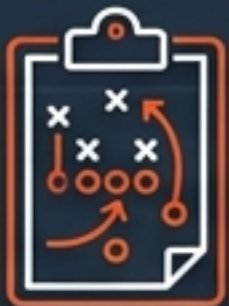


THE COLLEGE WRESTLING RECRUITMENT PLAYBOOK

OWN THE PROCESS: A STRATEGIC BLUEPRINT FOR HIGH SCHOOL WRESTLERS



DESIGNED FOR ATHLETES, PARENTS, AND COACHES

The Core Philosophy



The Passive Myth

- Waiting to be “discovered” by college scouts
- Assuming a state medal automatically equals a scholarship
- Focusing exclusively on NCAA Division I programs
- Letting parents or high school coaches handle all communication



The Proactive Reality

- ✓ **Owning the outreach process and initiating contact early**
- ✓ **Using strong academic performance (GPA) to unlock opportunities**
- ✓ **Exploring all viable pathways (D1-D3, NAIA, JUCO)**
- ✓ **Treating recruitment like match preparation: systematic and relentless**

Getting college wrestling exposure is **not about waiting**. It is about **building a profile**, directly **contacting coaches**, and competing where evaluations happen

The Collegiate Landscape

Division	Athletic Scholarships	Academic Aid Focus	Level of Competition	Women's Status
NCAA D1	Fully funded (up to 9.9 limit)	Secondary to athletic aid	Maximum national visibility	Evolving rapidly
NCAA D2	Partial athletic aid is common	Moderate to high	Strong varsity competition	Emerging programs
NCAA D3	None (No athletic scholarships)	Massive institutional aid focus	Highly competitive	Growing rapidly
NAIA	Athletic scholarships available	Varies by institution	Major opportunity pool	Strong established presence
NJCAA / JUCO	Available (developmental focus)	Lower cost entry point	Transfer-friendly (2-year path)	Expanding developmental route

NCAA Championship Status

Women's wrestling is the NCAA's 91st championship sport. College women's wrestling is freestyle-based. High school freestyle experience is a critical differentiator.

The Athlete Recruiting Packet

1. The One-Page Resume (PDF)

- Full Name & Grad Year
- Projected College Weight
- Current GPA & ACT/SAT
- NCAA/NAIA Eligibility Status
- Coach References & Contact Info

The Athlete Profile

2. The Video Hub

- 3-5 minute highlight reel (Unlisted YouTube link)
- Clean, immediate title card
- Folder containing 3-5 full matches
- Footage against quality opponents to show pace

3. The Digital Footprint

- Professional email address (No gamer tags)
- Real names on X/Instagram matching bracket sheets
- Clean, mature, and professional social media conduct

Anatomy of the Perfect Highlight Reel

0:00 - Title Card

Name, grad year, high school/club, weight class, and contact info. Start action immediately.

0:15 - Neutral Offense

Attacks, re-attacks, and elite takedown sequences.

1:30 - Top/Bottom Urgency

Mat returns, riding, turns, escapes, and reversals.

3:00 - Scrambling & Composure

Footage against quality opponents. Show reactions to mistakes, hand fighting, and pace.

1:30 / 3:30

**Highlights get attention. Full matches get you evaluated.
Always link to 3-5 unedited matches so coaches can
judge your conditioning and position wrestling.**

The Direct Outreach Flowchart

Step 1: The Database

Complete the recruiting questionnaire on the target school's athletics website.

Step 2: First Contact

Subject: 202X [Weight] lb Wrestler | [City, State] | Interest in [College Name]

Body: Include: Name, HS, current GPA, Name, HS, current GPA, intended major, 2-3 key wrestling achievements, link to video hub, and upcoming tournament schedule. Request a specific evaluation.

Step 3: The Clock

Wait 7-14 Days.

If No Reply

Do not spam. Send an update later only with major new results, updated video, or academic improvement.

If Reply Received

Provide full matches, schedule a phone call, and discuss campus visit opportunities.

The Eligibility & Contact Rulebook

THE LINE: June 15 (Post-Sophomore Year)

Freshman/Sophomore Year

Light outreach, camp attendance, focus on skill and grades.

August 1 (Before Junior Year)

Official and unofficial campus visits open.

The D1/D2 Contact Window Opens. Coaches can legally initiate direct contact (calls, texts, emails).

- ☐ Register with NCAA Eligibility Center (D1/D2) and NAIA PlayNAIA early.
- ☐ Track the 16 Core-Course Requirement with your high school counselor.
- ☐ Maintain minimum core GPA (2.3 for D1; 2.2 for D2).

The Exposure Map

USA Wrestling Nationals (Fargo), Super 32 Challenge, NHSCA Nationals. Note: College coaches purchase entry databases and heavily scout these specific events.

Specific college prospect camps (where target staffs actively coach) and elite regional opens/duals.

