



NCAA OPPORTUNITIES AND RECRUITING STRATEGIES

John Lavallee – Gym Momentum



JOHN LAVALLEE

- A quick guide to who I am-
 - Born and raised in Burlington Vermont
 - Attended college and was a student athlete
 - Earned Masters degree
 - Connected to business partners and started a gym
 - Eventually moved to College Coaching

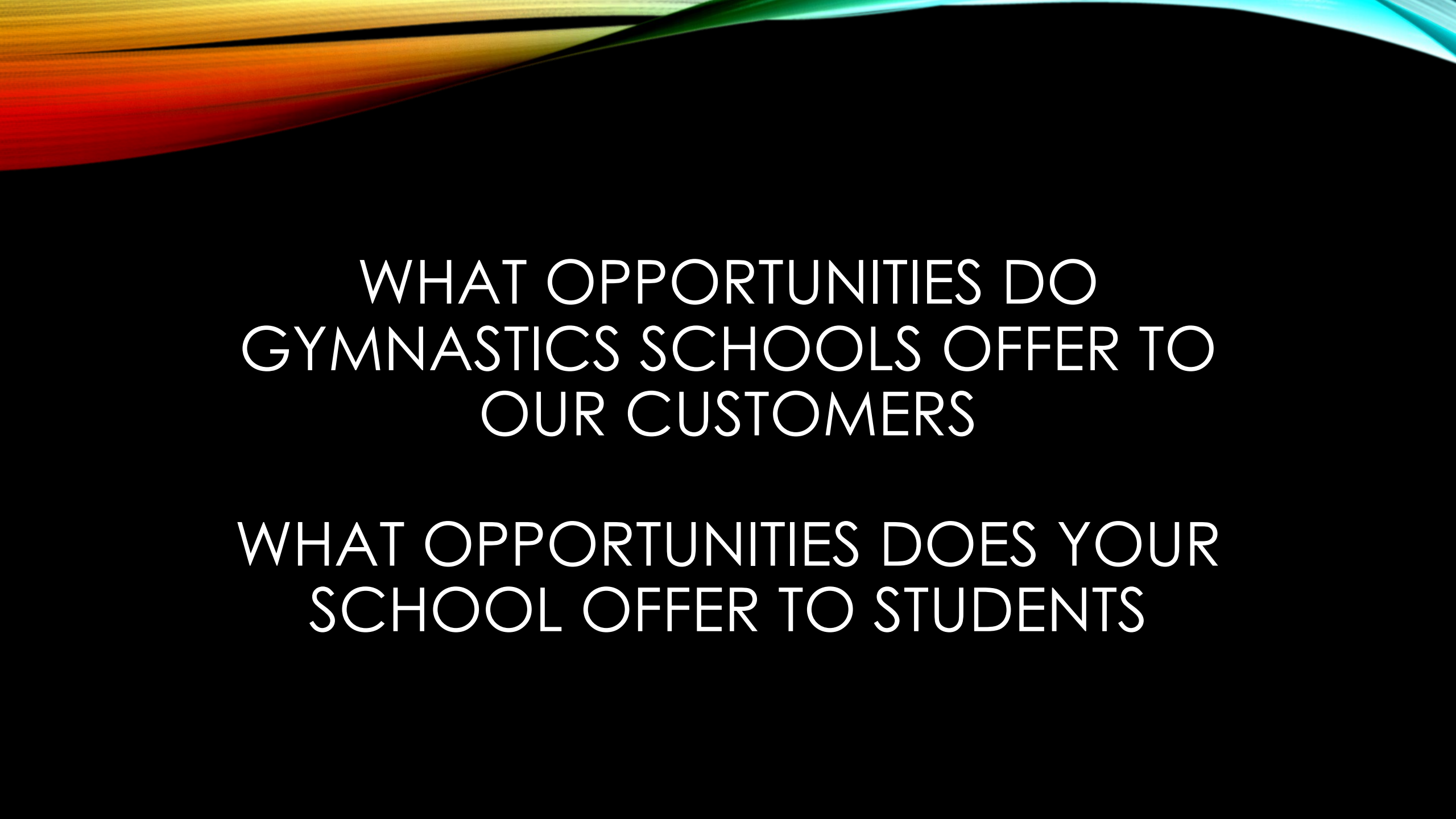
What is the moral of the story?

