

Pingree SCHOOL

Guide for the College-Bound Student-Athlete



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WHEN & WHERE TO BEGIN

The appropriate time to begin the recruiting process is completely dependent on you, your sport, and the level at which you hope to play. While the NCAA dictates the timing and the amount of college coach contact with student-athletes, coaches unofficially start watching players and nurturing relationships early in a student's athletic career.

Division I and Division II communication tends to begin earlier than Division III communication. While the specific timing depends largely on the specific sport and division, a good general guideline is for a top Division I prospect to connect with the College Office and their current coach during 9th or 10th grade, and for a Division III prospect to connect with the College Office and their current coach during 10th or 11th grade.

More casually, families can begin researching colleges, filling out online recruiting forms, and visiting campuses at any point during high school. If you are on a family vacation near a school/program of interest, consider scheduling a visit to that campus if it works with your plans.

Review the [College Counseling Handbook](#) for an overview of the college counseling experience at Pingree as well as this [guide from the NCAA](#) that will equip you with information about academic requirements to compete and what to expect as a collegiate student-athlete.



LEVEL OF PLAY & LEVEL OF COMMITMENT (Division I, Division II, Division III)

The level of athleticism and skill, as well as the mental and physical demands of a collegiate athlete at any college program, almost always exceeds those required of a Pingree varsity athlete. You need to ask yourself if you really want to play sports in college, and if you truly understand the level of commitment required. A collegiate athletic program, whether on the Division I, II, or III level, will make tremendous demands on your time, energy, and academic commitments. You should consider questions such as, “Are you willing to spend 18 to 24 hours a week involved in one activity?” Conditioning, weight training, captains’ workouts, and pre-season sessions are year round activities; coaches and teammates require you to make a total commitment to the program.

You need to ask yourself if you are merely using your athletic ability as a “lever” in the admissions process, because if you are unwilling to commit to the college team once you arrive on campus, your decision may have an impact on the future relationships between college coaches and Pingree coaches and athletes. Likewise, it is also important to assess the personality, style, and philosophy of the coaches who contact you. In reality, you will spend more time with your college coach than any other adult at the school, so carefully research not only the opportunities for yourself in the program, but the people who make up the organization.

While your life’s dream may have always been to play Division I sports, the commitment that it requires might not align with your desired college experience. If you want a more balanced college experience that allows you to have an academic and social life separate from your athletic life, Division III athletics, while still a huge commitment, might be a better fit. Asking these questions early and often, and discussing the differences between the divisions through the process with your parents, college counselor, and current coach is imperative to ultimately landing at a college and athletic program that fits you and aligns with your goals and happiness. Additionally, there are differences among leagues and teams within divisions, and it is important to research schools and programs and identify the differences.



ASSESSING YOUR ABILITY

Take the time to be honest with yourself about your abilities and potential. Talk to people who know you as a player and whom you trust. Your Pingree coaches, club coaches, and college counselors can help you determine your “market value” as a potential collegiate athlete. Are you a varsity starter, All-EIL performer or All-American? Have you attended select summer camps, played on elite club teams, or competed in all-star tournaments? Have you reached your athletic potential? If you are a multi-sport athlete, in which sport will you be recruited? If you want to pursue two sports in college, at what level do you want to be recruited? For you, what is the difference between aspirations, perception, and reality? A frank and candid assessment of your abilities will offer you direction as you research appropriate athletic programs to pursue.



EXPOSURE

Our athletes are fortunate to play in the EIL, which has many recruited athletes across a number of sports. Your Pingree coaches are good resources for you. Sit down with them, discuss your goals, and the ideas you both have with regard to the type of program you'd like to play for, and school you'd like to attend. They can help guide you and offer advice about showcases, camps, and clubs that provide good exposure.

In addition, depending on the sport, club teams, showcases, and college camps are all good possibilities to consider in helping you gain exposure. Making a highlight video from games and/or practices using online programs like HUDL can be a great introduction, and can help a college coach identify you as a possible recruit. You should reach out to coaches by email as well, and share with them your academic and athletic profile. For examples, please see the sample [email](#) and [résumé](#) in this guide.



