

Lassiter Football Recruiting



@FbLassiter

Scholarship Breakdown

- Division I Football Bowl Subdivision (FBS) Schools
 - 85 Scholarships
- Division I Football Championship Subdivision (FCS) Schools
 - 63 Scholarships
- Division II Schools
 - 36 Scholarships
- Division III Schools
 - 0 Scholarships (All Scholarships are based on Academics)
- NAIA Schools
 - 24 Scholarships

2022-23 NCAA RECRUITING CALENDAR

Division I Football Bowl Subdivision

See NCAA Division I Bylaw 13.17.5.1 for Football Calendar Formula.

Aug. 1, 2022–July 31, 2023

Aug. 1–31, 2022, except as noted below:

- Forty-eight hours before a home contest (on the institution's campus or in a facility normally used for its home games) that occurs in August or on Sept. 1 or 2 through 48 hours after the conclusion of the contest.

Sept. 1 through Nov. 27, except as noted below:

- Forty-two (54 for U.S. service academies) evaluation days (see Bylaw 13.02.7.2) during the months of September, October and November selected at the discretion of the institution; authorized off-campus recruiters shall not visit a prospective student-athlete's educational institution on more than one calendar day during this period.

Nov. 28 through Dec. 1

Dec. 2 through Jan. 28, except as noted below:

Six in-person off-campus contacts per prospective student-athlete shall be permitted during this time period with not more than one permitted in any one calendar week (Sunday through Saturday) or partial calendar week.

• **Dec. 18**

• **Dec. 19 through Jan. 12, 2023 (see Bylaw 13.02.5.5.1.1), except as noted below:**

- Jan. 4–8, 2023: Quiet period for two- and four-year college transfer prospective student-athletes who intend to enroll midyear.
- Jan. 6–8, 2023: Quiet period for national service academies.

Jan. 29

DEAD PERIOD

QUIET PERIOD

QUIET PERIOD

EVALUATION PERIOD

DEAD PERIOD

CONTACT PERIOD

QUIET PERIOD

DEAD PERIOD

QUIET PERIOD

QUIET PERIOD



Recruiting periods defined

QUIET PERIOD

A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

DEAD PERIOD

A dead period is that period of time when it is not permissible to make in-person recruiting contacts or evaluations on or off the member institution's campus or to permit official or unofficial visits by prospective student-athletes to the institution's campus.

EVALUATION PERIOD

An evaluation period is that period of time when it is permissible for authorized athletics department staff members to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospective student-athletes. No in-person, off-campus recruiting contacts shall be made with the prospective student-athlete during an evaluation period.

CONTACT PERIOD

A contact period is that period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

2022-23 NCAA RECRUITING CALENDAR

Division I Football Bowl Subdivision

See NCAA Division I Bylaw 13.17.5.1 for Football Calendar Formula.

Aug. 1, 2022-July 31, 2023

Continued from previous page.

Jan. 30 through Feb. 28	DEAD PERIOD
March 1 through April 14	QUIET PERIOD
April 15 through May 31, except as noted below: One hundred sixty-eight evaluation days [216 for U.S. service academies (see Bylaw 13.02.7.2) excluding Memorial Day and Sundays selected at the discretion of the member institution as provided below]: <ul style="list-style-type: none">- An authorized off-campus recruiter may use one evaluation to assess the prospective student-athlete's athletics ability and one evaluation to assess the prospective student-athlete's academic qualifications during this evaluation period. If an institution's coaching staff member conducts both an athletics and an academic evaluation of a prospective student-athlete on the same day during this evaluation period, the institution shall be charged with the use of an academics evaluation only and shall be permitted to conduct a second athletics evaluation of the prospective student-athlete on a separate day during this evaluation period. - Those days in April/May not selected above for evaluation opportunities.	EVALUATION PERIOD
June 1-25	QUIET PERIOD
June 26 through July 24	DEAD PERIOD
July 25-31	QUIET PERIOD



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CONTACT PERIOD

A contact period is that period of time when it is permissible for authorized athletics department staff members to make in-person, off-campus recruiting contacts and evaluations.

2022-23 NCAA RECRUITING CALENDAR

Division I Football Bowl Subdivision

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 DEAD PERIOD
 EVALUATION PERIOD
 CONTACT PERIOD

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2022-23 NCAA RECRUITING CALENDAR

Division I Football Championship Subdivision

See NCAA Division I Bylaw 13.17.5.2 for Football Calendar Formula.

