

Athletic Resume Example

Name
Address
Phone number
Email

DOB
Height
Weight
Right/Left-handed

Academics

Athletic/Career goal:

High School Name
Address
Phone #
Fax #

Graduation Year
Unweighted GPA
Weighted GPA
ACT/SAT Composite Scores
AP Courses
Dual Enrollment Courses

Athletics

High School (name of sport): Varsity, (years on team)
JV/Sophomore, (years on team)
Freshmen, (years on team)

Position:

Stats: (Per year if your coach took stats. Usually lower level coaches do not take stats.)

Awards: Such as, All-Conference, All-Academic Conference, All-Tournament, Scholarships, etc.

Championships:

Video link: YouTube, Google

Club sport: Name
Address
Phone #
Email

Position:

Stats: (Per year)

Awards:

Championships:

References

Coaches: Name/Position
Address
Phone #
Email

Personal: (Add an Employer or Academic Reference)

Name/Position
Address
Phone #
Email

**COLLEGE COACH EMAIL
EXAMPLE**

Dear Coach Smith,

My name is Kathleen Mixan, I am part of the Class of 2003 at Mother McAuley high school in Chicago, IL. I am interested in the University of Illinois at Chicago and learning more about your program. I currently have a 3.7 grade point average and I scored a 23 on my ACT, but I am retaking it next month.

[Include information here about the research you completed about the academic program you plan to pursue, along with the school's specific athletic program. For example, comment on the fact that you have visited the campus or would love to schedule an official college visit and meet the coaches and the team. Look at their homepage to give your email a personal touch. Comment if they won conference, or if they are on a winning streak. You should also look to see how many seniors they are losing the year you enroll. Also, include questions about internships, company affiliations, or research opportunities in regards to your major. You can ask to speak to a member of the team who is currently studying your future major.]

I can play every position except pitcher and catcher. I play second base at Mother McAuley and I have played third base, short stop, and outfield for the Beverly Bandits. Some of my best accomplishments to date are: playing for the Bandits and coming out of the losers bracket at Nationals, playing seven games to clinch the National title; we had to beat the Sharks twice because of double elimination and they had not lost or been scored on the entire tournament. I also was brought up to Varsity as a freshmen and was Academic All-Conference and All-Conference the past three years. You can view my complete online profile and video highlight tape here at www.kathleen.mixansoftball.com. Please feel free to contact my coach(es) [List the email and phone number for your high school and/or club team coach].

Here is my schedule:

<u>Date</u>	<u>Location</u>	<u>Name of Event</u>	<u>My Team Name</u>
6/02	Boulder, Colorado	Fireworks Tournament	Beverly Bandits

...continued

I look forward to hearing back from you and learning more about your program.

Sincerely,

Kathleen Mixan
kmixan@yahoo.com
555-555-5555
1234 S Paulina
Chicago, Il 60655

How Many Times to Email a Coach

If you have committed to emailing college coaches, it can be frustrating when you don't receive an email back. Coaches are busy people and it is normal to not receive a response with your first email. If getting a coaches attention was as easy as sending a single email, the recruiting process wouldn't take much time at all. The process is hard and takes perseverance, you need to be prepared to email 50+ schools several times before you can expect to generate serious interest.

There is a fine line between emailing a coach enough to get attention and wasting your time with a program who isn't interested. The following advice is based on years of working with athletes who have emailed coaches on their own and gone on to play college sports. The following advice is assuming you have researched schools and are writing emails that coaches want to open. This advice is designed to help you know when to keep emailing and when to move on to another school.

Email a Coach 2-3 Times When First Sending Emails

When you are first sending your emails to coaches send 2-3 emails over 7-10 days. Try following this pattern:

- Day 1 – Email, complete the recruit questionnaire (if available) and follow up with a phone call
- Day 3 – Email again acknowledging the first email (don't send the exact same email from the first day).
- Day 8 – Email again and follow up with a call. Acknowledge your previous efforts to reach out and let the coach know this will be your final email until you have something new to share.

If you are attempting to reach coaches during holiday breaks or the middle of the season, you can expect to wait longer for a response. I suggest waiting until after the holidays or busy parts of the season.

Following Up With Coaches Who Didn't Respond to Your Initial Emails

If you haven't heard from a coach after your initial effort to contact them, you can continue to update them every 2-4 months. You want to send them updates on things like where you are playing, new highlight videos or updated academic performance. This can seem like you are wasting your time because you are emailing a coach that you aren't even sure is reading your messages; that is okay. The reason you are sending emails is you are exactly sure what is happening and you want to assume you still have a chance.

- If the coach you have been emailing finds themselves at a new program they will be scrambling for recruits. While you might have not been the right fit at their old program, you are at their new one.
- If a program has several of the recruits they thought were going to commit back out, they are going to need to find recruits quick. You will be top of mind if you have been emailing.
- While a coach might not think you are right for their program, they can and do recommend recruits to other programs. This doesn't happen often, but you are looking for any advantage you can get.