ATHLETIC RECRUITING CALENDAR & CHECKLIST

Grade 9

- ☐ Focus on success in the classroom
- ☐ Explore ways to become engaged in the community
- ☐ Establish yourself as a school citizen and future leader
- ☐ Work with advisor to build organizational skills and understand your learning profile
- ☐ Work with advisor to select appropriate courses for Grade 10, and plan potential courses for Grade 11 and Grade 12
- ☐ Thoughtfully fulfill your three-season co-curricular requirement
- ☐ Speak with Pingree and/or club coach about summer athletic opportunities

Grade 10

- ☐ Work to the best of your ability in all of your classes
- ☐ Demonstrate commitment in extracurricular activities that you find fulfilling and enjoyable
- ☐ Meet with advisor (and consult with Pingree coach and the Pingree College Office) to discuss course selection and how to begin the recruiting process
- ☐ Learn and understand the difference between NCAA Divisions I, II, and III
- ☐ Create a profile with the [NCAA Eligibility Center](#)
- ☐ Build a preliminary “long list” of potential colleges to research, investigate, and visit
- ☐ Where appropriate, compile a highlight video to send to college coaches with the support of Pingree and/or club coach
- ☐ Create a Google email account that will be used only for the athletic recruiting and college application experience
- ☐ Develop an [athlete's statement](#) and/or [résumé](#) with the guidance of Pingree and/or club coach and the College Office
- ☐ Research and make travel plans for summer ID camps and tournament/travel teams
- ☐ Communicate with college coaches about your summer plans
- ☐ Build a summer training plan that advances you towards your growth-based goals, while prioritizing periods of rest and regeneration

Grade 11

- ☐ Work to the best of your ability in your classes



- ☐ Look to broaden your footprint in the school community; demonstrate sustained engagement in areas of interest and personal growth
- ☐ Meet with your college counselor to build and define your college list; create your standardized testing calendar; select letters of recommendation writers; and begin your application and essays
- ☐ Register with the [NCAA Eligibility Center](#) if you intend to be a Division I or II athlete
- ☐ Meet regularly with your Pingree and/or club coach to review your progress toward growth and values-based goals; discuss colleges and programs of interest
- ☐ Engage the recruiting process independently – create and track points of contact with college coaches in a Google Sheet; write emails and letters of introduction; fill out and return college questionnaires; and follow up regularly with updates, schedules, and academic information
- ☐ Update your [athlete's statement](#) and/or [résumé](#) and add to your video highlights as appropriate
- ☐ Obtain a PDF of your Pingree transcript from your college counselor for coaches
- ☐ Submit your SAT and/or ACT scores to the NCAA.
- ☐ Plan to visit as many college campuses as possible during breaks and summer

Grade 12

- ☐ Before you return to school in the fall, have a draft of your [Common Application](#) and essays done; maintain points of contact with your “short list” of schools; plan opportunities for “official” campus visits
- ☐ Decide where you will be applying early action or early decision by October 1st
- ☐ Work to the best of your ability in your classes because first quarter and first semester grades matter in the early application process
- ☐ Continue to communicate regularly with your advisor, college counselor, and Pingree coach, as you stay in touch with the college coaches about their interest in you
- ☐ Meet the deadlines for the financial aid process, noting when the Free Application for [Federal Student Aid \(FAFSA\)](#) and the [CSS Profile](#) are due
- ☐ Send your testing from the ACT or SAT to the colleges well before the application deadline
- ☐ Submit your applications on time



COMMUNICATION WITH COLLEGE COACHES

You need to take the initiative to contact college coaches directly. Let them know of your interest in applying to their school and your intention to participate in their program. Since coaches at the Division III level do not have the recruiting budgets of their Division I counterparts, it is on your shoulders to cultivate a relationship with the coach. The following steps will help you get organized:

- Craft a list of schools with your college counselor and current coaches (Pingree and club).
- Develop an [athlete's statement](#) and an athletic [résumé](#) to include in your letter/email of introduction
- Create a spreadsheet of coach contact information; tracking of communication with coaches; level of play (Div. I, II, or III); league; school size; location of school; etc. You can also share this document with your Pingree college counselor and coaches.
- Return questionnaires from the coaches.
- Gather and edit a game tape (college coaches typically want a tape of a whole game, not a highlight film).
- Attend appropriate camps and tournaments.
- Send college coaches game and camp schedules.
- Email ([tips on how to email](#)) and call ([tips on how to call](#)) the coaches.
- Return emails, phone calls and letters to coaches, and reach out to update them on your season and postseason accolades.
- Visit campuses and meet with the coaches and players.
- Become your own best advocate by staying in touch.
- Review any of your social media profiles and posts to make sure anything that a coach sees online is appropriate and represents you well.
- Consider creating an email address that you will use solely for the college process.
- Coaches are not only measuring your athletic ability but your willingness to commit to their program. By showing your interest through regular and positive communication, a coach may be more willing to save a valuable spot on their list with the admissions office.

Indications that a college coach may be interested in recruiting you include that they:

- Responds immediately to your email, résumé, or questionnaire.
- Requests game tape, transcript, and standardized testing information.
- Calls you on or soon after July 1st the summer before your senior year (the first time the coach can call you).
- Attends games, camps, and tournaments in which you are playing.



- Watches one of your practices.
- Communicates regularly with your Pingree or club coach.
- Regularly calls you and/or emails you.
- Asks to do a home visit with your parents.
- Invites you to campus to watch practice or game (unofficial visit).
- Invites you to campus for an official recruiting visit.

Important note: Coaches may conduct many of the actions above for a large group of student-athletes, depending on the sport. It is important to understand that a coach has limited “spots” to support student-athletes, and despite their early attention, they may not continue recruiting an athlete as the admissions date gets closer.

Tips on how to email a college coach

One of the first points of contact with college coaches is typically an introductory email so you can communicate your interest in the program, set up opportunities for the college coach to evaluate you, and to share your academic and athletic information. It is important to realize that college coaches are getting hundreds, if not thousands, of emails from prospective student-athletes so you need to send clear, concise, and informative emails that catch the coaches’ attention. Below are some helpful tips on how to create appropriate email communications, and we strongly recommend that you share drafts with your Pingree coach and college counselor.

- Create an eye-catching subject line for the email which includes your graduation year, your position in the sport, and information that is specific about you. Consider what is important to the coach, keep the line short, and use relevant statistics. For example:
 - 2025 Point Guard, 6’4” 200 LBS, 20 ppg
 - 2026 Long Stick Middie, All-EIL, 34 ACT
 - 2027 Goalie, Pingree Varsity Girls Soccer, 90/100 GPA
- Present the important information for the coach in a **concise** way. Include the following:
 - General information with your name, graduation year, high school, and club name
 - Academic information such as GPA, test scores, and courses for the upcoming year.
 - Include relevant athletic statistics that are sports specific (your Pingree coach can help you identify what the coaches need to know).
 - Offer your contact information such as address, email, and cell phone.
 - If appropriate for your sport, include a highlight video clip or link to your game film, and we recommend you create this with your Pingree or club coach.
 - Share information about your Pingree schedule, and depending on your sport, include your club team schedule or what tournaments, showcases, or events you will be competing at outside of Pingree.



- Give the coaches your Pingree jersey number and your club team jersey number.
- Ask the coaches what camps, tournaments, and events they will be attending so you can figure out a way to compete in front of them.
- Inquire about opportunities to come to campus to meet the coach, watch a practice or game (in season), and take a campus tour.

Don't hesitate to have your first email to a college coach reviewed by a Pingree coach and the College Office, and make sure you edit it carefully before you send it.

Tips on calling college coaches

Like anything in life, you want to have a plan when you call a college coach. It is essential to prepare, practice, research, and manage the experience as much as you can. The best way to control your nerves and sound confident on the phone is to follow these suggestions.

