

THE ATHLETIC BLUEPRINT: NAVIGATING JUNIOR COLLEGE WOMEN'S WRESTLING

A Strategic Dossier for Athletes, Parents, and Coaches



ACADEMICS



ATHLETICS



**FINANCIAL
STRATEGY**

THE STRATEGIC SPRINGBOARD

Junior college women's wrestling is experiencing explosive growth. For smart decision-makers, a two-year program is a calculated maneuver, not a fallback option.

DEVELOPMENT



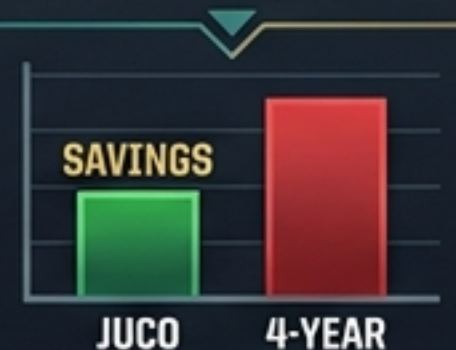
2 years of guaranteed mat time and physical maturity against college-level competition.



FINANCES



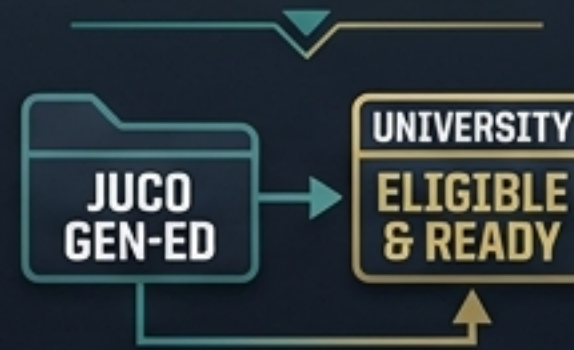
Drastically reduced tuition costs and targeted athletic aid before committing to a 4-year university price tag.



TRANSFER READINESS



Completing core General Education credits while preserving NCAA/NAIA eligibility for a mature, confident transfer.



THE ATHLETIC TOPOGRAPHY MAP



THE 3C2A COMMUTER HUB:
The Community College Ecosystem.
13+ programs like Mt. SAC and Cerritos.
Primarily commuter-focused with
high-level folkstyle competition.

THE NJCAA EPICENTER:
The Residential Hub.
High concentration of
traditional, dorm-
dorm-based JC programs.
Iowa alone features 8+
programs including Indian
Hills and Iowa Central.

THE GOVERNING BODY MATRIX: NJCAA vs. 3C2A

NJCAA

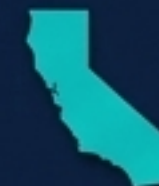
3C2A (CCCCAA)

GEOGRAPHIC FOOTPRINT

National presence, 24 regions



Exclusive to California



TYPICAL CAMPUS VIBE

Frequently rural, residential "mini-universities"



Urban/Suburban commuter hubs



WRESTLING STYLE

Folkstyle competition



Folkstyle competition

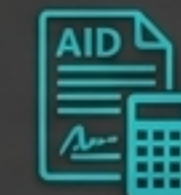


SCHOLARSHIP POTENTIAL

Governed by Division status (Div I, II, III). Pure athletic aid is possible.



Driven by standard state financial aid, grants, and inherently low in-state tuition costs rather than pure athletic scholarships.



THE NJCAA FINANCIAL ENGINE: DEMYSTIFYING DIVISIONS

DIVISION I: MAXIMUM SUPPORT



Colleges may offer full athletic scholarships.

Covers:

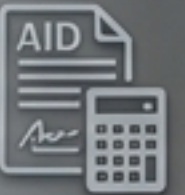
- Tuition, fees, room and board, course-related books, up to \$250 in course-required supplies, and transportation costs one time per academic year.

DIVISION II: TUITION & SUPPLIES



Colleges are limited to awarding tuition, fees, course-related books, and up to \$250 in course-required supplies. (No room and board).

DIVISION III: ACADEMIC/NEED- BASED ONLY



Institutions may provide no athletically related financial assistance.

