CATHARINE ARADI

PREPARING TO PLAY SOFTBALL AT THE COLLEGIATE LEVEL

— **2020** Edition —

THE ULTIMATE RECRUITING GUIDE FOR COLLEGE-BOUND SOFTBALL PLAYERS!

Preparing to Play Softball at the Collegiate Level

2020 Edition

Catharine Aradi

PARENTS, COACHES, AND ATHLETES! PLEASE PAY ATTENTION TO ONGOING NCAA RULE/GUIDELINE CHANGES

The NCAA's process for changing rules is a fluid one. Proposed legislation can be sent to NCAA committees at any time. Once a rule change is approved, the NCAA might delay implementation for several years—as in the case of academic guideline changes—or a rule change could go into effect almost immediately.

I update this book annually. However, legislative changes sometimes take place after the current edition goes to print. If you are unclear about any rule described herein, please visit https://web3.ncaa.org/ecwr3/ or call the NCAA and ask them to clarify the issue for you.

NOTE: While this book contains the most current rules, it's still a good idea to visit the NCAA's Eligibility Center periodically to stay on top of any new legislation that may affect you or your athlete(s).

One much-publicized issue to watch over the next couple of years will be new NCAA guidelines pertaining to athletes who are paid for use of their image, likenesses, etc. (This will result from recent legal changes in states like California.) The NCAA will eventually develop specific regulations for Div. I, II and III sports, but it may be good to remember that of college athletes won't be impacted by these changes—e.g., won't be offered big endorsement contracts!

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Foreword

This book has been the foundation of my work with college-bound athletes for over 20 years. It started as a small handbook I used with my clients. Families found it so useful that I decided to expand the book to serve as a resource for anyone looking for information on the college search process, including:

- 1) All young athletes (and their parents) who are thinking ahead to college and who want to know what it takes to play collegiate softball
- 2) High school students and junior college players who are starting their college search and who want a comprehensive resource to use during the recruiting process
- 3) Softball coaches, teams, and organizations who want to be able to answer their players' questions
- 4) High school counselors, athletic directors, and any others who offer guidance to college-bound softball players

* * *

The college search process for athletes can be complicated because the rules seem to change so often. This book does its best to stay on top of recruiting guideline changes, coaching changes, and program changes. However, even the best players occasionally make errors! I update the book annually, but if you spot information you feel is unclear or incorrect, feel free to email me. If you're unsure about any issue related to recruiting or eligibility at NCAA, NAIA, NJCAA, CCCAA, or NWACC schools, please contact the appropriate governing organization directly.

For additional information about recruiting, visit the Fastpitch Recruiting Web Source at www.fastpitchrecruiting.com/

or email

info@fastpitchrecruiting.com

<u>NOTE:</u> If while reading this book, you have recruiting questions that it doesn't answer, please email <u>info@fastpitchrecruiting.com</u> to set up a free phone consultation. (Limit: one per customer.)

Acknowledgements

I would like to express my gratitude to two coaches whose editorial suggestions and assistance many years ago helped ensure that the very first edition of this book was accurate and up to date—Sue Rankin, former head coach, Penn State University and Rhonda Revelle, University of Nebraska.

The following people—at one time or another—also acted as informational resources, and their help has been invaluable: Rayla Allison, Gayle Blevins, Lisa Boyer, Cindy Cohen, Robert Coolen, Jr., Bill Galloway, Mary Higgins, Melissa Jarrell, Jacquie Joseph, Kim McKeon, Joel Kaden, Diane Kalliam, Jay Miller, the late Elaine Sortino, Linda Spradley, Kathy Strahan, Mike Candrea and the late June Walker.

Finally, I'd like to give a very special thanks to Lacy Lee Baker, Julie Olsen, and Bill Redmer for their help "at the beginning" and to Steve Wozenski and Erin Aradi who have shared this long journey with me.

Introduction

The college search process is like peeling an onion—below each layer of information there's another! This book is designed to help you peel that onion, to decide whether or not you want to play softball in college, and if you do, to suggest steps you can take to reach that goal.

Because there are so many factors to consider before choosing a college and a college team, I'll try to look at those I think are most important. I may answer most of your questions, but I'll probably raise new ones as well. As you read, if you have questions or concerns, I suggest you write them down. Then consult one of the resources listed in Chapter 12. They should have the specific answers you need.

