

# USA GYMNASTICS WEBINAR

## COLLEGE RECRUITING FOR WOMEN: PREPARING INSIDE AND OUTSIDE THE GYM

WITH

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JILL HICKS CONSULTING

AND  
**LUAN PESZEK**  
USA GYMNASTICS



# NCAA STUDENT-ATHLETE

*creating a pathway to opportunity*



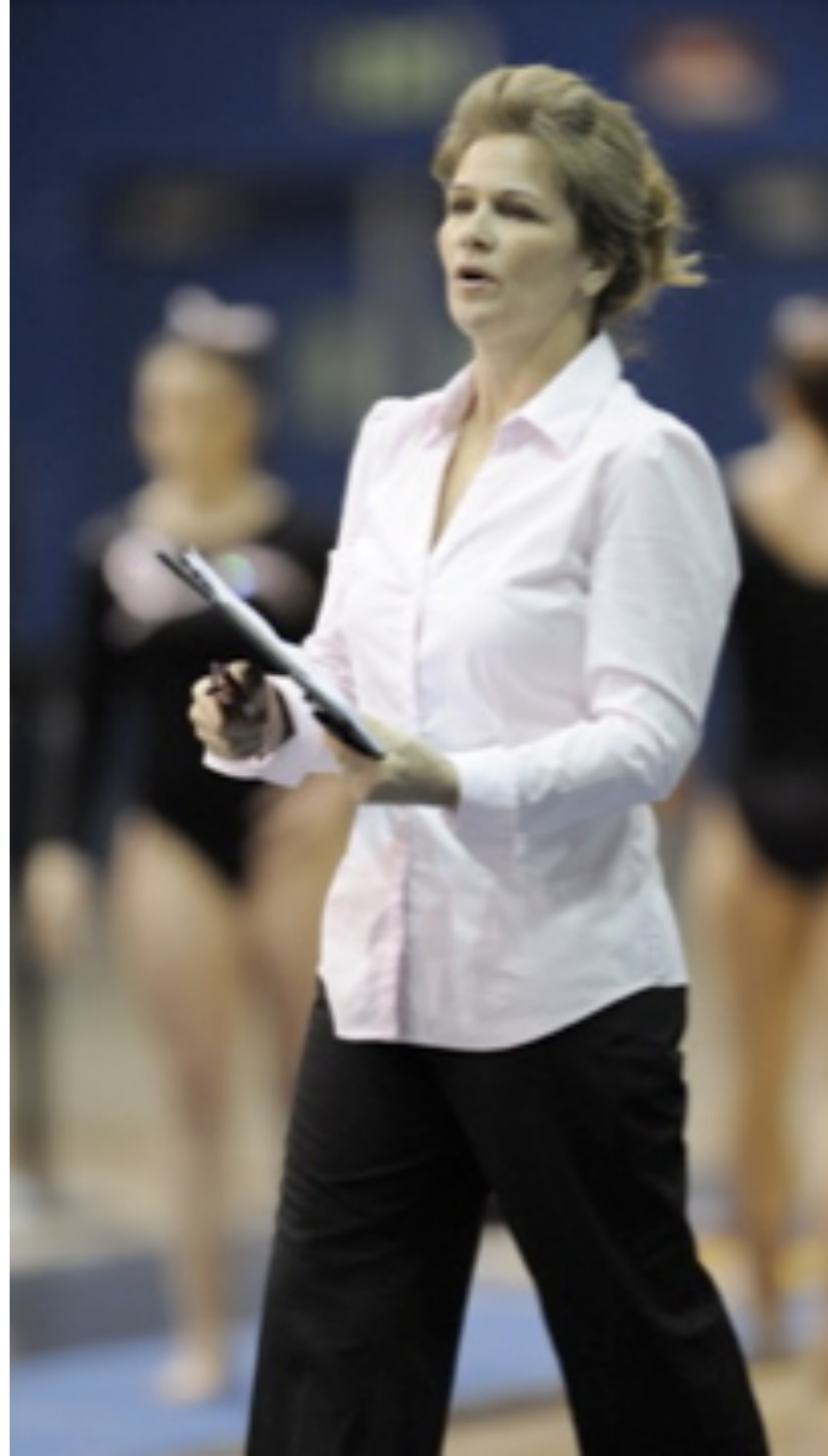
## MY JOURNEY

- Elite gymnast
- Athletic scholarship Oregon State University
- Bachelor of Science Education
- Assistant coach Oregon State University
- Head coach Cal State Fullerton University
- Kellogg's Tour of Gymnastics Champions 2012
- JH Consulting

# COLLEGE COACH 20 YEARS

*5 National Champions on Beam/Floor  
35 NCAA Athletic All-Americans  
Recruiting Coordinator  
Choreographer  
Academic National Champions*

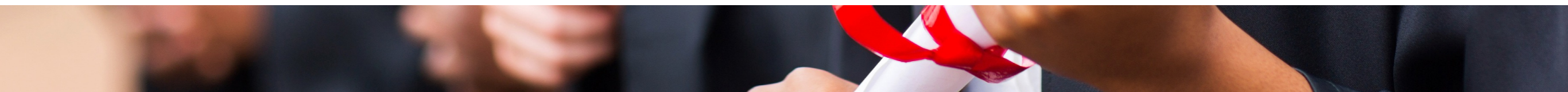
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# GOAL

*Find the right fit both academically & athletically*





**IT STARTS WITH A DREAM!**

.. ..



