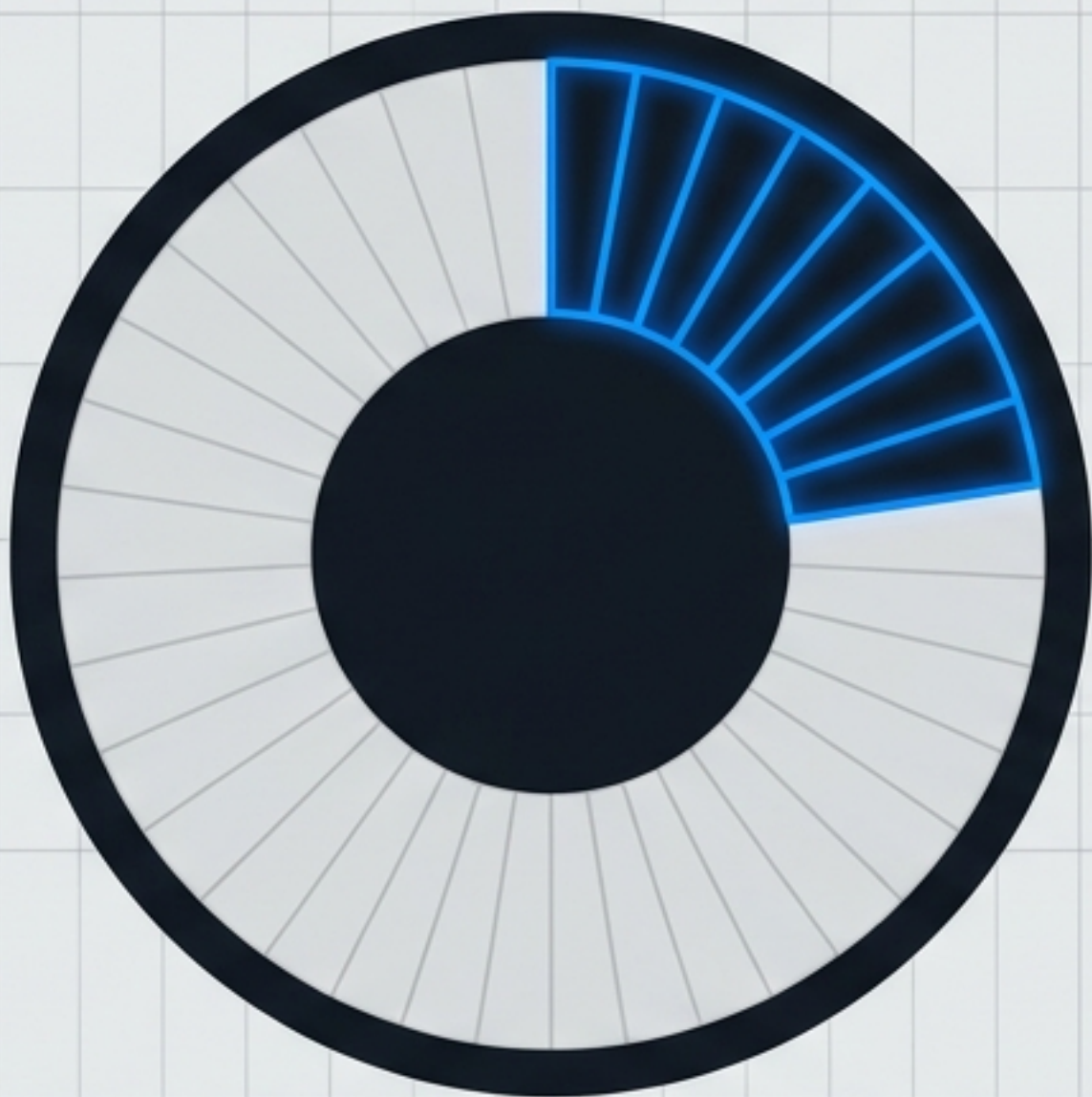




# Beyond the Mat: The Wrestler's Playbook for Outside College Funding

A systematic guide to building a stackable scholarship portfolio.