- Practice the phone call with a friend, coach, advisor, or college counselor. It is important to role play the conversation and rehearse your responses to important questions.
- Research the college, the athletic program, and the coach before you call. Have handy key facts and specific information so you can ask good questions and impress the coach with your knowledge. Have your laptop open with relevant tabs so you can pull the information from the school's website on the college, the team, and the season. Coaches will appreciate your knowledge of the program and the college. You can also have your script in front of you so you can remember your questions and key talking points.
- Find a quiet place so you are not distracted and can have a serious conversation. It is best to be alone in a room without noise or prying ears so you can concentrate. You may consider having a parent/guardian in the room who can take notes while you are speaking so you can be fully present for the conversation.
- Call the coaches when you will have the best chance of reaching them. During the summer or offseason, you are most likely to catch them during office hours (9 am to 5 pm). During the season, the best time to call a coach is between 6 pm and 9 pm.
- Develop a general script for the conversation. Start with an introduction of the reason you are calling; explain why you are interested in the program; ask questions to learn more about the program; and then inquire with the coach about next steps. Also, make sure you thank the coach for their time and note how you will follow up.
- Most importantly, college coaches want to speak to the recruits on the phone, not their parents!



Tips on leaving a voicemail for a college coach

It is very common to find yourself leaving messages for college coaches on their voicemail. Before you call the coaches, write out exactly what you want to say if you do end up in their voicemail. A prepared and precise message is helpful to the coach, and it makes you sound more mature and focused as a potential recruit. Practice your script and make sure you feel confident leaving the message. Here is some key information to have in your voicemail:

- Your name
- Your high school (Pingree) and location (South Hamilton, MA)
- Your position
- Your graduate year (for example, Class of 2027)
- The reason you are calling (for example, following up on an email, trying to schedule a visit, etc.)
- How you will be following up in terms of an email or phone call
- The best number to contact you at
- The best day and time to reach you
- Finish with a “thank you for your time”

Finally, make sure that you have activated the voicemail box on your cell phone and update your voicemail message, so it is current and appropriate.



THE IMPORTANCE OF ACADEMICS

Your academic performance is equally if not more important than your athletic performance in your athletic recruiting process. Although athletics may serve as a tipping factor, academic performance is paramount to gaining admission at highly selective colleges and universities. Coaches can recruit and can offer athletic support, but ultimately, it is up to the admissions offices to decide whether or not a student-athlete will be admitted to a particular college. The stronger the student, community member, and citizen you are, the easier it is for a coach to recruit you. However hard you work on your particular sport, match that level of commitment and work ethic to the classroom. Coaches will ask for your transcript and school profile at various times during the recruiting process. Please contact the College Office if a coach requests this and we will send you PDFs of both documents for you to send to coaches.



STANDARDIZED TESTING

Another important element of a student-athlete's chances of being recruited is standardized testing. Strong standardized testing in conjunction with consistently strong academic performance can make a powerful difference.

While there might be an urge to take an SAT or ACT early to attract a coach, it is wise to wait as long as possible to test to maximize your likelihood of testing well. Testing too early and too often can lead to testing fatigue, possibly impacting your ability to test well. The best advice is to use Pingree's general testing guidelines (a junior winter/spring testing plan) unless a Division I college coach explicitly asks you to test early. In most cases, coaches can wait until at least junior fall, particularly with Division III programs. As noted before, please consult the College Office first to determine the best testing strategy.



OFFICIAL & UNOFFICIAL VISITS

Official college visits are paid for by the college and technically only occur in the recruiting of Division I and Division II student-athletes. By NCAA rule, Division I recruits in most sports can participate in official visits starting August 1 before their junior year of high school. Division II recruits can begin taking official visits starting June 15 after an athlete's sophomore year.

Division III recruits can begin taking official visits after January 1 of their junior year. There is no limit of official visits; however, recruits are only allowed one official visit to the same school, unless there is a head coaching change post-visit. In said cases, a recruit is allowed to complete a second official visit to the same school.

