



**Scholar-Athlete College Recruiting
Handbook**

Windward School Scholar-athlete College Recruiting Handbook

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The College Athletic Recruiting Process

The Factors And Responsibilities Involved In The Recruiting Of High School Student/Athletes

GETTING STARTED

We have put together this handbook to provide a guide for the scholar-athlete who is interested in playing sports at the college level. This handbook is just one resource to help guide you. The NCAA website provides additional information and resources. These can be found at www.ncaa.org.

DIFFERENCES IN COLLEGES AND UNIVERSITIES

- **ACADEMIC** -Standards for admission & majors offered.
- **OTHER** -Size, location, cost, facilities, social, etc.
- **STATUS &/OR NATURE OF SPORTS PROGRAM**
 - Division I, Division II, Division III or Club.
 - Scholarship or non-scholarship.
 - If a scholarship program – fully or partially funded.
 - Competitive level within their division or conference.
 - Status of program at school.
 - Influence of coach in admissions process.
 - Personality and philosophy of coach.
 - Style of play and training methods of coach.

COLLEGE DIVISIONS

College divisions are commonly referred to as Divisions I, II and III. They vary in level of competition, availability of athletic-related financial assistance, playing and practice-time limitations and expectations, and other areas. The main differences are summarized below:

DIVISION	ATHLETIC	ATHLETIC SCHOLARSHIPS	FINANCIAL AID	TIME COMMITMENT
Division I	Most Competitive*	Full or partial (tuition, room, board)	Need-based (grants, loans, work-study)	Year-round
Division II	Highly Competitive	Some full, some partial	Need-based (grants, loans, work-study)	Varies
Division III	Competitive	None	Need-based (grants, loans, work-study)	Varies

* Some highly selective colleges are not allowed to award scholarships.

COLLEGE ATHLETICS AND ADMISSIONS

Very few scholar-athletes are admitted to schools when they meet only the minimum requirements set forth by the NCAA for admissions. In other words, the large majority of scholar-athletes may be helped by their sport in gaining admission to a school, but cannot rely on their sport alone.

Scholar-athletes need to do well academically in order for coaches to be able to help them get admitted. Coaches can push for scholar-athletes that are slightly below the school's admissions median, but the bottom line is that you need to be close to the school's admission standards.

In the recruiting process, remember that your interests and a coach's interests may not always overlap. A coach's goal is to build the best team possible, within his/her institution's guidelines. Typically, a coach is allowed to present to the admissions committee a list of his or her most desired candidates from among the applicant pool. There is no guarantee that the admissions committee will admit all candidates on a coach's list, nor follow his order of preference; academic and personal factors have to be taken into consideration. Coaches often create their lists by striking a balance between an applicant's athletic ability and academic credentials, while factoring in a student's enthusiasm (or lack thereof) in attending that college.

Coaches generally cannot guarantee admission to their school. The admission committee makes admission decisions. A coach may also indicate that you may be on their admission recommendation list. However, these lists can change throughout the admissions and recruiting process. Athletes may be left off the list in favor of a better athlete, or a similar athlete who is stronger academically (and does not need the coach's assistance in admissions).

It is not unusual for a coach to ask you whether their school is your first choice. In choosing which athletes to support in the admission process, a coach does not want to waste his/her efforts on a candidate that is not likely to enroll. We recommend being candid with coaches, but we do not want you to put yourself at a disadvantage in the admissions process. If a coach is asking you for a commitment, be sure to consult with your college counselor and your Windward coaches.

ATHLETIC SCHOLARSHIPS AND ACADEMIC MERIT SCHOLARSHIPS

Each year hundreds of thousands of student athletes and their parents market themselves to college coaches around the country. Yet many do not fully understand the process of receiving a college scholarship and the multitude of tasks to be completed in order for this multi-year goal to be successfully completed. This journey begins in the ninth grade and must be constantly monitored in order for realistic expectations and a maximization of potential to be met.

Athletic scholarships are not available to everyone, and very rarely is a potential student athlete identifiable in the sports arena as a freshmen. Advancements in technology and communication are allowing potential scholarship athletes to be identified earlier than ever before, yet it is usually a player's varsity performance that determines their potential. Therefore, academics and a strong foundation of fundamentals are the main consideration of high school freshmen as they become acclimated to the rigors and demands of high school life at Windward.