The following chapters will:

- describe softball at the collegiate level
- ask questions designed to help you establish your collegiate goals and interests
- look at factors to consider when choosing a college and choosing a team
- discuss academic eligibility requirements
- suggest ways to prepare yourself for collegiate competition
- tell you when and how to contact college coaches, including how to write a letter of introduction and develop a resume or profile
- offer tips for marketing yourself effectively, including how to make a video
- suggest questions to ask college coaches
- give you an overview of the recruiting process, including what to watch out for and what to do if you're not recruited by a team
- suggest things to consider when choosing a junior college
- take a brief look at scholarships and other financial aid
- provide you with a list of additional resources

A Word to Community College Players

As a community college player, you may already be familiar with the information in this book. You may also have a coach who is doing all he or she can to help you secure a position on a team at a four-year college. I still encourage you, however, to read this book carefully. There is information specifically directed at community college players, as well as ideas and techniques that may help you find a spot on the four-year school team that's best for you.

* * *

Finally, as you read through this book, you may notice a "See Appendix-" and a number at the end of a sentence. This means there is an article in the Appendix that takes another look at the topic(s) discussed in the previous section. For example, (See Appendix-1.), refers to Appendix article #1 entitled, Looking at the Pros and Cons of Playing Collegiate Softball.

1 - Softball At The Collegiate Level

Softball is one of the top intercollegiate sports for women and continues to grow in popularity and recognition. Right now, over twelve hundred four-year colleges and four hundred two-year colleges field intercollegiate softball teams. Whether you're an outstanding high school athlete who's already started hearing from college coaches or simply a good player who loves the game, you can't really decide whether playing in college is right for you without first understanding what it's all about. This chapter will examine softball at the collegiate level and suggest ways you can learn more about what it takes to "make the cut."

Between the Letters and the Numbers

If you're a softball player, parent, or coach, you have almost certainly heard the terms Division I, Division II, and Division III (from here on referred to as Div. I, Div. II, and Div. III) as well as NCAA, NAIA, NJCAA, and others. But what exactly do these terms mean, and are they important?

They can be very important, but not necessarily for the reasons you think. If you're considering playing college softball, it's critical that you not limit your options by making assumptions about the caliber of a team based on its athletic designation. The type of college you choose should depend on your academic, financial, social, and personal needs. The type of team you look for should be determined by your athletic experience and your ability to contribute rather than the team's athletic affiliation or ranking.

As you may know, the National Collegiate Athletic Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) are two organizations that act as governing bodies for intercollegiate sports. Both organizations are dedicated to protecting the interests of student-athletes, and both have a variety of regulations pertaining to academic eligibility, athletic participation, and athletic-based financial aid. (Throughout this book, I'll refer you to the NCAA and the NAIA for specific guidelines and information.)

But how does a college decide which organization to join, and what—if anything—does a college's affiliation tell you about the caliber of its sports teams?

Whether a college joins the NCAA or the NAIA depends on a variety of factors including the size of the school, the number of teams it sponsors, and those teams' scheduling needs. One important thing to remember about a school's affiliation is that while it's okay to make *some* generalizations, there are *always* exceptions.

You may have been told that all top teams belong to the NCAA's Div. I, and in many college sports, the strongest teams *do* compete at the Div. I level. Div. I football, basketball, and baseball teams will probably send more players on to NFL, NBA, WNBA, and major league baseball careers than will teams who compete at other levels.

However, since the strength of one or two of its teams—for example, football and basketball—may be the determining factor in the division a college joins, it is definitely a mistake to assume that a school's softball, tennis, or swimming team will be outstanding just because its basketball team is ranked tenth in the nation.

At the Div. I level of softball, the strength of the team can be affected by several different factors, including:

• whether or not a school offers softball scholarships—and how many it has to give. Some Div. I schools don't give any softball scholarships or have only a few. These teams may have a hard time competing with Div. I programs that offer the maximum allowable number of scholarships.

- how much recruiting the school does. Schools whose coaches spend a lot of time recruiting, scout top travel tournaments, and pursue the best players in the country may have an edge over those schools whose coaches can't put as much time or money into recruiting.
- how much it costs to attend that college. This ties into the scholarship situation. If a private school that costs \$50,000 a year to attend only has two or three softball scholarships, it may be hard for that coach to recruit as many top players as a state school that has twelve scholarships and costs \$18,000 a year to attend.
- how tough the academic regimen is at the school. Coaches at colleges with very high admission standards have to be more selective when it comes to recruiting. They will be looking not only for top athletes, but also for students with outstanding academic records.

