

Academic and Athletic Requirements for Aspiring College Athletes

Division 1 Academic Standards: <http://www.ncaa.org/student-athletes/play-division-i-sports>

Division 2 Academic Standards: <http://www.ncaa.org/student-athletes/play-division-ii-sports>

Division 3 Academic Standards: D3 schools set their own standards. Look on school website for specific eligibility requirements for athletes.

NAIA Academic Standards: <http://www.playnaia.org/page/eligibility.php>

Recruitment Videos

Recommendations for Video Content:

- Pitching Video:
 - 3 of each pitch out of the stretch
 - 3 of each pitch out of the windup
 - If using a radar gun, show the type of radar gun being used
 - Angles:
 - Stretch
 - Side angle (facing player)
 - From behind pitcher
 - Possibly from behind catcher
 - Wind-up
 - Behind pitcher
 - Side angle (facing player)
 - Possibly behind catcher
 - Show the speed of each pitch (fastball, curve, change-up etc.)
- Position Player Video:
 - Infield-
 - Ground balls
 - 3 backhands
 - 3 forehands
 - 3 straight on
 - 2 deep in the hole
 - 2 slow rollers
 - Pop-ups
 - A few shots of player fielding pop-ups at position

- ❑ Throws
 - ❑ If using radar gun, show the type of radar being used
 - ❑ Show infield arm strength on straight on ground ball as well as ball deep in the hole
- ❑ Double plays
 - ❑ Depending on position, show video of player turning double play (preferably 3-5x)
 - ❑ MIF: show video of player footwork around the bag and throw on the turn
 - ❑ Show radar gun speed of throw after DP turn
- ❑ First Basemen:
 - ❑ Show video of footwork around the bag
 - ❑ 2-3 forehand/backhand picks at the bag
 - ❑ On ground balls- show throws to third base as well as second
- ❑ Outfield:
 - ❑ 3-5 ground balls
 - ❑ Throws to third base as well as home
 - ❑ Fly balls
 - ❑ Show player coming in on pop-ups, going back on deep balls, as well as move laterally (glove side and arm side)
 - ❑ If using radar gun, show speed of throws to third and home
- ❑ If school asks for it or you want to:
 - ❑ Include 60 yard dash time (do 2x)
 - ❑ Show video of player running and show time
- ❑ Hitting:
 - ❑ Multiple swings (8-12 hacks)
 - ❑ Show video of side angle (facing player) as well as straight on from behind pitcher
 - ❑ Make sure to highlight best swings