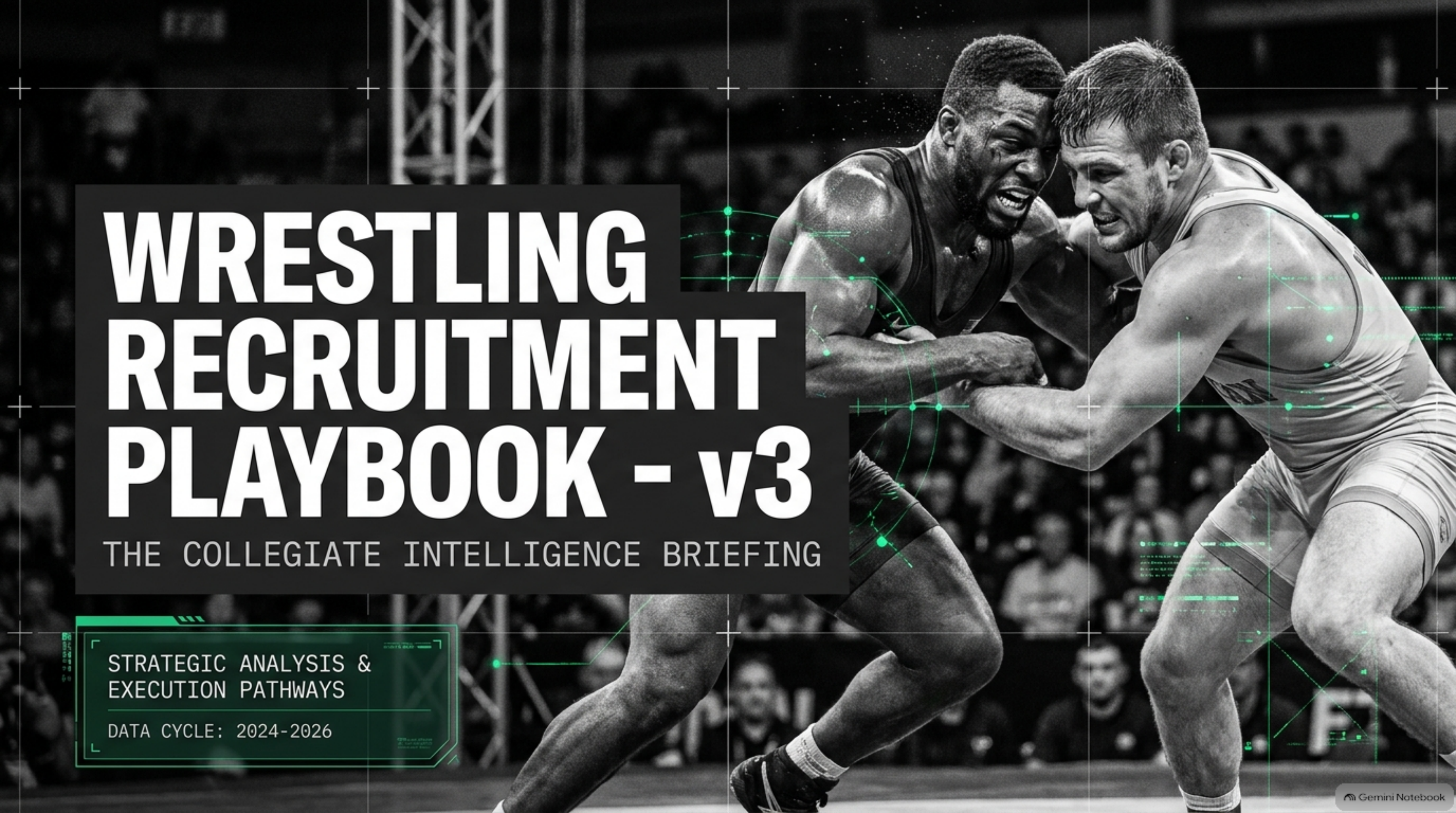


A black and white photograph of two male wrestlers in a physical struggle. The wrestler on the left is Black, wearing a dark singlet, and the one on the right is white, wearing a light-colored singlet. They are both in a low, defensive stance, with the white wrestler's arm around the Black wrestler's waist. The background is a blurred crowd in a wrestling arena. Overlaid on the image are green digital lines, dots, and a grid pattern, giving it a high-tech, analytical feel.

WRESTLING RECRUITMENT PLAYBOOK - v3

THE COLLEGIATE INTELLIGENCE BRIEFING

STRATEGIC ANALYSIS &
EXECUTION PATHWAYS

DATA CYCLE: 2024-2026

THE MACRO REALITY: THE COLLEGIATE OPPORTUNITY GAP

**OVERALL HS-TO-NCAA
CONVERSION: 3.0%**

**TOTAL HS PARTICIPANTS: 374,278
BOYS' HS PARTICIPANTS: 300,214**

NCAA D1 CONTINUATION RATE: ~1.0%
~80 FUNDED D1 PROGRAMS
~2,400 TOTAL ROSTER SPOTS

THE PIPELINE REALITY:
A massive labor surplus at the top.
Extreme institutional scarcity at the bottom.

THE SQUEEZE: INSTITUTIONAL CONSTRAINTS & WALK-ON EXTINCTION

30-MAN ROSTER CAP

NCAA Division I is moving toward a **rigid 30-man maximum limit**.

9.9 EQUIVALENCY

Programs must **divide 9.9 scholarships** among those 30 athletes, capitalizing on the labor surplus.