Any of the above factors can affect a coach's ability to recruit so-called "blue chip" athletes. If several factors come into play, it may be next to impossible for a school to attract the kind of players needed to consistently field a top-ranked Div. I team. So, it's good to remember that while the best teams in the country may be at Div. I schools, not all Div. I teams are automatically better than teams at other levels of competition.

The factors that determine the strength of a Div. I team also apply to most Div. II colleges. Div. II teams that recruit from all over the country or have softball scholarships to offer will usually be stronger than those that have no scholarships or recruit from weaker softball regions. Schools perennially ranked at the top of the Div. II level play very competitive softball. Of course, as with Div. I programs, the caliber of Div. II competition varies. There are Div. II teams that can easily take on Div. I teams, but there are also Div. II teams that can be beaten by Div. III or NAIA teams.

Div. III colleges are somewhat different in they are not permitted to offer any athletic scholarships. Consequently, other factors such as the area a team recruits from or the tuition at a school may have more of an effect on the caliber of the team than the availability of scholarships. Nonetheless, top-ranked Div. III programs field high quality teams and are usually competitive with many Div. II and NAIA teams.

Smaller colleges often choose to join the NAIA, and their teams' strength will vary. Those frequently ranked at the top of the NAIA will probably be competitive with good Div. II teams, while other NAIA teams may be more competitive at the Div. III level. NAIA and NCAA teams can compete against each other during the year, but each organization has its own conference and national championships.

Before you rule out a team because of its affiliation, look closely at the things about the team—and the college—that affect you personally. The athletic organization or division to which a school belongs should not be a deciding factor in your choice of a college because—like looks—numbers and letters can be very deceiving!

Making the Transition to a College Team

Just as the demands of college academics come as somewhat of a shock to even the best students, so collegiate softball will be very different from high school softball, and it's important that you know what to expect.

As a high school player, you probably start practicing in February or March (August or September in states that play fall softball). You work out after school for one to two hours each day, and you could play as few as a dozen or as many as thirty-five games during your high school season.

While college athletes have a limit to the number of hours per week they can give to a sport, most programs still require at least double the time commitment you made in high school.

NCAA teams are allowed a specific maximum number of days per year of practice and playing time. All of them have some type of fall (non-traditional season) workouts and conditioning, and many teams schedule games. The traditional season will start with workouts in January or February, and competition may extend through May.

Although some college teams play just twenty-five to thirty games, most teams meet from twenty-five to thirty-five opponents—almost always playing doubleheaders. In addition, many teams go to several tournaments during the season, and some will have post-season play. This can translate into fifty-five or more games played each spring. One-third to one-half of these will be "away" games—almost always out of the area and sometimes out of the state.

Another time-consuming aspect of collegiate softball is a team's training program. Here again, there is a range of style and type, but even basic conditioning takes time. Most coaches—particularly those at highly competitive programs—require regular workouts that include weight training and running.

Learning to Balance Athletics and Academics

Every athlete should be in college to get an education and a degree. Because of this, the NCAA and the NAIA require college athletes to carry a certain minimum number of units, maintain a certain minimum GPA, and demonstrate satisfactory progress toward graduation.

High school students who find it relatively easy to maintain a B average while juggling athletics, a social life, extracurricular activities, and even a part time job often get to college and are astonished at the work it takes to maintain a C average, play softball, and (somehow) squeeze in a social life.

Some students get carried away by the new-found independence that college offers, and it is tempting to let classwork take a back seat to athletics, socializing, or other college activities. But remember, if you flunk a class, you may no longer be eligible to play, and for those on scholarships, failing grades may send you home.

College coaches expect their students to commit a certain number of hours weekly to studying, and some may even set up mandatory study hall or tutoring. They want to be sure their players don't "play" themselves right off the team.

Whenever I have the chance to talk to college freshmen, I ask them how things are going. Almost universally, even among those players who say they love their school and their team, the first thing I hear is, "No one ever told me how hard it would be!"

As a matter of fact, many of these athletes *were* told how hard it would be when they were being recruited. But either they didn't listen or they didn't believe. Because of this, I strongly encourage anyone who wants to play in college—and particularly those of you who dream of playing at a highly competitive Div. I program—to talk to current and former college players. Ask them to tell you about their schedules, about balancing academics and athletics, about getting up at 6:00 a.m. in the dead of winter to work out, and so on.

If you truly love softball, the negatives will be outweighed by the positives. But if you hope to succeed as a student *and* an athlete, you need to be prepared for what will be expected of you, in the classroom as well as on the field.

