championship concluding in early June](https://www.ncaa.com/championships/trackfield-outdoor/d1).

The hard work and countless hours of practice and training [starts well before the January indoor season.](http://www.letsrun.com/forum/flat_read.php?thread=5950384) Athletes typically arrive to campus a week or two before the start of classes, depending on the school and the division.

The early part of the school year, from late August until the end of September, athletes typically work on weight training and drill work. In the fall, October and November, programs focus on base testing and working to push athletes to the max. Runners will typically complete “[over-distance](https://running.pocketoutdoormedia.com/is-overdistance-training-beneficial-for-runners_132155)” training where they run a further distance than the events they run in. The team works on conditioning, strength development (pushing beyond existing 100% maximum weights) and base testing. Training transitions to intensity workouts and preparing for the season following finals in December.

In the offseason, athletes are [only allowed to participate in eight hours](https://www.ncaa.org/sites/default/files/20-Hour-Rule-Document.pdf) per week of countable team activities over two days. That doesn’t mean new recruits can expect for an easy transition. Voluntary workouts that are organized by team leaders, not under the supervision of the coach, can be completed at any time. This rule does not apply to the weeks prior to the start of school or any institutional breaks (Thanksgiving break, Winter break).

Once in season, athletes are allowed to participate in countable team activities (practices, meets) for a total of 20 hours per week and at a limit of four hours per day. Once again, [voluntary workouts and activities](https://www.ncaa.org/sites/default/files/2017DII_online-education-resources_CARA-DOC_20170807.pdf) that coaches do not organize can take place at any point. Athletes can expect to be required by team leaders to attend voluntary lift sessions and training sessions.

Between meets, practices and voluntary activities, competing in women’s college track and field is a full-time job. Athletes [should be prepared to dedicate the majority of their time](https://www.ncsasports.org/recruiting/managing-recruiting-process) toward balancing schoolwork and their athletics. This varies through the different divisions and depending on the program, but all student-athletes must learn to budget their time and learn to balance their schoolwork with track and field.

During a student-athletes summer break from college they are not allowed to participate in any countable team activities. This is designed to give athletes a break from the demand of a college athletic schedule and give them equal opportunity for internships and other experiences that non-athletic college students are presented. Don’t think that athletes are completely off the hook for an entire summer. Coaches provide demanding “voluntary” workouts for athletes to [compete over the summer.](http://bscsports.net/information/strength_and_conditioning/summer_workout/Summer-2010-XC-TRACK.pdf) Women’s track and field athletes do have the opportunity to take internships over the summer, more so than other sports, but this is the only time in the year they can afford to do so and they must find a way to balance the coaches workouts and staying in shape with their internship.

1. College track and field recruiting standards

College track and field recruiting standards are rather cut-and-dried, based entirely on benchmark times which deem good enough to consider actively recruiting a student-athlete. Other factors go into a coaches decision to target prospective recruits, but the ability to make the recruiting standards are a necessity for consideration.

Coaches are limited in how many scholarships they have to offer at each level. For NCAA D1 women’s track and field programs, they are allotted 18 scholarships. That number shrinks to 12.8 for NCAA D2 programs and 12 for NAIA schools while NCAA D3 programs are not allowed to give athletic scholarships. NJCAA schools have the most scholarships to give, with a maximum of 20 for women’s track and field programs. To make the situation more complex, the maximum amount of scholarships each team has are split between track and field and cross country. Coaches will often look for middle distance and distance runners to compete on both teams. With an [average team size](http://www.scholarshipstats.com/track.htm) of over 20 athletes, often leaning more along the lines of 30, full scholarships are few and far between. Recruits are likely to receive a partial scholarship, even if they are of the top two percent of athletes talented enough to compete at the NCAA D1 level.

The women’s college track and field recruiting standards give student-athletes a concrete benchmark to train towards and can help them [compile a realistic list of schools](https://www.ncsasports.org/college-track-scholarship-faqs) in an appropriate division of competition. Neither NCAA women’s track and field nor NAIA women’s track and field programs have the budget for coaches to travel and watch recruits compete in person. They rely on the recruiting standards as a means to sift through interested athletes and decide which ones to target.

NCAA D1 recruiting standards are the highest and are used to separate [the world’s most elite athletes](https://www.ncsasports.org/recruiting/how-to-get-recruited) from the rest. There is a wide range of standards that differ with each program but the “Power Five” conferences demand State Champion and nationally competitive times. The women’s track and field recruiting standards at NCAA D2 programs are comparable to those at the lower-tier D1 programs. The top athletes at these schools could likely compete at the D1 level but they would not receive as much scholarship money and the talent pool of that quality is not as deep as D1.

NCAA D3 women’s track and field programs have recruiting standards for interested athletes to gauge whether they can make the team or not. The schools are not allowed to award [athletic scholarship money](https://www.ncsasports.org/recruiting/how-to-get-recruited/scholarship-facts) though there is often financial aid readily available to athletes through merit based grants. NAIA women’s track and field programs have been compared to D3 in the past but in recent years their recruiting standards have been more comparable to those in D2. NAIA schools present a competitive option for those who are looking at smaller school sizes.

Learn more about the recruiting standards of the different divisions and take a look at sample times at this link.

1. College track and field rankings –

Student-athletes dedicate the majority of their lives toward training for the ultimate goal of competing at the college level. Coaches, athletes and their families work day and night over a four year process training and juggling the recruiting process.

There are over 1,000 four-year colleges offering women’s track and field across four division levels (NCAA D1, D2, D3 and NAIA) and additional two-year programs in the NJCAA and other associations. So what schools are the best in the country for women’s track and field? Who should athletes have at the top of their schools to shoot for?

**The Ranking System**

Ranking college programs and compiling a list of top school through an analytical approach is the best method. The best colleges list is based off analysis of NCSA favorites data obtained from college search activity of athletes on the NCSA recruiting network, U.S. News & World Report Best Colleges, and IPEDS graduation rate data.

The NCSA favorites data is determined by the college-search activity of student-athletes in NCSA’s recruiting network. Schools the higher ranking in the NCSA favorites category reflects the amount of interest expressed by current high school athletes.

[The US News & World Report Best Colleges](https://www.usnews.com/education/best-colleges/articles/rankings-faq) rankings take into account academic excellence. The schools are ranked on 16 measures of academic quality, with a strong emphasis placed on student outcomes such as graduation and retention rates.

[The IPEDS Graduation Rate](https://nces.ed.gov/pubs2017/2017046.pdf) is the reflection of full-time, first-time, degree/certificate seeking students who started and finished at the same institution.

[Learn more about the rankings system and how the factors are weighed.](https://www.ncsasports.org/best-colleges/methodology)

**How the Rankings Work**

The rankings system takes into account how popular a school is with other student athletes, how the institution stacks up academically, and what percent of students graduate. Each category is presented on the rankings list, so if a schools popularity on NCSA is more important to a recruit than graduation rate or vice versa, a recruit can see the schools NCSA favorites ranking separate from the overall ranking.

Each athletes situation is unique and personal preference factors must be taken into account when searching through the top ranked schools. Smaller regional universities and colleges receive less weight than larger national universities in the US News & World Report Best Colleges ranking, so if an athlete is interested in a smaller school it may not appear towards the top of the list. Where a coach or a program may interest many other athletes in the NCSA recruiting network, it could be a dreadful fit for another student. These rankings are designed to provide a general assessment of the top universities and colleges for women’s track and field. They do not replace researching colleges and deciding what factors are most important to each unique situation.

[View the list of the NCSA’s top ranked schools for women’s college track and field.](https://www.ncsasports.org/best-colleges/best-track-and-field-colleges)

**Other Rankings Systems**

There are other rankings systems which athletes can use to find track and field programs:

[Best Colleges for Women’s Outdoor Track](https://docs.google.com/document/d/1EJw8W6S8pTLB1roziOe1hY3tHd0cFSivFSsS82mDG5k/edit)

[The 10 Best Women’s College Track and Field Programs](https://thebestschools.org/features/ncaa-division-i-athletics-programs-womens-sports/)

[NCAA D1 Top 25 Women’s Track and Field Programs](https://www.ncaa.com/rankings/trackfield-outdoor-women/d1/ustfccca)

[NCAA D2 Top 25 Women’s Track and Field Programs](https://www.ncaa.com/rankings/trackfield-outdoor-women/d2/ustfccca-0)

[NCAA D3 Top 25 Women’s Track and Field Programs](https://www.ncaa.com/rankings/trackfield-outdoor-women/d3/ustfccca)

[NAIA Women’s Track and Field Rankings](http://www.ustfccca.org/team-rankings-polls-central/naia-team-rankings)

Last Section on NCSA - 200 unique words (no dupe content between pages - See Appendix 3:

1. NCSA (100 words)

As the trailblazer in **modernizing** collegiate recruiting, NCSA strives to help student-athletes and college programs reach new heights. NCSA’s progressive attitude provides an edge in continually working to perfect one of the world’s [first and most successful digital recruiting platforms](https://www.ncsasports.org/about-us/product).

We approach the recruiting process as just that -**a process**- comprehensively addressing all phases of the journey. NCSA’s team of [passionate recruiting experts](https://www.ncsasports.org/ncsa-staff) are along for the ride, with years of firsthand experience and insider knowledge-as former college athletes and coaches-to build a plan and navigate the ins-and-outs of college recruiting to help find [“the right fit”](https://www.ncsasports.org/ncsa-reviews/ncsa-athletic-recruiting-family-reviews) for every student-athlete.

1. Call to Action (100 words)

Equipped with innovative digital technology and experienced recruiting coaches, NCSA is the [trusted authority](https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews) in which 35,0000 coaches in the database rely on. Whether actively evaluating recruits on NCSA’s reputable online profiles or discovering student-athletes through [partnerships](https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners) with highly recognized athletic organizations like USATF, NCSA’s student-athletes gain additional exposure and get discovered by more college coaches.

In the last year, 24,000 NCSA athletes committed to participate in college sports and a*t least* one NCSA athlete is on a roster at over 90 percent of U.S. colleges with athletic programs. Eliminate the guessing-game and join the more than 100,000 college athletes who have utilized NCSA’s platform since its inception. Start your free profile today with NCSA or call 886-495-5172 with any questions.

**PAGE 2 – WOMEN’S TRACK AND FIELD RECRUITING RULES AND RECRUITING CALENDAR**

1. Deliverables: 1) The highly SEO-ed article, 2) title tag, 3) description tag
2. Length: 2000 words
3. Main Keyword: ncaa track and field recruiting rules (women’s track and field recruiting rules)
4. Variant Keywords:  ncaa track and field recruiting calendar, naia track and field recruiting rules
5. Keyword Density:
6. Headline/H1:  Use main keyword in the H1 preferably further to the left. Use the 3 main keywords in at least 25-50% of the H2’s/sub headlines.
7. Keyword Usage: The main keyword needs to be used once in the title tag, and once in the description tag. Both of secondary keyword variants should be in the title tag once, and optionally in description once if they work. The main keyword and top variants need to be used in the first 100 words of the article.
8. Title Tag (<65 chars):

**2018-19 WOMEN’S NCAA TRACK AND FIELD RECRUTING RULES & CALENDAR** 01234567890123456789012345678901234567890123456789012345678901234

1. Description Tag (135 characters or less with 50 word call to action at end) :

**Gain a firm grasp of the NCAA women’s track and field recruiting rules to maximize the recruiting process and avoid infractions.**

0123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345

1. Links: Add 8-15 links to external sites (See Appendix 1). Add any page specific links for this page.  <http://www.ncaa.org/about/resources/media-center/news/division-i-council-adopts-recruiting-legislation>

<https://www.ncaa.org/sites/default/files/June2016_DIOtherSportsRecruitingGuide_20160613.pdf>

<http://www.usatf.org/>

https://recruitlook.com/recruiting-calendar/ncaa-division-i-recruiting-rules/cross-country-track-field/

<https://recruitlook.com/recruiting-calendar/ncaa-division-ii-recruiting-rules/cross-country-track-field/>

<https://www.ivywise.com/ivywise-knowledgebase/newsletter/article/athletic-recruiting-101-what-student-athletes-need-to-know/>

http://www.ncaa.org/sites/default/files/2018-19DIREC\_CrossCountryandTrackandField\_20180720.pdf

https://www.playnaia.org/

1. Links: Add 8-10 links to internal NCSA pages (See Appendix 2)

<https://www.ncsasports.org/blog/2018/04/25/ncaa-recruiting-rules-change-timing-recruiting-activities/#affect>

<https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/evaluation-period>

<https://www.ncsasports.org/athletic-scholarships/recruiting-game-plan/recruiting-contact-periods>

<https://www.ncsasports.org/ncsa-staff>

<https://www.ncsasports.org/recruiting/contacting-college-coaches/phone-calls>

https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules

<https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/recruiting-calendar>

<https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/official-visits>

1. Copy direction for this article is below. This is a suggested format for the article, but feel free to change the article a bit to make it flow better.

 Mimic formatting from this page - <https://www.ncsasports.org/baseball/recruiting-rules-calendar>

First Section - 300 words - Overview

While improving PR’s and putting time in on the track and in the gym are crucial to generating buzz and catching the eye of college coaches, understanding the NCAA women’s track and field recruiting rules is equally as important.

A [firm grasp of the NCAA women’s track and field recruiting rules](https://www.ncaa.org/sites/default/files/June2016_DIOtherSportsRecruitingGuide_20160613.pdf), along with the NCAA women’s track and field recruiting calendar, avoids any potential violations or penalties on a coaches behalf and allows recruits to best maximize their time and plan out an efficient recruiting plan.

One of the most commonly asked questions by prospective athletes and/or their parents is when coaches can contact student-athletes. The NCAA women’s track and field recruiting rules set specific dates when coaches can first reach out to prospective recruits. For [Division 1 schools](https://recruitlook.com/recruiting-calendar/ncaa-division-i-recruiting-rules/cross-country-track-field/), the earliest a coach can contact a player is **September 1 of their junior year**.For [D2 programs](https://recruitlook.com/recruiting-calendar/ncaa-division-ii-recruiting-rules/cross-country-track-field/), that date is slightly earlier, on **June 15 of their junior year**.NCAA D3, NAIA, and Junior college programs don’t have restrictions as to how early coaches can communicate with prospective recruits. Recently, the NCAA recruiting rules were adjusted across most D1 sports to cut down on early recruiting and verbal offers, allowing student-athletes adequate time to develop academically and athletically, and make a well informed decision.

The NCAA [women’s track and field recruiting calendar](http://www.ncaa.org/sites/default/files/2018-19DIREC_CrossCountryandTrackandField_20180720.pdf) works hand-in-hand with the recruiting rules and ensures that elite athletes aren’t constantly bothered by interested coaches contacting them. Aligning recruiting plans according to the calendar allows athletes to get the most out of their time and avoid taking visits during dead periods when coaches are restricted from all forms of communication.

Ultimately, the NCAA women’s track and field recruiting rules serve as regulations that every coach at a particular level must abide by. More importantly, they allow athletes time to breathe and think about their decision.