THE HOUSE SETTLEMENT SHIFT

TALENT POOL PRESSURE

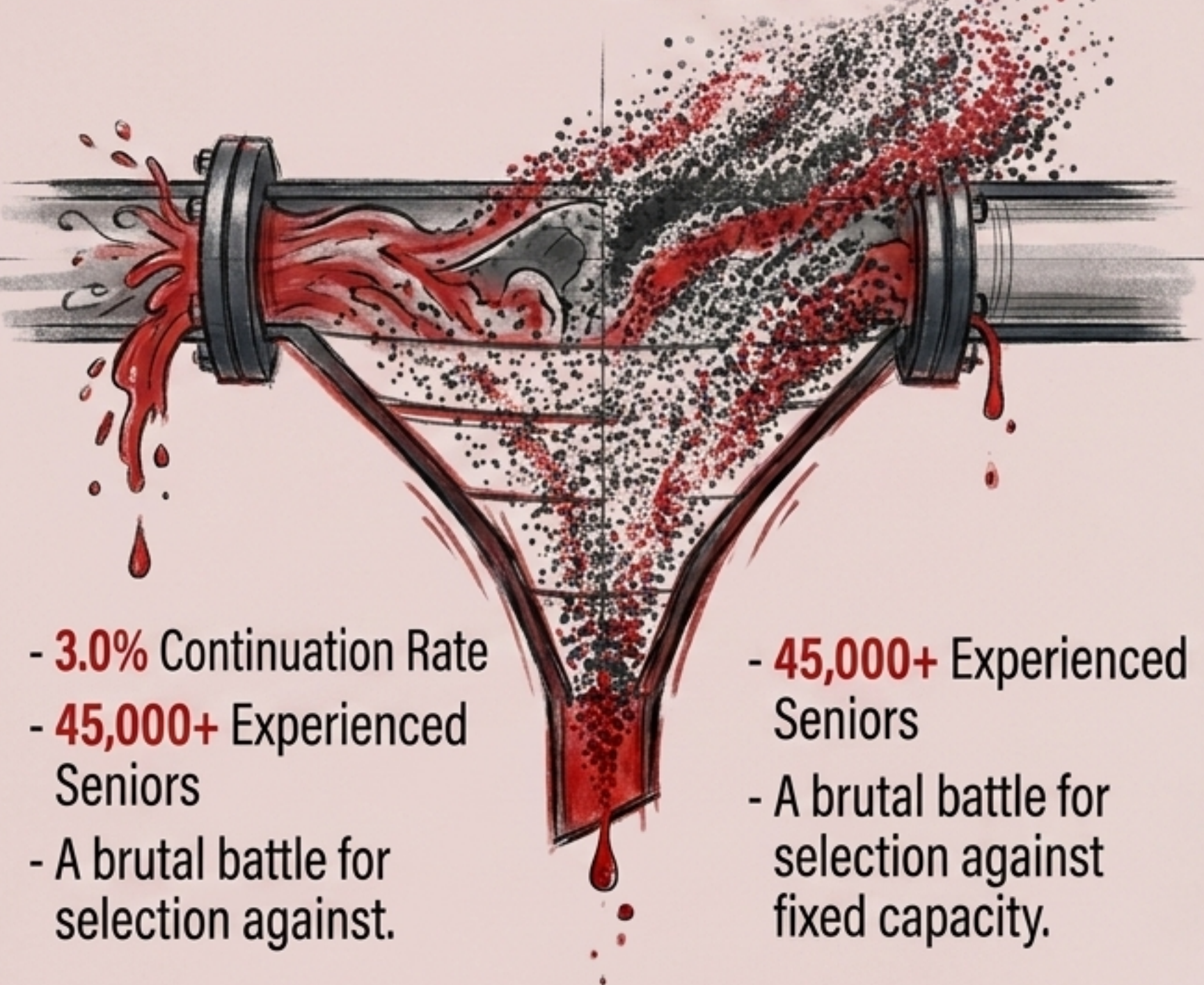
WALK-ON EXTINCTION

The “Top-30 or go home” model effectively extinguishes traditional walk-on opportunities for non-elite athletes.