Developing Your Target zone

When you begin your college search, you may have some idea of the type of school you'd like to play for. For example, you may be convinced you're Arizona or Florida State material. But whether or not

you have a specific college and team in mind, in order to maximize your chances of finding the school that's right for you, you'll need to identify what I call your **target zone**.

To do this, start by imagining all schools with softball teams lined up on a continuum. The strongest programs are at one end, and smaller programs are at the other. (Ignore all divisional, regional, or conference affiliations.) Along this continuum, there will be a range where you could play. This is your **target zone**. At the higher end are the schools where you might be able to make the team, but where you would probably have to walk on, fight for a starting spot, and possibly spend most of your time on the bench. At the lower end of your zone, you'll find schools where you would be a top prospect, might start as a freshman, and probably bring to the team a new level of ability or experience.

Ideally, you want to focus on the teams that fall somewhere in the middle of your **target zone** because these will be the teams that can offer you good competition and, at the same time, may be eager to recruit you. I'll discuss in more detail how to identify your personal **target zone** in another chapter, but one good way to start is to familiarize yourself with the different levels of collegiate competition.

Where to See College Teams in Action

If you've watched college teams play, you may already have a good feel for the collegiate game. If you don't, however, you owe it to yourself to see a variety of college teams in action. College websites can provide you with information on game schedules, team rankings, instructional camps, and more. Major sports networks such as ESPN cover Div. I games in the spring, so check your local TV listings or the Internet. Many colleges broadcast their games via the Internet as well.

Try to watch different types of college teams if you can. Compare teams in your state with those from other parts of the country. See how ranked Div. I teams stack up against smaller Div. I programs. Watch Div. III schools play NAIA teams. The more games you see, the easier it will be to find the level of competition that would be best suited to your personal talents, experience, and needs.

A-3 What To Do When A Coach Comes To See You Play

College coaches use high school and travel tournaments as scouting opportunities. When you find out a coach is coming to see you play, it can be both exciting and terrifying. What should you do? Should you try harder? Should you act cool and confident? What if you make a mistake or go 0 for 5 at the plate? Will this hurt your chances of being recruited?

To help players understand what coaches look at when they're scouting, I asked two Div. I coaches to answer some of these questions for you.

When you watch a player at a game, what are you looking for?

Both coaches seemed to be looking for certain basics. These included:

- KNOWLEDGE OF THE GAME. This includes how you cover your position and how you react to specific situations. If you're a pitcher, how do you pitch to different batters? If you're a catcher, how well do you call a game and do you demonstrate leadership qualities? Fielders are judged on how they cover bases, how they break on balls to the outfield, etc.
- BASERUNNING ABILITY. All coaches look for speed, and at the top Div. I level, exceptional speed is a prerequisite. However, a player with average speed may be an outstanding baserunner through aggressiveness and baserunning smarts. There are good college players who know when to run, how to slide, and how to avoid tags, thus maximizing their effectiveness on the base paths.
- BATTING SKILLS. One coach said she looks for a compact, balanced swing and quick hands. The other looks at whether a player hits for contact or power and how often she gets on base. Both coaches felt good pitch selection was important, and both stressed that a player must be able to get the bunt down—particularly in a sacrifice situation. Both coaches look for confidence at the plate. Does she just stand there and hope for a hit, or does she challenge the pitcher?
- FIELDING STRENGTHS. Coaches look for specific qualities at each position. How quickly do fielders at first and third react; do they charge the bunt, and can they go after the lead runner? First base needs to catch all throws close to the bag. Middle infielders need range, aggressiveness, and solid footwork. All infielders need to get rid of the ball quickly and make strong, accurate throws. When looking at outfielders, coaches want speed, quick reaction time, and a strong arm.

When scouting a pitcher, they look for a mastery of several pitches, spin as well as speed, and the ability to hit spots and work the batter. (Solid fielding skills are also important.) Catchers are assessed on how well they block balls, take charge of pop-ups, and go after base stealers.

What intangibles do you look for?

One coach mentioned that she asks these questions when looking at a player: Does she encourage teammates even when they make mistakes? Does she show her frustration by pouting, moping, or demonstrating poor sportsmanship? Can she handle a poor umpiring call graciously?

The other coach said she looks at a player's attitude and work ethic first. Hustle, on and off the field, is important. She also watches for poise in tough situations. For example, how does a fielder react to a bad call? How does a pitcher interact with a player who makes an error in a close game? Are players supportive of their teammates—even if the teammates are less talented? Both coaches said they listen to what a player says, including how she talks to and about teammates, opponents, and her parents.