The main purpose of playing high school sports should not be to acquire an athletic scholarship but rather to obtain the necessary life skills and experiences that will serve our students in a more enduring, lifelong capacity. Leadership, work ethic, commitment to a task, being a member of a team,

as well as learning to balance all of the expectations and opportunities that high school life at Windward allows are a few of the goals of athletic participation.

There are always a special, select few that have the combination of athletic ability AND academic accomplishments to receive an athletic scholarship to a university. To compete at the college level, a player must possess the specific physical abilities needed for their sport and also possess the character and mental makeup to make their teams successful. This combination of physical, mental, and psychological traits are vital to the development of our student athletes so that they may take advantage of collegiate opportunities, should they arise.

Regardless of your talent level, your grades and SAT/ACT scores will ultimately determine your college admission, either via scholarship or not. Many institutions have academic-based merit scholarships available to students that demonstrate high academic achievement (GPA and test scores), which allow for many more potential college opportunities. Many Division 3 schools offer merit scholarships, which can assist in providing opportunities to play sports at the collegiate level. Therefore, we strongly encourage all student athletes to be very diligent in the classroom so as not to eliminate any potential college opportunities.

ROLE OF THE SCHOLAR-ATHLETE

- Determine how your sport will impact your goals for attending college.
- Decide level of commitment to the sport (level of program).
- Decide which colleges best meet your criteria and goals (academic, athletic and other).
- Send an athletic resume and a video to the schools that meet your criteria.

Regarding Videos:

- Do not send full games unless a coach requests it.
 - Do not spend crazy amounts of time and/or money on a “jazzy” video. College coaches don’t need the bells and whistles, the background music, etc.
 - Send 10 minutes or less of *highlights* of your play...offensive, transition and defensive game clips, maybe some skill drills, etc. You want your video to highlight your skills, speed, athleticism, game sense, and hustle.
 - Remember to identify what number you are, your jersey color, the team you are playing for, so the college coach can easily identify you.
 - Remember to include a note with your video so the coach knows exactly who and what they are watching.
-
- Consult with your **high school/club coach** for information, input and advice on all aspects of the recruiting process, including the sending of your athletic resume and a coach’s evaluation.
 - Obtain and submit all documents necessary for certification to the **NCAA Clearinghouse** via the college counselling office (www.ncaaclearinghouse.net)
 - Consult with your college counselor about: 1) Your eligibility status (core courses, GPA, SAT requirements, ACT requirements, etc.), 2) The academic appropriateness of your college choices, and 3) The status of your transcripts & Clearinghouse release forms.
 - Make sure transcripts (official or unofficial) with PSAT, SAT or ACT scores are sent to any college that is actively recruiting you and/or makes an offer of an official visit.

- Take advantage of opportunities for exposure (camps, off-season leagues, tournaments, etc.) and work to improve your fitness & strength level. For individual sports, like golf, tennis, swimming, etc., enter as many competitions as you can to show your skill level.
- Fill out and return questionnaires to appropriate schools.
- Decide which schools to visit.
- Consult with parents on the financing available for college. Submit financial aid documents, “pre-reads.”
- Complete the application process for all viable college choices.
- Keep grades up to maximize options for school choice.
- Be persistent with coaches. Be patient with coaches. They hear from many athletes, and want to hear from you, but they may not always get back to you.
- As soon as possible after you have made your final decision on where you will attend college, let all coaches recruiting you know what you have decided.

ROLE OF THE PARENT

- Be involved, but not overly involved at every stage of the student’s decision-making.
- Become knowledgeable about the NCAA Clearinghouse procedures (www.ncaaclearinghouse.net) and the NCAA recruiting rules and regulations (found in a brochure entitled *NCAA Guide for the COLLEGEBOUND SCHOLAR-ATHLETE* available at Windward AND online at www.ncaa.org).
- Work closely with the high school/club coach & Windward’s college counselors.
- Meet with or talk to the college coaches that are recruiting your daughter/son in order to keep fully informed about her/his status in the recruiting process and to get all of your questions answered.