THE HOUSING SPECTRUM

FULLY RESIDENTIAL



High independence, integrated campus life, all-inclusive costs. (Midwest NJCAA).

HYBRID/PARTNER



Dorm living through university partnerships or rare rural CCs. (Nassau/Adelphi, Lassen CC).

COMMUTER/LOCAL



Living at home or renting local apartments. High autonomy, fragmented daily schedule. (California JCs, Metro JCs).

**YOUR HOUSING CHOICE DICTATES YOUR DAILY ROUTINE,
YOUR BUDGET, AND YOUR TEAM CULTURE.**

THE THREE JUCO LIVING MODELS



MODEL 1: THE RESIDENTIAL “MINI-UNIVERSITY”



CARL ALBERT STATE, OK

\$2,650 per semester covers double-occupancy housing **AND** meal plan.



SNOW COLLEGE, UT

\$1,400 to \$2,170 per semester for furnished, cooking-style apartments with free Wi-Fi and utilities.



SOUTHEAST CC, NE & LACKAWANNA, PA

Housing includes **meal plans** (up to 19 meals/week), free laundry, and dedicated residence halls.

The Midwest and rural NJCAA standard. Students live in **on-campus dorms**, eat in **dining halls**, and walk to the **wrestling room**.

MODEL 2: THE COMMUTER HUB



HOUSING

Athletes manage their **own leases, utilities, and grocery budgets**. Teammates frequently pool resources to rent local houses.



TRANSPORT

Requires **reliable personal transportation**. Commuting from an off-campus apartment to classes, to a part-time job, to the wrestling room.



CULTURE

Team bonding requires **proactive, intentional planning** since athletes disperse immediately after practice.

The standard for 3C2A California schools and Metro JCs. Athletes **live at home or secure independent off-campus apartments**.

MODEL 3: THE INNOVATIVE HYBRID

Adelphi University (4-Year)



Nassau CC (2-Year)



3 Miles

THE ADELPHI/NASSAU GATEWAY ECOSYSTEM

LIVING: 30 Nassau CC students live in Adelphi University residence halls.

ACCESS: Full use of Adelphi dining halls, library, and campus facilities.

ACADEMICS/ATHLETICS: Students take a dedicated shuttle 3 miles to the NCC campus for classes and training.

THE KICKER: Waived application and deposit fees upon transferring to Adelphi.

THE CALIFORNIA EXCEPTIONS

While CA is commuter-heavy, rural exceptions exist: Lassen College (Victor St. Marie Residence Hall), College of Redwoods, and Reedley College offer on-campus living.

A DAY IN THE LIFE: SYSTEM WORKFLOWS

THE RESIDENTIAL JC



High convenience, low transit time.