When to Stop Emailing Coaches

There comes a time when you should stop sending emails to a particular program.

If a coach has specifically told you don't qualify athletically or academically for their program, there is no need to continue to update them. The only exception to this rule is if you make drastic changes athletically or academically; if this does happen, you can try reconnecting.

If a coach has responded as said they are no longer recruiting for your class or position, there is no need to follow up. Keep in mind, some programs are finished recruiting for a particular recruiting class years in advance.

If you can see that a program has signed a full class of recruits for the year you are interested in (this is more common at large programs) there is no need to email coaches. An example of this would be going to website like rivals and seeing that Oregon has signed a full class; there is no need to email them. If you are interested in these types of programs, you should be contacting them a year in advance at least.



Name

Street
City, Zip
Phone #
Email

Educational/Career Goals

My educational goal is to obtain a degree in either Public Policy, Economics or Business. I may further my education by attending law school. My career goal is to become a lawyer, a business executive, or a politician. In my later years, I would like to give back to my former high school and teach a Business or Law class and support their debate team.

Whitney M. Young Magnet High School, Chicago

ACT: 32 Unweighted GPA: 3.50 Weighted GPA: 4.32 Class Rank: N/A
AP Gov, 4 (2014); Currently enrolled in AP Econ and English Composition

Queen of Angels Catholic Elementary School, Class of 2012 (National Blue Ribbon School)

Salutatorian, Class President (2012)
Student Council Representative (2012-2013)
Math Tutor (2006 – 2011)
Children’s Choir (2002 – 2011)

Leadership Roles

Debate Team, President (2014 – 2015)
2nd largest program in the City of Chicago, 35 students; helped to grow the team by 75 percent.
Direct research and file writing, collaborate with fellow Chicago Debate League schools, run practice debates, judge debates, help to organize the team for tournaments.
Chicago Park District Camp Counselor (2010 – 2012)
Plan and oversee activities for elementary school campers.

Extracurriculars & Activities:

National Debate Circuit (2014 - 2016)
Participated in 15 national and 40+ regional and local tournaments
University of Michigan 7-week Senior Summer Program, 60 admitted from across US (2015)
University of Michigan 4-week Junior Summer Program (2014)
Michigan State Spartan Debate Institute 4-week Summer Program (2013)

Honors & Awards

Updates to come for senior year
Top 3 Debater, Chicago Public Schools, Class of 2016
Top 25 Debate Team, State of Illinois (IHSA ranking, junior year)
Top 50 National Debater, Class of 2016
City Debate Championships (finalist, 2015)
Mayer Brown Urban Debate League National Qualifier (2nd Place, 2015)
Kannelis National Debate Tournament (2015, octo-finals)
Chicago Debate League Tournament winner (Bustamante Classic, 2014, Novice 2nd speaker, 2013)

Academic Resume #1

Chicago Debate League Tournament winner (Kelly Invitational, 2014)
University of Michigan National Tournament – (Top Chicago team, 2014)
University of Michigan Debate Camp – (Top 4-week program Junior Team, 2014)
Homewood-Flossmoor Invitational, Quarterfinals (2013)

Winter Poetry Slam, 1st place (2013)

Work/Study and Work Experience

Independent Work/Study Debate (2015-16)

Responsibilities include: Develop lesson plans and teach 25+ Novice students, research annual topic and develop affirmative and negative strategies, research judges and opposing teams for national and local tournaments (~250 hours).

Legal Aid Foundation of Chicago (2015)

Job shadow of Supervisory Attorney of Children and Family Practices division. Observed eviction, divorce and parentage cases. Attended weekly intake meeting for education law cases (special ed and school expulsion cases) as well as the weekly family law meeting (domestic violence and sexual assault cases).

Summer Business Internship, Amazwi African Art Gallery, Saugatuck, MI (2014)

Responsibilities included floor salesperson and organizing inventory. Learned about sales, marketing, taxes and how to read a Profit & Loss statement.

Sports

Tennis (2015-16)

Volleyball (2013-14)

Powerhouse Beach Volleyball (Summers 2014-15)

Edgebrook-Sauganash Baseball League (2002-2010)

Volunteer Positions

Judge, Middle School and Novice Debate Tournaments (2013-16)

Prospective Student Annual Recruiting Fair (2015-16)

Franciscan Outreach – Marquard Center Kitchen (2014-16) Prepared food and socialized with the homeless, learning about their lives.

Our Lady of Lourdes Soup Kitchen (2010-2011)

Kent School Annual Fundraiser (2014) Led group activities for a primary school event.

Lakeview Nursing & Rehabilitation Center, Pet Therapy (2012)