THE MARKET DIVERGENCE: SATURATION VS. GOLD RUSH

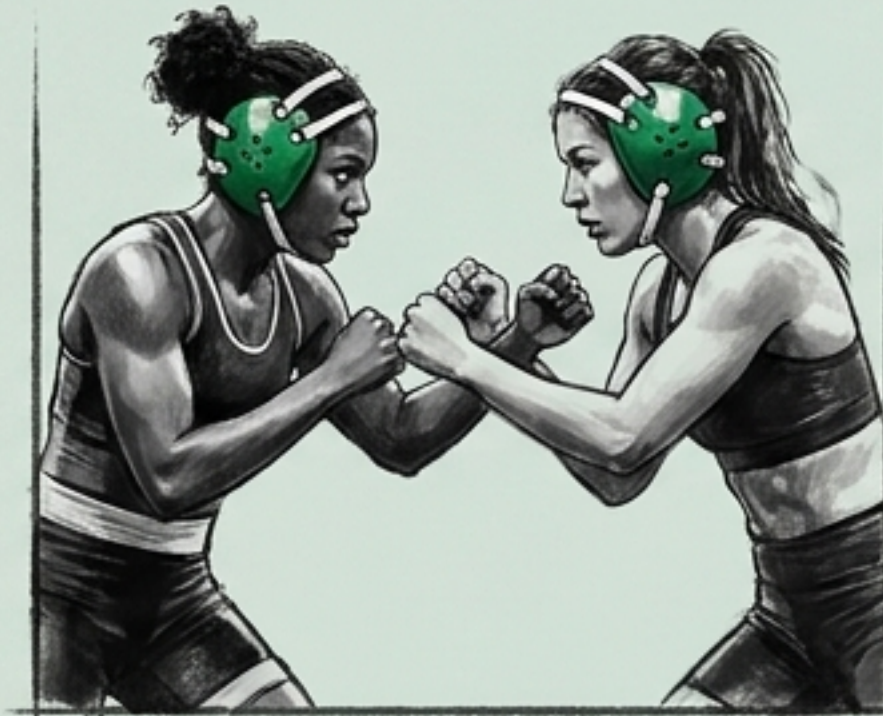
MEN'S PIPELINE

MATURE MARKET / HYPER-SATURATED



WOMEN'S PIPELINE

EMERGING MARKET /
OPPORTUNITY SURPLUS



- **15%** YoY Growth
- **0.69** Demand-to-Supply Ratio
- Transitioning to official NCAA championship sport (2025-26).
- A desperate race for retention.

**7,500 -
9,000**
AVAILABLE
SPOTS

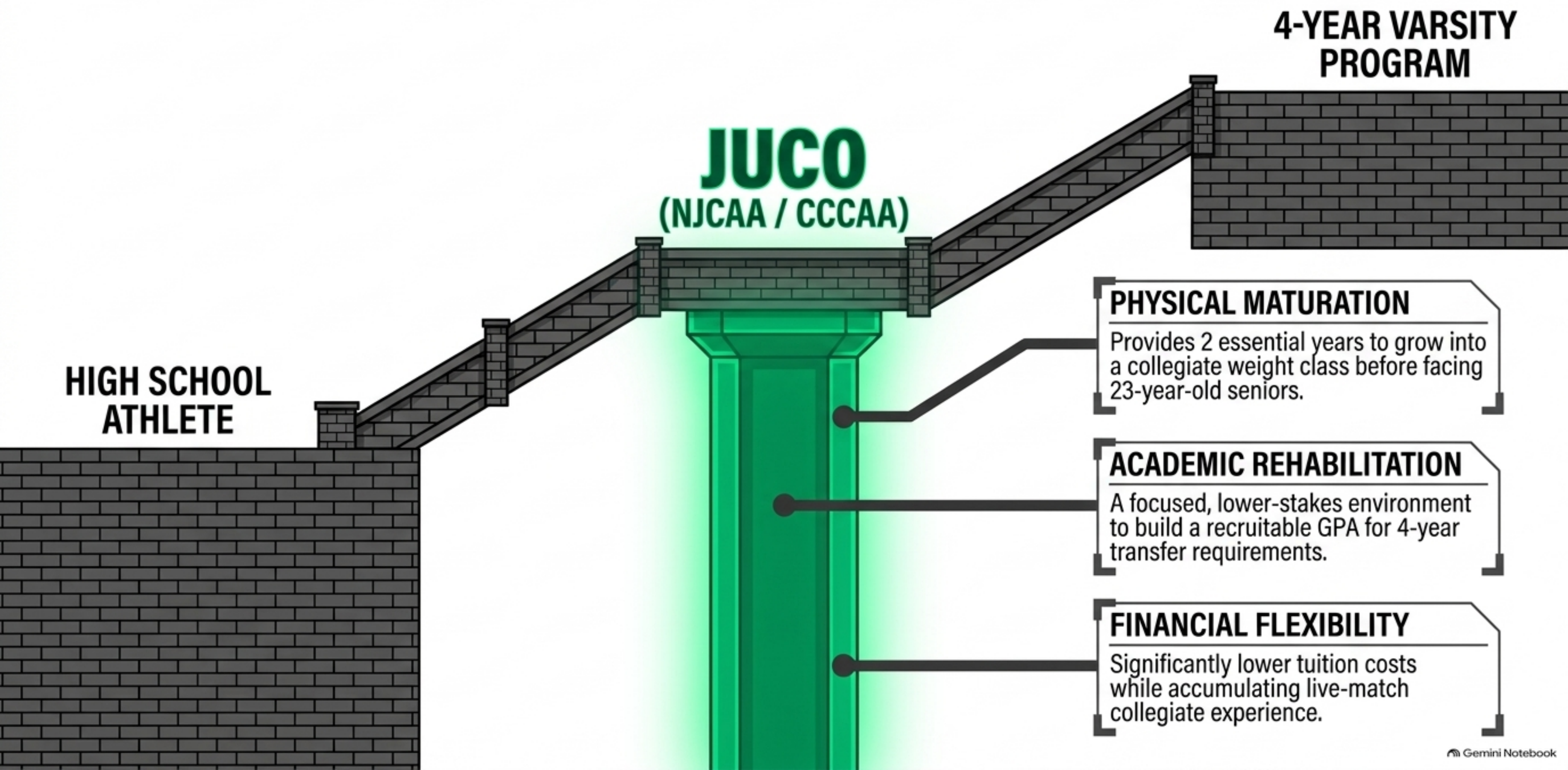
~1,100
QUALIFIED
SENIORS

STRATEGIC TERRAIN: THE 5 COLLEGIATE PATHWAYS

Measure total opportunity by institutional fit, not brand recognition.