Aug. 1, 2022–July 31, 2023

Aug. 1–31, except as noted below:

- Forty-eight hours before a home contest (on the institution's campus or in a facility normally used for its home games) that occurs in August or on Sept. 1 or 2 through 48 hours after the conclusion of the contest.

Sept. 1 through Nov. 27, except as noted below:

- Forty-two evaluation days (see Bylaw 13.02.7.2) during the months of September, October and November selected at the discretion of the institution; authorized off-campus recruiters shall not visit a prospective student-athlete's educational institution on more than one calendar day during this period.

Nov. 28 through Dec. 1

Dec. 2 through Jan. 28, 2023, except as noted below:

Six in-person off-campus contacts per prospective student-athlete shall be permitted during this time period with not more than one permitted in any one calendar week (Sunday through Saturday) or partial calendar week.

• **Dec. 18**

• **Dec. 19 through Jan. 12, 2023 (see Bylaw 13.02.5.5.1.1), except as noted below:**

Jan. 4–8, 2023: Quiet period for two- and four-year college transfer prospective student-athletes who intend to enroll midyear.

DEAD PERIOD
QUIET PERIOD
QUIET PERIOD
EVALUATION PERIOD
DEAD PERIOD
CONTACT PERIOD
QUIET PERIOD
DEAD PERIOD
QUIET PERIOD

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EVALUATION PERIOD

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CONTACT PERIOD

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2022-23 NCAA RECRUITING CALENDAR

Division I Football Championship Subdivision

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2022-23 NCAA RECRUITING CALENDAR

Division II Football

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NCAA Division 1 eligibility requirements

For high-school athletes graduating in 2022 or 2023 and enrolling in college full-time in 2022-23 or 2023-24:

- Graduate high school
- Complete 16 core courses using pass/fail grades (see below for a full breakdown of core course requirements)
- Earn a core course GPA of 2.3 or higher
- Receive final certification on your amateurism status via the [NCAA Eligibility Center](#)
- No longer required to take the ACT or SAT

For high school athletes graduating in 2024 and beyond (based on typical requirements from previous years):

- Graduate high school
- Earn a core course GPA of 2.3 or higher

Complete 16 core courses

- 4 years of English
 - 3 years of math (Algebra 1 or higher)
 - 2 years of natural/physical science
 - 1 year must be lab science if your school offers it
 - 1 additional year of English, math or natural/physical science
 - 2 years of social science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- You must complete 10 of the core courses by the end of your junior year (before the start of your seventh semester). Seven of the 10 core courses need to be in English, math or natural/physical science. The grades in these seven courses will be “locked in,” meaning you will not be allowed to retake them to improve your grades.
 - Earn an SAT combined score or ACT sum score matching your core-course GPA on the [Division 1 sliding scale](#).
 - Receive final certification on your amateurism status via the NCAA Eligibility Center

NCAA Division 2 eligibility requirements

For high-school athletes graduating in 2021 or 2022 and enrolling in college full-time in 2022-23 or 2023-24:

- Graduate high school
- Complete 16 core courses using pass/fail grades (see below for a full breakdown of core course requirements)
- Earn a core course GPA of 2.2 or higher
- Receive final certification on your amateurism status via the NCAA Eligibility Center
- No longer required to take the ACT or SAT

For high school athletes graduating in 2024 and beyond (based on typical requirements from previous years):

- Graduate high school
- Earn a core course GPA of 2.2 or higher

Complete 16 core courses

- 3 years of English
 - 2 years of math (Algebra 1 or higher)
 - 2 years of natural/physical science
 - 1 year must be lab science if your school offers it
 - 3 additional years of English, math or natural/physical science
 - 2 years of social science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the [Division II sliding scale](#).
 - Receive final certification on your amateurism status via the NCAA Eligibility Center

What about NAIA scholarships?

Member schools are free to offer athletic scholarships. The NAIA does set upper limits on the total amount of money offered to athletes in each sport.

Many NAIA colleges offer scholarships, but not all. Each institution makes its own determinations. While NCAA Division 1 and Division 2 are fairly equal in their distribution, NAIA colleges vary widely in the amount of athletic aid they give out. I coached at an NAIA school for 3 years. Within our conference, the range of athletic scholarships awarded varied from \$0 – to an average of several thousand dollars per student. The conference standings were similar year after year. There was a top third, middle third, and bottom third to the conference. The standings were almost a mirror image of the amounts of athletic scholarships being handed out. Within the NAIA, there is a distinction of the haves and the have-nots.

When speaking with college coaches, be willing to ask about athletic scholarships available. More specifically, ask about the potential of your child receiving an athletic scholarship.