# The Hard Math of College Athletic Aid



**NCAA Division I:** Post-House settlement, capped at 30 scholarships spread across a 30-man roster. Most awards are only partial equivalencies.

**NCAA Division II / NAIA / NJCAA:** Operate on partial equivalency models. Full rides are exceedingly rare. NJCAA commitments are typically one year.

**NCAA Division III:** Zero athletic aid permitted (academic and need-based only).

**NCWA:** Primarily club-level; athletic scholarships are rarely offered by individual schools.

**CORE INSIGHT:** Athletic aid is roster-limited, discretionary, and tied to the school. Outside scholarships are portable, stackable, and follow the student.

# The Stacking Strategy



## THE MATH OF A FULL RIDE

You don't need one \$50,000 scholarship.

Winning five \$2,000 outside awards is the most mathematically realistic path to graduating debt-free.

Build a strong base and stack your funding.

**Total Cost of Attendance**

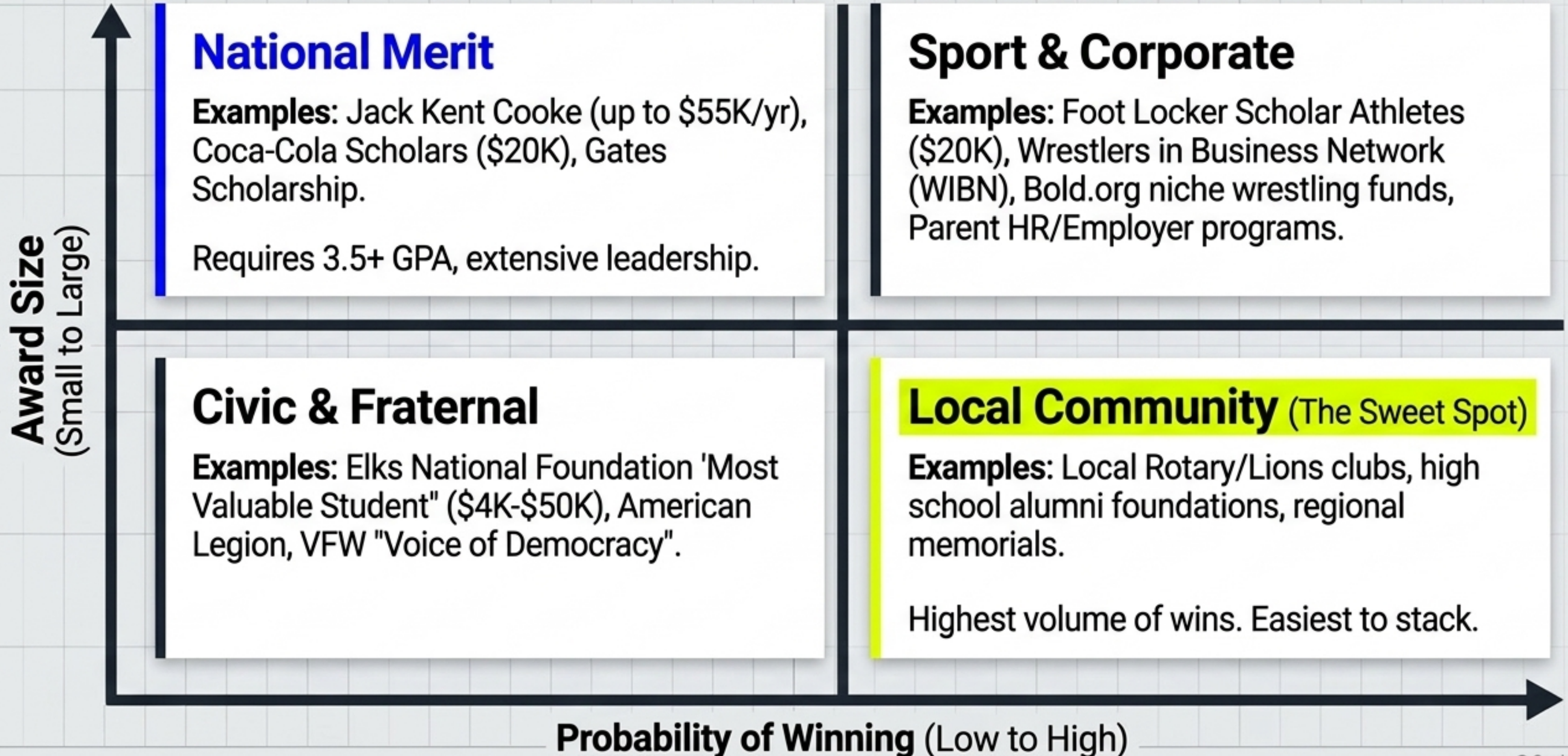
**National Merit Funds**  
(Coca-Cola, Jack Kent Cooke)