If John can do this, so can you



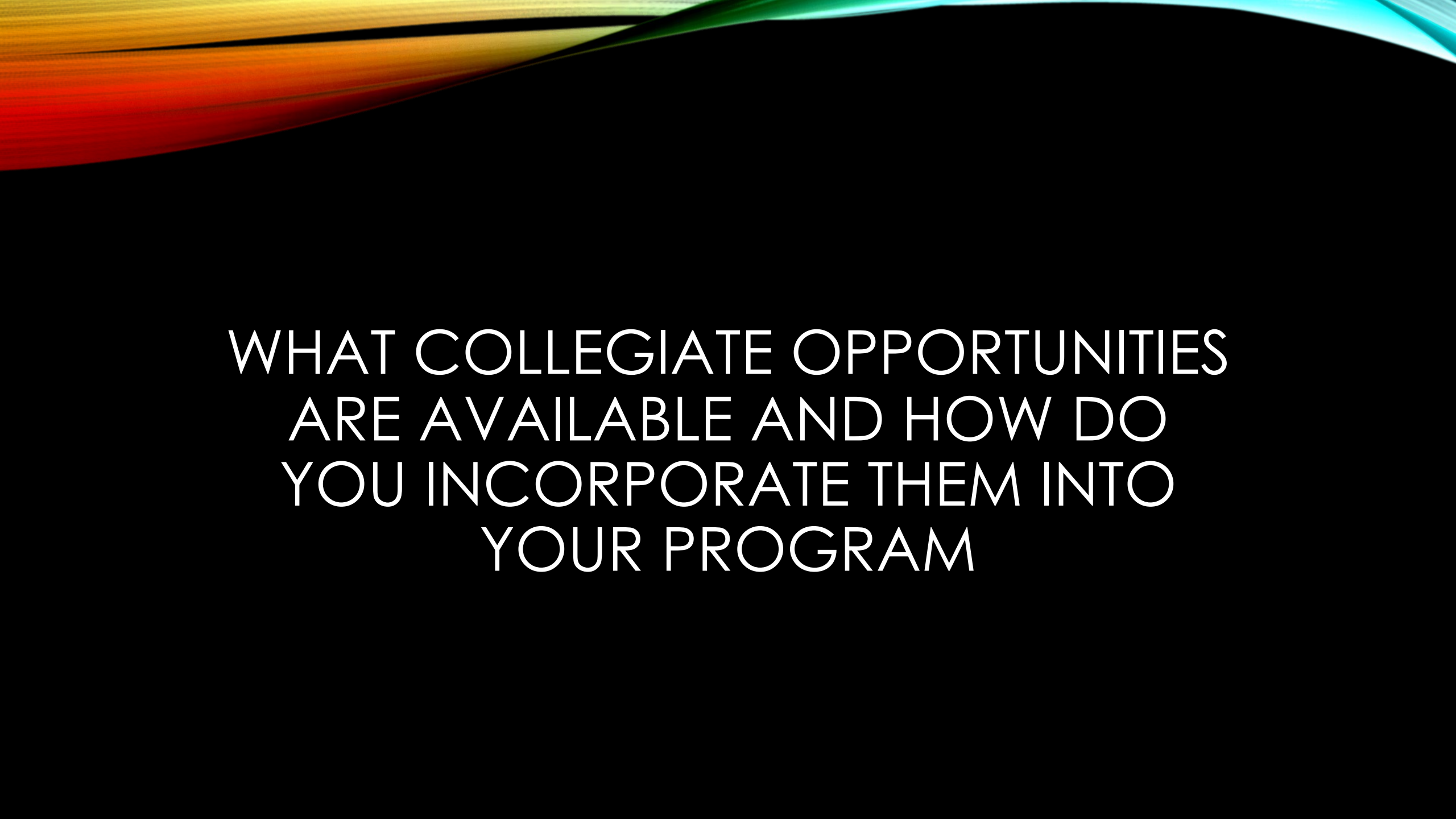
WHAT IS CURRICULUM

Curriculum is the body of knowledge a student has the opportunity to learn under the auspices of a school



WHAT OPPORTUNITIES DO
GYMNASTICS SCHOOLS OFFER TO
OUR CUSTOMERS

WHAT OPPORTUNITIES DOES YOUR
SCHOOL OFFER TO STUDENTS



WHAT COLLEGIATE OPPORTUNITIES
ARE AVAILABLE AND HOW DO
YOU INCORPORATE THEM INTO
YOUR PROGRAM



OPPORTUNITIES

- NCAA Gymnastics
- NCAA Track and Field
- NCAA Diving
- NAIGC – Collegiate Club Gymnastics

NCAA GYMNASTICS

- There are significant changes being made in Collegiate athletics.
- There are currently 86 Teams across the country with an average of 18 athletes, so there are about 1500 Student athletes.
- NCAA Women's Gymnastics is a single championship sport with everyone having the opportunity to qualify to the National Championship
- There are three categories – Div I, II and III. They have different rules at each level
- There are different championships to qualify for

NCAA – Collegiate – NCGA

There are both scholarship and non scholarship programs



TRACK AND FIELD AND DIVING

- There are over 1000 Track and Field Teams
- There are 140 Women's and 127 Men's Diving teams
- Easy transition from Gymnastics to these sports



NAIGC

- National Collegiate Club Organization with over 1000 members
- Student Driven and organized with national board of directors
- Not necessarily and on campus team. Many work out of private gyms
- Host regional and a national championship
- Also open to adult gymnastics
- Great opportunity for kids to continue gymnastics career
- Opportunity to begin a program at a Puerto Rican University?



COLLEGE PREPARATION

- Academic Preparation
- Academic expectations of your program
- FAFSA – www.studentaid.gov
- Tests – SAT, ACT

THE RECRUITING PROCESS

- Recruiting is a fluid entity
- No need to be early
- School Selection – Pick 5-8 schools
- School has academic program of interest
- How do those schools align with academic readiness of SA
- Aid availability – Athletic Scholarships, Need based aid, private aid
- Does the level of the team align with SA's level of gymnastics
- Coaches and athletes need to do their homework first

RECRUITING A COLLEGE COACH

- Getting on a college coaches' radar
- Student should present themselves.
- Make a resume
- Post competition and practice on social media
- Email coaches directly. Check to see who is the recruiting coordinator
- Attend a camp
- Attend a competition at the school
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WRAP UP

- College Gymnastics is worth incorporating into your program's curriculum
- Utilize all opportunities available to your students.
 - NCAA – Gymnastics, Track, Diving
 - Explore NAIA opportunities
- Be active in your athletes' academics and make it a part of what you do.