

## **Killingly High School**

### **School Counseling Department**

#### ***Athletics in the College Admissions Process***

The School Counseling Department at Killingly High School recognizes that along with the potential opportunities available to student-athletes, they encounter an additional layer of complexity when navigating the college admissions process. This guide is designed to provide recommendations and information to assist student-athletes and their families.

Many Killingly High School student-athletes wish to pursue playing sports in college. We have numerous alumni/ae who have successfully played at competitive Division I, Division II, and Division III schools. Many factors need to be considered when a student is thinking about playing sports in college. Ask yourself: Do I want to play a sport in college? Am I passionate about this (or these) sport (s)? Am I physically and mentally capable of playing at a higher level? How much time am I willing to commit to this sport each day?

The information below is designed to help guide student athletes through the college recruiting process. Athletes will learn about the timeline of when and how to start the recruiting process, how athletics impacts admissions decisions, guidelines for contacting colleges coaches, questions to ask and other useful resources.

#### **General Timeline for Student Athletes**

There is no standard date or time when a student-athlete must start the college recruiting process. However, finding the right fit, both academically and athletically, does take time.

#### **Grades 9 & 10**

- Study! Strive for a strong academic record. The higher your grades, the more options you will have.
- Record statistics.
- Attend sport-specific camps to improve your skills.
- Begin to record your athletic information on an athletic resume. (see example attached)
- Research colleges programs at all levels (Division I, II, III). Go watch teams at various levels compete.

#### **Grade 11**

- Meet with school counselor to develop an initial list of colleges, based on student's academic profile and personal preferences. Identify which colleges have your sport and in which Division that college competes.
- Have an ongoing, honest dialogue with your current coach about the colleges you are targeting and be receptive to feedback on how realistic your chances to play would be at each college.
- Create an athletic resume. See samples included in the document.
- Consider making a DVD or website, including game and highlight footage.

- Coaches can begin contacting student-athletes via email starting in junior year and phone starting the summer leading into senior year. However, student-athletes can reach out to coaches at any time.
- Send personal letters of interest to college coaches, including athletic resume and highlight video (if applicable). Many college websites will also have a prospective student-athlete questionnaire to complete online.
- Visit college campuses. If possible, meet with coaches. (see "Questions to Ask" section)
- If considering Division I or Division II, register with NCAA Clearinghouse.
- Take the SAT/ ACT and submit your scores to the NCAA Eligibility Center using code 9999.
- Attend summer camps held by college coaches.

## **Grade 12**

- Review your final college list with your school counselor to ensure that you have a balanced list which includes colleges that you can be admitted to without consideration of your athletic ability.
- Review NCAA eligibility- core classes
- Conduct any official college campus recruiting visits, if applicable.
- Follow up with colleges coaches to whom you sent DVD's and/ or resumes.

*As a college-bound student athlete, you are responsible for your eligibility- that means planning ahead and taking high school classes seriously. It can be a difficult first step, but the benefits of being a student athlete are worth the effort.*

### **How Athletics Impact Admissions Decisions**

- Inquire directly with coaches about where you fit on recruiting lists and your chances of gaining admission. Understand, however, that no matter how much a coach wants you, she/he can't admit you; only the admissions office can.
- Take an official tour, stay in contact with the admissions counselor who reviews your file, interview if possible, and demonstrate your interest in the college beyond the athletic program. When your application is reviewed, having a strong advocate within the admissions office can be beneficial on top of the coach's support.
- Meet all deadlines and follow all instructions for the regular application process. The coach will not submit your application for you, and you cannot expect the coach to expedite the application.
- Keep the college coach updated on the status of your admission application as you move through the process.

### **General Guidelines for Contact with College Coaches**

- Most colleges have a recruitment form on their website that can be submitted directly to the coach. Take the time to fill out the questionnaire, since that lets the coach know of your interest in the college and provides him or her with your basic information.
- After completing the college's recruitment form, student-athletes should establish personal contact with the college coach by phone, letter or email. Your contact with a coach will be especially meaningful if you have taken the time to become familiar with the college itself and their athletic program. Demonstrate to the coach that you have carefully chosen his/ her particular college.

- Along with your personalized contact to the college coach, it is helpful to provide an athletic resume including current coach references, a schedule of upcoming games and/or tournaments and highlight footage, if available.
- Student athletes should make every effort to visit prospective colleges. Try to schedule a personal meeting with the coach. After the meeting, be sure to follow up with a thank you note/email.