“

Keep your dreams alive. Understand to achieve anything it requires faith, belief in yourself, vision, hard work, determination and dedication

*Gail Devers*



# WHY THEY WANT TO DO COLLEGE GYMNASTICS

*It looks like fun and we cant wait to be part of a team*







.. ..  
**AM I GOOD ENOUGH?  
WILL COACHES BE INTERESTED IN ME?**

# TOPICS - THE COLLEGE GYMNASTICS RECRUITING GUIDE

- Lesson #1: NCAA rules and regulations
- Lesson #2: Women's NCAA gymnastics facts
- Lesson #3: The ideal college gymnastics recruit
- Lesson #4: When to get started
- Lesson #5: Club/coach-How to market your gymnast
- Lesson #6: Club/coach-Role in recruiting
- Lesson #7: Parents-Role in recruiting
- Lesson #8: What is a verbal commitment
- Lesson #9: Speed bumps in the recruiting process
- Lesson #10: Success stories

# LESSON #1 NCAA RULES AND REGULATIONS

- NCAA: Governing body [www.ncaa.com](http://www.ncaa.com)
- Handbook: [www.ncaapublications.com](http://www.ncaapublications.com)
- Freshman year the gymnast becomes PSA
- Junior year of high school Sept. 1 college coach can contact athlete
- No more talking to college coaches or athletic staff on a college campus prior to your Junior year starting Aug 1, 2017
- By Junior year register with the Eligibility Center
- Senior year National Letter of Intent(NLI) signed
- You may receive camp info, brochures, questionnaires and basic academic info about university anytime

# IMPORTANT TERMINOLOGY TO KNOW

- **Contact:** Anytime a college coach says more than hello
- **Contact period:** College coach may talk, call or visit with athlete and parent
- **Evaluation:** College coach watches athlete practice or compete
- **Recruiting calendar:** Every sport has one to follow
- **Five year clock:** Division 1-five years to play four
- **Official visit:** College coach pays for transportation and food to visit their college campus.
- **Unofficial visit:** Unlimited amounts and parents pay for visit to college campus

# LESSON #2 NCAA WOMEN'S GYMNASTICS FACTS

- **Division 1:** 61
- 12 Athletic Scholarships per team
- **Division 2:** 6
- 6 Athletic Scholarships per team + Academic Scholarships
- **Division 3:** 15
- Only Academic Scholarships

# ATHLETIC SCHOLARSHIP

- You are being paid to do a job and your job is to be the best student-athlete possible.
- Tuition, fees, books, room and board
- Travel
- Work out gear & competition leotards
- Medical services
- Academic services
- Added expenses (training table, incidentals)

# WALK-ON

- Parents or academic scholarship pays, tuition, fees, books, room and board
- Athletic department pays: travel, leotards, workout gear, medical, academic services
- Every head coach has their own requirement for a walk-on.
- Usually needs to be strong enough to make line up on two events
- Focused academically
- Low maintenance personality
- Team player or leader
- Could potentially earn the athletic scholarship but be prepared to pay for the four years of college



# THE IDEAL COLLEGE RECRUIT

*lesson #3*



# LESSON # 3 THE IDEAL RECRUIT

- Typically Level 9-Elite
- Majority Level 10 with 10.0 SV and up to the level routines
- Focused academically
- Character counts
- Fitness a priority
- Proven results
- Clean gymnastics
- Potential to improve
- Passionate about the sport
- Healthy body

# WHAT THE IDEAL GYMNAST IS DOING IN THE GYM

- Improving each year
- Team player
- Respectful to coach
- Gymnast who doesn't cut corners
- Gymnast who is teachable
- Shows leadership in the gym
- Conditioning is a priority

# SPECIFIC ITEMS RECRUITERS LOOK FOR IN THE GYM

- 180 split on all leaps and jumps
- Stuck landings
- Cast handstands at vertical
- Strong endurance
- Minimal deductions throughout routine
- Explosive vaults
- High release moves on bars
- Pointed toes and locked knees throughout
- Performance quality on floor and beam



**COLLEGE COACHES LOOK FOR**  
*The gymnast that will fit into the culture of their team*

# **SOCIAL MEDIA: YOUR REPUTATION IS ALWAYS ON THE LINE**

- Nothing is truly private
- It's a tool and not a toy
- If you retweet it you own it
- Support others in your comments
- Share news and positive comments



# WHEN TO GET STARTED

*lesson #4*

# 3 PHASES OF RECRUITING PROCESS

- EARLY: Jr Elite/Elite, Level 10 prior to high school
- NORMAL: Level 9-10 Freshman-Junior year of high school
- LATE: Level 9- 10 Junior-Senior year of high school
- The process may be changing drastically in the near future. New legislation is now being discussed. The goal of the NCAA is to establish rules that would require the college coach to wait until the Junior year of high school to make any type of verbal offer or be involved in unofficial visits.