Unofficial college visits are those made by prospective student-athletes and their parents and are paid for by the family. These visits are unlimited. Division I recruits in most sports and their families are not allowed to arrange unofficial visits with a school's athletic department (including the coach) until August 1 before the athlete's junior year. Families can still go on unofficial visits before August 1 before junior year, but they aren't allowed to have any recruiting conversations with the coach while on campus. Division II and Division III recruits can make an unlimited number of unofficial visits at any time. While a student-athlete is on a college campus, there are no restrictions on coach contact.



TIPS & GUIDELINES DURING COLLEGE VISITS

When you are invited to campus by a coach, make sure you do the following:

- Attend classes, particularly in a field you might want to study in college.
- Set up an interview with a member of the admissions office (the coach should make the arrangements for you).
- Eat at least one meal in the student dining hall.
- Visit the library and other areas where students study.
- Attend a practice or team workout.
- Spend the night in a regular student dorm, not a dorm only housing athletes.
- Hang out with the team to get a feel for their personalities and priorities.
- Ask the coach and players how many classes (and/or labs) they miss for away games and for practice; how many student-athletes graduate on time (within 4 years); and if members of the team regularly attend summer school.
- Ask the coach about the team dynamics, team culture, and their coaching philosophy
- Avoid parties and establishments where drinking is occurring.

The coach, the team, and the admissions office will be carefully assessing your strengths and weaknesses as a person during your visit. Your personal qualities are being scrutinized, and your actions, words, and behavior will be discussed. Make a positive, meaningful, and enthusiastic impression.



EXAMPLES OF QUESTIONS TO ASK COLLEGE COACHES

Regarding the Sports Program

- How often do first-years play?
- What role do you see me playing on this team?
- How strong of a player would I be on your team?
- What are skills I need to work on as an athlete?
- How long is the coach's contract at the school?
- Do you redshirt freshmen?
- Do you redshirt injured players?
- How many other recruits are on your list this year?
- How many other players do you have on the team at my position?
- Would you want me to play my position or would you have me switch my position?
- How many players are in your program?
- How many returning starters do you have?
- Could you describe the off-season training program and commitments?
- Do all of the members of the team travel to away games?
- How many students are on scholarship? How many students are not on scholarship?
- What is your in-season practice and conditioning schedule?
- How much support does this program receive from the college/university's athletic program?
- What is the time commitment for travel in-season?
- Can students "walk-on?"
- What kind of budgetary support does the program receive from the athletic department? How much would I be responsible for?
- What is a typical day for one of the players in-season and out-of-season?
- What are your goals for the program?
- What is your coaching philosophy?
- What is the team culture and how is team chemistry fostered?

Regarding Campus Life

- Do athletes have separate housing or specialized housing?
- If athletes come to campus early for pre-season training, where do they live?
- Do athletes have special dining hours? Are dining hours extended if athletes have late practices or games?
- Do athletes have to live on campus?



- Is it possible to study abroad as a student athlete? If so, when? For a semester? Over the summer? For a shorter period of time?
- How easily can I involve myself in other extracurricular activities?
- Can I play another sport?

Regarding Academics

- How do I pick my classes? Who helps me to pick classes?
- How often do students take summer classes to make up time from the academic year?
- Are there any majors that are easier or harder to choose as a student-athlete?
- Where do I go to get help if I have difficulty academically?
- Do professors understand if I have to miss class for a game or tournament?
- Does the coach keep tabs on the team members' academic performance?
- Does the team or the athletic department offer tutoring or study tables?
- Do players in my sports program tend to graduate in four years?
- How often will I miss class because of my sports commitment?
- What is the coach's perspective on academics?
- How successful are the other student-athletes in this program?