Middle section - 1500 words - Main Info and Details of Article

1. When can colleges begin recruiting for track?

College coaches can make initial private contact with women’s track and field recruits beginning on September 1 of an athletes junior year of high school at the Division 1 level, as per the NCAA women’s track and field recruiting rules. Coaches on the D2 level can make private contact with recruits via telephone or off-campus communication starting June 15 of their junior year of high school. D3, NAIA, and Junior College level programs may contact athletes with no restrictions throughout the student’s high school career.

Although the women’s track and field [recruiting rules](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules) restrict coaches from contacting prospective recruits privately prior to each division’s respective date, they are permitted to send general materials (questionnaires, brochures, etc.) to athletes at any time.

The recruitment *process* for women’s track and field begins early in an athlete’s career. Track and field is a numerical and statistically measured sport, therefore coaches look for consistent improvement on PR’s including the seasons prior to private communication. [USA Track & Field (USATF)](http://www.usatf.org/), the sports national governing body, provides Indoor and Outdoor Youth and Junior Olympic Championship series’ for individuals as young as 7 years old to be seen by college coaches at Association, Regional, and National events without violating the NCAA women’s track and field recruiting rules.

Insider tip: The NCAA women’s track and field recruiting rules provide a stern regulation on when coaches can contact recruits on the D1 and D2 levels, but [athletes can contact a coach via phone call or email to establish interest.](https://www.ivywise.com/ivywise-knowledgebase/newsletter/article/athletic-recruiting-101-what-student-athletes-need-to-know/) High school/club coaches can help recruits and communicate with college coaches, setting up a time for the college coach to [expect a call from the recruit](https://www.ncsasports.org/recruiting/contacting-college-coaches/phone-calls). The college coaches are allowed to answer phone calls from recruits but they cannot call back or leave voicemails for the recruits until either June 15 or Sep. 1 of the recruits junior year of high school.

1. New NCAA track and field rules

[New rules](https://www.ncsasports.org/blog/2018/04/25/ncaa-recruiting-rules-change-timing-recruiting-activities/#affect) were put into effect for most sports on the NCAA D1 level, including women’s track and field. The [changes were made](http://www.ncaa.org/about/resources/media-center/news/division-i-council-adopts-recruiting-legislation) to allow student-athletes more time to make thoughtful decisions about their future after high school and to cut down on early verbal commitments. The new women’s track and field recruiting rules include:

1. Coaches are not allowed to have any recruiting communication during camps prior to September 1 of the recruits junior year of high school.

* In years prior, there were no regulations as to coaches communicating with underclassmen recruits and it was common practice for coaches to extend verbal offers to recruits at camps.

1. College athletic departments - including college coaches - are not allowed to be involved in a recruits unofficial visit until after September 1 of their junior year of high school.
   * + Interested student-athletes are allowed to take unofficial visits prior to September 1 of their junior year but they are not allowed to make any communication with the athletic department. If they happen to bump into the coach on campus, they cannot have any recruiting conversations.
2. Recruits can now take official visits starting on September 1 of their junior year of high school

* This rule bumps up the date from previous years when official visits weren’t permitted until the athlete’s senior year of high school.

1. NCAA Division 1 track and field recruiting rules

The NCAA D1 women’s track and field recruiting rules exist to ensure that elite athletes are not overwhelmed with communication from college coaches. It is important to become familiar with these rules to set a recruiting plan accordingly and avoid any violations.

**Any Time:** Coaches can send the following items to prospective recruits: questionnaires, camp brochures, nonathletic institutional and NCAA educational materials published by the NCAA.

**September 1 junior year:** Coaches can send all forms of private electronic communication including text messages, instant messages, DM’s and emails. In addition, coaches may contact recruits via phone call.

**September 1 junior year:** Athletes can coordinate with athletic departments and meet coaches during unofficial visits. They can also begin taking [official visits](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/official-visits).

**July 1 before senior year:** Coaches can visit and communicate with prospective recruits off-campus both at their residence and school.

1. NCAA Division 2 track and field recruiting rules

More relaxed than D1 recruiting rules, the D2 NCAA women’s track and field recruiting rules restrict coaches from excessive private communication with athletes prior to the summer before their junior year. These rules are the same across all D2 sports.

**Any Time:** Like D1, coaches can send questionnaires, brochures for camps, NCAA published materials and nonathletic recruiting materials. Athletes may also take unofficial visits at any point in time.

**June 15 before junior year:** Coaches are allowed to begin contacting recruits via telephone call and conduct off-campus communications with athletes and/or their parents. Athletes may begin taking official visits at this date.

**July 15 before junior year:** Coaches may begin sending athletes printed athletic recruiting materials.

1. NCAA Division 3 track and field recruiting rules

NCAA D3 women’s track and field recruiting rules are the most relaxed regulations of all the NCAA divisions. Like D2, the same rules apply to all sports at this level.

**Any Time:** Athletes can receive recruiting information (athletic and nonathletic) from schools. Coaches can communicate with prospective recruits via phone call and all digital communications (email, text message, DM, etc.) with no limitations. Athletes can also make an unlimited number of unofficial visits at any time.

**Following the completion of sophomore year:** College coaches can begin communicating with athletes and/or their parents off-campus at their residence or school.

**January 1 junior year:** Athletes can begin taking taking official visits.

1. NAIA track and field recruiting rules

As a collegiate athletic organization independent of the NCAA, [NAIA](https://www.playnaia.org/) programs follow a separate set of recruiting rules. Similar to NCAA D3, the NAIA women’s track and field recruiting rules allows coaches to contact prospective recruits in any mode of communication as soon as they begin high school. NAIA schools want athletes and coaches to find the right fit, so there are no restrictions as to when or how often coaches communicate with recruits.

1. Junior College track and field recruiting rules

Junior colleges in the NCJAA and other associations are separate from both the NAIA and the NCAA. Therefore, there is a separate set of Junior College women’s track and field recruiting rules to follow.

Much like the NAIA, coaches at Junior College institutions can communicate with recruits as soon as they begin high school with no limitations on the modes of communication (phone call, text, email, off-campus, unofficial visit), when they contact or how often they make contact with prospective recruits.

Official visits are allowed, though they must be complete no less than 10 days prior to the start of classes and cannot extend past two days and two nights.

1. Track and Field Recruiting Calendar

The NCAA women’s track and field [recruiting calendar](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/recruiting-calendar) operates in three cycles, referred to as periods. The periods do not follow a constant, evenly split time schedule.

The periods of the **D1 NCAA women’s track and field recruiting calendar** are defined as follows:

* [**Evaluation Period**](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/evaluation-period)**:** Coaches can to watch an athlete compete in person or visit their school to evaluate their talent and character. Coaches are not allowed to communicate with the athlete (or parents) off the college campus. They can still contact recruits through text, email and direct messages.
  + **August 1-21, 2018**
* [**Contact Period:**](https://www.ncsasports.org/athletic-scholarships/recruiting-game-plan/recruiting-contact-periods)Coaches are allowed to contact athletes and/or parents through all NCAA-approved digital communication methods and in-person. Contact can occur on the school’s campus, as well as at tournaments, at the recruit’s school and home. This is the time period of active recruiting in the NCAA D1 women’s track and field recruiting calendar.
  + **August 22-November 11, 2018**
  + **November 16, 2018**
  + **November 18-December 9, 2018**
  + **January 2-March 7, 2019**
  + **March 10-June 4, 2019**
  + **June 9-July 31, 2019**
* [**Dead Period**](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/dead-period)**:** Coaches may not have *any* in-person contact or communication with the recruit and/or their families. This period gives recruits time to breathe and think about what school they want to sign with. It is also the most restrictive period in the NCAA D1 women’s track and field recruiting calendar.
  + **November 12-15, 2018**
  + **November 17, 2018**
  + **December 10-January 1, 2019**
  + **March 8-9, 2019**
  + **June 5-8, 2019**

The **NCAA D2 women’s track and field recruiting calendar** is much more simplified and most other D2 sports follow the same schedule.

* **Contact Period:** 
  + **August 1-November 12 (7 a.m.), 2018**
  + **November 14 (7 a.m.), 2018-July 31, 2019**
* **Dead Period:**
  + **November 12 (7 a.m.)-November 14 (7 a.m.), 2018**

There are no **NCAA D3, NAIA and Junior College women’s track and field recruiting calendars**, and it is essentially a year-round open contact period for coaches and recruits.

Last Section on NCSA - 200 unique words (no dupe content between pages - See Appendix 3:

1. NCSA (100 words)

The recruiting rules are one piece of information in a process that can be a daunting task for athletes and their families. NCSA’s staff of [600+ former college athletes and coaches](https://www.ncsasports.org/ncsa-staff) are there to lift the burden so that no athlete has to go through the process alone. Equipped with years of firsthand experience, NCSA’s recruiting coaches have the answers to all the questions and tips to help navigate through the process in a systematic approach. That expert knowledge along with an innovative digital platform helped NCSA earn an A+ rating, the highest possible mark, from the [Better Business Bureau.](https://www.bbb.org/us/il/chicago/profile/athletic-organizations/ncsa-0654-7001121)

1. Call to Action (100 words)

Don’t drown in uncertainty and fall behind in the recruiting process. Join the [largest and most successful athletic recruiting network](https://www.ncsasports.org/who-is-ncsa) and tap into a network of over 35,000 college coaches in the NCSA database. [Families across the country](https://www.ncsasports.org/ncsa-reviews/ncsa-athletic-recruiting-family-reviews) credit NCSA to making the recruiting process a manageable task and opening up a new level of exposure and contact with college coaches. Get discovered on a [a user-friendly platform that makes it easy for college coaches](https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews) to search and become a part of the 24,000 NCSA athletes who committed to a college for sports in the last year. Start your free profile with NCSA today or call 866 495-5172 with any questions.

* 1. Most important messaging: Gain exposure and get discovered by college coaches. 35,000 coaches in the NCSA database.
  2. NCSA selling points:
  3. Customer Reviews: <https://www.ncsasports.org/ncsa-reviews>
  4. Coaches and Usage Numbers:   <https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews> and <https://www.ncsasports.org/who-is-ncsa>
  5. 24,000 NCSA athletes committed to a college for sports in the last year
  6. Call to action: Start your free profile today with NCSA or call 866 495-5172 with any questions

**PAGE 3 – WOMEN’S TRACK AND FIELD SCHOLARSHIP STANDARDS**

1. Deliverables: 1) The highly SEO-ed article, 2) title tag, 3) description tag
2. Length: 2000 words
3. Main Keyword: women’s track and field scholarship standards
4. Variant Keywords:  what college track coaches look for, division 1 track and field standards, division 2 track and field scholarship standards, division 3 track and field scholarship standards, track recruiting times
5. Keyword Density:
6. Headline/H1:  Use main keyword in the H1 preferably further to the left. Use the 3 main keywords in at least 25-50% of the H2’s/sub headlines.
7. Keyword Usage: The main keyword needs to be used once in the title tag, and once in the description tag. Both of secondary keyword variants should be in the title tag once, and optionally in description once if they work. The main keyword and top variants need to be used in the first 100 words of the article.
8. Title Tag (<65 chars):

**WOMEN’S TRACK AND FIELD SCHOLARSHIP STANDARDS | NCSA** 01234567890123456789012345678901234567890123456789012345678901234

1. Description Tag (135 characters or less with 50 word call to action at end) :

**The women’s track and field scholarship standards give athletes an idea of what coaches look for and expect of perspective recruits**

0123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345

1. Links: Add 8-15 links to external sites (See Appendix 1). Add any page specific links for this page.   https://www.fasttrackrecruiting.com/athletic-recruiting-blog/2019/1/7/unc-track-and-field-recruiting-standards

<https://rolltide.com/sports/2016/6/10/sports-c-xctrack-spec-rel-walk-on-standards-html.aspx>

<https://hurricanesports.com/documents/2017/6/23//scholarship.pdf?id=10900>

<https://www.gocrimson.com/sports/track/2014-15/Recruiting_Standards.pdf>

<https://gocolumbialions.com/sports/2018/6/5/standards-for-recruitment.aspx?id=3730>

<https://dartmouthsports.com/sports/2018/5/31/205003576.aspx>

<https://gobuffsgo.com/documents/2010/10/21/WT_Track_Scholly_standards.pdf>

<https://www.cbsnews.com/news/why-athletes-have-an-edge-at-elite-colleges/>

<https://www.athleticscholarships.net/trackandfieldscholarships.htm>

1. Links: Add 8-10 links to internal NCSA pages (See Appendix 2)

<https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines>

<https://www.ncsasports.org/recruiting/managing-recruiting-process/walk-on-vs-scholarship>

<https://www.ncsasports.org/blog/2012/09/21/target-bestfit-colleges-recruiting/>

<https://www.ncsasports.org/blog/2010/03/24/do-you-know-how-many-scholarships-are-available/>

<https://www.ncsasports.org/blog/2014/01/16/athletics-academics/>

<https://www.ncsasports.org/recruiting/how-to-get-recruited/college-divisions>

<https://www.ncsasports.org/recruiting-tools/college-track-recruiting/college-track-coach>

<https://www.ncsasports.org/recruiting/contacting-college-coaches>

1. Copy direction for this article is below. This is a suggested format for the article, but feel free to change the article a bit to make it flow better.

First Section - 300 words - Overview

Track and field is a unique sport where coaches don’t need to dissect hours of tape, or even travel to watch a recruit in person, to judge whether they are worth targeting as a recruit. What college track coaches look for in a prospective recruit is are specific baseline track [recruiting times/marks](https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines) which are referred to as women’s track and field scholarship standards.

The division 1 women’s track and field scholarship standards measure the truly elite athletes in the world and top two percent of recruits from the rest. Division 2 women’s track and field scholarship standards are close to those in D1, especially at the top-tier D2 programs. However, the pool of athletes that can post those numbers is far more shallow than in D1. Division 3 women’s track and field standards are used only as a gauge as to whether an athlete will make the team or no, because they cannot receive athletic scholarships on that level.

The cut-and-dried method of setting women’s track and field scholarship standards gives prospective recruits a concrete time/mark to strive for and work toward. The is a wide range of scholarship standards as there are several tiers of competition level within each division. Student-athletes can use the estimated ranges to make an [honest decision](https://www.ncsasports.org/blog/2012/09/21/target-bestfit-colleges-recruiting/) on what level of competition to pursue in college. It is recommended that recruits contact schools of interest to learn the scholarship standards to the specific school and find exactly what the college track coaches look for.

Women’s track and field scholarship standards do not guarantee that athletes within these track recruiting times/marks will receive a scholarship. A school’s maximum number of scholarships are split between the women’s track and field team and the cross country team, and average team size ranges between 20 and 30 athletes. For these reasons, most athletes who meet the standards only receive a [partial athletic scholarship](https://www.ncsasports.org/recruiting/managing-recruiting-process/walk-on-vs-scholarship), though there are ways for athletes to supplement the lack of full scholarships.

Middle section - 1500 words - Main Info and Details of Article

1. Women’s Track and Field Scholarship Limits

Women’s track and field programs are limited to a certain amount of scholarships. Those number vary between the different divisions, with D1 maxing out at 18, D2 at 12.6 and NAIA at 20. NJCAA schools have more scholarships to work with, a maximum of 20, than both NCAA and NAIA level programs.