ROLE OF THE HIGH SCHOOL/CLUB COACH

- Provide information on and encourage participation in camps, clinics, off-season leagues, club teams, meets, tournaments, etc.
- If possible, meet with parents and/or players before the process starts, or certainly early on, to explain how it works and what your role will be.
- Send: emails, letters, resumes, evaluations or videos and/or help players do same.
- If possible, help make arrangements to video all competitions.
- Return questionnaires to colleges.
- If possible, make phone calls to college coaches (both introductory & follow-up).
- Consult with the player’s college counselor about: NCAA eligibility and the appropriateness of his/her college choices, academically and otherwise.
- Become knowledgeable about the NCAA Clearinghouse procedures (www.ncaaclearinghouse.net).
- Become knowledgeable about the NCAA recruiting rules and regulations (www.ncaa.org).
- Become knowledgeable about the level of competition in college divisions (I, II & III), various athletic conferences and ideally, individual institutions within these divisions or conferences.
- Make an honest appraisal of players’ ability and what level they might play or be competitive in college.
- If knowledgeable enough, provide advice as to which schools or which type of schools are an appropriate match for the academic and athletic ability of the player.

ROLE OF THE COLLEGE COUNSELOR

- Advise on whether a college is a good match – academically & otherwise.
- Provide & process the NCAA release forms with the student's high school transcript for initial and final certification.
- Provide GPA and unofficial transcripts as needed.
- Assist with the college application process – transcripts, secondary school report and recommendations.
- Make students aware of the core course, GPA, and SAT or ACT requirements to play Div I & II that are found in the NCAA pamphlet.
- Encourage students to challenge themselves with honors, AP, and challenging classes during high school career.

ROLE OF THE COLLEGE COACH

- Observe and evaluate information on prospective players.
- Contact athletes they decide to recruit.
- Make offers of official (expense paid) visits.
- Make arrangements for official and unofficial visits for recruits.
- Answer any and all questions about the institution and the athletic program.
- If possible, let recruits know where they stand in the admissions process.
- Let the athlete know where they stand in the recruiting process.
- Make scholarship offers.
- Follow all NCAA rules in the recruiting process.
- Make the recruit and parents aware of the rules and how the whole process works, especially the two signing periods.

ROLE OF THE NCAA & IT'S CLEARINGHOUSE

- Website - www.ncaa.org
- Provide release forms, information on NCAA rules for academic eligibility and rules for recruiting to all secondary schools (in brochure sent to guidance offices and in downloadable forms on their web site).
- Initial certification necessary to be able to take official visits to institutions based on HS transcript that includes test scores (ACT or SAT).
- Final certification for eligibility to participate in college athletics based on official final HS transcript and SAT or ACT scores.

A BRIEF ACTION PLAN FOR COLLEGE BOUND ATHLETE

- Compile a tentative list of colleges. **You can start this as early as the second half of the sophomore year and should make every effort to have something together before fall of the junior year.**
- Make initial contact with schools (send cover letter, resume and schedule of upcoming athletic activities). **You can start this as early as the 2nd half of the sophomore year and should make every effort to complete this no later than spring of your junior year.** If at all possible do this prior to the summer tournament and/or recruiting camp season.

- **During end of sophomore and through the junior year**, make unofficial visits to some of the schools that you are interested in. Do your best to contact and set-up a meeting with the coach on these visits.
- Send updated academic and sport related information, including a schedule of your upcoming summer participation in tournaments and camps.
- Take every opportunity to participate in your sport to maximize your exposure and increase your skills **in the summers before your junior and senior year**.
- Fulfill **NCAA Clearinghouse** obligations in mid-summer to early fall of your senior year if you are considering a Division I or II school. www.ncaaclearinghouse.net
- Schedule and make college visits (official & unofficial). Take **unofficial visits** at end of sophomore year, throughout the following summer, and throughout junior year. Official visits can only be taken after the first day of classes of your senior year – schedule them in the early fall. Remember – you must be invited by the college coach to take an **official** visit.
- Study and consider information about *Early Decision*, *Early Action* admission to a college and *Early Signing* (of the National Letter of Intent) for athletic participation and/or a scholarship **in early fall of the senior year**. The *Early Signing* time frame is generally the third week in November.
- Decide which colleges to apply to and when to apply. The time frame is usually **early to late fall of the senior year**.
- Send completed applications and high school transcripts to colleges, usually before the winter holiday break.
- Decide when to verbally commit to a school and/or sign with a school for a scholarship. When you have made your decision be sure to notify all schools recruiting you and thank them for their interest. The time frame for these decisions is now mid-summer to early fall to mid-fall of your senior year. The time frame for this is getting earlier each year!