Savvy coaches can easily spot players who—although they might be terrific athletes—are potential troublemakers or prima donnas. Most coaches don't want players who won't support their teammates or who have to be pampered.

What advice would you give a player when she knows there's a coach in the stands?

One coach said, "Try to forget the coach is there, and just play your game. In most cases, I don't even tell players I'll be watching."

The other said, "Relax. Coaches can recognize talent even if you have a bad day. A coach will watch how you handle yourself under pressure. Your true character shows when things don't go your way, not just when they do."

U.S. And Canadian Colleges Fielding Softball Teams

The following information is designed to help you identify the colleges you want to contact. For each school, I've listed the name and address; whether the school is public or private; the size; the setting; religious affiliation if applicable; the *approximate* cost of tuition/fees and room/board; whether softball scholarships are offered; the school's athletic affiliation; and the softball coach's name, phone number and email. The listings are alphabetical by state and school. Here's what a typical listing looks like:

Southwestern State University	(a)
Athletics, Box 1954	(b)
College Town, FL 10001	(b)
Public, Medium, Suburban	(c)
\$10345/16250/51000, Yes, NCAA-II	(d)
Sue Smithfield, 727-555-1212	(e)
Email address	(f)

Explanation of each line

- a) College name
- b) Mailing address
- c) Public or private school; size; setting
- d) Estimated cost for in-state/out-of-state tuition/fees and room/board; whether or not softball scholarships are offered; athletic affiliation
- e) Softball coach's name & phone number
- f) Email address

NOTES:

- For the school size, "Small" means 6000 or fewer students; "Medium" means 6000 12000 students; and "Large" means more than 12000 students.
- "Metro" indicates the school is located in a major metropolitan area; "suburban" means it's in either a small town or a suburban area; and "rural" means it's in a rural area.
- The amounts by the dollar sign (\$) represent *estimated* in-state and out-of-state tuition/fees plus room/board costs based on 2018-19 or 2019-20 figures. In most cases, the listed amount will not include the cost of books, travel, personal expenses, etc. These costs may add 5-15% to the total cost of attendance. Also, since college costs often increase annually, these figures may be off by10-15%. For an exact cost breakdown, contact the college directly.
- An "N/A" by a dollar amount indicates the figure does not include room/board costs; an asterisk (*) by a dollar amount means on campus housing may not be available at that school therefore the cost reflects estimated tuition/fees only.
- This book is updated annually, but coaches, affiliations, costs, etc., may have changed since the last revision. Coaches leave one school for another. Department phone numbers and mailing addresses can change as well. If you want to verify a coach's contact information, go to Google (or any search engine) and type in: __College name__ Athletic Staff Directory. When the link comes up, click on it and scroll down to the listing for the softball team. You can also phone the Athletic Department and ask for the correct contact information for the softball coach. (Some coaches elect not to have their phone numbers or email addresses listed.)
- NOTE: There are over 400 junior colleges around the country that field softball teams. For a list of these schools, contact the NJCAA, the CCCAA, or the NWACC. (See Chapter 12 for addresses and phone numbers of these organizations.)

Alabama

Alabama A&M Univ 4900 Meridian St./PO Box 1597 Normal, AL 35762 Public, Medium, Suburban \$10000/18000/7000, Yes, NCAA-I Cassandra Brown 256-372-8744 cassandra.brown@aamu.edu

Alabama State Univ Athletics, 915 South Jackson Montgomery, AL 36101 Public, Medium, Metro \$9500/16000/6000, Yes, NCAA-I Todd Bradley 334-229-8440 tbradley@alasu.edu

Auburn Univ at Montgomery AUM Softball, P.O. Box 244023 Montgomery, AL 36124 Public, Medium, Metro \$10000/19000/6700, Yes, NCAA-II Eric Newell 334-244-3538 enewell1@aum.edu

Auburn University
P.O. Box 351, Athletic Dept
Auburn, AL 36831-0351
Public, Large, Suburban
\$11000/30000/11000, Yes, NCAA-I
Micky Dean 334-844-9781
ausoftball@auburn.edu

Birmingham Southern College Athletics, 900 Arkadelphia Rd Birmingham, AL 35254-0001 Private, Small, Metro, Methodist \$18000/18000/14000, No, NCAA-III Kimball Cassady 205-226-7741