### **Questions to Ask**

It's a good idea to think carefully about the kind of information you are going to need to make an informed college selection. Here are some questions that may be helpful to ask coaches, players and other college representatives you meet:

#### Ask the Coach:

- What academic support services are available specifically for student-athletes?
- What are the realistic time requirements for athletes?
- What is expected of players in the off season?
- What position would I play on your team? What other players are competing for that position, either current players or recruits?
- What is your coaching philosophy?

#### Ask the Players at School:

- What does your typical daily schedule look like- in terms of course load and practices? How does it change whether you're in-season or out of season?
- How do you like the coaching staff- how would you describe their coaching style?
- Is it tough to keep up with your schoolwork?
- Do the team players hang out together or do they go their own ways?
- If you had to do it over again, would you still choose this school? Why/why not?

**ANGIE RAFTER**  
**WOMEN'S CROSS COUNTRY**  
**WOMEN'S TRACK & FIELD**  
**DIVISION I: CCSU**  
**KHS GRADUATE CLASS OF 2017**



"Being a collegiate, student-athlete has been the best thing that has ever happened to me. First semester of college can be the hardest semester and there will be points where you want to give up. If and when this ever happens to you, take a deep breath and remember how far you have come to be where you are today."

**SPENCER LOCKWOOD**  
**MEN'S FOOTBALL**  
**COMMITTED TO TRINITY COLLEGE**  
**KHS CLASS OF 2018**



"The recruiting process is a very exciting but stressful time. It's very important to look at all your options so you can find the best fit. You need to pay more attention to the school and what it has to offer rather than the division of the athletic program. Sports won't last forever, but have a career will."

## Sample Student-Athlete Letter to Coach

Date

Mr. Bill Johnson  
Men's Soccer Coach  
University of Connecticut  
Address  
City, State, Zip Code

Dear Coach Johnson,

I am a junior at Killingly High School in Killingly, Connecticut. I would like to take the opportunity to introduce myself. I am interested in attending the University of Connecticut to study Nursing. I am also very interested in the possibility of play soccer at UCONN.

I have been the starting central midfielder on my high school team for the past two years, earning All- ECC this past season. In addition to playing varsity soccer, I play midfield for a premier team, New England Elite. I also run indoor and outdoor track.

I am a very dedicated and hardworking student. My cumulative GPA is a 3.4 on a 4.4 scale. I intend to take both the SAT and ACT in the spring.

My high school coach's name is Tom Smith. His contact information is included on the attached athletic resume. He has indicated to me that he would welcome your call, and email is a reliable way to reach him as well.

Please let me know if there is any additional information that my coach or I can provide it. Thank you for your time. I look forward to hearing from you.

Sincerely,

Joe Jones

## Sample Student-Athlete Resume

Student's Name  
10 Main Street Killingly, CT 06241  
Phone Number  
Email Address

### Current School:

Killingly High School

**Expected Graduation:** June 2020

SAT Score:                      ACT Score:

GPA:

Class Rank:

Major of Interest:

### Personal Statistics:

Height:

Weight:

40- yard time:

100- yard time:

Mile time:

### Athletics:

Varsity Cross Country 2017-2020

Varsity Track and Field 2017-2020

### Awards:

4<sup>th</sup> place at ECC's 4x400- 2018

2<sup>nd</sup> place at ECC's 1 mile- 2019

All ECC First Team 2019, 2020

All State First Team 2020

**References:**

Mr. John Smith, Varsity Track and Field Coach

[Jsmith@killinglyschools.org](mailto:Jsmith@killinglyschools.org)

(860) 999-3344

## Sample Student- Athlete Resume

Student's Name  
10 Main Street Killingly, CT 06241  
Phone Number  
Email Address

Killingly High School, Class of 2020

Position: Center

### High School Basketball

Coach: Jim Smith  
(860) 334-4455  
[jsmith@gmail.com](mailto:jsmith@gmail.com)

Awards: Varsity 2017-2020  
  
All ECC First Team 2019, 2020  
  
Co-Captain 2020

Statistics: 13.5 points per game  
  
4.5 rebounds per game  
  
3 assists per game

### AAU Basketball- NE AAU

Coach: Richard Art  
  
(860) 887-9900  
  
[rant@yahoo.com](mailto:rant@yahoo.com)

### Academic Information

GPA: 3.35 (4.0 scale)  
  
SAT: 1150- 600 (Math), 550 (Reading & Writing)  
  
ACT: 28 composite

School Counselor:

Miss. Janet Loft  
(860) 990-8899  
[jloft@killinglyschools.org](mailto:jloft@killinglyschools.org)