BASIC INFORMATION TO INCLUDE IN A SPORT RESUME/COVER LETTER

- Academic and Athletic Goals: academic major and/or program of study, if you know. Also include information about the level of competition you are seeking in your sport. Only include information about your interest in pursuing an athletic scholarship and/or your interest in seeking assistance in gaining admission, if you have already had some contact with the school.*
- Personal Data: name, phone number, address, E-mail address, birth date, year in school, name of school, height, weight and parent's name(s).
- Sport Background and Data: position, event(s), years of experience, where you have played, to include: schools (HS), club teams, tournaments, recent camps and out of season leagues. Also include a copy of your high school or club team schedule and pertinent stats if you have them. If you have the information, a schedule of your summer and/or off season play should be

included. If you have video available let them know. If appropriate, also include information about your involvement in other sports.

- **Academic Information:** current GPA, class rank (estimate if not available), current SAT or PSAT scores if available, type of high school curriculum, i.e. college prep, Honors, GT/AP, etc.
- **Recognition Received:** Any significant honors or recognition received, i.e. all-league, all-American, all-metro, selection to all-star teams, etc. Also include information about your team's accomplishments.
- **References:** The names and contact information of coaches and/or other individuals who could serve as references or sources of information about your ability and/or level of play in the sport.

* This information is usually best left out of a preliminary resume sent to a number of schools. If a student has already narrowed his/her list and/or has already had some contact with a school or coach it would be appropriate to include this information.

SOME DO'S & DON'TS *(For the later stages of the recruiting process)*

Do Not

- Have parents *overly* involved in the recruiting process (i.e., constantly phoning and e-mailing coaches to promote their son/daughter, asking numerous questions, etc.).
- Think a school is not interested just because they don't call you each week.
- Bad mouth or disparage another program or coach.
- Express interest in athletics in order to gain admission to a college, and then not show up for practice once you have been admitted.

Do

- Pursue the schools you are interested in aggressively!
- Figure out what your goals are. (i.e., getting a scholarship, using sports as a means to help gain admittance to a top academic school, playing on a top ten team that has a chance to win a national championship, etc.).
- Articulate these goals to the coaches who are recruiting you.
- Have a tentative list of schools where you would like to make official visits before the July 1st calling period starts.
- Behave in an upfront and honest manner.
- Tell a coach early on that you are NOT interested in their school (if that is the case) so they won't waste their time. Be sure to thank them for their interest.
- Check your weekend fall schedule (for SAT or ACT testing dates, homecoming, fall team sports tournaments, etc.) to see when you can best make official or unofficial recruiting visits to colleges.
- Try to schedule them as early as possible, but definitely before the *Early Signing Period* in November.
- Get an unofficial copy or copies of your high school transcript (preferably with SAT, ACT or PSAT scores on it) during the summer before your senior year to send to college coaches who are recruiting you.
- Get the Clearinghouse forms in mid to late summer from the college counselling office or off the NCAA Clearinghouse web site at: www.ncaaclearinghouse.net. Register on

line or send-in your part. The yellow and pink forms (Copy 1 & 2 if you download) should be taken to the college counselling office to process.

- Read all the valuable information in the brochure (*NCAA Guide for the College-Bound Student Athlete*) that contains the Clearinghouse eligibility forms or get the same information off the Clearinghouse web site.

