



COVID-19 & RECRUITING

WHAT COMES NEXT?



WHAT EXACTLY IS HAPPENING WITH RECRUITING?

- NCAA, NAIA and NJCAA have all come up with their own restrictions in response to COVID-19
 - Most have declared a Dead Period through May 31* (as of March 30)
- Wait, what is a “*Dead Period?*”
 - PER THE NCAA: “During a dead period a college coach may not have face-to-face contact with college-bound student-athletes or their parents and may not watch student-athletes compete or visit their high schools. *Coaches may write and telephone student-athletes or their parents during a dead period.*”
- SAT CANCELED
- ACT POSTPONED – JUNE
- MARCH 30 – meeting to discuss eligibility for NCAA
- APRIL 15 – reevaluation for NCAA next steps
- Coaches to players - Can call, text, email video chat only if recruits are already eligible for in-person recruiting (juniors/seniors)
- Freshmen/Sophomores- still no coach to player communication (just like before)
- Players to Coaches – anyone can still reach out as much as you want!

BREAKDOWN

NCAA

D 1	<ul style="list-style-type: none">• NO WINTER CHAMPIONSHIPS• SPRING SEASONS CANCELED• DEAD PERIOD THROUGH JULY 31• ELIGIBILITY RELIEF GRANTED TO SPRING SPORTS ONLY – MORE INFO ON NCAA WEBSITE
D 2	<ul style="list-style-type: none">• NO WINTER CHAMPIONSHIPS• SPRING SEASONS CANCELED• DEAD PERIOD THROUGH MAY 31 THEN QUIET PERIOD THROUGH JUNE 30• ELIGIBILITY RELIEF GRANTED TO SPRING SPORTS ONLY – MORE INFO ON NCAA WEBSITE
D 3	<ul style="list-style-type: none">• NO WINTER CHAMPIONSHIPS• SPRING SEASONS CANCELED• SPRING ATHLETES GRANTED ANOTHER SEMESTER OF ELIGIBILITY• NO SPECIFIC DEAD PERIOD SET, BUT MOST SCHOOLS ARE FOLLOWING D1 & D2 GUIDELINES WHEN IT COMES TO THE RECRUITING DEAD PERIOD

NAIA

- NO WINTER CHAMPIONSHIPS
- SPRING SEASONS CANCELED
- HAVE NOT RELEASED ANYTHING WHEN IT COMES TO SPEAKING TO RECRUITS IN-PERSON.

NJCAA

- ZERO COMPETITION FOR REMAINDER OF ACADEMIC YEAR
- IN PERSON RECRUITING RESTRICTIONS LIFTED AS OF 5/15/2020

THIS IS WHY ONLINE RECRUITING IS SO IMPORTANT RIGHT NOW!

- Statement from Oakland University Men's Basketball Coach (from the Oakland Press)
 - *"A player's creative way is showing me a video. My creative way now is trying to come up with a virtual tour of the university, a virtual tour of the arena on game day, testimonials from players," Kampe said. "It's things like that we're trying to do while they're in their homes to get them to maybe commit to us without a visit."*
- According to our colleagues at SportsRecruits, more volleyball film has been watched in the past week than EVER BEFORE. Footage is CRUCIAL!
- A TON of college coaches are at home right now poking through profiles to find their next recruits. They have the time to watch your film – REACH OUT!

WHAT CAN YOU DO?

- Stay healthy!
- Stay on top of your grades
- Keep your recruiting profiles up-to-date
- Upload more film
 - We know you have time! And the coaches have time too. ZERO college coaches have any games right now. SO MANY are sitting in front of their computers recruiting!
- Message college coaches
- Expand your list of schools that are of your interest
- Journal – keep your mental health in check
- Stay sharp – be ready when all of this is over, physically and mentally
- You can FaceTime, Zoom Call, Email, Phone Call Coaches – Get creative!
- Ask us for help if you need it
 - Questions? Email Megan Baranko at precisionathleticsmb@gmail.com

COVID-19 & MENTAL HEALTH

- **Space.** Create a structured, dedicated work environment, and include regular patterns of self-care.
- **Routine.** Try to maintain a routine that reflects your normal day routine, including how you dress and structured breaks for lunch and mini-breaks.
- **Activity.** Regular exercise and mindfulness activities are key during times of crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.
- **Time and Energy Management.** Be mindful of over- or under-working. Try to structure your daily work in a way that mirrors your normal workplace hours. In addition to time management, be aware of the way in which you eat, self-talk, and communicate with others. Self-compassion and self-care provide stability and confidence.
- **Accessibility.** Develop ways in which you are accessible to colleagues, friends and family.
- **Face Time and Connectivity.** Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Skype, Facetime, Google Hangouts, Facebook and WhatsApp to connect visually.
- **Resources.** Map out your important resources, ranging from daily necessities to emergency management.
- **Support.** The National Alliance on Mental Health Illness [website](#) provides a comprehensive guide to national and local resources. Know that there is help when needed.