	NCAA D1/D2	NCAA D3	NAIA	JUCO (NJCAA)	NCWA
SCHOLARSHIPS	Fractional Athletic Aid (Up to 30 / 9.0 caps)	Academic/Need-Based Only	Flexible Athletic Aid (~8.0)	Varies heavily by region	Club/Institutional Funding
ROSTER DYNAMICS	Highly Exclusive (30-man cap) ⚠	Varsity-Governed	Competitive Growth	Developmental / High Turnover	"Zero-Cut" Inclusive Policy ✓
PRIMARY STRATEGIC VALUE	Highest Visibility / Elite Tier	Elite Academic Balance	Flexible Aid & Roster Opportunity	Transfer & Academic Bridge	Mass Accessibility & Student Leadership
ADDITIONAL CONSIDERATIONS	Intense Time Commitment; High Pressure	Emphasis on Student-Athlete Experience	Less Regulatory Burden; Smaller Schools	Shorter Seasons; Cost-Effective	Student-Run; Focus on Participation

THE 90%+ BLUEPRINT: THE JUNIOR COLLEGE STEPPING STONE



THE NCWA ADVANTAGE: SCALE & ACCESSIBILITY

MASSIVE SCALE

150-200+ active institutions.
Adding 9 new men's and 12 new women's programs for the 2025-26 season.

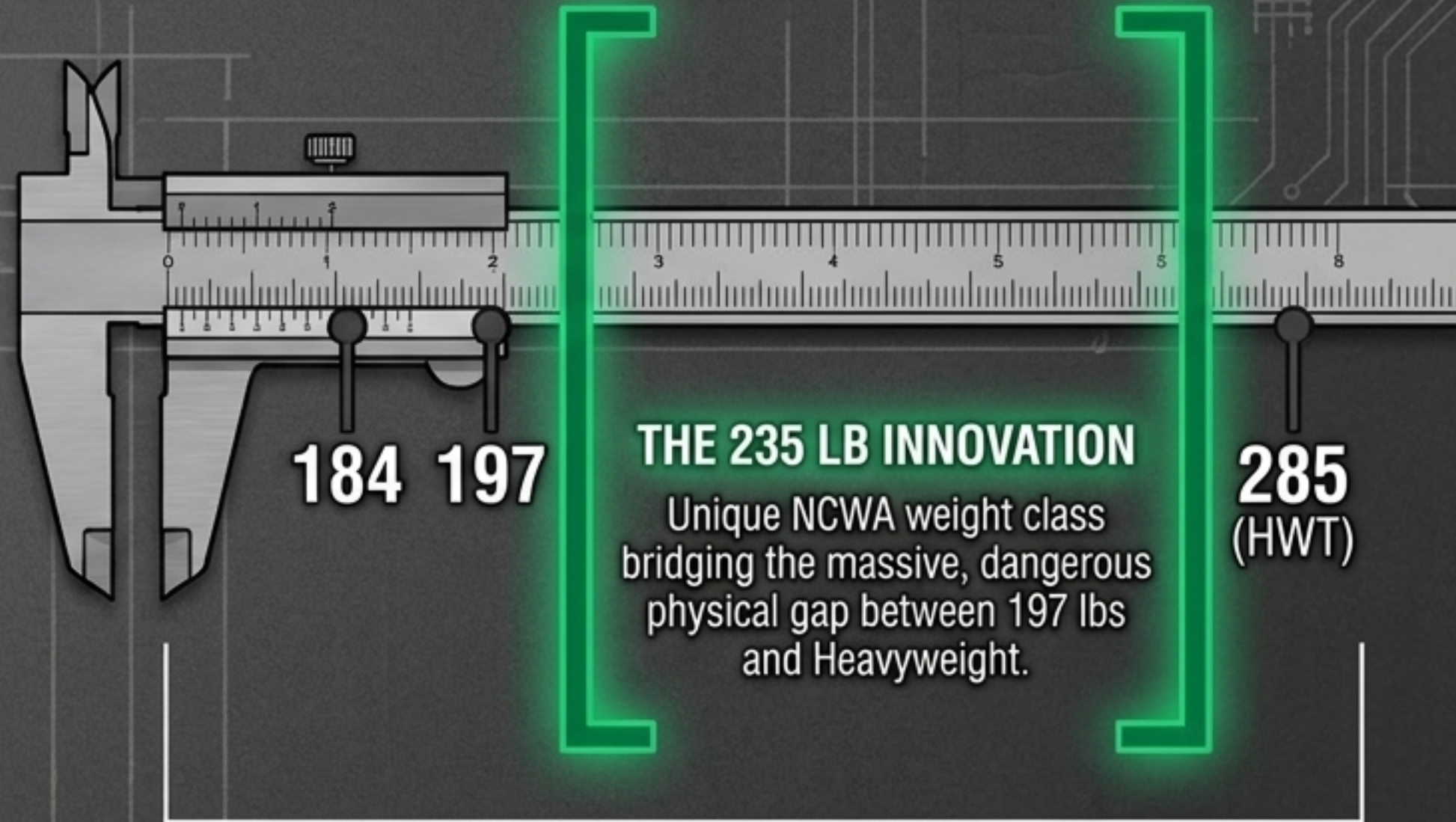
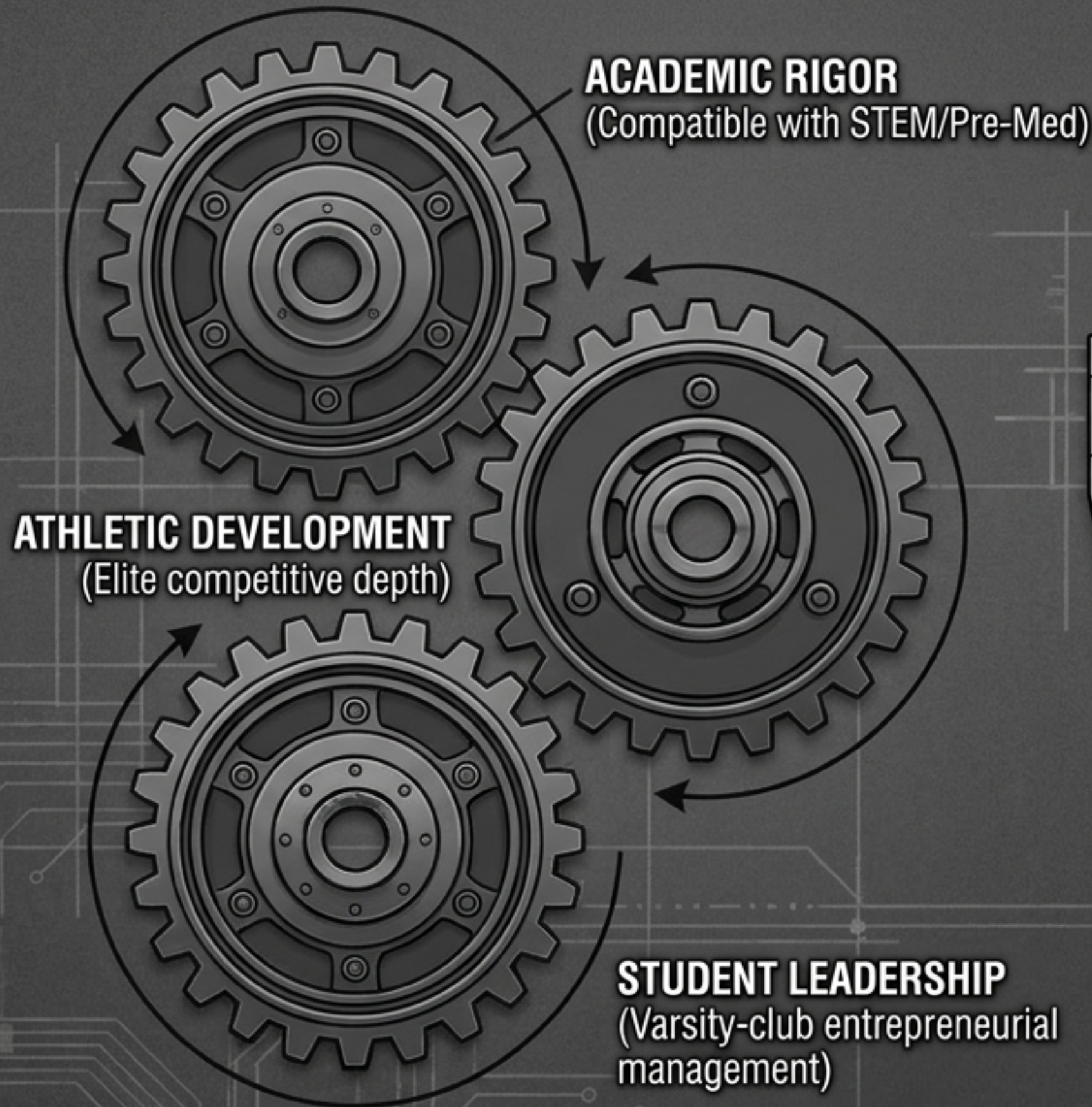
THE “ZERO-CUT” POLICY