SOME QUESTIONS TO ASK COLLEGE COACHES

- Can I get into your school on my own?
- If not, can you help me gain admission to your school?
- If you can help me gain admission, exactly what do I have to do to make this happen? (i.e., at least 1800 on the SAT, or 23 on the ACT, at least a 3.0 in academic subjects, two solid letters of recommendation from academic teachers, etc.)
- Where am I, as far as rank order, on your recruiting list? If you can tell me, where do I rank now among the athletes at my position among those who you are recruiting?
- How many players are you recruiting this year?
- Do classes and practices sometimes conflict? What happens in this case?
- What kind of academic support is available for your players? Is there a full-time academic advisor for athletes?
- What percentage of your athletes graduate?
- What are the expectations and the time commitment involved for your athletic program? In season and out of season?
- Why do you think your team's program would be a good fit for me? (some areas that should be covered would be coaching style, physical demands, offensive/defensive philosophy, chance to play)
- Would your school be a good fit for me (would I like it) if I was not an athlete? Why or Why not?
- What are my chances of getting any scholarship money?
- Will my status change any if I decide to sign early or decide not to sign early?

SOME QUESTIONS TO ASK THEIR PLAYERS

- What are your practices like?
- What are the coaches like when things are going well? Going badly?
- Are the coaches, and is the school helpful if I am struggling in a class?
- What is the social life like? Does it revolve around other athletes?
- How do the seniors treat the freshmen?
- What does your typical daily schedule look like? In season vs. out of season?
- Approximately how many hours a night do you study?
- What is the attitude of professors toward athletes?

SOME QUESTIONS TO ASK NON-ATHLETES AT THE SCHOOL

- What do you think of the quality of education you are receiving at this school?
- If you had to do it all over again, would you choose to attend this school? Why or why not?
- What is the general opinion of athletes on this campus?

SOME QUESTIONS TO ASK SCHOOL OFFICIALS/ADMISSIONS OFFICIALS

- What are the graduation rates for athletes? In my sport?
- How long does it typically take someone in my sport to earn a degree from this school?
- What is the placement rate and the average starting salary for my major?
- Am I eligible for additional financial aid?

SUGGESTED TIME LINE

Freshman and Sophomore Year

- Play on your school teams.
- Stay focused academically. NCAA eligibility standards keep getting tougher. The grades you earn now will determine admission to college, initial NCAA eligibility, and your future success.
- Play your sport, but don't burn yourself out. Attend camps and play club sports, but not to the exclusion of everything else. Coaches and admissions counselors look for well-rounded scholar-athletes.
- Find summer sports camps/clinics located in areas that might be of interest to you when selecting a college.
- Remember - **all four years** of your high school grades count!
- Keep track of your personal stats for all teams and any athletic honors you receive.
- Let your school and club coach know of your desire to play sports in college.
- Start researching colleges. Consider what each level of college entails for your sport (Division I, II, and III). Begin thinking about academics — what are your career goals, and what types of things might you study to achieve them? Talk to your parents, the college counselors, teachers, coaches, siblings, and older teammates to get information.
- Sophomore year - request academic and admissions information from college admissions offices. NCAA programs cannot provide **athletic recruiting information** other than a questionnaire and camp information until September 1 of your junior year in high school.
- Sophomore year – develop a relationship with your college counselor and let them know you want to play sports in college.
- At the middle to the end of your sophomore year, and the summer following your sophomore year, take as many UNOFFICIAL VISITS as possible to get a feeling for campuses, sports programs, coaches, players, locations, size of the school, etc.
- When going on unofficial visits – call the coach ahead of time to set up an opportunity to introduce yourself and express your interest in their school. DO NOT just show up at a college coach's office unannounced!
- Video tape your sophomore spring season games and your early summer (*following sophomore year*) camps and tournaments. If possible, send highlights and a **letter of introduction** to the colleges you are interested in by the end of that summer.

Junior Year

EARLY FALL

- Start a detailed sports resume/personal profile. Make sure to proof read for any mistakes!
- Compile a list of college choices. Try not to have more than 10 schools on this list....more than that is overwhelming.

