



NGA UK

ncaa guide

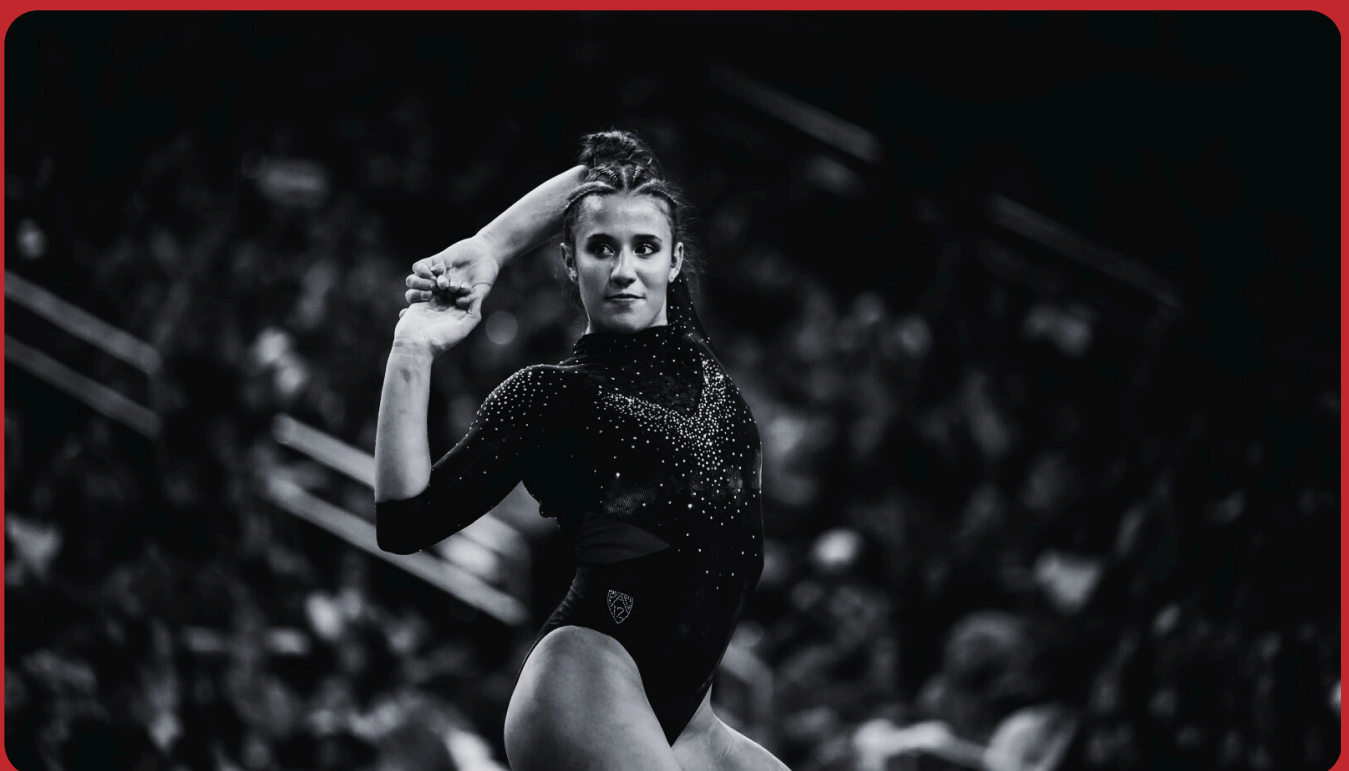
COACHES, ATHLETES & PARENTS

WELCOME



Welcome to Your NCAA Gymnastics Journey!

Competing in NCAA gymnastics in the USA is the ultimate goal for many gymnasts, offering the chance to pursue both athletic and academic success. This handbook is designed to guide you through the key steps in securing a scholarship and competing at the collegiate level.



WHAT IS IT?