Institutional focus on inclusion rather than exclusivity. The mathematical alternative to D1 roster caps.

IMMEDIATE MAT TIME

Bypass the D1 “redshirt/backup” bottleneck. Step directly into elite lineups to gain live-match repetitions necessary for technical mastery.

THE NCWA ADVANTAGE: STUDENT-FIRST INNOVATION



Proof that the NCWA offers a superior holistic collegiate experience, prioritizing the athlete's physical safety and post-graduation resume.

THE EXPOSURE PIPELINE PHASE 1: TARGET ACQUISITION

**VOLUME COUNTERACTS LOGO BLINDNESS.
IDENTIFY 30-60 PROGRAMS.**

- ✓ **BUILD THE LIST:** Target a mix of D1, D2, D3, NAIA, JUCO, and NCWA.
- ✓ **TRACK CRITICAL VARIABLES:** Note roster depth at your weight, cost of attendance, and admissions standards.
- ✓ **IDENTIFY CONTACTS:** Log Head Coach and Assistant/Recruiting Coordinator emails.
- ✓ **FILL THE DATABASE:** Complete the online prospective student-athlete questionnaire on every target's athletics website.

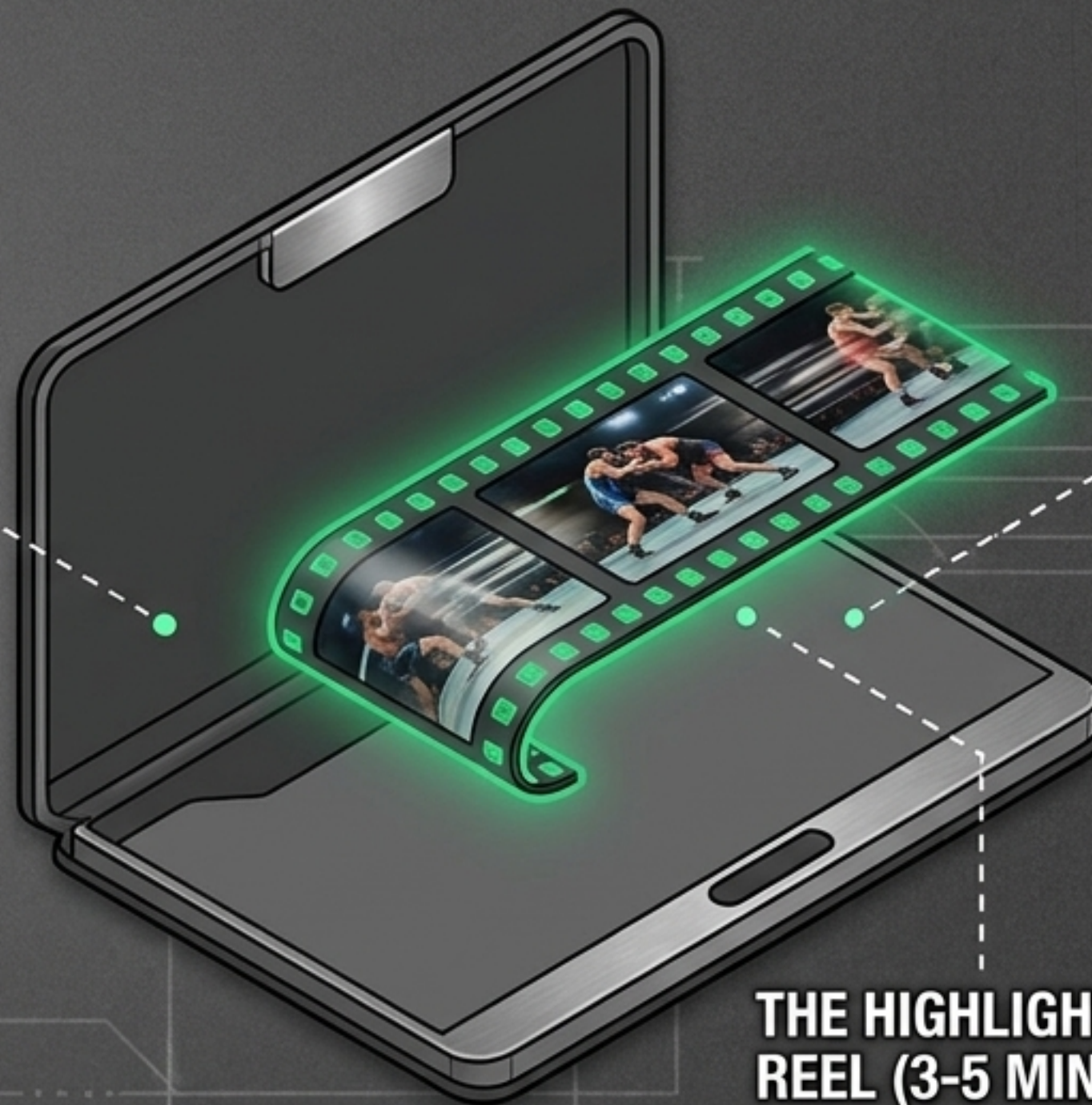


THE EXPOSURE PIPELINE PHASE 2: THE RECRUITING PACKET



1-PAGE RESUME (PDF)

- ✓ Name, Grad Year, Target Weight
- ✓ GPA, Test Scores, Eligibility Status
- ✓ Accurate, verifiable competitive results



THE HIGHLIGHT REEL (3-5 MIN)

- College-translatable techniques only.
- Escapes, hand-fighting, transition urgency.
- DO NOT just show pins against overmatched opponents.



THE MATCH HUB

- Single shared folder.
- 3-5 unedited, full-length matches.
- Prove your pace, conditioning, and composure against quality opponents.

THE EXPOSURE PIPELINE PHASE 3: DIRECT OUTREACH PROTOCOL

The athlete—not the parent—must own all communication.

SUBJECT: 2025 | 157 lb | Chicago, IL | John Doe

Coach,

I am a 2025 wrestler at 157 lbs. I carry a 3.8 GPA and intend to study Engineering. I am targeting your program because of your aggressive neutral-wrestling culture and STEM academic support.

Link: [Highlight Video & Match Hub]

What do you need to see to evaluate me for your room?

Highly scannable
data for recruiters.

Data-dense, specific
institutional fit.
Frictionless access
to film.

Direct, professional
call-to-action.