The number of [maximum scholarships](https://www.ncsasports.org/blog/2010/03/24/do-you-know-how-many-scholarships-are-available/) can be misleading. The maximum number of scholarships are to be utilized by both the women’s track and field program and the women’s cross country program. With average roster sizes upwards of 30 student-athletes, it’s rare for a women’s track and field program to hand out full scholarships.

|  |  |  |  |
| --- | --- | --- | --- |
| **Division** | **Number of Schools** | **Average Roster Size** | **Max Scholarships per School** |
| **NCAA D1** | **338** | **33** | **18** |
| **NCAA D2** | **248** | **26** | **12.6** |
| **NCAA D3** | **324** | **27** | **-** |
| **NAIA** | **173** | **20** | **12** |
| **NJCAA** | **77** | **11** | **20** |

## Women’s Division 1 track and field scholarship standards

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Scholarship Standard | Recruiting Standard | Walk-On Standard |
| 100m | 11.50-12.20 | 11.49-11.84 | 12.00-12.80 |
| 200m | 24.00-25.15 | 22.78-23.90 | 25.60-26.50 |
| 400m | 54.20-58.00 | 52.23-57.89 | 56.60-60.00 |
| 800m | 2:12.00-2:15.00 | 2:07.54-2:15.30 | 2:17.50-2:25.00 |
| 1600m | 4:55.00-5:05.00 | 4:32.84-5:02.56 | 5:16.00-5:20.00 |
| 3200m | 10:40.00-11:00.00 | 10:08.11-11:32.00 | 11:30.00-12:15.00 |
| 110h | 13.80-14.80 | 13.40-14.05 | 14.30-15.00 |
| 300h | 42.50-45.00 | 41.50-45.70 | 45.00-46.00 |
| 400h | 59.50-1:03.00 | 58.50-1:05.50 | 1:01.00-1:05.50 |
| Long Jump | 19’ 4”- 18’ | 21’ 1”- 18’ 6” | 18’ - 17’ |
| Triple Jump | 40’ - 38’ | 43’ 3” - 39’ 6” | 38’ - 32’ |
| Pole Vault | 12’ 5”- 12’ | 14’ 2” - 12’ | 11’ - 10’ |
| High Jump | 5’ 8” - 5’6” | 5’ 10” - 5’ 3” | 5’ 6” - 5’ 2” |
| Shot Put | 47’ - 42’ | 56’ - 42’ 5” | 42’ - 32’ |
| Discus | 155’ - 130’ | 176’ 9” - 132’ 6” | 135’ - 120’ |
| Hammer | 170’ - 140’ | 208’ 5” - 143’ 1” | 150’ - 140’ |
| Javelin | 145’ - 120’ | 173’ 4” - 115’ 7” | 125’ - 120’ |
| Heptathlon | 5000-4500 | 5748-4470 | 4900-4000 |
| Decathlon | N/A | N/A | N/A |

Several D1 programs women’s track and field recruiting standards are available to view online. Take a look at the following to get a taste of the varying standards between schools in different tiers of D1:

[University of North Carolina](https://www.fasttrackrecruiting.com/athletic-recruiting-blog/2019/1/7/unc-track-and-field-recruiting-standards)

[University of Alabama](https://rolltide.com/sports/2016/6/10/sports-c-xctrack-spec-rel-walk-on-standards-html.aspx)

[University of Miami (FL)](https://hurricanesports.com/documents/2017/6/23//scholarship.pdf?id=10900)

[Harvard](https://www.gocrimson.com/sports/track/2014-15/Recruiting_Standards.pdf)

[Columbia](https://gocolumbialions.com/sports/2018/6/5/standards-for-recruitment.aspx?id=3730)

[Dartmouth](https://dartmouthsports.com/sports/2018/5/31/205003576.aspx)

## Women’s Division 2 track and field scholarship standards

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Scholarship Standard | Recruiting Standard | Walk-On Standard |
| 100m | 11.80-12.90 | 11.97-12.90 | 12.20-13.50 |
| 200m | 24.50-27.00 | 24.26-25.04 | 25.10-28.50 |
| 400m | 56.20-1:01.00 | 55.11-59.55 | 58.00-1:07.00 |
| 800m | 2:15.00-2:24.00 | 2:09.22-2:34.55 | 2:18.00-2:42.00 |
| 1600m | 5:04.00-5:20.00 | 4:47.55-5:43.89 | 5:14.00-6:00.00 |
| 3200m | 11:20.00-11:50.00 | 10:29.45-12:00 | 11:40.00-12:15.00 |
| 110h | 14.30-15.50 | 13.72-15.96 | 14.70-16.50 |
| 300h | 43.90-47.50 | 44.39-48.00 | 44.80-48.50 |
| 400h | 1:02.00-1:04.50 | 1:00.98-1:10.75 | 1:06.00-1:10.00 |
| Long Jump | 19’ 6”- 16’ 0” | 19’ 9” - 16’ 10” | 18’ 2” - 15’ |
| Triple Jump | 40’ 0” - 32’ 0” | 40’ 4” - 36’ | 38’ - 32’ |
| Pole Vault | 12’ 6” - 9’ 0” | 12’ 6” - 9’ 6” | 11’ 6” - 8’ |
| High Jump | 5’ 7” - 5’ 2” | 5’ 7” - 5’ | 5’ 4” - 5’ |
| Shot Put | 43’ 0” - 35’ 6” | 50’ - 38’ 3” | 40’ - 32’ |
| Discus | 150’ 0” - 110’ 0” | 161’ 5” - 116’ | 140’ - 100’ |
| Hammer | 160’ - 140’ | 181’ 5” - 155’ 4” | 150’ - 120’ |
| Javelin | 140’ - 110’ | 145’ 6” - 96’ 10” | 125’ - 100’ |
| Heptathlon | 4800-4000 | 4974-3679 | 4200-3500 |
| Decathlon | N/A | N/A | N/A |

[West Texas A&M](https://gobuffsgo.com/documents/2010/10/21/WT_Track_Scholly_standards.pdf) is the reigning indoor champion and an example of a program which has their women’s track and field recruiting standards posted on their website.

## Women’s Division 3 track and field scholarship standards

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Scholarship Standard | Recruiting Standard | Walk-On Standard |
| 100m | N/A | 12.34-13.26 | 12.50-13.50 |
| 200m | N/A | 25.39-27.04 | 25.8-28.5 |
| 400m | N/A | 55.64-1:01.36 | 59.5-1:04.00 |
| 800m | N/A | 2:11.51-2:30.72 | 2:20.00-2:30.00 |
| 1600m | N/A | 4:53.75-5:18.76 | 5:30.00-6:00.00 |
| 3200m | N/A | 10:35.67-12:30 | 11:50.00-12:50.00 |
| 110h | N/A | 14.39-18.54 | 15.50-17.50 |
| 300h | N/A | 47.56-49.50 | 48.50-49.50 |
| 400h | N/A | 1:01.31-1:10.66 | 1:07.00-1:18.00 |
| Long Jump | N/A | 18’ 8” - 16’ 6” | 18’ - 16’ |
| Triple Jump | N/A | 38’ 6” - 33’ 9” | 36’ - 31’ |
| Pole Vault | N/A | 12’ - 9’ 6” | 10’ 6” - 9’ |
| High Jump | N/A | 5’ 7” - 4’ 8” | 5’ 1” - 4’ 9” |
| Shot Put | N/A | 45’ 1” - 35’ | 40’ - 32’ |
| Discus | N/A | 146’ 1” - 112’ 4” | 120’ - 100’ |
| Hammer | N/A | 175’ 1’ - 131’ 7” | 136’ - 110’ |
| Javelin | N/A | 131’ 5” - 103’ 1” | 110’ - 90’ |
| Heptathlon | N/A | 4487-3182 | 3600-3000 |
| Decathlon | N/A | N/A | N/A |

## Women’s NAIA track and field scholarship standards

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Scholarship Standard | Recruiting Standard | Walk-On Standard |
| 100m | 11.98-12.87 | 12.18-13.01 | 12.87-13.50 |
| 200m | 24.75-26.00 | 24.82-26.47 | 26.00-28.00 |
| 400m | 56.90-59.50 | 56.74-59.59 | 59.50-62.50 |
| 800m | 2:14.40-2:30.00 | 2:15.23-2:41.56 | 2:15.00-2:30.00 |
| 1600m | 4:42.00-6:00.00 | 4:55.99-6:05.32 | 5:30.00-6:10.00 |
| 3200m | 10:35.00-11:50.00 | 10:26.69-12:00 | 11:50.00-12:30.00 |
| 110h | 14.60-17.50 | 14.85-18.68 | 15.50-19.00 |
| 300h | 47.50-48.50 | 45.66-48.50 | 48.50 |
| 400h | 1:03.30-1:04.70 | 56.74-59.59 | 1:15.50-1:20.50 |
| Long Jump | 18’ 8” - 17’ | 18’ 9”- 17’ 2” | 17’ - 15’ 6” |
| Triple Jump | 38’ 2” - 35’ 6” | 37’ 9”- 32’ 3” | 35’ 6” - 34’ 2” |
| Pole Vault | 11’ 8” - 9’ | 12’ - 10’ | 9’ - 8’ |
| High Jump | 5’ 5” - 5’ 4” | 5’ 6”- 4’ 4” | 5’ 4” - 5’ |
| Shot Put | 44’ 5” - 38’ | 44’ 5”- 32’ 5” | 38’ - 34’ |
| Discus | 144’ - 120’ | 139’ 6”- 100’ 2” | 120’ - 100’ |
| Hammer | 164’ 9” - 120’ | 168’ 2”- 80’ 9” | 120’ - 100’ |
| Javelin | 132’ 8” - 120’ | 130’ 6” - 78’ 4” | 120’ - 80’ |
| Heptathlon | 3900-3600 | 4465-3199 | 3600-300 |
| Decathlon | N/A | N/A | N/A |

## Track and Field Recruiting Standards

Women’s track and field is not a typical sport where coaches need to watch highlights and attend meets to assess talent. Coaches set benchmarks for recruits, known as track and field scholarship standards. The process is rather straightforward. The recruit either meets the time requirements or they don’t. There are many other factors in the assessment process including [academic](https://www.ncsasports.org/blog/2014/01/16/athletics-academics/) standing and a programs preferences/needs. The women’s track and field recruiting standards provide concrete recruiting times/distances that a recruit is either capable of or they are not, which is what college coaches look for when targeting recruits.

**NCAA D1 Women’s Track and Field:** D1 women’s track and field recruiting standards set the bar high in order to separate the best from the rest. As the top two percent of all U.S. women’s high school track and field athletes, all D1 commits are truly elite. The standards in the tables above provide a wide range, taking into account the separation between each tier of the division (“Power Five” school vs. mid-major). Despite being the most elite college track and field recruits, the scholarship to roster size ratio often leaves top-tier talent with only partial scholarships.

**NCAA D2 Women’s Track and Field:** Bridging the gap between the lower D1 standards, D2 women’s track and field recruiting standards can help recruits on the fence about what level is best for them. D2 is a high level of competition and the winning times/marks are often comparable to those at the D1 level. The biggest difference is the depth of high-level talent. The top D2 women’s track recruiting times are within the scholarship standards of some D1 programs, but those athletes are more likely to receive a bigger scholarship and be more competitive at a D2 program.

**NCAA Division 3:** D3 women’s track and field recruiting standards are the most lenient. Athletes at the D3 level cannot receive athletic scholarships, so meeting the track recruiting times that D3 college coaches look for could only entail a possible guaranteed spot on the roster. D3 is still a competitive option and many athletes at this level could make a D2 roster, but might select the D3 level for a better fit academically and competitively. D3 remains a competitive option for continuing a track and field career into college, and the [merit-based scholarship](https://www.cbsnews.com/news/why-athletes-have-an-edge-at-elite-colleges/) awarded at this level could trump the aid from an athletic scholarship at a higher division.

**NAIA:** In the past, NAIAprograms have been compared to the D3 level of talent. In recent years, the NAIA women’s track and field scholarship standards are [more comparable](https://www.athleticscholarships.net/trackandfieldscholarships.htm) to that of the D2 caliber athlete. NAIA women’s track and field coaches look for athletes who can produce those D2 level track recruiting times but may be more interested in a smaller school.

**NJCAA:** Athletes who don’t have times that make the women’s track and field scholarship standards of their desire school or level of competition can utilize the NJCAA’s higher number of scholarships, a max of 20, to attend a two-year program that will give them scholarship money. They can work to improve their times in order to make the desired division’s women’s track and field scholarship standards and transfer in after two-years at an NJCAA institution.

All of the recruiting standards listed in the table above include a range of estimates based off of times from all tiers of competition at each level. To find out a specific school’s recruiting standards, contact the coach or fill our a recruiting questionnaire at the recruiting hub of the desired school.

## Track and Field Walk-On Standards

Athletes who haven’t recorded the track recruiting times required in the women’s track and field scholarship standards of their desired division, they still have the opportunity to make the team as a walk-on. Like the scholarship standards, women’s track and field walk-on standards are the benchmark times/distances that coaches require for student-athletes to be considered as a walk-on.

Walk-on standards vary at each program, much like the recruiting and scholarship standards. Many programs that list their recruiting standards online also include their walk-on standards and several factors go into them. At the [University of Alabama](https://rolltide.com/sports/2016/6/10/sports-c-xctrack-spec-rel-walk-on-standards-html.aspx), walk-on standards for Alabama residents are more lenient than those for out of state walk-ons.

Typically, the walk-on standards at high tier programs are comparable to the women’s track and field scholarship standards of a lower tier program in the division above. This is consistent across all NCAA divisions and NAIA.

Athletes may consider walking on at a program because the academics and school-size better match their preference. Those who flirt the line with the women’s track and field scholarship standards may opt to walk on to a [more competitive program](https://www.ncsasports.org/recruiting/how-to-get-recruited/college-divisions) in hopes of working hard to improve their time and earn their way into scholarship money.

## When do colleges use track and field scholarships

Colleges use scholarships after evaluating their programs particular needs and preferences. Scholarship money for women’s track and field is typically split to award the highest performing athletes as well as to attract new high level talent . The majority of scholarships awarded for D1, D2 and NAIA women’s track are partial scholarships, though full-rides are possible at the right program.

Just because an athlete received a scholarship does not mean that they are safe for their entire career. Scholarships are handed out by coaches on a yearly basis and [must be renewed](https://www.cbsnews.com/news/the-truth-about-sports-scholarships/) each year. Athletes must maintain their scholarship standards in order to have their scholarship renewed and a recruit at the same event with better a better time/mark could reduce the amount of scholarship money an existing athlete receives. On the flip side, consistency and improvement is what college track coaches look for. Working hard and improving times/marks could lead to an increase in scholarship for a current student-athlete within a program, or an advancement from walk-on status to a partial scholarship.

## How do you get a track and field scholarship?

To earn a track and field scholarship, an athlete must meet the women’s track and field scholarship standards of the particular school and their high school/club performance must match or exceed the track recruiting times/marks of that program. The ability and potential to be scoring points at the conference, regional and national level upon their arrival to the program early on are what college track coaches look for.

Because coaches don’t have the budget to travel and scout recruits in person, they rely heavily on the women’s track and field scholarship standards to identify potential recruits. It is imperative that athletes have their times posted online for coaches to view and a trusted third-party source like NCSA provides a platform to do so.