Regarding Financial Aid

- How many scholarships does your program offer?
- If I am offered a scholarship, will the scholarship amount stay constant and/or be renewed?
- What costs does a scholarship to your college cover?
- Can I work while on campus?
- If an athlete gets hurt, what happens to his scholarship money?
- Is there any financial assistance for summer school?
- If the college doesn't provide merit/athletic scholarships, how does the financial aid office award financial aid? Would my family qualify for aid?
- Can my family get an early read on our financial aid package?
- Are need-based financial aid packages renewed each year?

Regarding the Admissions Process

- Will the coach support me in the admissions process?
- Has the admissions office seen my application materials and given any sort of feedback?
- Are there things I can do to strengthen my application?
- How many other students is the coach supporting?



- Where do I fall on the coach's list?
- How often does the admissions office listen to the coach's suggestions?
- Will the coach support me in the admissions office if I have not made a firm commitment?



THE PARENT ROLE

It can be tempting as a parent to take over the process to help your child, particularly when it begins earlier in a child's high school career. Ultimately, this experience is far more effective, both in terms of outcomes, and in terms of your child's sense of self and ownership, for them to lead this journey. While your child will need your support and guidance, we encourage parents, both in the big picture conversations and in dealing with the multitude of details, to please let your child lead. Also, another important point is that college coaches expect the student-athletes they are recruiting to lead and to be the primary contacts with whom they are communicating.

So, what can you do as a parent?

- Understand that athletic recruiting can start the college search and application experience long before we feel some teenagers are equipped to manage it. This can initiate pressure that a high school student may not be ready to handle. We encourage you to be patient and measured with your conversations and requests of your child.
- Give your child support and guidance, but don't manage the process for them. Teach your child to self-advocate and guide them, as they initiate contact and follow through with each coach and school. Let them be the main communicator in the process during phone calls, email exchanges, and meetings.
- Work with Pingree's College Office and current coaches to help develop a recruiting and college application plan. If possible and when applicable, connect your child's Pingree coach with your child's club coach so they can work together to advocate for your child.
- Instill confidence, resilience, discipline, effort, and a strong work ethic in your child. College coaches are evaluating character as well as athletic talent and want to be sure that their athletes are coachable and team-oriented.
- Stress the value of academics and remind your child of the need to research the fit of a college beyond their athletic considerations.
- Have honest and meaningful conversations about what your family can spend on the recruiting process and your child's education.



THE COMMITMENT PROCESS

Only after a tremendous amount of positive interaction with a college coach, a “green light” from a pre-read of your academic credentials from the college’s admissions office (typically on or around July 1st prior to your senior year), and a show of your own interest and potential commitment to that college, will you possibly receive an offer of support. If a verbal offer comes before any of these conditions have been met, you might consider the validity of the offer.

Typically, a coach will ask that you verbally accept that offer within a given timeline. Some coaches will be more flexible, others will not. Some Division I coaches will unofficially make offers of support to recruits as early as in the first few years of high school. College admission offices do not recognize these offers of support, and students and parents should be wary of early offers without a lot of communication with the College Office, your current coach, and the college coach.

As soon as a verbal offer is on the table from a college coach, communicate with your current coaches and the College Office so that they can help you navigate your next steps. Unless you have already discussed your response to an offer, feel confident in not responding immediately. Let the coach know that you are excited, grateful, and that you need to take the time to thoughtfully consider the offer, and to talk with your parents and college counselor.



NCAA ELIGIBILITY

In order to practice, play, and receive an athletic scholarship at the Division I or Division II level, a student must have their academic and amateur status cleared, and they must be declared eligible by the NCAA Eligibility Center. Please note: this does not apply to Division III applicants.

- All Pingree students with an interest in Division I and II, but especially those interested in making official visits (expenses paid by the colleges) in the fall of their senior year, should register with the NCAA Eligibility Center as early as possible. Visit [the NCAA Eligibility Center website](#), click on “Register” in the middle of the page, and create an account.
- The fee to register with the NCAA is \$100, but if a student is eligible for a fee waiver for the SAT or ACT, they will also qualify to have the NCAA Eligibility Center registration fee waived.
- After the registration is complete, the student can visit the “My Planner” page to view and update account information; verify that test scores and transcripts have been received; check their status; and view any open tasks.
- SAT and ACT scores should be sent directly from the testing agency. The code for the NCAA Eligibility Center is 9999.
- Pingree will upload your transcript into the NCAA website at the end of your junior year, and we will upload your final transcript after you graduate.