Local opens, offseason club events. Focus on technique and physical maturity.

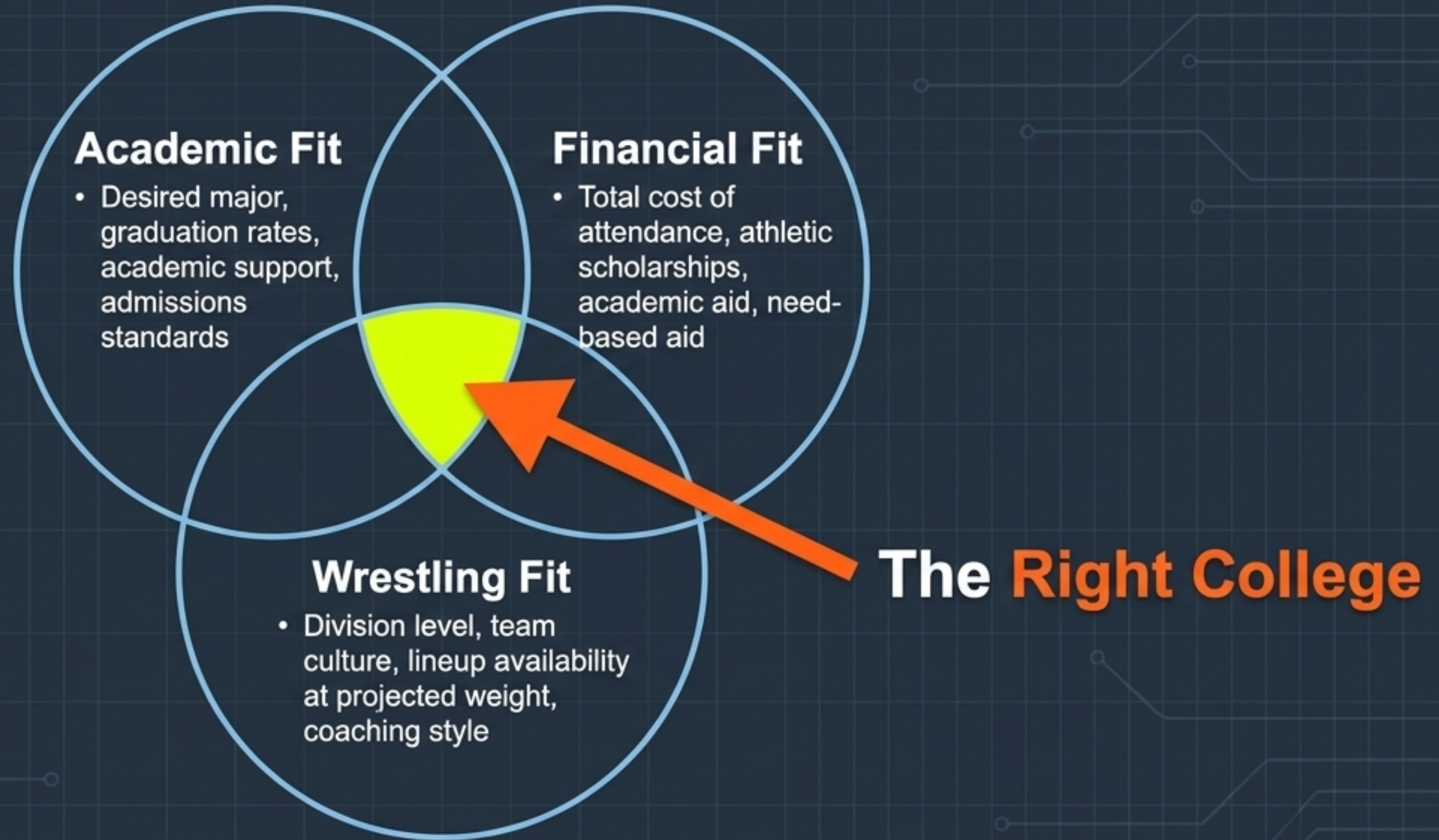


Strategic Rule: Don't rely solely on state tournament runs. Target events that fit your goals and budget, and email coaches your match schedule beforehand.

The Master Timeline

	Freshman	Sophomore	Junior	Senior
Academics	Build GPA and track core courses		Take SAT/ACT if required	Apply to colleges, submit FAFSA early
Video & Profile	Begin filming	Edit first highlight reel	Continuously update with high-level match footage	
Competition	Build baseline skills & local results		Peak exposure: major national/regional tournaments	Final state/national runs
Coach Outreach	Build target list (30-60 schools)	Fill out questionnaires	Aggressive direct emailing & unofficial visits	Official visits, compare financial packages, commit

The Ultimate Fit



Do not wait for recruiting attention. Recruit broadly across all divisions, evaluate the whole college experience, and own the process.