

THE RECRUITING PROCESS

On The Same Page

Have a heart-to-heart conversation with your head coach to discuss which level of the sport HE thinks you can play (Division I, I-AA, II, III, etc.) Remember, he's not going to put your name out there to a Division II program, unless he thinks you can play there. (FYI: Only one percent of high school seniors sign D-1 scholarships.)

If you and your head coach are not on the same page – discuss what you need to do in order to improve your standing in the recruiting process.

Ask him if he would mind endorsing you to schools that play on that particular level. He might not know that playing sports at the next level is important to you.

Research, Research, Research

Use the Internet and start your research on schools you are interested in.
FOCUS ON THINGS NOT ASSOCIATED WITH SPORTS.

- Areas of study (If a school doesn't offer what you are looking for academically, there is NO reason to consider that college or university)
- Size of the school
- The city the school is located in (Statistics show that a college student will spend approximately two years in that city after graduation.)
- Success in the classroom
- Other extracurricular activities
- Opportunity for financial assistance

The Real Starting Point

The recruiting process can not start until you are evaluated academically and on film. (VHS or DVD)

After your junior year, I would encourage you to put together a portfolio which includes a resume, letter of recommendation from your coach, copy of stats, copy of newspaper clippings and a brief highlight film and include your best game of the season at the end of the tape.

Tips:

- Watch your film with a critical eye. Ask yourself, "Is this helping me in the recruiting process?" DON'T JUST SEND A FILM TO SEND A FILM!
Remember, you get only one shot to make a first impression.

- Make sure your tape is properly labeled with your name, jersey number, jersey color, position, and contact information. (Even if that information is include on an additional sheet or resume, it still needs to be on the film itself.)
- YOU DO NOT NEED MUSIC, SLOW MOTION, AND/OR GRAPHICS ON YOUR TAPE!
- INCLUDE a copy of your TRANSCRIPT and ACT/SAT TEST SCORES

Contacting a Coach

Most school's athletic page will have a directory with coaches e-mail addresses and office phone numbers. E-mail a letter to the coach stating your intention to receive a scholarship from that institution.

Knowledge Is Power

Familiarize yourself with NCAA recruiting rules.

Testing 1-2-3

Schedule your testing dates for the ACT and/or SAT. The best source of information on these tests – including practice sessions and study tips – is your high school counselor.

Related Links: *ACT* and *SAT*

Camping Trip

During the spring semester of your junior year, you should sit down and plan out which camps you would like to attend – whether that's mini camps and/or three-day camps.

Information Highway

Make sure all of your information is updated in the school's database – from your cell phone number to your parents' names and occupations. Use the school's recruiting questionnaire to update your personal information.

Stay In Touch

Whatever schools you are interested in, you should keep the lines of communication open with those staffs. Just drop them an e-mail and/or text message from time to time.