NCAA transfer portal :

The NCAA transfer portal is a compliance system created in October 2018 by the National Collegiate Athletic Association to manage and facilitate the process for student athletes seeking to transfer between member institutions. [Wikipedia](#)

38% of prospects who entered placed.

In the 20-21 academic cycle, 6250 football prospects entered the portal, and 2575 found a new home.

41% of prospects who entered placed.

In the 21-22 academic cycle, 8210 football prospects enter the portal, and 3332 found a new home.

41% of prospects who entered placed.

In the last THREE years, 19,217 football prospects entered the portal, and 7695 found a new home.

40% of prospects who entered placed.

What College Recruiters are looking for?

- **Athletic ability** - Look at how a player moves and reacts on the field. They also look at ***physical potential*** as well.
- **Academics** - A's and B's and HIGH SAT and ACT scores. Most schools look at the 3 parts or the Super Score on the SAT's. The schools will then breakdown the scores on how they see fit for their school.
- **Character** - How does the student athlete act and interact on and off the field?
- **Social Media** - When recruiting a student/athlete college coaches will follow them on Twitter, Instagram, Facebook, and SnapChat. They will also look at a history of their "posts" and determine if they want to continue to recruit your student athlete.
- **How does your son "score" based on the items listed above? Must "score" high in all 4 areas for maximum exposure.**

What you need to know?

- 200,000+ senior high school football players will play this year.
- 2,436 Division I scholarships will be awarded this year.
- 1% of High School Seniors football players will get a Division I scholarship
- Stats and honors are great for the Student Athlete to be recognized.
- Colleges are in total control over the recruiting process before and after you are awarded a scholarship or commit to a school.
- **IT'S A BUSINESS!**

What you need to know?

OFFENSE

SIZE BY POSITION AND LEVEL

POSITION	FBS	FCS	DIV 2	DIV 3/NAIA
QB	6'2 207	6'1 199	6'1 198	6'0 198/6'1 195
RB	5'10" 202	5'9" / 196	5'9" / 190	5'9" /190/5'9 191
TE	6'4" / 241	6'3" / 228	6'2" / 224	6'2" / 211/6'2 222
WR	6'0" / 190	6'0" / 183	6'0" / 181	5'11" 175/6'0/ 181
OL	6'4" / 297	6'3" / 285	6'2" / 282	6'1" 270/ 6'2" / 273

What you need to know?

DEFENSE

SIZE BY POSITION AND LEVEL

POSITION	FBS	FCS	DIV 2	DIV 3/NAIA
DL	6'3 270	6'2 259	6'2 252	6'0 246/6'1 251
DB	5'11 189	5'11 / 183	5'11 / 181	5'10 /175/5'11 181
LB	6'1" / 223	6'0 / 217	5'11 / 211	5'11 / 207/5'11 209

What you need to know?

Punter recruiting guidelines

NCAA Division 1—FBS

- 6'0+ / 185-190 lbs.
- Experience: multiple years competing at All-State level
- Ranked in the top 20 across the country
- Must average 40 yards or more and have a hang time of 4.5 seconds.

NCAA Division 1—FCS

- 6'0+ / 185-190 lbs.
- Experience: multiple years competing at All-State level
- Ranked in the top 20 across the country
- Must average 40 yards or more and have a hang time of 4.5 seconds.

What you need to know?

NCAA Division 2

- 5'9 / 175-185 lbs.
- Experience: multiple years competing at All-Conference level
- Must average 38 yards or more and have a hang time of 4.3 seconds.

NCAA Division 3 and NAIA

- 5'8 / 175 lbs.
- Experience: multiple years competing at All-State level
- Must average 35 yards or more and have a hang time of 4.0 seconds.

What you need to know?

Long Snappers recruiting guidelines

NCAA D1, D2, D3 and NAIA

- The size of a collegiate long snapper will vary by each coach's preference and their special teams (i.e. a bigger size for programs that require the snapper to block after snapping vs. a taller, quicker long snapper for programs that want their athlete to be the first one down the field).
- Snap time should be .75 or better.
- D1 programs prioritize a snap time that is .75 or better. Though, coaches will consider an athlete with a slower snap time if the athlete is more consistent.
 - i.e. if one snapper has a snap time of .7 and the other has a snap time of .78, but demonstrates more accuracy, the coach will take the slower, but more accurate athlete.