The National Collegiate Athletic Association (NCAA) is the governing body for all college sports in the USA. It oversees athletic competitions and scholarships for thousands of athletes, including those in gymnastics. The NCAA is divided into three divisions - Division I, II, and III. Scholarships being available in Divisions I and II.

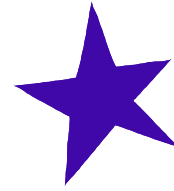
EXAMPLE DIVISION I & II COLLEGES OFFERING GYMNASTICS

- The University of Utah
- University of Florida
- University of California, Los Angeles (UCLA)
- Stanford University
- Oregon State University
- University of California, Berkeley
- The University of Arizona
- Louisiana State University
- University of Pittsburgh
- Bowling Green State University
- University of Alaska, Anchorage
- Iowa State University
- University of Illinois
- University of Nebraska



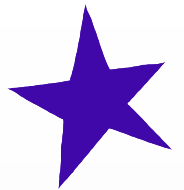
All Colleges listed have or previously had a British Gymnast on their team.

ELIGIBILITY



To compete in NCAA gymnastics, you must:

- **Complete Secondary Education:** Prospective student-athletes need to complete secondary education (such as A-Levels or equivalent).
- **Meet NCAA Academic Eligibility Requirements:** NCAA has minimum academic requirements based on core courses, grade-point averages (GPA), and standardised test scores (like the SAT). Not all GCSE and A-Level subjects count, so it is worth doing research beforehand.
- **Strong Gymnastics Ability:** Typically demonstrated through Level 10 competition experience and results.
- **Maintain Amateur Status:** Meaning you cannot have ever received payment for athletic performance or accepted sponsorships beyond certain limits.
- **Follow NCAA Recruiting Rules:** Different divisions have different recruiting timelines and rules. It's essential to stay informed about when coaches can make offers, hold official visits, and initiate recruiting conversations.



Through our partnership with experts in the field, we will be available to remotely assist gymnasts, their parents, and coaches, in navigating this path including understanding of strict NCAA rules.

RECRUITMENT



College coaches actively scout gymnasts through competitions, recruitment camps, and recommendations from gymnastics coaches and clubs.

Whilst coaches can follow upcoming prospects careers, due to strict NCAA rules, recruitment and communication can only start the summer of Sophomore Year in High School, that is the equivalent to Year 11 in England and Wales.

Competitions

College Coaches attend national and international events, looking for consistent performances at high levels, such as Level 10.

Recruitment Camps

Gymnasts can attend college recruitment camps where they can showcase their routines and interact with coaches.

Club Coaches

Recommendations from trusted clubs that produce well-rounded, hardworking gymnasts can give you an edge.

Recruitment Videos

Many athletes submit highlight reels of their best routines to NCAA coaches, showcasing their talent and consistency.

RECRUITMENT

What College Coaches Look For?

College coaches seek athletes who not only excel in gymnastics but also demonstrate:

- **Consistency:** Performing well under pressure across multiple competitions.
- **Potential for Longevity:** Athletes who can contribute to the team for 4 years.
- **Academic Excellence:** Good grades and the ability to balance gymnastics with studies.
- **Work Ethic:** Hardworking, coachable gymnasts who thrive in a team environment.
- **Positive Character:** A good attitude, sportsmanship, and leadership qualities.

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Navigating the NCAA recruiting process can feel overwhelming, but my advice to gymnasts considering this path is to work hard, be proactive and remember that finding the right fit, both athletically and academically, is key.