**Local Civic Awards**  
(Rotary, Elks, High School Foundations)

**State & Sport Grants**  
(USA Wrestling, WIBN)

**Institutional Aid**  
(Partial Athletic / Need-Based)

# The Scholarship Targeting Matrix



# The Master Toolkit Blueprint

Build once. Deploy everywhere.

## The Core Narrative

2-4 adaptable 'Wrestling Story' essays.

Focus on overcoming adversity, weight management discipline, resilience, and leadership—not just mat victories.

## The Hard Stats

Official/Unofficial Transcripts (target 3.0+ GPA).

FAFSA Completion Confirmation.

USA Wrestling Membership #.

**MASTER  
FOLDER**

## The Evidence

1-page resume (Academics, Wrestling record, Community service).

3-6 high-quality highlight video clips.



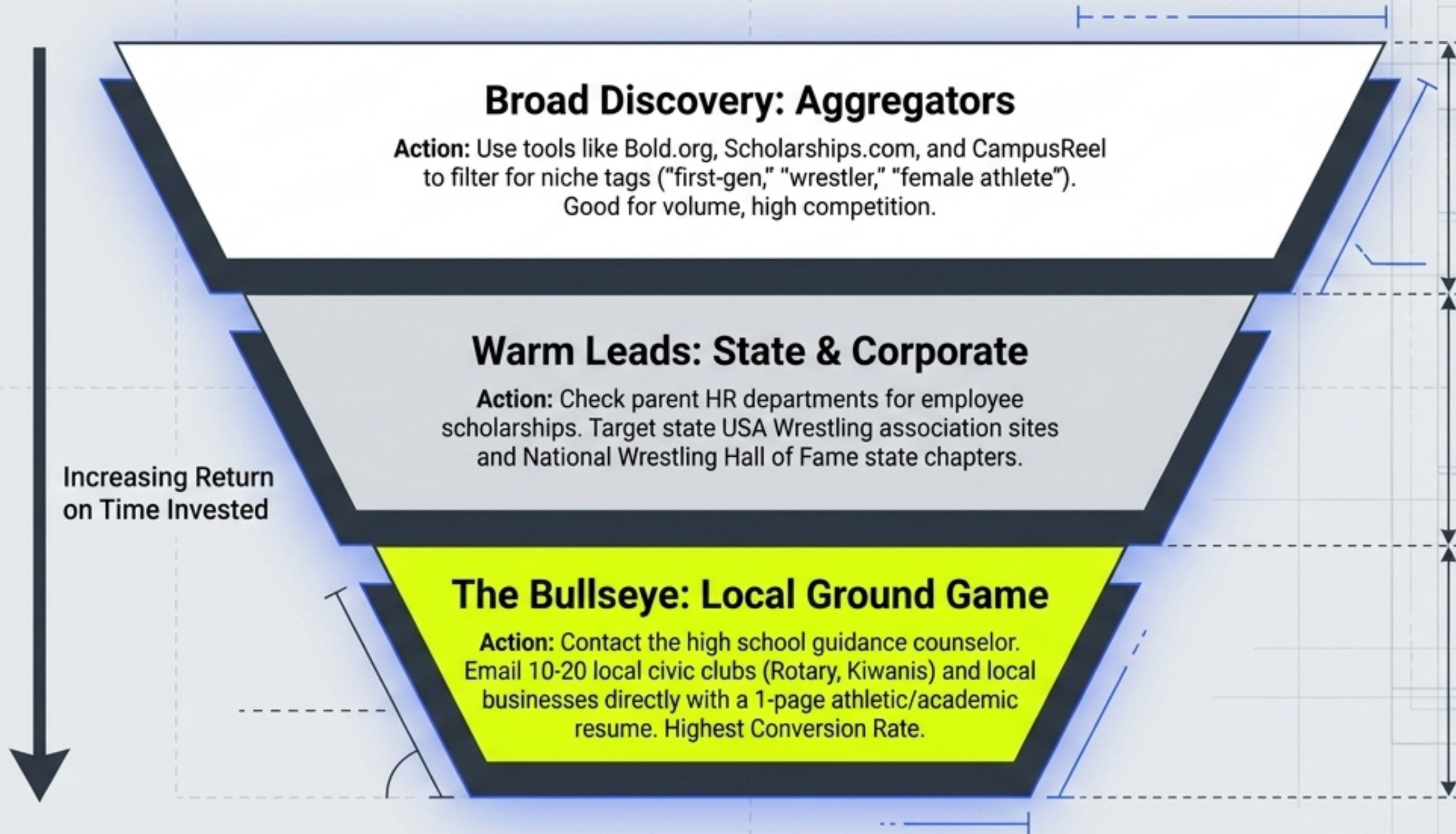
## The Backing

2 Recommendation Letters.

One from Head Coach detailing work ethic.

One from a Teacher detailing academic growth.