***	NCAA DIVISION I	***
Sport	Men's	Women's
Baseball Softball	11.7	12
Basketball	13	15
Track & Field	12.6	18
Football	85	0
Golf	4.5	6
Gymnastics	6.3	12
Field Hockey	0	12
Ice Hockey	18	18
Lacrosse	12.6	12
Rowing	0	20
S****r	9.9	12
Swimming Diving	9.9	8.1
Tennis	4.5	8
Volleyball	4.5	12
Water Polo	4.5	8
Wrestling	9.9	0

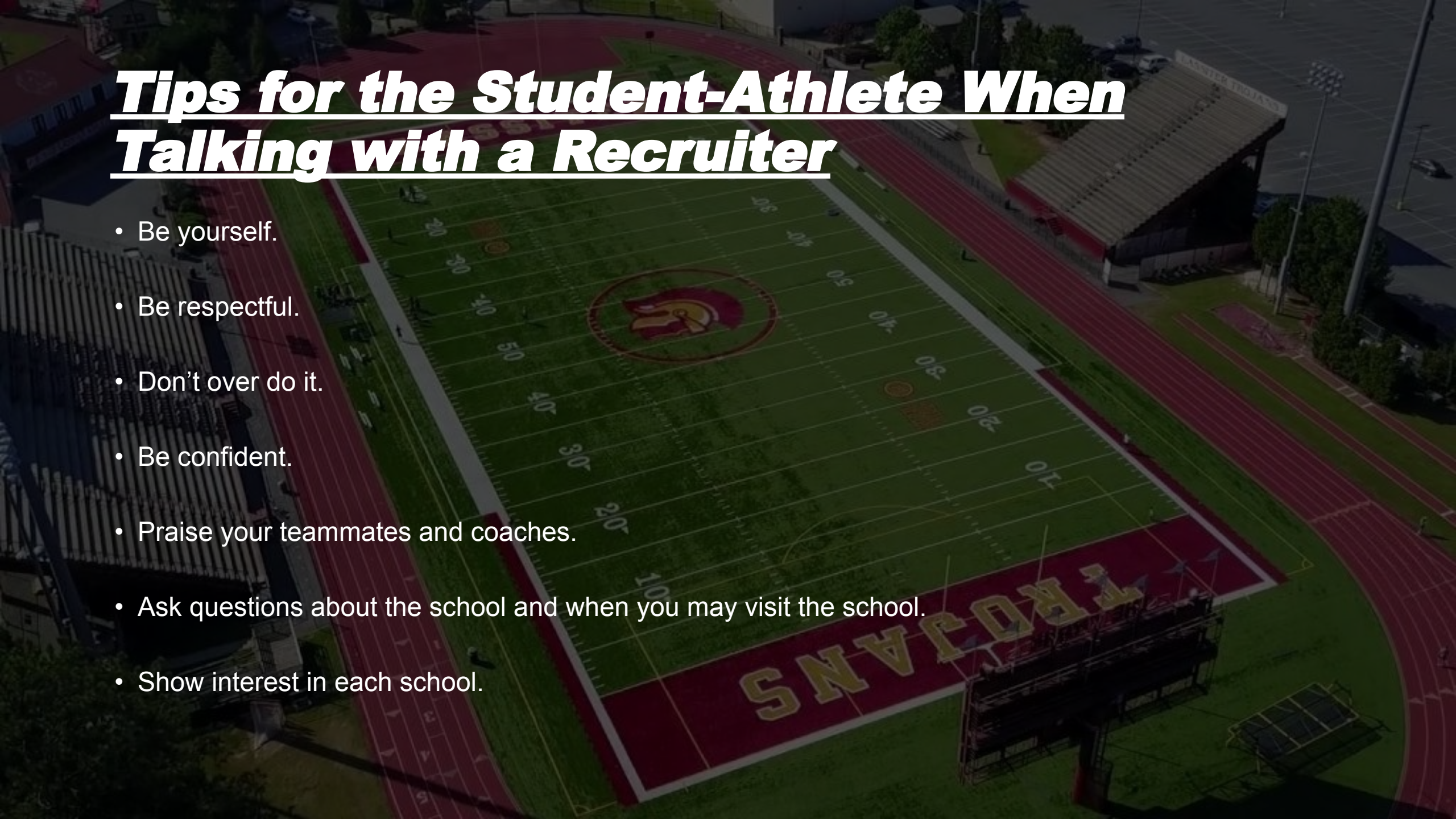
****	NCAA DIVISION II	****
Sport	Men's	Women's
Baseball Softball	9	7.2
Badminton	0	10
Basketball	10	10
Bowling	0	5
Track & Field	12.69	12.69
Fencing	4.5	4.5
Football	36	0
Golf	3.6	5.4
Gymnastics	5.4	6
Handball	0	12
Field Hockey	0	6.3
Ice Hockey	13.5	18
Lacrosse	10.8	9.9
Rifle	3.6	7.2
Rowing	0	20
Skiing	6.3	6.3
S****r	9	9.9
Squash	9	7.2
Swimming Diving	0	9
Synchronized Swimming	0	5
Tennis	4.5	6
Volleyball	4.5	8
Water Polo	4.5	8
Wrestling	9	