THE COMMUTER HUB



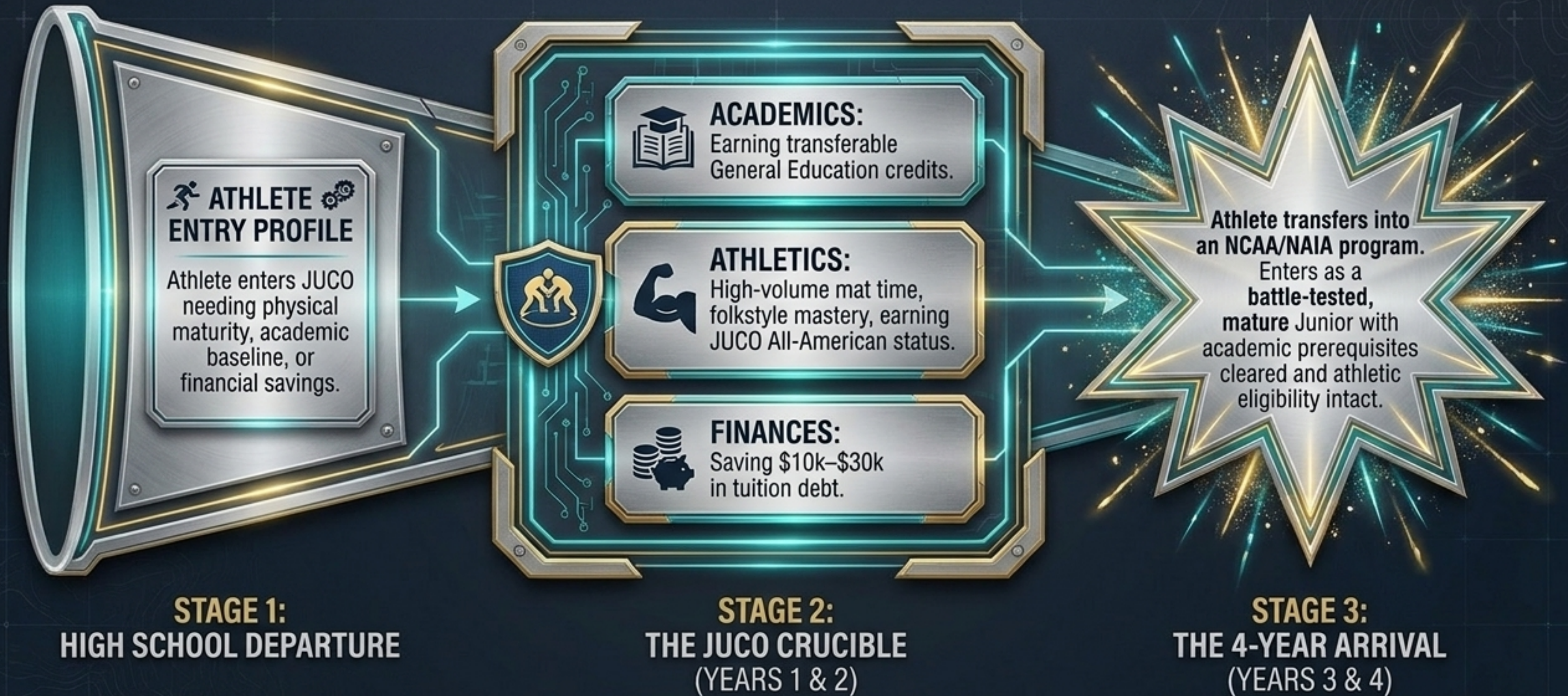
High autonomy, high logistical demand.

THE COST/VALUE TEETER-TOTTER



A “FULL RIDE” AT AN EXPENSIVE OUT-OF-STATE APARTMENT MIGHT COST MORE OUT-OF-POCKET THAN A “PARTIAL AID” OFFER AT A RESIDENTIAL JC WITH CHEAP, BUNDLED DORMS.

THE JUCO SPRINGBOARD FUNNEL: THE TRANSFER PATHWAY



SYNTHESIS: THE 2-YEAR ADVANTAGE EQUATION



THE RECRUITING DOSSIER: PARENT & ATHLETE CHECKLIST

- ☐ **GOVERNANCE CHECK:** ARE YOU NJCAA (DIV I, II, OR III) OR 3C2A? EXACTLY WHAT FINANCIAL AID IS LEGALLY PERMITTED?
- ☐ **HOUSING CHECK:** DO YOU HAVE CAMPUS-OWNED DORMS, OR MUST ATHLETES SECURE LOCAL LEASES? IF LOCAL, DOES THE TEAM ORGANIZE SHARED HOUSING?
- ☐ **MEAL CHECK:** IS THERE A 14/19 MEAL PLAN ON CAMPUS, OR ARE ATHLETES RESPONSIBLE FOR THEIR OWN GROCERY SHOPPING AND COOKING?
- ☐ **TRANSFER CHECK:** WHAT IS YOUR HISTORICAL PLACEMENT RATE FOR TRANSFERRING WRESTLERS TO 4-YEAR NCAA/NAIA INSTITUTIONS?
- ☐ **ACADEMIC CHECK:** DO YOU OFFER DEDICATED TRANSFER ADVISING (LIKE THE ADELPHI/NASSAU MODEL) TO ENSURE GEN ED CREDITS MOVE SMOOTHLY?