Because the ability to score points is that main component of what college track coaches look for in an athlete, scholarship athletes are often required to compete in multiple events in order to score the most points. It is best for prospective recruits to [contact the college coaching](https://www.ncsasports.org/recruiting/contacting-college-coaches) staff and ask what their scholarship standards are and what it takes to make their team. Often, athletes will be asked to compete in events that they did not participate in during high school. Coaches are up front in [what they look](https://www.ncsasports.org/recruiting-tools/college-track-recruiting/college-track-coach) for in each type of recruit and training for/competing in these additional events on the high school/club level can be a deciding factor on whether athletes earn a scholarship or not.

There are several alternative scholarship options for women’s track and field to supplement the likelihood of receiving a partial athletic scholarship. Some schools have [funds and endowments for sports](https://www.scholarships.com/financial-aid/college-scholarships/sports-scholarships/track-and-field-scholarships/) set up by alumni. These college based scholarships are awarded to members of a team that meet the school’s criteria. [United States Track & Field](http://www.usatf.org/) (USATF), a partner of NCSA and the official governing body for track and field, have scholarships available through their youth organizations. [Unigo.com](https://www.unigo.com/scholarships/athletic/track-and-field-scholarships) also offers a database of scholarships available to high school track and field athletes looking to compete in college, and these scholarships are based off a variety of criteria (location, GPA, character traits, etc.).

Last Section on NCSA - 200 unique words (no dupe content between pages - See Appendix 3:

1. NCSA (100 words)

Every college coach has standards which they hold recruits to. NCSA is the standard in college athletic recruiting networks. NCSA was ahead of the game in [utilizing digital technology](https://www.ncsasports.org/who-is-ncsa) in an outdated process that relied heavily on paper. Having gone through the process time and time again-as former athletes and coaches-[NCSA’s recruiting coaches](https://www.ncsasports.org/ncsa-staff) bring the same drive and passion they had in their days on the playing field into helping every athlete achieve their dream of playing college sports. That dedication to continually provide top-notch resources in the recruiting process caught the eye of USTAF, the national governing body of track and field, and a [proud sponsor](https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners) of NCSA.

1. Call to Action (100 words)

Get connected with the 35,000 college coaches in the NCSA database and join the [network of families](https://www.ncsasports.org/ncsa-reviews/ncsa-athletic-recruiting-family-reviews) who utilized the digital technology and recruiting expertise to land their athlete a college scholarship. College coaches viewed NCSA athletes profiles [over 5 million times](https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews) in the last year alone! Get your information out on the [most trusted](https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews) athletic recruiting network by college coaches around the country. Start your free profile today with NCSA or call 866-495-5172 with any questions and tap into exposure that wouldn’t be possible to achieve alone

**PAGE 4 – HOW TO GET RECRUITED FOR WOMEN’S TRACK AND FIELD**

1. Deliverables: 1) The highly SEO-ed article, 2) title tag, 3) description tag
2. Length: 2000 words
3. Main Keyword: women’s track and field recruiting
4. Variant Keywords:  what year in hs does recruiting begin for track and field, track and field recruiting video, track recruiting video
5. Keyword Density:
6. Headline/H1:  Use main keyword in the H1 preferably further to the left. Use the 3 main keywords in at least 25-50% of the H2’s/sub headlines.
7. Keyword Usage: The main keyword needs to be used once in the title tag, and once in the description tag. Both of secondary keyword variants should be in the title tag once, and optionally in description once if they work. The main keyword and top variants need to be used in the first 100 words of the article.
8. Title Tag (<65 chars):

**HOW TO GET RECRUITED FOR WOMEN’S TRACK AND FIELD | NCSA** 01234567890123456789012345678901234567890123456789012345678901234

1. Description Tag (135 characters or less with 50 word call to action at end) :

**Find out what coaches look for in women’s track and field recruiting and learn how to get recruited for women’s track and field.**

0123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345

1. Links: Add 8-15 links to external sites (See Appendix 1). Add any page specific links for this page.

<http://www.usatf.org/>

<https://www.milesplit.com/articles/232691/examining-the-issue-between-picking-high-school-or-club-track>

<https://usatodayhss.com/2018/what-sets-track-and-field-recruiting-apart-from-other-sports>

<https://www.discover.com/student-loans/scholarships/scoring-athletic-scholarships.html>

<http://www.ncaa.org/student-athletes/future/choosing-college>

<https://thebestschools.org/features/ncaa-division-i-athletics-programs-womens-sports/>

<https://usatodayhss.com/2017/how-to-use-recruiting-questionnaires-in-the-recruiting-process>

https://bleacherreport.com/articles/133347-college-recruiting-strategies-the-follow-up

1. Links: Add 8-10 links to internal NCSA pages (See Appendix 2)

https://www.ncsasports.org/recruiting/how-to-get-recruited/college-recruiting-process

<https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines>

<https://www.ncsasports.org/college-recruiting-video>

<https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules>

<https://www.ncsasports.org/recruiting/how-to-get-recruited/scholarship-facts>

<https://www.ncsasports.org/recruiting-tools/college-track-recruiting/how-to-get-recruited-for-track>

<https://www.ncsasports.org/best-colleges>

<https://www.ncsasports.org/recruiting/managing-recruiting-process>

https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/unofficial-visits

1. Copy direction for this article is below. This is a suggested format for the article, but feel free to change the article a bit to make it flow better.

 Mimic formatting from this page - <https://www.ncsasports.org/baseball/recruiting-rules-calendar>

First Section - 300 words - Overview

The women’s track and field [recruiting process](https://www.ncsasports.org/recruiting/how-to-get-recruited/college-recruiting-process) is an exciting time in an athlete’s career and “What year is high school does recruiting begin for track and field?” is a frequent question of athletes and their families. Women’s track and field recruiting can start as early as middle school for some athletes who compete on club teams and in programs like [USA Track & Field (USTAF)](http://www.usatf.org/).

Whether athletes choose or are able to participate in club programs prior to high school, building a resume, and creating track and field recruiting videos are important. Track recruiting videos should be posted online along in order for coaches to have an illustration of your technique and form.

Building a resume and remaining consistent with PR’s is the number one factor in whether a college coach with actively recruit an athlete. Due to the lack of budget within women’s track and field recruiting, coaches rely on athletes to post their times and [videos](https://www.ncsasports.org/college-recruiting-video) online where they are easily accessible. Each program and coach has a specific benchmark, known as [scholarship standards](https://www.ncsasports.org/recruiting-tools/college-track-field-scholarship-standards-recruiting/womens-track-recruiting-guidelines), to which they measure whether an athlete will be considered for further recruitment. Becoming familiar with these standards allows athletes to train towards a specific goal to be on a programs radar when the recruiting rules allow coaches to personally contact prospective recruits.

In order to be a standout to college coaches, athletes should take the initiative to contact coaches early and often ***before*** the date when coaches can personally contact them. By contacting coaches and filling out questionnaires, athletes show their interest in the program and can learn of the specific scholarship standards to measure if being recruited by a particular school is a realistic possibility.

Middle section - 1500 words - Main Info and Details of Article

## What year in hs does recruiting begin for track and field

Women’s track and field recruiting can begin [prior to high school](https://www.ncsasports.org/recruiting/how-to-get-recruited/early-scholarship-offers). USATF allows athletes as young as 7 years old to compete in youth events on the national spotlight. USATF Junior National Championships place athletes between the ages of 14 and 19 years old in front of recruiting college coaches, giving those younger a head start on getting discovered.

On the contrary, some athletes decided deep into their high school career that continuing to compete at the collegiate level is a legitimate possibility. So when many athletes and parents ask, “What year in HS does recruiting begin for track and field?”, the answer is that each individual is on a unique journey and there is no one answer for all athletes.

The women’s track and field recruiting rules limit coaches on the NCAA D1 and D2 levels from communicating with prospective recruits until the summer prior to their junior year of high school at the earliest, and September of their junior years of high school at the D1 level. NCAA D3, NAIA and Junior College programs can make contact with recruits at any period in time in the athletes high school career. Visit the women’s track and field recruiting rules and calendar page for more specifics on when college coaches can begin contacting student athletes.

The limitations of the women’s track and field [recruiting rules](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules) extend only to coaches contacting recruits, and does not mean that student-athletes should wait until their junior year to begin their process.

Getting a [head start](https://www.ncsasports.org/recruiting/managing-recruiting-process) in the recruiting process is advantageous for the likelihood of attracting attention from college coaches. Athletes who desire to compete in college should begin planning for their future as soon as they begin high school. Competing in USTAF’s junior programs prior to high school can help generate buzz for elite talent at a young age but for those who do not possess the resources to compete on club teams or are veering more toward the D3/NJCAA level, freshman year is the best time in high school to start focusing on the recruiting process.

## What college track coaches look for in recruits

College coaches are looking for athletes who possess the ability to come in early and score points at the conference, regional and national meets. The more points an athlete can earn for the team, the more scholarship money the coach will provide them. Consistency in reaching PR’s is important to college coaches, as athletes with the most consistent times are more likely to be a reliable source of points at the college level.

Coaches in women’s track and field recruiting are on the lookout for elite sprinters who can be good over multiple events. Sprinters will want to reach peak PR’s around their sophomore year of high school.

Because [scholarships](https://www.ncsasports.org/recruiting/how-to-get-recruited/scholarship-facts) are shared between track and field teams and cross country, coaches will look for middle distance and distance runners who can compete on and score points for both teams. Coaches watch athletes strides and consistency in PR’s for distance runners, in an effort to identify those who they can work with to be consistent over multiple events.

Women’s track and field recruiting favors throwers who display the size and athleticism necessary to adjust to the heavier weight they’ll be throwing at the college level. Strength and the ability to get stronger are key in whether a coach will consider athletes, because dominant throwers can mean huge amounts of points at each meet. Coaches are also looking for throwers who are willing to try new events as javelin and hammer throwers are less common at the high school level.

Elite level jumpers are typically the only ones worth spending scholarship money towards in college since they usually compete in only one event. Because they won’t be scoring points in more than one event, coaches look for the best jumpers who have proven they can score points on the big stage.

There is not a large budget for women’s track and field recruiting, so coaches rely on their scholarship standards along with track and field recruiting videos to determine what athletes they will target as prospective recruits. Click here to learn more about scholarship and recruiting standards at each level.

## College track and field recruiting tips

The women’s track and field recruiting process can seem like a daunting task. It is easy for athletes and their families to feel overwhelmed or lost in the process. With strategic planning and an awareness of the recruiting rules/calendar, athletes can maximize the efficiency of their individual recruiting process. While the journey is different for each unique individual, there are a number of tips that can help better prepare an athlete and set them up for an improved likelihood for success in their recruiting process.

**Develop a recruiting gameplan early**

With verbal offers handed out as early as middle school, it is helpful to start thinking about the recruiting process early. Competing in USTAF Junior Championships and other club programs can allow athletes to begin building a resume before they enter high school.

**Post athletic and academic resumes online**

Women’s track and field recruits must provide coaches with easily accessible and [organized records](https://www.ncsasports.org/recruiting-tools/college-track-recruiting/how-to-get-recruited-for-track) of their times, statistics, [academic information](https://thebestschools.org/features/ncaa-division-i-athletics-programs-womens-sports/) and track and field recruiting videos. NCSA provides the largest digital platform available to high school athletes, visible to hundreds of coaches in women’s track and field recruiting.

**Create track and field recruiting videos**

While your statistics and best times are what interest college coaches the most, creating informative track and field recruiting videos are a way to highlight form and illustrate that an athlete has good technique.

**Get in touch with at least 25 programs**

There are over 1,000 schools in the country with women’s track and field programs. Create a deep initial list of potential colleges in order to improve the chances of finding the ideal fit.

**Understand the long-term impact of your decision**

A student-athlete is exactly as it reads: a student first and an athlete second. Be sure to evaluate every aspect of your decision, from the athletic program to the academic fit and school size/environment. Do [extensive research](https://www.ncsasports.org/best-colleges), ask many questions and look at the bigger picture. Understand that ***it’s not a four-year decision, it’s a 40-year decision***.

## The college track and field recruiting timeline

The importance of developing relationships with college coaches, improving skills/times and excelling in the classroom cannot be stressed enough in the women’s track and field recruiting process. The timing and persistence are imperative in becoming a standout to college coaches.

**Freshman Year**

* ***Research 2-3 schools per week*** 
  + Conduct in-depth research on the track and field program, school academics and campus size/atmosphere.
* ***Create a list of 100 prospective schools*** 
  + It is important to be realistic in creating your list both athletically and academically.
* ***Begin building relationshionships with coaches by making phone calls and sending emails/letters***
  + D1 and D2 schools cannot personally contact recruits until their junior year, but YOU can contact them.
  + Standouts are proactive, and it is never too early for YOU to write a letter or make a phone call to college coaches.
  + D3/NAIA/NJCAA can personally contact recruits at any point in time
* ***Make at least 3*** [***unofficial visits***](https://www.ncsasports.org/ncaa-eligibility-center/recruiting-rules/unofficial-visits) ***to colleges of interest***
* ***Attend camps to hone your skills and gain exposure***
  + College coaches are watching your development throughout high school at camps, in school and on the track.

**Sophomore Year**

* ***Create a track and field recruiting video*** 
  + Get a third-party evaluation of your track recruiting video for an honest breakdown of your skills and ways to improve
* ***Continue to research prospective schools***
* ***Continue to build relationships with coaches by making phone calls and sending out emails/letters***
  + Understand that coaches will be allowed to personally contact you in less than a year, so showing the initiative to contact them first can put you on their radar, and toward the top of their list come the following summer.
* ***Fill out*** [***questionnaires***](https://usatodayhss.com/2017/how-to-use-recruiting-questionnaires-in-the-recruiting-process)
  + This will show interest in the schools as well as give you possible access to the scholarship standards of that particular school.
* ***Continue making unofficial visits***

**Junior Year**

* [***Follow up***](https://bleacherreport.com/articles/133347-college-recruiting-strategies-the-follow-up) ***with coaches you’ve contacted in a TIMELY manner*** 
  + Stay on top of the list of coaches you’ve contacted and remain persistent in follow up communication
  + Contact coaches once a week
  + Ask the coaches where you stand on their recruits list
* ***Respond to EVERY coach that contacts you*** 
  + You can never have too many options and the perfect fit may arise from a coach/school that you least expected
* ***Take official visits***
  + Only allowed five official visits, use them wisely
* ***Attend camps/clinics***
  + Opt for camps/clinics with prospective schools to become familiar with coaching/training styles and get a look at the campus firsthand
* ***Narrow down your prospective schools list*** 
  + If you haven’t heard from D1 schools, it’s time to start reaching out to D2, D3 and NAIA coaches
  + If you don’t feel your perfect fit has come to fruition, consider contacting NJCAA programs as a stepping stool toward your ideal program

**Senior Year**

* ***Send coaches your season schedule*** 
  + Follow up and respond to coaches in a timely manner
* ***Take the remaining official visits***
* ***Apply to the schools***
* ***Apply for financial aid***
  + [FAFSA.ed.gov](https://studentaid.ed.gov/sa/fafsa) opens **January 1**
* ***Sign and commit to a school and program*** 
  + Signing period November 14-August 1
* ***Find out the summer workout schedule***
* ***Prepare for an experience of a lifetime***

## What division level is right for me?

Be realistic in assessing the different levels of competition, as less than three percent of all high school athletes go on to compete at D1 programs. It is recommended to separate schools into categories (i.e. dream schools, target schools and safety schools) and contacting a wide variety of coaches will give an athlete specific standards that they need to meet in order to consider pursuing each program.