# The Outreach Activation Funnel



# The Funding Training Cycle



**Phase 1:**  
**Pre-Season**



**Phase 2:**  
**In-Season**



**Phase 3:**  
**Championship Season**

## Junior Spring / Summer

- Build the Master Toolkit.
- Draft the 2-4 core essays.
- Request recommendation letters (give 3-4 weeks notice).
- Create a tracking spreadsheet.

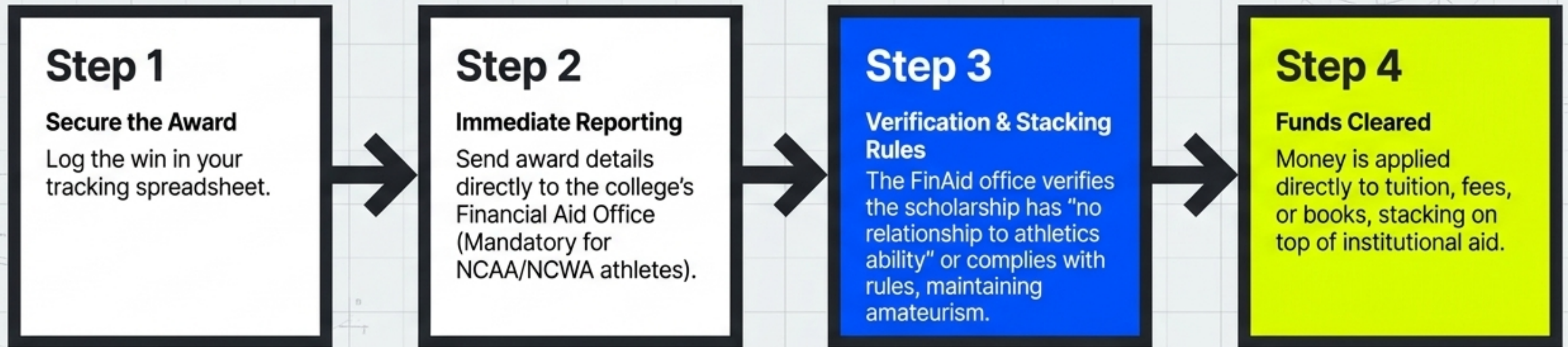
## Senior Fall | Aug - Nov

- Complete FAFSA.
- Execute early strikes on large National Merit deadlines (e.g., Coca-Cola, Foot Locker).

## Senior Spring | Dec - April

- Peak deadline window.
- Deploy applications for local community foundations and state wrestling associations.
- Follow up within 48 hours of submission.

# The Compliance Protocol



**RULE TO REMEMBER:** Never hide an outside scholarship. Proper reporting guarantees your funds are stacked safely and your eligibility remains intact.