- Send a second letter to coaches – including sports resume/personal profile, list of summer tournaments and camps and spring schedule. Make sure you verify the coach's name and address before you send it!
- Return immediately any questionnaires you receive from coaches.
- Until July 1st following your junior year, e-mail is the best way to correspond with college coaches.
- Let coaches of schools you are NOT interested in know asap. Thank them for their interest, and let them know you are concentrating on other schools at this time.
- Talk to your college counselor about the NCAA Clearinghouse.
- Take advantage of any **Junior Day's** you are invited to....where college coach's bring their junior recruits on campus to learn about the school and their sports program.
- **REMEMBER** – you must be invited by the college coach to attend their Junior Day – it is not something you invite yourself to.

MID-YEAR

- Organize and file all correspondence.
- Send e-mail or letter updates to the schools you are interested in regarding classes taken, grades, fall tournaments, etc.

END OF JUNIOR YEAR

- Continue to work hard in school. Keep your grades up!
- Send another letter with updated academic (unofficial transcript with PSAT or SAT scores,) and related sports information. Include updated schedule of summer sports participation.

Junior-Senior Summer

- Review letters received from coaches. Check to make sure you have responded to all schools that have written to you.
- Look over your college list. Begin to narrow it down to 4-5 schools (if you haven't already). Do you want to add to that list? If so, send introductory letter now.
- Some factors to consider when narrowing your list: Academic profile, level of competition in your sport, type of school, distance from home, and cost of attendance. Be realistic when focusing your list — include "sure things," "reaches," and a "long shot" on your list.
- Contact the coaches at the top five schools you are considering — let them know they are one of your top choices.
- Participate in your sport and maximize your exposure! Attend camps where you have the best possibility to increase your skills and to be seen by those coaches from colleges in which you are interested.
- Send a letter including summer camp dates, team schedule, and possible plans to visit the college if you have not done so already.
- Have copies of your transcript, SAT/ACT scores, and senior class schedule available to send to coaches, particularly those you intend to visit.
- Tentatively plan "unofficial visits" to your top schools during the late spring and summer.
- Be proactive — if you are very interested in a particular school, make sure they know it.

- Scholar-athlete should call coach to talk about college visits.
- If necessary – send updated highlight video from junior year and recent summer camps and tournaments.
- Fulfill NCAA Clearinghouse requirements. **KNOW THE RULES!**
- Start requesting college applications.

Senior Year

EARLY-LATE FALL

- Review your college list. Focus on those schools that seriously interest you.
- Send another letter that includes updated information, your team's schedule, and possible plans for campus visits.
- Study and consider information about Early Decision or Early Action admission to college and Early Signing for a scholarship.
- Have your school coach write a letter of recommendation and send it to the coaches.
- While you are waiting for feedback on your video and/or letters, prepare for your SAT's.
- Decide when to apply to college(s), and when to commit to a school and/or sign with a school for a scholarship.
- Schedule College visits including an interview with the coach.
- Keep in contact with coaches that have expressed an interest in you. Arrange an overnight campus visit so you can stay with a team member and become more familiar with their program.
- Keep studying! All colleges want transcripts of first semester grades.
- Apply to schools.
- Tell coaches you have submitted an application to their school.

FINALLY

- When you have made a choice, call or write all coaches you have been working with, thank them, and inform them of your decision.

WALK-ONS

Often a player can try out for a college team without having been recruited. These players are called walk-ons. Walk-ons have slimmer chances of making college teams and contributing to the programs. At the same time, however, some players have walked on to Division I programs and performed well. Thus, players who have missed the opportunities of the recruiting process still have a chance of making a college team when they attend their individual institutions. The players that have the best opportunity to make a college team as a walk-on are those who have already informed the coaches that they are planning to do so. If a coach gives a player an invitation to walk-on, the player should understand that the coach may have an interest in the player but will not recruit him/her as a scholarship player.

It is always better to be invited than to be unknown. All programs at all levels have walk-ons. Players who are not being recruited should look for invitations to walk-on. Players should not be embarrassed to walk on to a college program, because the coaches are always looking for committed skilled players. If the player is not a recruit, he/she should discuss with the coach opportunities for making the team as a walk-on. A player might also send a letter and videotape to the head coach or recruiting coordinator introducing him/herself and telling of his/her desire to attend a tryout for walk-ons.