**NCAA D1:** D1 programs are highly competitive and being an athlete is considered a full-time job. They off scholarship money, though many are partial scholarships in women’s track and field recruiting.

**NCAA D2:** D2 schools tend to be a mix of smaller to mid-sized public and private schools. All of these schools offer scholarship money and athletes can typically find a balance between academics, athletics and social life at these institutions.

**NCAA D3:** The vast majority of these institutions are private and they tend to be smaller schools. D3 athletes schedules are not quite as demanding, so they are able to have a well-balanced college experience.

**NAIA:** NAIA schools are smaller schools, typically with student bodies of 2,000 or less. The athletic competition is closer to that of the D2 level, but there is still a good balance between academics, athletics and social life.

**Junior College:** Junior colleges offer two-year associates degrees and have more scholarships to hand out than any of the NCAA or NAIA divisions, with a max of 20 in women’s track and field recruiting. Junior college provides an opportunity to improve skills and figure out what path they would like to take athletically and academically.

## Club Track versus High School Track

The debate of club track versus high school track in women’s track and field recruiting casts a wide variety of opinions. Club track like USTAF programs offer a good way to get a headstart on building a resume, with national exposure to USTAF-certified recruiting college coaches, as early as middle school.

Club track also helps high school athletes “[extend their season](https://usatodayhss.com/2018/what-sets-track-and-field-recruiting-apart-from-other-sports)” with the opportunity to prove themselves on a national stage and additional opportunities to improve PR’s. This is merely a supplement to high school track and field for those who can afford to participate and are in search of additional national spotlight.

While just under one-third of athletes in women’s track and field recruiting competed on a club team in high school, only five percent of athletes ***did not*** participate on a high school team. High school track and field remains the best option for most track and field recruits. [Unless an athlete is looking to become a professional athlete and has proven elite ability](https://www.milesplit.com/articles/232691/examining-the-issue-between-picking-high-school-or-club-track), they should not opt for club track over high school track.

## Do I need a track and field recruiting video?

Although the foundation of women’s track and field recruiting is set on standards and times, it is important that you produce track and field recruiting videos to provide highlights of your abilities and illustrate the quality of your form. When creating track and field recruiting videos, student-athletes should consider the following:

* **Sprinters:** Feature starts and include complete races that best illustrate your form.
* **Distance Runners:** Show your starts and highlight your ability to be aggressive, gain position, and kick at end of the race. Be sure to include two to three complete races.
* **Jumpers:** Select several jumps that showcase your best form and athletic ability.
* **Throwers:** Use footage highlighting excellent technique and form.

## Your coach’s role in the recruiting process

A coach’s role in the recruiting process is to help with your development on the track. It is **THE ATHLETE’S** responsibility to be [proactive](https://www.discover.com/student-loans/scholarships/scoring-athletic-scholarships.html) in their women’s track and field recruiting process. Athletes can request the *assistance* of their coach in setting up a phone call between a college coach and the athlete prior to the date that coaches are allowed to call recruits, per the women’s track and field recruiting rules. High school/club coaches can contact the college coach and make them aware of a time that they should be expecting a prospective recruits call.

## Researching schools and creating a target list

When [researching schools and creating a target list](http://www.ncaa.org/student-athletes/future/choosing-college), athletes need to take all factors (academics, athletics, personal preferences and cost) into consideration. Student-athletes are students first, athletes second, so the most important factor in selecting a school is whether or not it offers your desired major.

From there, athletes can assess where their academic and athletic performance stacks up to schools they may be interested in. Location and school size, what type of school (private, public, religious, etc.), free time outside of sports and other opportunities all go into the decision making process and selecting which schools belong on your target list.

Take a look at the top 25 questions to consider when researching schools and creating a target list [at the bottom of this page](https://www.ncsasports.org/best-colleges).

Last Section on NCSA - 200 unique words (no dupe content between pages - See Appendix 3:

1. NCSA (100 words)

Save the time and effort of blindly searching for the answers to all the questions surrounding the recruiting process. NCSA has a [team of experienced former athletes and coaches](https://www.ncsasports.org/ncsa-staff) dedicated toward landing you a college scholarship. Utilizing an innovative digital platform and the many connections formed with college coaches over the years of experience, NCSA is a [reliable resource](https://www.ncsasports.org/ncsa-staff) in the athletic recruiting process. NCSA’s recruiting coaches love what they do and [where they do it](http://www.chicagobusiness.com/section/best-places-to-work-list), so you know they will give everything they have toward connecting athletes with the perfect fit using a process that has proven to be successful time and time again.

1. Call to Action (100 words)

Join the largest athletic recruiting network and the [over 100,000 student athletes](https://www.ncsasports.org/who-is-ncsa) who have earned a scholarship with the help of the NCSA over its 19-year existence. Gain exposure and get discovered one of over 35,000 college coaches in the NCSA database at the [click of a button](https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews). [USTAF](http://www.usatf.org/) is a proud sponsor and its certified coaches trust NCSA in providing easily-accessible profiles to prospective recruits. Stay ahead of the game and team up with NCSA for a strategic approach to the recruiting process. Start your free profile today with NCSA or call 866-495-5172 with any questions.

* 1. Most important messaging: Gain exposure and get discovered by college coaches. 35,000 coaches in the NCSA database.
  2. NCSA selling points:
  3. Customer Reviews: <https://www.ncsasports.org/ncsa-reviews>
  4. Coaches and Usage Numbers:   <https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews> and <https://www.ncsasports.org/who-is-ncsa>
  5. 24,000 NCSA athletes committed to a college for sports in the last year
  6. Call to action: Start your free profile today with NCSA or call 866 495-5172 with any questions

**PAGE 5 – WOMEN’S TRACK AND FIELD CAMPS**

1. Deliverables: 1) The highly SEO-ed article, 2) title tag, 3) description tag
2. Length: 2000 words
3. Main Keyword: track and field camps
4. Variant Keywords:  women’s track and field camps, track and field summer camps, track and field camps near me, track and field camps for high school students
5. Keyword Density:
6. Headline/H1:  Use main keyword in the H1 preferably further to the left. Use the 3 main keywords in at least 25-50% of the H2’s/sub headlines.
7. Keyword Usage: The main keyword needs to be used once in the title tag, and once in the description tag. Both of secondary keyword variants should be in the title tag once, and optionally in description once if they work. The main keyword and top variants need to be used in the first 100 words of the article.
8. Title Tag (<65 chars):

**WOMEN’S COLLEGE TRACK AND FIELD CAMPS |** 01234567890123456789012345678901234567890123456789012345678901234

1. Description Tag (135 characters or less with 50 word call to action at end) :

**Understand the role of women’s track and field camps in the recruiting process and how it helps athletes to get noticed by coaches.**

0123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345678901234567890123456789012345

1. Links: Add 8-15 links to external sites (See Appendix 1). Add any page specific links for this page.   <https://www.kidscamps.com/camps/u.s.a.-track-and-field-camps.html>

<http://www.usatf.org/Camps.aspx>

<https://www.completetrackandfield.com/track-and-field-camp-clinic/>

<https://usatodayhss.com/2018/why-you-always-follow-up-with-coaches-after-camp>

<https://www.athleticscholarships.net/college-track-and-field-camps.htm>

<https://www.collegesportsscholarships.com/sports-camps-college-track-field-recruiting.htm>

<https://www.imgacademy.com/youth-sport-camps/youth-track-field-and-cross-country-camp>

<https://usatodayhss.com/2016/recruiting-column-how-to-use-camps-unofficial-visits-to-get-noticed>

1. Links: Add 8-10 links to internal NCSA pages (See Appendix 2)

<https://www.ncsasports.org/recruiting-tools/college-track-recruiting/track-camps>

<https://www.ncsasports.org/blog/2009/02/02/what-do-coaches-look-for-in-recruits/>

<https://www.ncsasports.org/events>

<https://www.ncsasports.org/blog/2011/06/30/making-the-most-of-your-summer-camp/>

<https://www.ncsasports.org/blog/2016/07/28/3-ways-prospective-college-visit-uncomfortable/>

<https://www.ncsasports.org/blog/2016/07/21/athlete-late-bloomer/>

<https://www.ncsasports.org/blog/2016/02/04/talk-coaches-recruiting-camps-attend/>

https://www.ncsasports.org/blog/2012/07/26/pick-wrong-college/

1. Copy direction for this article is below. This is a suggested format for the article, but feel free to change the article a bit to make it flow better.

 Mimic formatting from this page - <https://www.ncsasports.org/baseball/recruiting-rules-calendar>

First Section - 300 words - Overview

Women’s track and field summer camps are an important way to be seen by college coaches at different time periods throughout the recruiting process. Many track and field summer camps allow athletes to travel to college campuses in their time off from school to gain firsthand experience working with coaches at all levels of competition.

Athletes who are not looking to travel to gain exposure may wonder “[Are there any track and field camps near me](https://www.kidscamps.com/camps/u.s.a.-track-and-field-camps.html)?” The answer is yes, there are a variety of track and field camps and clinics in all areas of the country. Some are exclusive track and field camps for high school students who are in the midst of their recruiting process, hosted by a college in their local area. Typically there are other coaches from local programs in attendance and they may even help run the camp.

Other track and field camps are run by organizations like [USTAF](http://www.usatf.org/Camps.aspx) and others serve as a developmental experience for athletes of all ages. These camps help younger athletes improve their form and skills, introduce new drills and practice techniques, introduce other aspects of high level track and field (mental attitude, sports science, strength and condition practices, etc.) and give kids the opportunity to perform at pristine facilities.

When selecting track and field camps to attend, take into consideration exactly what you want to get out of the experience and plan accordingly. A 17-year-old rising senior would benefit most from attending camp at a college where they’ve been in contact with the coach and the coach has shown interest in them. A 13-year-old athlete new to the sport is likely to get more out of a camp that focuses on fundamentals and teaching the basics of the sport. Researching and carefully selecting camps to attend can save money and time in the long run.

Middle section - 1500 words - Main Info and Details of Article

## The Role of Summer Camps in the Recruiting Process

Women’s track and field camps play an important role in the recruiting process. Camps will provide prospective student-athletes with very [specific extra development](https://www.ncsasports.org/recruiting-tools/college-track-recruiting/track-camps) and training, and will often take place in front of or at the hands of college coaches. Coaches are not only utilizing this environment for athletes to showcase their talent and ability, it is a way for coaches to judge the [immeasurable and intangible](https://www.ncsasports.org/blog/2009/02/02/what-do-coaches-look-for-in-recruits/) qualities in a prospective recruit.

*Form relationships with college coaches*

Women’s track and field camps allow student-athletes to be [front-and-center to a college coach](https://www.collegesportsscholarships.com/sports-camps-college-track-field-recruiting.htm) whose program interests them and often reciprocate that interest. By attending college track and field summer camps, athletes have the [opportunity to meet the coach](https://www.ncsasports.org/blog/2016/02/04/talk-coaches-recruiting-camps-attend/) and practice in front of them, placing their name towards the front of a coaches memory bank and giving them an edge over a recruit the coach hasn’t met or seen in person.

For athletes in their sophomore year of high school or younger, participating in a college women’s track and field camp can help them get on a coaches radar early. Athletes junior year or older can help solidify a verbal offer and possibly increase scholarship money by attending camps. If they are still uncertain where they want to go or are [late bloomers](https://www.ncsasports.org/blog/2016/07/21/athlete-late-bloomer/), these environments offer an opportunity to solidify their decision or become a late addition to a coaches recruiting radar.

By interacting with coaches and receiving hands-on instruction, athletes of all ages can learn where they need to train and improve in order to make a college program and the coaches can give them insight on what training methods and drills they can do to reach that level. They will receive technical instruction and [video analysis](https://www.ncsasports.org/college-recruiting-video) from the college coaching staff and current student-athletes on the roster.

*Experience coaching styles firsthand*

Women’s track and field camps aren’t only a way for coaches to gain firsthand experience with prospective recruits, they are an opportunity for interested student-athletes to assess the varying factors of their college decision and an sneak-peek into life as a college athlete. At college track and recruiting camps, athletes are able to form a relationship with the coach and get an initial read on whether the specific coaching style suits their preferences.

Essentially a college coach becomes the athletes coach for the duration of the camp. It is important to most college athletes that they like their coach and their coaching style. A college track and field summer camp can help solidify interest in a particular program or help athletes from [making a mistake](https://www.ncsasports.org/blog/2012/07/26/pick-wrong-college/) in choosing a particular program.

*Explore the campus*

College track and field camps also give athletes the opportunity to explore the campus where they could possibly spend the next four years of their life. Overnight camps act as a mini college-experience where athletes sleep in dorms with other campers who they may or may not know, [eat at the college dining halls](https://www.ncsasports.org/blog/2016/07/28/3-ways-prospective-college-visit-uncomfortable/) and run on a coaches schedule, with the sole responsibility placed on the athletes shoulders to be in the right place on time.

Whether it is an overnight track and field camp or a half day clinic, there is time for athletes and their families to peruse around the campus and explore. A major benefit of college track and field summer camps is that the campus is in its peak form with trees and flowers in full bloom. The only downside to a summer camp is that there are far less students on campus than during the heart of the school year, though that is why unofficial and official visits exist.

Overall, track and field camps are often the first and only opportunity for a coach to [evaluate an athlete](https://www.ncsasports.org/blog/what-qualities-do-coaches-look-for-when-evaluating-recruits/) in person and vice versa. Whether it is on the college campus or at an elite camp hosted by a track and field organization, make yourself known to the coach and don’t be afraid to ask questions. Pick the brains of the current student-athletes helping run the camp and take in every piece of advice and information that the coaches and athletes provide. Explore the campus and evaluate all of your personal preferences in the college decision.

## Track and Field Camps for High School Students

Women’s track and field [camps for high school students](https://www.ncsasports.org/events) are vital in preparing the athletes for the recruiting process. They will receive in-person and video analysis of their current skills, often in front of or at the hands of college coaches. Most track and field camps cater to girls of multiple age groups.

For those younger athletes who aren’t ready to be scouted by college coaches and are looking for a less advanced camp that teaches fundamentals and form, a camp hosted by the local YMCA, high school or sports organization may be a more appropriate step to take.

**What to consider when selecting camps to attend**

There are [many factors to consider](https://www.ncsasports.org/blog/2011/06/30/making-the-most-of-your-summer-camp/) when selecting which camps to attends. Knowing exactly what the desired outcome of the camp is, how much it costs, who conducts the camp and more. Some camps will be more targeted towards sprinters while others may be specialized for jumpers and throwers. Some camps are hosted and fully run by particular colleges while others are organized by companies like Nike, Here are [five of the most important factors](https://www.completetrackandfield.com/track-and-field-camp-clinic/) to consider when selecting a women’s track and field camp:

*Staff*

Every athlete has a reason for attending a track and field camp. Those interested in specific colleges need to make it a point to participate in camps where that coach will be present. The best way to do that is to attend a track and field summer camp hosted by that particular school. In the case of certain elite showcases and camps, be sure to take a look at the staff list to make sure that there will be coaches there to make the event worth attending.