Faulkner University 5345 Atlanta Hwy Montgomery, AL 36193 Private, Small, Metro, Christian \$20000/20000/6500, Yes, NAIA Hal Wynn 334-386-7285 hwynn@faulkner.edu

Huntingdon College Athletics, 1500 E. Fairview Montgomery, AL 36106 Private, Small, Metro, Methodist \$25900/25900/10000, No, NCAA-III Casey Chrietzberg 334-833-4531 cchriet@hawks.huntingdon.edu

Jacksonville State Univ Athletic Dept Jacksonville, AL 36265 Public, Medium, Rural \$9720/19400/8500, Yes, NCAA-I Jana Bright McGinnis 256-782-5524 mcginnis@jsu.edu Judson College Athletics, 302 Bibb St Marion, AL 36756 Private, Small, Rural, Christian \$17000/17000/7500, Yes, USCAA Tom Hannah 334-683-5121 thannah@judson.edu

Miles College Athletics, 5500 Myron Massey Blvd Birmingham, AL 35208 Private, Small, Metro \$12000/12000/6590, No, NCAA-II Patrick Peasant 205-929-1101 ppeasant@aol.com

Samford University Athletics, 800 Lakeshore Dr Birmingham, AL 35229 Private, Small, Suburban, Baptist \$32000/32000/10500, Yes, NCAA-I Mandy Burford 205-726-4147 aburford@samford.edu

Spring Hill College Athletics, 4000 Dauphin St Mobile, AL 36608 Private, Small, Metro, Catholic \$41000/41000/13000, Yes, NCAA-II Steve Kittrell 251-380-3490 skittrell@shc.edu

Stillman College Batchelor Hall, 3601 Stillman Blvd. Tuscaloosa, AL 35403 Private, Small, Metro, Presbyterian \$10500/10500/9400, Yes, NCAA-II Joel Penfield 205-247-8041 jpenfield@stillman.edu

Talladega College Athletics, 627 West Battle St Talladega, AL 35160 Private, Small, Rural \$11600/11600/6500, Yes, NAIA Allison Barbee 256-761-6290 allison.barbee@talladega.edu

Troy Univ TD Fldhse, 5000 Vet Stadium Troy, AL 36082 Public, Large, Rural \$10000/17400/8400, Yes, NCAA-I Beth Mullins 334-670-3446 troysoftball@troy.edu

Tuskegee University 2nd Fl, Logan Hall, 1200 W Montgomery Tuskegee, AL 36088 Private, Small, Suburban \$21000/21000/11000, Yes, NCAA-II Edward Colvin 334-727-8276 ecolvin1@tuskegee.edu Univ of Alabama at Birmingham Bartow Arena, 1720 2nd Ave. S Birmingham, AL 35294-1160 Public, Large, Metro \$10650/25000/11000, Yes, NCAA-I Jimmy Kolatis 205-975-7800 Kolaitis@uab.edu

Univ of Alabama-Huntsville Athletics, 205 Spragins Hall Huntsville, AL 35899 Public, Medium, Suburban \$11000/22100/9400, Yes, NCAA-II Les Stuedeman 256-824-2204 stuedel@uah.edu

Univ of Alabama-Tuscaloosa Athletics, 1201 Coliseum Drive Tuscaloosa, AL 35487 Public, Large, Suburban \$11580/28900/11000, Yes, NCAA-I Patrick Murphy 205-348-3660

Univ of Montevallo Athletics, 75 College Dr. Montevallo, AL 35115 Public, Small, Suburban \$11500/25000/9400, Yes, NCAA-II Lindsay Vano 205-665-6592 lvanover@montevallo.edu

Univ of North Alabama UNA Box 5053, SFH 228 Florence, AL 35632 Public, Medium, Suburban \$8300/16600/7000, Yes, NCAA-I Ashley Cozart 256-765-5993 acozart@una.edu

Univ of South Alabama SB/SOC, 6001 USA Drive South Mobile, AL 36688 Public, Large, Metro \$10000/20000/9000, Yes, NCAA-I Becky Clark 251-460-6227 clark@southalabama.edu

Univ of West Alabama Station 5 Livingston, AL 35470 Public, Small, Rural \$8700/16900/8240, Yes, NCAA-II Carie Dever Boaz 205-652-3485 cdever-boaz@uwa.edu

University of Mobile Athletics, 5735 College Parkway Mobile, AL 36613 Private, Small, Suburban, Baptist \$22350/22350/9000, Yes, NAIA Allison Cook - alisonsellerscook@gmail.com