RECRUITING REALITY CHECK

If you have been as proactive as possible with a college coach, and they have never responded to you or given you any indication that they are interested in you – MOVE ON. The reality of the situation is that they are focusing on other recruits. There are plenty of other schools and sports programs out there!



Estimated Probability of Competing in Athletics Beyond the High School Level

Student Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student Athletes	535,289	435,885	1,095,993	474,219	35,732	411,757
High School Senior Athletes	152,940	124,539	313,141	135,491	10,209	117,645
NCAA Student Athletes	17,890	16,134	69,643	31,999	3,891	22,987
NCAA Freshman Roster Positions	5,111	4,610	19,898	9,143	1,112	6,568
NCAA Senior Student Athletes	3,976	3,585	15,476	7,111	865	5,108
NCAA Student Athletes Drafted	51	31	253	693	10	37
Percent High School to NCAA	3.3%	3.7%	6.4%	6.7%	10.9%	5.6%
Percent NCAA to Professional	1.3%	0.9%	1.6%	9.7%	1.2%	0.7%
Percent High School to Professional	0.03%	0.02%	0.08%	0.51%	0.10%	0.03%

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

Last updated: September 17, 2012

SAMPLE LETTER FROM HIGH SCHOOL ATHLETE TO COLLEGE COACH

A cover letter should tell a coach who you are and why you are interested in his or her institution. The College Counseling Office and the Athletic Office has a directory of college coaches and programs. College web sites have a great deal of information for prospective athletes.

Date

Coach's Name
College/University
Address
City, State, Zip

Dear Coach Jones:

I would like to introduce myself. I am currently a senior at Windward School. I have played high school volleyball for four years, starting as a setter for the last three. I am 5'8" and weigh 145 pounds. I have been All-League for the past two years and All-CIF this year. I also play for the Malibu Sunset club team and I won first team all-tournament at our last two club-level tournaments.

My high school coach's name is John Doe. My club coach's name is Jane Smith. Contact information for each is included on the attached information page. Both have indicated to me that they would welcome your calls. E-mail is a reliable way to reach them as well.

While Windward does not rank its students, I take a challenging course load and I am currently enrolled in two honors and one AP level class. My cumulative GPA is a 3.7 on a 4.0 scale. My ACT composite was a 27. I intend to retake it in October.

I would like to continue playing volleyball on the college level and my club coach recommended a number of programs to me. After researching both the academic and athletic cultures of a number of schools, I believe that _____ University would be a fantastic fit for me.

I have a skills tape and a game tape available if you would like. Please let me know if there is additional information that my coach or I can provide.

Thank you for your time. I look forward to hearing from you.

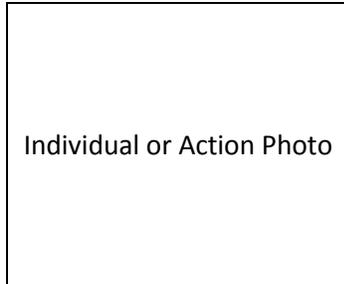
Sincerely,

Athlete's Name
Email
Phone Number

SAMPLE SCHOLAR-ATHLETE RESUME

*Most colleges have Prospective Student Athlete Questionnaires that can be completed online.
Please take the time to research this option at all institutions you are considering reaching out to.*

Wendy Wildcat



Home information:

1234 Any Street, Los Angeles, CA 90000
(310) 555-1111
Athlete@aol.com

School Information

Windward School
11350 Palms Blvd.
Los Angeles, CA 90066
(310) 391-7127

ACADEMIC INFORMATION

- Windward School, Los Angeles, CA, grades 7-12
- Honor Roll
- SAT Scores, ACT Scores
- Graduation Date

ATHLETIC INFORMATION

- Most Valuable Player (2008)
- All League (2006, 2007, 2008)
- All CIF (2008)
- Club Tournament MVP (2008)

SCHOOL ACTIVITIES

- Student Council
- Tour Guide
- Clubs
- Community Service

REFERENCES

Academic

List your College Counselor &
Academic Advisor as your reference

Athletic

List High School & Club Coach