If an athlete is uncertain where they stand as a recruit or are on the fence between multiple divisions, they should look for camps that are staffed by [college coaches](https://www.athleticscholarships.net/college-track-and-field-camps.htm) from all divisions. Also check to see how many coaches are staffed at each position. A large benefit of attending an elite camp or a camp with multiple coaches is the small group instruction that puts athletes face-to-face with [coaches who matter](https://usatodayhss.com/2018/why-you-always-follow-up-with-coaches-after-camp) and can provide hands-on instruction and advice to help an athlete improve.

*Location*

Athletes who are interested in a particular program should [attend camps at that specific school](https://usatodayhss.com/2016/recruiting-column-how-to-use-camps-unofficial-visits-to-get-noticed). They can get a feel for the campus and what the environment around the school is all about. If it is not convenient for an athlete and their family to travel far distances to be seen by college coaches or participate in elite camps, there are plenty of options available in relative close proximity, usually run by local sports organizations and high schools. For those who are interested in an elite experience and are willing to travel, camps like those run by USTAF give high school athletes access to pristine athletic facilities and a chance to spend time on the campus of elite college programs.

*Length*

Not all track and field camps are run the same. Not all track and field camps are even camps. A ***clinic***is a shorter one-day (sometimes half-day) event that is typically focused on a particular skill or attribute. If an athlete is looking to improve their form in a specific event, a clinic can be a great option. They bring many athletes of the same category (sprinters, distance, throwers, jumpers) together to receive fast paced, specific instruction from coaches with experience in that particular specialization.

Track and field ***camps*** are often multi-day events and sometimes include overnight stays in the dorms. They allow athletes elongated circuit and stretching periods, more down time in between activity and move at a more relaxed pace. Athletes have a better opportunity to form a relationship with the coach and get a feel for their coaching style over an extended period of time. Track and field camps also give high schoolers and their families a chance to explore different college campuses.

*History*

There are many track and field camps put on around the country, and new camps are formed every year. A first-year camp can very well be worth the money, but the longer an event has been running and the more athletes that have gone through a camp, the more experience organizers have in creating an efficient and effective flow to the process. The alumni of camps can speak on behalf of how beneficial it would be to attend as well. If there is a constant flow of high level recruits coming out of an elite camp, it is likely worth the time and money for a possible high level recruit to attend that camp.

*Organization*

This can be taken in two ways. The *literal organization that runs the event*, or the physical act of *running an efficiently organized event*. The two often go hand-in-hand. Opting to attend a track and field camp run by USTAF, Nike, or [IMG](https://www.imgacademy.com/youth-sport-camps/youth-track-field-and-cross-country-camp) ensures near certainty that the event will be worth the investment and athletes will be placed in an atmosphere to learn, receive beneficial hands-on instruction and be seen by college coaches. These organizations have legitimate web pages for their camps with a detailed outline of the activities that will take place throughout the camp, the physical products campers will receive (T-shirts, water bottles, etc.), and a list of coaches/influential personel in the track and field industry that will be on staff. This promises athletes and their families that an event is exactly what they expect it to be and worth the value.

This is not to say that other camps aren’t beneficial. If there is no website or it is a shoddy design with no specific information, that can be a red flag for an unorganized camp that is more likely a money grab than anything else. A website can also be quite flashy and well put together, but if there are no reviews or contact information available, it is best to save the money.

Last Section on NCSA - 200 unique words (no dupe content between pages - See Appendix 3:

1. NCSA (100 words)

Find out about the many college track and field camps, and take the stress out of the college recruiting process. NCSA’s digital platform is a [proven method](https://www.ncsasports.org/ncsa-reviews/ncsa-athletic-recruiting-family-reviews) to easing the burden of finding the perfect fit. There is no better than one of [NCSA’s dedicated recruiting coaches](https://www.ncsasports.org/ncsa-reviews) who have firsthand experience over years of the recruiting process as former players and coaches. Endorsed by [world-class partners](https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners) like the NAIA, NCSA’s process improves and enhances the student athlete recruiting experience with a comprehensive approach and strategic partnerships. Teaming up with NCSA allows athletes to tap into [resources that would never be possible](https://www.ncsasports.org/lp/ncsa-partners-with-athlete-types) to access on their own.

1. Call to Action (100 words)

Attending college track and field camps are a great way to form relationships with college coaches. Becoming a part of the NCSA recruiting network is even more effective, with a database of 35,000 college coaches constantly searching for the best profiles. Get in touch with the right coaches, l[earn about the best track and field camps](https://www.ncsasports.org/how-ncsa-works) for your needs and stay ahead of the pack. The over 700,00 searches on the NCSA platform last year alone are continually growing, as coaches can access profiles at any time using NCSA’s mobile app, available on the A[pp Store](https://itunes.apple.com/us/app/apple-store/id673859348?mt=8) and [Google Play](https://play.google.com/store/apps/details?id=org.ncsasports.rms&referrer=utm_source=organic&utm_medium=join_us&utm_term=www2). Get connected and get discovered, start your free profile today with NCSA or call 866-495-5172 with any questions.

**APPENDIX 1 - HIGH AUTHORITY EXTERNAL LINKS TO INCLUDE IN ARTICLE**

* Linking to high domain authority (DA) sites (that are not direct competitors) is a very effective way of showing Google the article is more objective, better written and more relevant for searchers.
* We want at least 1 outgoing link to external sites for about every 150 words to these highly trusted sites.
* That means you should use about 10-12 external links in an article of 2000 words.
* Please use Graded A articles first. You can use your own non-competitive links you find, just test them by entering the URL using <https://checkpagerank.net/> or the Google Chrome plugin.
* Ideally we want the links to rank 50 or more for DA (Domain Authority). Don’t ever use any links below a DA of less than 30.
* Use as many unique domains as possible as opposed to many links from the same base domain.

1 - Good General Sports - Include scholarship, education stats, etc.

1. (A, DA=94) - Should we pay college athletes, College Athlete are worth millions  
   <https://www.forbes.com/sites/artcarden/2018/07/26/college-athletes-are-worth-millions-they-should-be-paid-like-it/>
2. (Grade=A, DA=60) How many scholarships in the US, suprising facts about scholarships <https://www.savingforcollege.com/articles/surprising-facts-about-scholarships-836>
3. (Grade=B, DA=92), current enrolled college students  
   <https://www.quora.com/How-many-college-students-are-there-in-the-United-States>
4. (Grade=C, DA=80),  scholarships  
   <http://www.ncaa.org/student-athletes/future/scholarships>
5. (Grade=A, DA=93),  top colleges

<https://www.forbes.com/sites/huntersharf/2017/08/02/25-top-colleges-that-dominate-academically-and-athletically/>

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2. A, DA=63, How Division I Coaches Find Recruits,   
   <https://usatodayhss.com/2017/how-division-i-coaches-find-recruits>
3. B, DA=92, What’s the Average Sport Scholarship Worth,   
   <https://www.usnews.com/education/blogs/the-college-solution/2010/06/22/7-things-you-need-to-know-about-sports-scholarships>
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5. B, DA=95, Sports and Education Work Well Together,  
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6. A, DA=92, 4 Myths About Athletic Scholarships,  
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9. A, DA=97, College Recruiting,  
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10. A, DA=97, Athletic Scholarships,  
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11. A, DA=89, A history of recruiting,  
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12. B, DA=65, What it Means to Secure an Athletic Scholarship <https://www.sikids.com/si-kids/2018/05/09/what-it-means-to-secure-athletic-scholarship>
13. A, DA=89, Full-time college athletes should be part-time students,  
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14. A, DA=90, Inside the first legally binding contract between a college athlete and a school,  
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16. A, DA=93, An analytical approach to the inexact science of recruiting,  
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20. A, DA=80, Scholarships,  
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21. B, DA=91, Are Scholarship Offers to 8th-Grade Recruits Really Necessary?,  
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25. A, DA=87, Banking on a Sports Scholarship,  
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26. A - College Athletics - <https://en.wikipedia.org/wiki/College_athletics>

2 - Sport + Recruiting / Scholarships / Scouting

Use a lot of sports media and general media sites  - do 10 sports and at least 5 links each

I - Football Recruiting

1. A+,  DA=78, College Football Team Rankings,  <https://247sports.com/Season/2019-Football/CompositeTeamRankings/>
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4. A+, DA=91, College football rankings <http://www.espn.com/college-sports/football/recruiting/playerrankings/_/position/athlete/class/2019/view/position>
5. B, DA=63, College Football Team Rankings,   
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6. A, DA=91, Highest Ranked Football Recruiting Class,   
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7. B, DA=82, 2019 Team Rankings,   
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8. A, DA=91, Top Ranked Football Recruits,   
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9. A, DA=89, Schools with Best Average Rankings ,   
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10. DA=80, College Football Governing Body,  
    <http://www.ncaa.org/>

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1. B, DA=63, Five Key Questions in Baseball Recruiting,   
   <https://usatodayhss.com/2018/ncsa-five-key-questions-in-the-baseball-recruiting-process>
2. B, DA=52, College Baseball Recruiting,   
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4. A, DA=51, 25 Questions for Baseball Recruiting,   
   <https://ericcressey.com/25-questions-to-ask-during-the-college-baseball-recruiting-process>
5. DA=80, College Baseball Governing Body,  
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III - Soccer Recruiting

1. B, DA=61, The Do’s and Don'ts of Soccer Recruiting , <https://www.usyouthsoccer.org/schellas_hyndmans_dos_and_donts_of_college_recruiting_/>
2. A, DA=63, How Division I Coaches Find Recruits,   
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3. A, DA=46, Soccer Recruiting Advice, <https://www.soccernation.com/must-read-recruiting-advice-from-xavier-mens-soccer/>
4. B-, DA=54, College Soccer Recruiting,   
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5. A+, DA=91, Young Soccer College Commits,    
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IV - Volleyball Recruiting

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2. A, DA=71, When to Start the Recruiting Process,    
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3. B, DA=92, How to Get a Basketball Scholarship, <https://www.wikihow.com/Get-a-Basketball-Scholarship>
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5. B, DA=52, College Basketball Scholarships,   
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1. B, DA=57, Track and Field Scholarships,   
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   <https://www.swimmingworldmagazine.com/news/10-essential-tips-for-winning-a-college-swimming-scholarship/>
5. B, DA=54, Swimming and Diving Scholarships,   
   <https://new.berecruited.com/high-school-diving>
6. DA=80, College Swimming Governing Body,  
   <http://www.ncaa.org/>

IX  - Ice Hockey Recruiting

1. C, DA=54, College Ice Hockey Recruiting,  
   <https://new.berecruited.com/high-school-ice-hockey>
2. B, DA=43, 10 Facts on NCAA Hockey Scholarships,   
   <http://collegehockeyinc.com/articles/2015/09/10-need-know-facts-about-ncaa-hockey-scholarships.php>
3. A, DA=43, Why College Hockey,   
   <http://collegehockeyinc.com/why-college-hockey.php>
4. B, DA=54, Men’s and Women’s Ice Hockey Scholarships,   
   <http://www.gocollege.com/financial-aid/scholarships/athletic/ice-hockey.html>
5. DA=80, College Ice Hockey Governing Body,  
   http://www.ncaa.org/

X  - Softball Recruiting

1. A, DA=68, Softball Scholarships,  
   <https://www.scholarships.com/financial-aid/college-scholarships/sports-scholarships/softball-scholarships/>
2. B, DA=37, Chances of Getting a Softball Scholarship,  
   <http://www.diycollegerankings.com/what-are-my-chances-for-getting-a-softball-scholarship/6225/>
3. C, DA=30, How to get a Softball Scholarship,

<https://www.gobigrecruiting.com/recruiting101/softball/>

1. A, DA=63, College Softball Recruiting Advice,  
   <https://usatodayhss.com/2018/college-softball-coaches-give-recruiting-advice>
2. DA=80, College Softball Governing Body,  
   <http://www.ncaa.org/>

XI - Rowing

1. A, DA=54, Rowing Camps, <http://www.usrowing.org/member-services/camp-directory/>
2. A, DA=54, Rowing Camps, <http://www.row2k.com/camps/>
3. A, DA=97, College Rowing, <https://en.wikipedia.org/wiki/College_rowing_(United_States)>
4. A, DA=54, College Rowing, <http://www.usrowing.org/college-rowing/>
5. B, DA=54, Rowing Recruiting, Rowing Scholarships,  <https://new.berecruited.com/high-school-rowing>
6. B, DA=52, Rowing Recruiting, Rowing Scholarships, <https://www.athleticscholarships.net/rowing-college-recruiting.htm>
7. C, DA=34, Rowing Scholarships, <http://www.scholarshipstats.com/rowing.html>

3 - General athletic recruiting sites/articles

These are not for a specific sport and including trends, advice, case studies and well written articles.

