

## COLLEGE ATHLETIC RECRUITING

### Words of Advice on the Recruiting Process



Sydney Puntus '23/Lacrosse  
Williams College '27



“I wish someone had told me at the beginning of the recruiting process to truly take time to think about what you want out of your college experience. I easily got wrapped up in the excitement of recruiting and the thought of committing to a school as quickly as possible. This almost happened as I was close to sacrificing some of my ideals to secure an early commitment and finish the recruiting process as early as possible. Luckily, I had the good fortune to speak with my coach and Pingry’s Athletic Director, Carter Abbott who suggested that I take the time to fully identify what I wanted. This conversation helped me realize that I wanted a college experience similar to my Pingry experience, one where lacrosse is a major part of my life while still having the time to pursue other interests and passions. This realization led me to look at smaller NCAA DIII schools that presented the sense of community, academics, and athletics we have at Pingry. Fortunately, I found Williams College and connected with their Women’s Lacrosse program where I will enroll starting in the fall of 2023.”

“A piece of advice that I would give is to always try to create good relationships with everyone you meet, particularly in the recruiting process. The recruiting process allows you to develop many different connections and relationships with college coaches. Since coaches often move from school to school, you never know where someone might be working. This is especially true with assistant coaches who are at the forefront of college recruiting. A coach that I had spoken with at a school that I was not that interested in wound up at a school that I had strong interest in and I think the fact I took the time to connect with that coach led him to recruit me at his new school. It is important to stay in touch and develop relationships in the recruiting process. Certainly be honest if you are not interested in a particular school and while that may be disappointing to a college coach, you will have connected with someone which may pay dividends in the future.”



Jake Francis '23/Baseball  
Villanova University '27