The Process

- **Step 1** - Coach, Player, and Parent have to be on the same page. This process starts when transitioning to high school. The eligibility process starts as soon as the student/athlete starts taking high school credit classes.
- **Step 2** - This step is the most important step! When film is ready to send out the coach will send to the appropriate schools. The student athlete will start developing a resume. During this time the student athlete has to be working toward A's and B's in the classroom, they have to get ready and take the SAT's and ACT's, and they also have to be working on getting bigger, faster and stronger to perform at a high level on the field. Prospect camps , Showcase Camps, and on campus 1 day camps are a must to attend.
- **Step 3** -This is the last step in the process. This is where the student/athlete has to figure out where they would like to go to school. The student/athlete may have choices or they may have to work harder to get to where they would like to go. You have to have Plan A B and C!

Questions for the Student/Athlete to answer

- What is “YOUR” goal or goals?
- Are you ready to put forth the effort to meet those goals?
- Are you ready to sacrifice things in your life to give yourself the best opportunity to meet your goals?
- Are you a person of high character, GRIT, and PASSION?
- Are you going to go above and beyond to get it done?
- Are you willing to be a leader?
- Are you willing to do everything your coaches and parents ask you to do?
- Are you going to be a great teammate?
- Are you self-motivated?



Tips for the Student-Athlete When Talking with a Recruiter

- Be yourself.
- Be respectful.
- Don't over do it.
- Be confident.
- Praise your teammates and coaches.
- Ask questions about the school and when you may visit the school.
- Show interest in each school.

How the Parent Can Help

- Accept A's and B's for all classes.
- Ask for your student/athletes Official Transcripts after each semester. The GPA for each core class needs to be calculated.
- SAT's and ACT's should be taken by the Fall of the student-athlete's Junior year. The preparation for these test starts when the student enters high school.
- Ask for an honest evaluation of your student/athletes college playing level.
- Travel to and from College visits and one day college prospect camps.
- Encouragement and honesty in the process is the most important part a parent can have!
- Encourage and Motivate your student athlete to gain weight, and to work hard at an elite level
- Allow your son to do the work during this process. It means more when a student Athlete reaches out or communicates with a College Coach.

How the Parent Can Help

- Focus on one day Mega camps as a Freshmen and Sophomore and On-Campus one day camps at the schools where the player or school has an interest. Spend more time at FCS and DII programs, get on their radar as soon as possible.
- Listen to what everyone in the process has to say. Then after you have asked all of your questions then help your son make his decision on his future.
- Help your son be humble through out this entire process.
- Make sure he is doing everything he should be in this process.
- Be active and a major part of the process.
- When in doubt ask questions?
- Keep in mind your son's goals and his future when its all said and done!

Online Exposure for Your Son

- Help your son develop his highlight videos to post online.
- Keep the videos to a maximum time of 2 minutes.
- Star clips and we will make the HL. Not every clip is a HL
- Film needs to only include VARSITY film.
- For a highlight video list the following information in the title of the video:
 - Name
 - Graduation Year
 - Position

C/O '23 WR/DB Tom Sheehan Sr. HL'S

What to Expect of the Coaches

- Coaching staff will be a major part of the process by setting the standard for each player to be successful in the future beyond the student/athletes years at Lassiter High School. We feel that if your son follows the values and standards set by the program that success will be a part of each player.
- Coach will be honest with your son and college recruiters
- Coach will advocate for your son.
- Coach will call, send film, and do whatever it takes to allow for the success of your son.
- Film, transcripts and letters will be sent to Colleges at all levels from NCAA to NAIA schools.
- Contact will be made by recruiters visiting the school, by e-mail, by texted messages, by phone, and by twitter.

An aerial photograph of Lassiter High School's stadium. The football field is green with white yard lines and yard numbers (10, 20, 30, 40, 50). The name "LASSITER" is painted in large white letters on the red end zone at the top. The name "TROJANS" is painted in large white letters on the red end zone at the bottom. A Trojan helmet logo is in the center of the field. The stadium seating is visible on both sides, and a red running track surrounds the field. The text "LASSITER TROJANS" is visible on the top right bleachers.

NCAA ELIGIBILITY CENTER

<https://web3.ncaa.org/ecwr3/>

Select Prospective Student Athletes