1. Athletic Recruiting, A+, DA=62, Making Sense Of The Athletic Recruiting Process,  
   <https://www.accreditedschoolsonline.org/resources/athletic-recruiting/>
2. Athletic Recruiting, B, DA=80, NCAA Recruiting,  
   <http://www.ncaa.org/student-athletes/future/recruiting>
3. Athletic Recruiting, A, DA=43, Athletic Recruiting 101,  
   <https://www.ivywise.com/ivywise-knowledgebase/newsletter/article/athletic-recruiting-101-what-student-athletes-need-to-know/>
4. NYT Athletic Scholarships, A, DA=95, What College Sports Recruiters Can Teach Your Child,  
   <https://well.blogs.nytimes.com/2016/06/21/what-college-sports-recruiters-can-teach-your-child/>
5. Athletic Scholarship Advice, A, DA=74, 5 Tips for Scoring Athletic Scholarships,  
   <https://www.discover.com/student-loans/scholarships/scoring-athletic-scholarships.html>
6. Athletic Scholarship Advice, A, DA=72, How to Get Athletic Scholarships,  
   <https://www.princetonreview.com/college-advice/how-to-get-athletic-scholarships>
7. Athletic Scholarship Advice, A, DA=63,Everything you need to know about athletic scholarships,  
   <https://usatodayhss.com/2017/everything-you-need-to-know-about-athletic-scholarships>
8. Athletic Scholarship Trends, B, DA=93, Colleges Are Spending More On Their Athletes,  
   <https://www.usatoday.com/story/sports/college/2017/07/06/colleges-spending-more-their-athletes-because-they-can/449433001/>
9. Athletic Scholarship Trends, A, DA=47, Community College Sports Trends,  
   <https://www.communitycollegereview.com/blog/sports-at-community-college-spring-2017-trends>
10. Athletic Recruiting Trends, B, DA=33, Athletic Recruiting Trends,  
    <https://collegeboundmentor.com/athletic-recruiting-trends/>

4  - NCSA PARTNERS - See <https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners/all-ncsa-partners>   
DA=45, Football University - <http://footballuniversity.org/>

1. DA=34, Heart of America Volleyball - <http://hoavb.org/wp/>
2. DA=20, Elite Soccer Clubs - <http://www.elitesoccerclubs.com/>
3. DA=70, USA Track and Field - <http://www.usatf.org/>
4. DA=39, Five-Star Basketball Camps - <https://www.fivestarbasketball.com/>
5. DA=55, NFL Players Association - <https://www.nflpa.com/>
6. DA=70, MaxPreps - <http://www.maxpreps.com/>
7. DA=58, Team Snap - <https://www.teamsnap.com/>
8. DA=56, US Sports Camps - <https://www.ussportscamps.com/>
9. DA=47, NextStepU - <https://www.nextstepu.com/>
10. DA=49, Triple Crown Sports  - <https://www.triplecrownsports.com/Home.aspx>
11. DA=53, VNN Sports - <https://vnnsports.net/>
12. DA=20, Smart Track College Funding - <https://collegefundingkit.com/>
13. DA=39, Play On Sports - <http://playonsports.com/>
14. DA=17, Make Me a Freshman - <https://makemeafreshman.com/>
15. DA=77, Fastweb - <https://www.fastweb.com/>
16. DA=61, Cappex - <https://www.cappex.com/>
17. DA=71, Chegg - <https://www.chegg.com/test-prep>
18. DA=2, Agile - <https://agilesb.com/>
19. DA=49, Big Teams - <https://www.bigteams.com/>

5. COLLEGE SITES

1. DA=64, Augustana College Athletics  - <https://athletics.augustana.edu>
2. DA=91, Indiana University  - <https://www.indiana.edu/hoosier-life/athletics.html>
3. DA=91, Univ of Illinois Athletics - <https://illinois.edu/athletics/>
4. DA=91, Purdue Athletics - <https://www.purdue.edu/purdue/athletics/index.php>
5. DA=90, Univ of Iowa Athletics - <https://uiowa.edu/athletics>
6. DA=91, Ohio State Univ Athletics - <https://www.osu.edu/athletics/>
7. DA=89, Miami Univ Athletics - <https://welcome.miami.edu/academics/index.html>
8. DA=58, Univ of Colorado Athletics - <https://www.cu.edu/employee-services/cu-athletics>
9. DA=92, Univ of Texas Athletics - <https://www.utexas.edu/athletics/overview>
10. DA=74, Univ of Massachusetts - <https://www.umb.edu/athletics>
11. DA=91, Boston Univ Sports - <http://www.bu.edu/sports/>
12. DA=92, Rutgers Univ Athletics  - <https://www.rutgers.edu/athletics>
13. DA=91, City College of New York Athletics - <https://www.ccny.cuny.edu/athletics>
14. DA=85, Univ of Oklahoma Athletics - <http://www.ou.edu/wtd/athletics>
15. DA=79, Univ of Arkansas Athletics - <https://www.uark.edu/athletics/index.php>
16. DA=91, Univ of Virginia Athletics - <http://www.virginia.edu/story/athletics>
17. DA=83, Univ of Alabama Athletics - <https://www.ua.edu/athletics/>
18. DA=92, Univ of Michigan Athletics - <https://umich.edu/athletics/>
19. DA=92, Univ of Wisconsin Athletics - <https://supportthebadgers.athletics.wisc.edu/>
20. DA=73, Univ of Montana Athletics - <http://www.umt.edu/athletics/>
21. DA=89, Univ of Kentucky Athletics - <http://www.uky.edu/Athletics/>
22. DA=92, Univ of Minnesota Athletics - <https://twin-cities.umn.edu/athletics>
23. DA=91, Univ of Florida Athletics - <http://www.ufl.edu/athletics/>
24. DA=82, Univ of Vermont Athletics - <http://www.uvm.edu/athleticsbridge/>
25. DA=64, Univ of Louisiana Athletics - <https://louisiana.edu/athletics>
26. DA=91, University of Chicago Athletics  - https://athletics.uchicago.edu/landing/index
27. DA=91, University of North Carolina Athletics  - <https://www.unc.edu/athletics/>
28. DA=87, University of Connecticut Athletics  - <https://uconn.edu/athletics/>
29. DA=92, UCLA Athletics  - <http://www.ucla.edu/athletics>
30. DA=91, Florida State Athletics  - <https://www.fsu.edu/athletics/>

6 - NCAA AND NAIA pages

1. DA=80, NCAA.org - <http://www.ncaa.org/>
2. DA=62, NAIA.org - <http://naia.org/>
3. DA=53, PlayNAIA.org - <https://www.playnaia.org/>
4. DA=80, NCAA Eligibility Site   - <https://web3.ncaa.org/ecwr3/>
5. DA=80, NCAA GPA <http://www.ncaa.org/student-athletes/future/grade-point-average>
6. DA=80, Grades  - <http://www.ncaa.org/student-athletes/play-division-i-sports>
7. DA=41, National Letter of Intent (NLI) Site - <http://www.nationalletter.org/>
8. NCAA Division 1 Colleges - <https://www.ncsasports.org/best-colleges/best-division-1-colleges>
9. NCAA Division 2 Colleges - <https://www.ncsasports.org/best-colleges/best-division-2-colleges>
10. NCAA Division 3Colleges - <https://www.ncsasports.org/best-colleges/best-division-3-colleges>
11. NAIA Colleges - <https://www.ncsasports.org/best-colleges/best-naia-colleges>
12. NCAA Division 1 Schools - <http://www.ncaa.org/about/division-i-schools>
13. NCAA Division 2 Schools - <http://www.ncaa.org/about/division-ii-schools>
14. NCAA Division 3 Schools - <http://www.ncaa.org/about/division-iii-schools>

NCAA Colleges Sports Programs

1. DA=97, NCAA D1 Football Colleges, <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_FBS_football_programs>
2. DA=97, NCAA D2 Football Colleges, <https://en.wikipedia.org/wiki/List_of_NCAA_Division_II_football_programs>
3. DA=97, NCAA D3 Football Colleges,  
   <https://en.wikipedia.org/wiki/List_of_NCAA_Division_III_football_programs>
4. DA=97, NCAA D1 Basketball Colleges,   
   <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_men%27s_basketball_programs>
5. DA=97, NCAA D1 Baseball Colleges, <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_baseball_programs>
6. DA=97, NCAA D1 Softball Colleges,   
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7. DA=97, NCAA D1 Ice Hockey Colleges, <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_ice_hockey_programs>
8. DA=97, NCAA D1 Lacrosse Colleges,   
   <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_lacrosse_programs>
9. DA=97, NCAA D2 Lacrosse Colleges,   
   <https://en.wikipedia.org/wiki/List_of_NCAA_Division_II_lacrosse_programs>
10. DA=97, NCAA D1 Soccer Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_men%27s_soccer_programs>
11. DA=97, NCAA D2 Soccer Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_Division_II_men%27s_soccer_programs>
12. DA=97, NCAA D1/2/3 Swimming Colleges, <https://en.wikipedia.org/wiki/List_of_college_swimming_and_diving_teams>
13. DA=97, NCAA D1 Women’s Volleyball Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_women%27s_volleyball_programs>
14. DA=97, NCAA D1/2/3 Men’s Volleyball Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_men%27s_volleyball_schools>
15. DA=97, NCAA D1 Wrestling  Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_Division_I_wrestling_programs>
16. DA=97, NCAA D2 Wrestling  Colleges,   
    <https://en.wikipedia.org/wiki/List_of_NCAA_Division_II_wrestling_programs>

7 - Sports Camps

1. DA=56, US Sports Camps - <https://www.ussportscamps.com/>
2. Athletic Camps USA - has multiple sites - one per sport
3. DA=30, Basketball Camps USA <https://www.baseballcampsusa.com/>DA=28, Football Camps USA - <https://www.footballcampsusa.com/>
4. DA=18, Gymnastics Camps USA - <https://www.gymnasticscampsusa.com/>
5. DA=23, Lacrosse Camps USA - <https://www.lacrossecampsusa.com/>
6. DA=33, Soccer Camps USA - <https://www.soccercampsus.com/>
7. DA=31, Softball Camps USA - <https://www.softballcampsusa.com/>
8. DA=31, Volleyball Camps USA - <https://www.volleyballcampsusa.com/>
9. DA=45, ABCSportsCamps.com all sports on same site
10. DA=45, Scott Pera Rice Basketball Camps - <http://abcsportscamps.com/rubasketball/>
11. DA=45, Gordon Men’s Basketball Camps - <http://abcsportscamps.com/gcmbasketball/>
12. DA=45, Bobby Hurley Basketball Camps - <http://abcsportscamps.com/asumbasketball/>
13. DA=45, Billy Clapper Basketball Camps - <http://abcsportscamps.com/billyclapper/>
14. DA=45, Bemidji State Men’s Basketball Camps - <http://abcsportscamps.com/bsubasketball/>
15. DA=45, Gymnastic Camps - <http://abcsportscamps.com/autigers/>
16. DA=45, Basketball Camps - <http://abcsportscamps.com/bubasketball/>
17. DA=45, Baseball Camps - <http://abcsportscamps.com/ruraiders/>
18. DA=45, Football Camps - <http://abcsportscamps.com/crimsonfootballcamps/>
19. DA=45, Womens Soccer Camps - <http://abcsportscamps.com/wkus/>
20. DA=45, Boston College Football Camps - <http://abcsportscamps.com/bcfootball/>
21. DA=45, Washington Track Camps - <http://abcsportscamps.com/uwt/>
22. DA=45, AIC Field Hockey Camps - <http://abcsportscamps.com/aicfieldhockey/>
23. DA=36, College Softball Camps - <http://collegesoftballcamps.com/>
24. DA=40, Youth and High School Football Camps - <https://www.footballcamps.com/>
25. DA=50. IMG Academy Camps - <https://www.imgacademy.com/>

8 - NCSA Media Coverage and Reviews, Trusted Sites - Link to any Partners   
Footer Links DA=71, <https://www.sportsengine.com/>Partner Links - (see <https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners>) DA=87, <https://www.adidas.com/us>

In The News Pages

1. DA=49, College athletic recruiting network ranks Cal in the top-10 of its 2018 power rankings - <https://www.californiagoldenblogs.com/2018/11/15/18096442/cal-recruiting-ncsa-power-ranking-womens-soccer-angelina-anderson-fifa-world-cup-uruguay>
2. DA=65, NCSA Certified as a 2018 Great Place to Work - <https://www.greatplacetowork.com/certified-company/1204893>
3. DA=77, NCSA Named to Crain's 2018 Best Places to Work List - <http://www.chicagobusiness.com/section/best-places-to-work-list>
4. DA=50, NCSA Teams Up with IMG Academy to Deliver Its Team Edition Platform to Coaches - <https://www.imgacademy.com/media/headline/ncsa-next-college-student-athlete-teams-img-academy-deliver-its-innovative-team>
5. DA=91, ESPNW Features Lisa Strasman's Journey to Becoming President of NCSA - <http://www.espn.com/espnw/voices/article/22274792/lisa-strasman-cool-job-college-student-athlete-president>
6. DA=77, NCSA Named One of 15 Coolest Offices in Chicago - <http://www.chicagobusiness.com/section/coolest-offices>
7. DA=58, NCSA Ranks #31 on Top 100 Tech Companies in Chicago List - <https://www.builtinchicago.org/2017/10/24/chicago-top-100-tech-companies-2017>
8. DA=92, NFL alum Izell Reese brings high school football combine to Chicago - <http://www.chicagotribune.com/sports/college/ct-izell-reese-high-school-football-combine-20170526-story.html>
9. DA=92, 7 ways to talk about your athletic experience on a job interview - <https://www.fastcompany.com/3066855/7-ways-to-talk-about-your-athletic-experience-on-a-job-int>
10. DA=63, Weekly Recruiting Tips in USA Today - <http://usatodayhss.com/tag/ncsa>

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1. DA=53, Next College Student Athlete Partners With Battlefy  
   <https://blog.battlefy.com/next-college-student-athlete-partners-with-battlefy-1f3f38e0d15b>
2. DA=46, Next College Student Athlete Partners With GotSoccer - <https://www.soccerwire.com/news/business-news/youth-biz/next-college-student-athlete-enters-partnership-with-gotsoccer/>
3. DA=61, Next College Student Athlete Named Official Recruiting Partner of US Youth Soccer - <https://www.usyouthsoccer.org/next-college-student-athlete-named-official-recruiting-partner-of-us-youth-soccer/>
4. DA=92, Next College Student Athlete Announces 2018 Winter and Spring Sports NCSA Power Rankings - <https://www.prnewswire.com/news-releases/next-college-student-athlete-announces-2018-winter-and-spring-sports-ncsa-power-rankings-300760687.html>
5. DA=92, Next College Student Athlete Announces 2018 NCSA Power Rankings - <https://www.prnewswire.com/news-releases/next-college-student-athlete-announces-2018-ncsa-power-rankings-300749264.html>
6. DA=69, Next College Student Athlete Named Official Responsible Recruiting Partner of US Lacrosse -   
   <https://www.uslacrosse.org/blog/us-lacrosse-names-ncsa-official-responsible-recruiting-partner>
7. DA=92, Next College Student Athlete Adds Esports To Collegiate Recruiting Network -   
   <https://www.prnewswire.com/news-releases/next-college-student-athlete-adds-esports-to-collegiate-recruiting-network-300719519.html>
8. DA=23, Roundballers to Get More Recruiting Help: NCSA Partners with West Coast Elite Basketball -   
   <https://www.westcoastelitebasketball.com/news_article/show/911285>
9. DA=79, Next College Student Athlete and USA Wrestling Announce Addition of Women’s Wrestling to NCSA Athletic Recruiting Network - <https://www.teamusa.org/USA-Wrestling/Features/2017/December/18/NCSA-named-official-recruiting-service-of-USA-Wrestling>
10. DA=11, NCSA Partners with Sidelined USA to Help Athletes with Career Ending Injuries -   
    <https://www.sidelinedusa.org/ncsa/>

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1. Next College Student Athlete Partners With Texas Association of Private and Parochial Schools - <https://www.ncsasports.org/lp/next-college-student-athlete-partners-texas-association-private-and-parochial-schools>
2. Next College Student Athlete Partners With University Athlete, Hires Founder, Marc Swindle - <https://www.ncsasports.org/lp/next-college-student-athlete-partners-university-athlete-hires-founder-marc-swindle>
3. Rivals, Next College Student Athlete, Adidas Announce 2019 Rivals Camp Series - <https://www.ncsasports.org/lp/rivals-next-college-student-athlete-adidas>
4. Next College Student Athlete Named to Chicago Tribune's 2018 Top Workplaces List - <https://www.ncsasports.org/lp/NCSA-Next-College-Student-Athlete-named-top-workplace-chicago-tribune-2018>
5. NCSA Next College Student Athlete Gives College Football Coaches an All-Access Look at Rivals Camp Series Video and More with Its New Coach Pass™ by NCSA Recruiting Tool - <https://www.ncsasports.org/lp/new-coach-pass-by-ncsa-recruiting-tool>
6. Next College Student Athlete (NCSA) Partners with AthleteTypes to Bring Mental Toughness Evaluation to College Recruiting - <https://www.ncsasports.org/lp/ncsa-partners-with-athlete-types>
7. Rivals, NCSA, adidas Expand Football Camp, Combine Series to Reach More Student-Athletes In 2018 - <https://www.ncsasports.org/lp/ncsa-partners-expand-rivals-combine-series-2018>