SOCIAL MEDIA IN THE RECRUITING PROCESS

X (formerly Twitter) is a popular social media platform for college recruiting, used by both coaches and student-athletes. It's a way to build a profile, connect with coaches, and share athletic accomplishments. It has become a preferred platform and is an effective tool for athletes to update college coaches on new content, tournament schedules, and accomplishments.

Who can follow whom?

College coaches are permitted to follow recruits on X, and student-athletes can follow college coaches. It is considered a point of contact by the NCAA which regulates X usage. College coaches not only use X to communicate with and gather information on recruits, but they are also evaluating the character, personalities, and social common sense of the recruits.

Does it mean something if a college coach follows you on X?

If college coaches follow you on X, it may signal that they are interested in you as a potential recruit and want to follow your progress. It can also mean they are trying to boost their following, promote their summer camps, or share their content.

What do you need to put into a X profile to help your recruiting process?

- A photo of you in your Pingree uniform and a clear shot of your face
- Use your real name and a X handle that is easily searchable
- List your high school, class year, club team, and position(s)
- List your height and weight if it is relevant to your sport
- List stats important to your sport such as velocity, erg time, wingspan, 40-yard dash, and/or rankings
- List your home town and state
- Link to your recruiting profile page if you have one
- Pin a post to your profile that includes your stats and highlight video
- List academic information, but check with the College Office before you post it
- Please note that some of this information is personal information so you need to be careful what you put on any social media platform. It is important to speak with your parents/guardians, the College Office, and coaches about what data you share on X for your own safety.



Things to be cautious about when using X:

- College coaches are trying to get a better understanding of your personality and character so they will be viewing your content through this lens.
- They may check your friends' posts and profiles, so be careful about how you engage with friends and their social media behavior. You may want to use your X account for the recruiting process only.
- Avoid inappropriate posts, captions, comments or likes.

What should I post on X?

- Schedules for your Pingree and club teams
- Links to recaps from your games, tours, camps, showcases or combines
- Visits to college campuses (official or unofficial), and you should tag the coach, school and team to thank them for their time.
- Accomplishments or recognition for your play
- New highlight, skills, or game film

How should I use the DM functionality in X?

- College coaches will DM you once the contact period begins. Feel free to respond to them through X.
- You can set your X account to receive DMs from people you aren't following so college coaches can DM you.
- You can also send messages to coaches you want to connect with via DM, and you can tag a coach or hashtag the team to get their attention.
- Besides following college coaches and their programs, it is also helpful to follow the X accounts dedicated to your sport that offer advice and insights on the recruiting process.



SAMPLE ATHLETE RESUME

YOUR NAME HERE

Your address

Cell Phone:

Add an action photo of you here.

Email Address:

Birthdate:

Pingree School

South Hamilton, MA 01982

ACADEMICS

GPA:

Honors Classes:

APEX Classes:

TEST SCORES

PSAT:

ACT:

SAT:

ACADEMIC AND ATHLETIC GOALS

Name possible majors/degree programs at the specific college you're sending this to and add something about the sport you're interested in.

EXTRACURRICULAR ACTIVITIES

Name a few here (avoid your sport/team, that will go in the next section)

HIGH SCHOOL ATHLETICS

Your primary sport: *High school team name & details. Positions. Leadership. Any special notes about the season. Highlights. Add a video link here when you have one.*

Coach contact info:

Club team info:

Tournament info:

Camps/showcases:

Any other contact info:

Any other highlights, noteworthy info, or a secondary sport:



SAMPLE EMAIL TO COLLEGE COACH

Below are some resources to consider when emailing college coaches:

- [Honest Game](#)
- [NCSA](#)
- [Sports Recruits](#)
- [USTA](#)