Amelie Morgan

The University of Utah & NGA UK Ambassador




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BENEFITS



The Benefits of a Full NCAA Gymnastics Scholarship





A full NCAA gymnastics scholarship offers a comprehensive package of support. Here's what you get:

- **Tuition and Fees:** Covers all costs for your academic courses.
 - **Room and Board:** Includes housing and meal plans.
 - **Books and Supplies:** Pays for textbooks and necessary academic materials.
 - **Gymnastics Gear:** All necessary training and competition equipment is provided.
 - **Travel and Competition Costs:** The college covers travel to meets and competitions.
 - **Medical Care:** Access to team doctors, physiotherapists, and sports psychologists for injury care and prevention.
 - **Academic Support:** Tutoring and academic resources to help balance your studies with your gymnastics.
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WHAT CAN I DO?



Tips for Securing an NCAA Gymnastics Scholarship

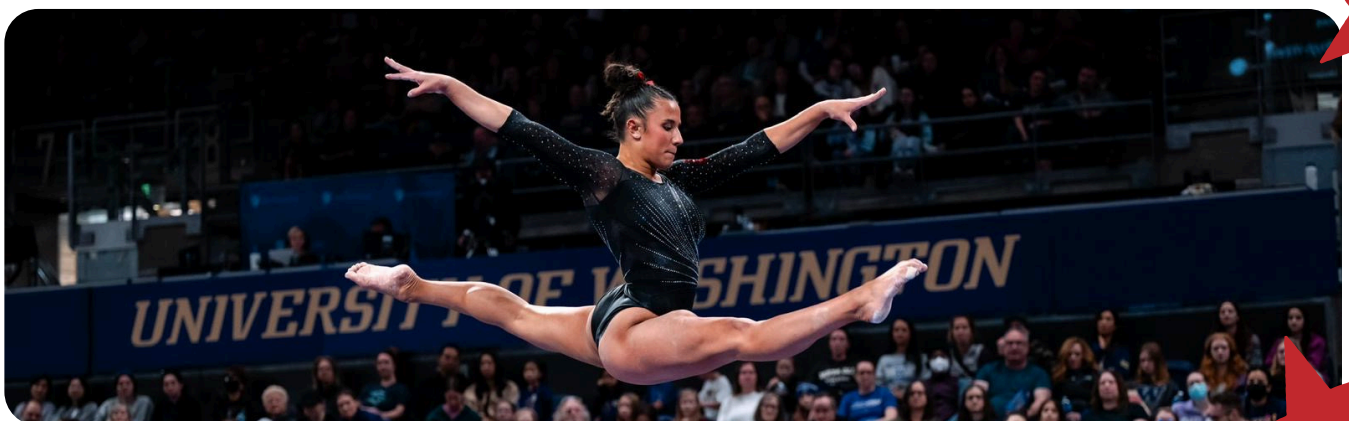
- **Compete at a High Level:** Competing in Level 10 gymnastics under NGA UK rules ensures you are showcasing skills that match NCAA standards.
 - **Attend More Competitions:** The more you compete, the more opportunities you have to showcase your consistency and resilience.
 - **Build Relationships with College Coaches:** Attend recruitment camps and build connections.
 - **Prepare a Recruitment Video:** A well-produced video can help coaches assess your talent even if they can't see you compete in person. Additionally have an Instagram account that is updated often.
 - **Excel in School:** Ensure you are studying the right subjects in the UK to be eligible. Strong academics can make you a more attractive candidate, as you'll be able to balance the demands of college life.
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RECRUITMENT CAMPS

Did you know, as a level 9 and 10 NGA UK competitor, you can attend a recruitment camp in the USA. These camps allow you to:

- Perform your routines in front of US college coaches.
- Learn more about the recruitment process and expectations.
- Build relationships with colleges and coaches

Attending these camps can significantly boost your chances of being recruited.



FINALLY



Earning an NCAA gymnastics scholarship is a fantastic way to continue your athletic journey while pursuing a college education.

The more competitions you enter, the more opportunities you create to showcase your talent and consistency, while attending college recruitment camps or creating an impressive recruitment video can significantly enhance your visibility to NCAA coaches.

Keep an eye on our events page, this is where we'll be advertising upcoming Zooms, webinars and recruitment college camps in the USA.