Other External Links

1. DA=93, BBB  - <https://www.bbb.org/us/il/chicago/profile/athletic-organizations/ncsa-0654-7001121>

(A+) Google Reviews (currently only displayed with Google Maps)

1. DR=98,<https://www.google.com/maps/contrib/117610531373121792765/reviews?hl=en-US&sa=X&ved=2ahUKEwjvn5H9y7ngAhV4CjQIHZ16Bl8QwPQBMDJ6BAgWEAg>,
2. DR=98,<https://www.google.com/maps/contrib/116952069326066042215/reviews/@41.905996,-87.649474,17z/data=!3m1!4b1!4m3!8m2!3m1!1e1?hl=en-US>
3. DR=100, Facebook - <https://www.facebook.com/NCSAsports>
4. DR=100, Twitter - <https://twitter.com/ncsa>
5. DR=100, Instagram - <https://www.instagram.com/ncsa_sports/>
6. DR=91, SnapChat  - <https://www.snapchat.com/add/ncsa_sports>

NCSA Power Rankings by Sport, Men’s and Women’s

1. Baseball - <https://www.ncsasports.org/best-colleges/best-baseball-colleges>
2. Basketball Men’s - <https://www.ncsasports.org/best-colleges/best-basketball-colleges>
3. Basketball Women’s - <https://www.ncsasports.org/best-colleges/best-womens-basketball-colleges>
4. Football  - <https://www.ncsasports.org/best-colleges/best-football-colleges>
5. Field Hockey <https://www.ncsasports.org/best-colleges/best-field-hockey-colleges>
6. Golf Men’s - <https://www.ncsasports.org/best-colleges/best-golf-colleges>
7. Golf Women’s - <https://www.ncsasports.org/best-colleges/best-womens-golf-colleges>
8. Ice Hockey Men’s - <https://www.ncsasports.org/best-colleges/best-ice-hockey-colleges>
9. Ice Hockey Women’s - <https://www.ncsasports.org/best-colleges/best-womens-ice-hockey-colleges>
10. Lacrosse Men’s - <https://www.ncsasports.org/best-colleges/best-mens-lacrosse-colleges>
11. Lacrosse Women’s - <https://www.ncsasports.org/best-colleges/best-lacrosse-colleges>
12. Rowing Women’s - <https://www.ncsasports.org/best-colleges/best-rowing-colleges>
13. Soccer  Men’s - <https://www.ncsasports.org/best-colleges/best-mens-soccer-colleges>
14. Soccer  Women’s - <https://www.ncsasports.org/best-colleges/best-soccer-colleges>
15. Softball - <https://www.ncsasports.org/best-colleges/best-softball-colleges>
16. Swimming Men’s  - <https://www.ncsasports.org/best-colleges/best-mens-swimming-colleges>
17. Swimming Women’s  - <https://www.ncsasports.org/best-colleges/best-swimming-colleges>
18. Volleyball Men’s - <https://www.ncsasports.org/best-colleges/best-mens-volleyball-colleges>
19. VolleyBall Women’s - <https://www.ncsasports.org/best-colleges/best-volleyball-colleges>
20. Tennis Men’s - <https://www.ncsasports.org/best-colleges/best-mens-tennis-colleges>
21. Tennis Women’s - <https://www.ncsasports.org/best-colleges/best-tennis-colleges>
22. Track Men’s - <https://www.ncsasports.org/best-colleges/best-mens-track-and-field-colleges>
23. Track Women’s - <https://www.ncsasports.org/best-colleges/best-track-and-field-colleges>
24. Beach Volleyball Women’s - <https://www.ncsasports.org/best-colleges/best-beach-volleyball-colleges>
25. Water Polo Men’s - <https://www.ncsasports.org/best-colleges/best-mens-water-polo-colleges>
26. Water Polo Women’s - <https://www.ncsasports.org/best-colleges/best-water-polo-colleges>
27. Wrestling Men’s - <https://www.ncsasports.org/best-colleges/best-wrestling-colleges>
28. Wrestling Women’s - <https://www.ncsasports.org/best-colleges/best-womens-wrestling-colleges>
29. DR=97, Itunes App Store - <https://itunes.apple.com/us/app/apple-store/id673859348?mt=8>
30. DR=96, Google Play App -  <https://play.google.com/store/apps/details?id=org.ncsasports.rms&referrer=utm_source=organic&utm_medium=join_us&utm_term=www2c>

9 - Reigning Champs Sites (use these a lot except Reigning Champs)

1. DR=18, Company that owns NCSA - <http://www.reigningchamps.com/#!/>
2. DR=51, Front Rush - [www.frontrush.com](http://www.frontrush.com)
3. DR=52, Athnet  - [www.athleticscholarships.net](http://www.athleticscholarships.net)
4. DR=54, BeRecruited - <https://www.berecruited.com/>
5. DR=30, Sports Camp Connection - <https://www.sportscampconnection.com/>

10 - COLLEGE FAN SITES (LOWER PRIORITY TO USE)

1. DA=49, Dawg Nation - <https://www.dawgnation.com/>
2. DA=50, Tomahawk Nation - <https://www.tomahawknation.com/>
3. DA=40, Notre Dame Sports - <https://slapthesign.com/>
4. DA=63, U of Michigan Athletics - <https://mgoblue.com/>
5. DA=53, U of I Sports  - <https://fightingillini.com/>
6. DA=55, Miami Football - <https://hurricanesports.com/>
7. DA=57, U of Tennessee Sports - <https://utsports.com/index.aspx>
8. DA=44, Clemson Sports  <https://www.shakinthesouthland.com/>
9. DA=41, Northwestern Sports - <https://www.insidenu.com/>
10. DA=50, UCLA Sports - <https://www.bruinsnation.com/>
11. DA=54, Indiana Sports - <https://iuhoosiers.com/>
12. DA=41, Miami of Ohio Sports - <https://miamiredhawks.com/>
13. DA=52, U of Florida Sports - <https://floridagators.com/>
14. DA=51, Texas A&M Sports - <https://12thman.com/>
15. DA=53, Texas Tech Sports - <https://texastech.com/>
16. DA=63, U of Wisconsin Sports - <https://uwbadgers.com/>
17. DA=54, Purdue Sports - <https://purduesports.com/>
18. DA=60, U of Oregon Sports - <https://goducks.com/>
19. DA=49, Northern Il Univ Sports - <https://niuhuskies.com>
20. DA=41, Colorado College Sports - <https://cctigers.com/>

11 - GOV Sports Related Sites to link to

1. Dept of Education college scorecard - <https://catalog.data.gov/dataset/college-scorecard>
2. Value of sports - <https://www.hhs.gov/fitness/be-active/sport-for-all-initiative/index.html>
3. Sports and exercize - <https://www.bls.gov/spotlight/2017/sports-and-exercise/home.htm>
4. Add 4 more including: Find national databases of average scholarship amount by school.  How much money student athletes pay

**APPENDIX 2 - LINKS TO INTERNAL NCSA ARTICLES**

Include at least 1 link to an article on the NCSA site for about every 200 words. For a 2000 word article, link to 8-10 of these types of pages. Here are few but please search to find the most relevant on www.ncsasports.org.

I - Football

1. <https://www.ncsasports.org/football>
2. <https://www.ncsasports.org/football/colleges>
3. <https://www.ncsasports.org/football/recruiting-guidelines>
4. <https://www.ncsasports.org/best-colleges/best-division-3-football-colleges>
5. <https://www.ncsasports.org/football/recruiting-video>

II - Basketball

1. <https://www.ncsasports.org/recruiting-tools/College-Basketball-Scholarships-Recruiting>
2. <https://www.ncsasports.org/recruiting-tools/college-basketball-recruiting/elite-basketball-camps>
3. <https://www.ncsasports.org/recruiting-tools/college-basketball-recruiting/basketball-recruiting-timeline>
4. <https://www.ncsasports.org/recruiting-tools/college-basketball-recruiting/how-to-get-recruited-for-men%27s-basketball>
5. <https://www.ncsasports.org/recruiting-tools/college-basketball-recruiting/basketball-combine>s

III - Baseball

1. <https://www.ncsasports.org/baseball/recruiting-rules-calendar>
2. <https://www.ncsasports.org/baseball/how-to-get-recruited>
3. <https://www.ncsasports.org/baseball/colleges>
4. <https://www.ncsasports.org/baseball/recruiting-guidelines>
5. <https://www.ncsasports.org/baseball/scholarships>

IV - Softball

1. <https://www.ncsasports.org/softball>
2. <https://www.ncsasports.org/softball/scholarship-facts>
3. <https://www.ncsasports.org/softball/recruiting-rules-calendar>
4. <https://www.ncsasports.org/softball/how-to-get-recruited>
5. <https://www.ncsasports.org/softball/scholarship-facts>

V - Golf

1. <https://www.ncsasports.org/recruiting-tools/College-Golf-Recruiting-Scholarships>
2. <https://www.ncsasports.org/recruiting-tools/college-golf-recruiting/golf-camp>
3. <https://www.ncsasports.org/recruiting-tools/college-golf-recruiting/golf-recruiting-timeline>
4. <https://www.ncsasports.org/recruiting-tools/college-golf-recruiting/how-to-get-a-golf-scholarship>
5. <https://www.ncsasports.org/recruiting-tools/college-golf-recruiting/golf-recruiting-timeline>

VI - Ice Hockey

1. <https://www.ncsasports.org/recruiting-tools/mens-high-school-hockey>
2. <https://www.ncsasports.org/recruiting-tools/mens-high-school-hockey/mens-hockey-recruiting-timeline>
3. <https://www.ncsasports.org/recruiting-tools/mens-high-school-hockey/how-to-get-a-mens-hockey-scholarship>
4. <https://www.ncsasports.org/recruiting-tools/mens-high-school-hockey/mens-hockey-camps>
5. <https://www.ncsasports.org/recruiting-tools/mens-high-school-hockey/mens-hockey-recruiting-timeline>

VII - Soccer

1. <https://www.ncsasports.org/mens-soccer>
2. <https://www.ncsasports.org/mens-soccer/recruiting-rules-calendar>
3. <https://www.ncsasports.org/mens-soccer/how-to-get-recruited>
4. <https://www.ncsasports.org/mens-soccer/tournaments-camps-showcases>
5. <https://www.ncsasports.org/mens-soccer/recruiting-guidelines>

IIX - Tennis

1. <https://www.ncsasports.org/recruiting-tools/College-Tennis-Scholarships-Recruiting>
2. <https://www.ncsasports.org/recruiting-tools/college-tennis-recruiting/tennis-recruiting-timeline>
3. <https://www.ncsasports.org/recruiting-tools/college-tennis-recruiting/how-to-get-a-tennis-scholarship>
4. <https://www.ncsasports.org/recruiting-tools/college-tennis-recruiting/tennis-camps>
5. <https://www.ncsasports.org/recruiting-tools/college-tennis-recruiting-network/tennis-guidelines>

IX - Track

1. <https://www.ncsasports.org/recruiting-tools/mens-high-school-track-field>
2. <https://www.ncsasports.org/recruiting-tools/mens-high-school-track/mens-track-camps>
3. <https://www.ncsasports.org/recruiting-tools/mens-high-school-track/mens-track-recruiting-timeline>
4. <https://www.ncsasports.org/recruiting-tools/mens-high-school-track/ncsa-mens-track-review>
5. <https://www.ncsasports.org/recruiting-tools/mens-high-school-track/mens-track-recruiting-video>

X – Rowing

1. <https://www.ncsasports.org/best-colleges/best-rowing-colleges>

NCSA Non Sport pages

1. Contacting Coaches - <https://www.ncsasports.org/recruiting/contacting-college-coaches>
2. Do Coaches use NCSA - <https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews>
3. Search For Colleges - <https://www.ncsasports.org/best-colleges>
4. Reviews - <https://www.ncsasports.org/ncsa-reviews>
5. Testimonials - <https://www.ncsasports.org/ncsa-reviews/ncsa-athletic-recruiting-family-reviews>

NCSA General Recruiting pages

1. Recruiting Guidelines - <https://www.ncsasports.org/recruiting>
2. How to Get Recruiting - <https://www.ncsasports.org/recruiting/how-to-get-recruited>
3. Emailiing Coaches - <https://www.ncsasports.org/recruiting/contacting-college-coaches/email>
4. Calling Coaches - <https://www.ncsasports.org/recruiting/contacting-college-coaches/phone-calls>
5. Texting Coaches - <https://www.ncsasports.org/recruiting/contacting-college-coaches/text-messaging>
6. Communcating with Coaches - <https://www.ncsasports.org/recruiting/contacting-college-coaches>
7. Managing Your Recruiting Process - <https://www.ncsasports.org/recruiting/managing-recruiting-process>
8. Searching for Colleges - <https://www.ncsasports.org/best-colleges>

NCSA NCAA Pages

1. NCAA Eligibility -  <https://www.ncsasports.org/how-do-you-get-recruited/college-recruit/ncaa-eligibility-center-clearinghouse-registration-login>
2. NCAA Sliding Scale - <https://www.ncsasports.org/ncaa-eligibility-center/ncaa-sliding-scale>
3. NCAA Eligibility Requirements - <https://www.ncsasports.org/ncaa-eligibility-center/eligibility-requirements>
4. NCAA GPA Requirements - <https://www.ncsasports.org/ncaa-eligibility-center/gpa-requirements>
5. NCAA Amateurism Rules - <https://www.ncsasports.org/ncaa-eligibility-center/amateurism-rules>

**APPENDIX 3 - NCSA COMPANY SELLING POINTS**

We won’t be selling hard with this document but we want to the many services and benefits offered by NCSA and the positioning influence the copy. Info from the NCSA web site includes these URLs:

1. Customer Reviews: <https://www.ncsasports.org/ncsa-reviews>
2. Coaches and Usage Numbers:   <https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews>
3. Who Is NCSA - <https://www.ncsasports.org/who-is-ncsa>
4. What Does NCSA Do - <https://www.ncsasports.org/who-is-ncsa/what-does-ncsa-do>
5. How NCSA Works   - <https://www.ncsasports.org/how-ncsa-works>
6. What Does NCSA Cost - <https://www.ncsasports.org/who-is-ncsa/what-does-ncsa-do/what-does-ncsa-cost-how-much>
7. Our Products - <https://www.ncsasports.org/about-us/product>
8. Next Steps - <https://www.ncsasports.org/who-is-ncsa/what-does-ncsa-do/next-steps-ncsa>
9. Careers - <https://www.ncsasports.org/who-is-ncsa/jobs/careers>
10. Contact Us - <https://www.ncsasports.org/contact-us-address>
11. NCSA Partners - <https://www.ncsasports.org/who-is-ncsa/how-ncsa-works/ncsas-partners>
12. Our Mission - <https://www.ncsasports.org/who-is-ncsa/what-does-ncsa-do/our-mission>

Do College Coaches Use NCSA? - <https://www.ncsasports.org/ncsa-reviews/college-coach-ncsa-recruiting-reviews>