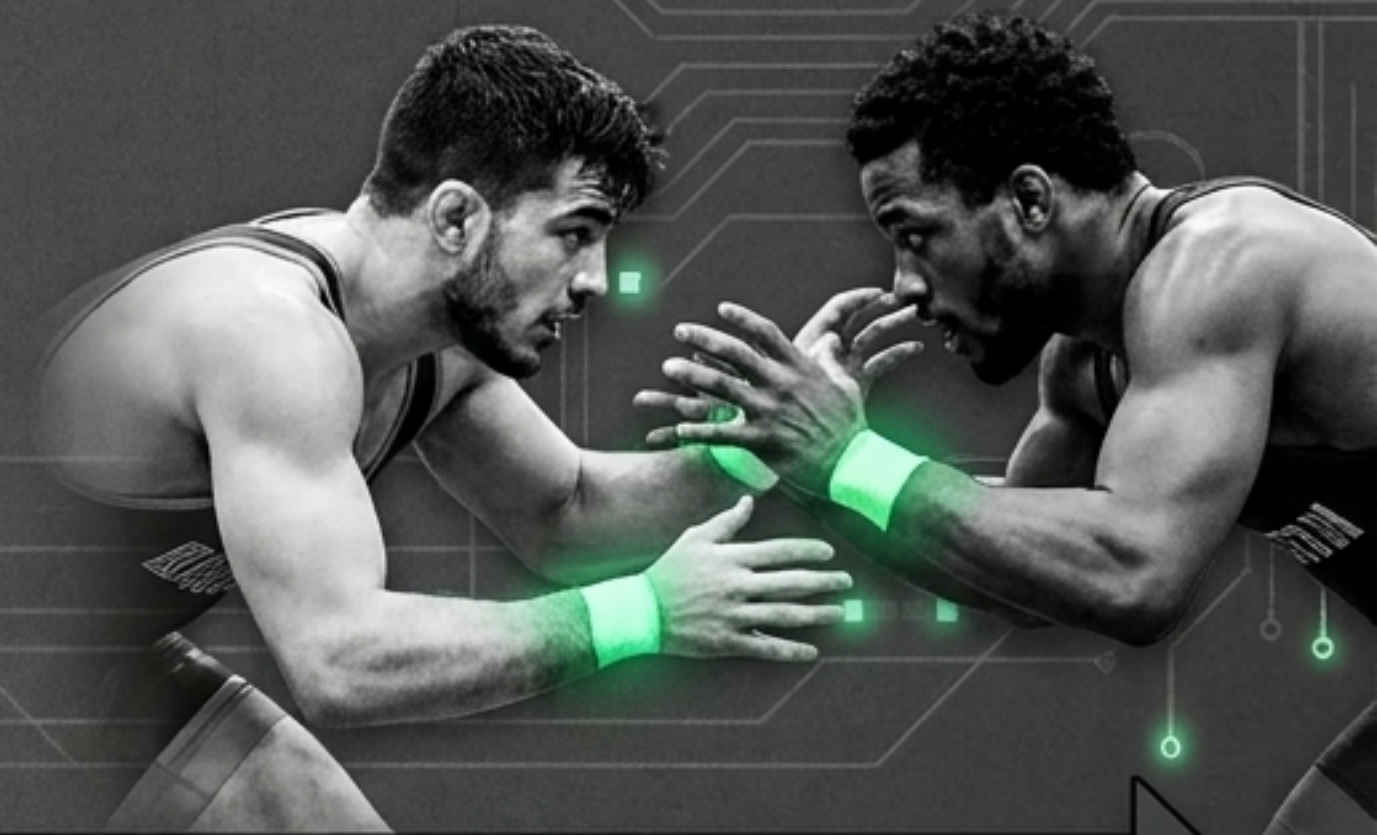
THE EXPOSURE PIPELINE PHASE 4: STRATEGIC EVALUATION

NATIONAL TARGETING

Prioritize high-visibility environments where college staffs actively scout (Fargo, Super 32, USA Wrestling).

IN-PERSON CONDUCT

Coaches evaluate coachability and attitude. Do not try to “win camp” by being reckless.



CAMP DISCIPLINE

Attend specific college prospect camps **ONLY** if the target coaching staff is physically present to evaluate.

IN-PERSON CONDUCT

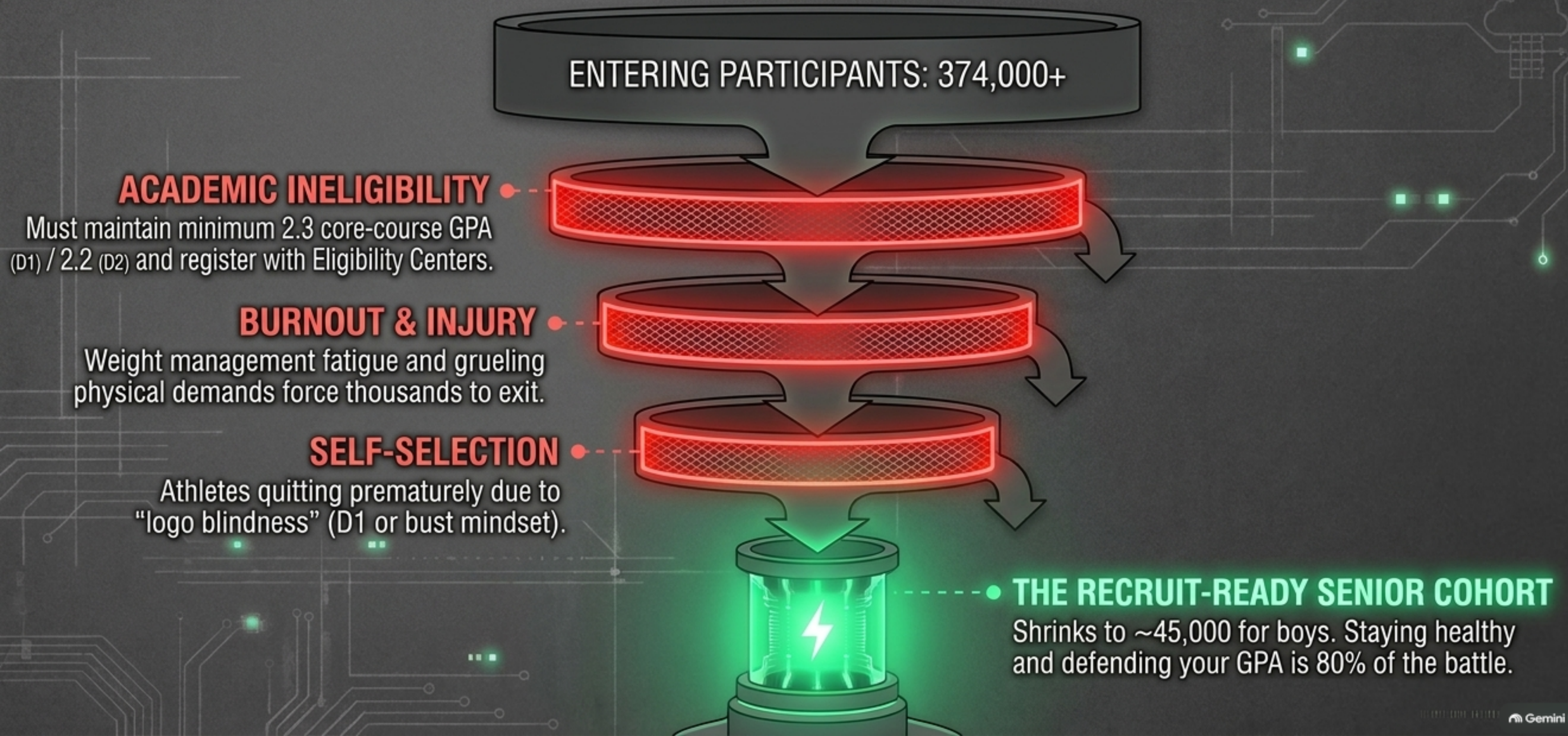
Coaches evaluate coachability and attitude. Do not try to “win camp” by being reckless.