# WHEN TO GET STARTED IN RECRUITING PROCESS

- **Research:** Athletes can start before they are a Level 10.
- **Exposure:** Athletes can start before they are Level 10.
- **Emailing college coaches:** When an athlete is at the level of the teams they are pursuing
- **Calling college coaches:** When an athlete is at the level of the teams they are pursuing
- **Filling out college questionnaire forms:** When an athlete is at the level of the teams they are pursuing
- **Going on unofficial visits:** Junior year of high school  
August 1, 2017 (New Rule)



# RECRUITING IS A BUSINESS

- College coaches are looking for gymnasts that match or enhance their current skill level of current team.
- College coaches are held to a standard by the athletic directors for academic and athletic rankings.
- College coaches receive financial bonuses based on outcomes of season.
- The recruit needs to have the skills and start values needed to be considered.
- The recruit needs to have academic requirements to be admitted.



# TYPICAL RECRUITING TIMELINE

- College coach observes gymnast at a meet
- Gymnast sends information to college coach
- College coach comes to watch gymnast practice; talks to club coach
- College coach invites gymnast to campus
- College coach makes verbal offer
- Gymnast accepts verbal offer
- Gymnast signs NLI senior year or commits to walk on
- Gymnast goes on official visit senior year
- Gymnast graduates from high school and starts college

# LESSON # 5 CLUB COACHES-HOW TO MARKET YOUR GYMNAST

- **Communication:** With the gymnast and parent establish realistic goals athletically for college desires
- **Gather Footage:** video training and meets
- **Gymnasts resume:** have available at the club and when traveling to distribute and post on club website
- **Exposure:** attend college showcases and allow gymnasts to attend college summer camps
- **Out Reach:** invite college coaches to attend club practice
- **Phone Calls:** college coaches and advocate on their behalf as well as be the contact person when college coach needs info

# LESSON #6 CLUB COACHES -ROLE IN RECRUITING PROCESS

- Partner with your gymnast and parents in the process
- Power of believing in your gymnast
- Start with open communication about her desires
- Help your gymnasts be realistic
- Strategize in the gym with skills and allow videoing of skills
- 10.0 SV and up to the level routines awareness
- Be a voice to the college coach
- Be sensitive to academic stress in preparation for college
- Plan meet schedule with college coaches attendance in mind
- Invite college coaches to watch practice



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# LESSON #7 THE PARENTS ROLE IN RECRUITING PROCESS

- Empower your daughter but let her lead
- Gymnast drives recruiting
- Gymnast constructs emails with supervision
- Gymnast makes phone calls to coaches with supervision
- Gymnast does majority of talking while on college campus
- Be the encourager and realistic voice



**THEY WANT ME TO VERBAL**

.. ..



## LESSON #8 WHAT IS A VERBAL COMMITMENT (ATHLETE)

- It is your word as well as theirs.
- The college coach is saving a scholarship for you.
- You should be extremely sure of your choice.
- You are committing to staying at a certain level of gymnastics and improving each year.
- You are keeping your grades up to the standard needed.
- You are staying fit and well conditioned.
- If you have an injury you are working towards healing and doing all you can to staying strong and regain skills and routines.

# LESSON #9 POSSIBLE SPEED BUMPS

- Injuries
- Gap year
- Academic issues
- Late bloomer
- Club coaching changes
- Gym changes
- Verbal commitment is removed

# LESSON #10 SUCCESS STORIES

- Level 10 late bloomer
- Level 10's who never qualified to JO Nationals
- Walk-ons who have earned scholarships
- Injury during crucial year of recruiting
- Gymnasts who are only strong on 2 events
- Level 8's/9's on college gymnastics teams



*Late bloomer started junior year/Wisconsin Eau Claire*

**MÖLLY**



# GRACE

*University of North Carolina  
Beam and Bars specialist  
one year scholarship earned second year*



**SONYA**

*UCLA walk on/Earned scholarship*



**MIKÄELA**

*Graduated a year early from high school/Full Scholarship  
UNC*

**ALLY**  
**BROWN UNIVERSITY**  
**STARTED RECRUITING PROCESS END OF JUNIOR YEAR**  
**JUNIOR YEAR**  
.. ..







# ALANA

*major injury spring of Junior year/scholarship*  
SEMO





**KENDALL**

*UCLA/LEVEL 10/DREAM SCHOOL/ WÄLK ÖN*



## CONTACT

- [www.jhicksconsulting.com](http://www.jhicksconsulting.com)
- Advising for the club gymnast and parents
- Free Consultations