THE FOLLOW-UP

Email target coaches your schedule **BEFORE** an event. Send results and match footage **IMMEDIATELY** after.

THE ULTIMATE FILTER: ELIGIBILITY & PERSISTENCE

The “Pipeline Leak” is a mathematical reality. Persistence is rewarded.



THE STANDARD OF EXCELLENCE

1 THE GILLESPIE METHOD PHILOSOPHY

True elite performance demands a high-performance mindset and inclusive coaching structures.



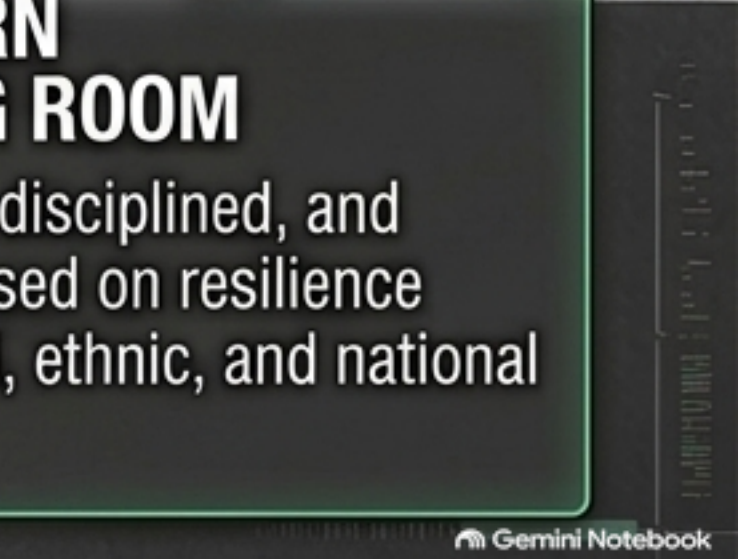
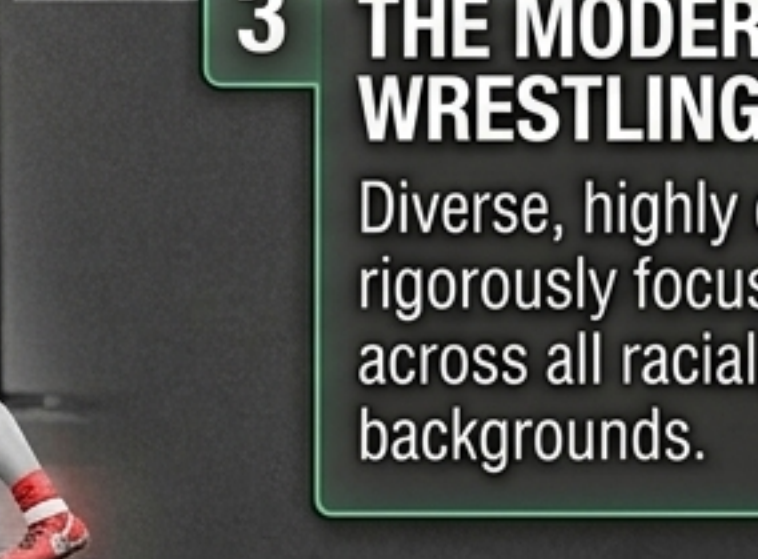
2 TECHNICAL MASTERY

Excellence requires breaking down systemic barriers to achieve combative evolution.



3 THE MODERN WRESTLING ROOM

Diverse, highly disciplined, and rigorously focused on resilience across all racial, ethnic, and national backgrounds.



MISSION READY: THE TACTICAL DIRECTIVE

01

OWN THE PROCESS

The athlete communicates, the athlete tracks, the athlete executes.

02

BROADEN THE HORIZON

Look beyond D1. Target NAIA, JUCO, and the NCWA for maximum leverage and mat time.

03

BUILD THE ASSETS

Compile the 1-page resume, the translatable highlight reel, and the full-match hub.

04

INITIATE CONTACT

Send highly structured, data-dense emails to 30-60 target programs.

05

PERSIST AND QUALIFY

Defend your GPA, register with eligibility centers, and survive the attrition filter.