



St. Mary's Ryken HIGH SCHOOL

College Athletic Recruiting

Joel Lang

Director of College Advisement & School Counseling
Padua Academy (Wilmington, DE)

Dave Hamilton

Director of College Advising
St. Mary's Ryken High School (Leonardtown, MD)

Goucher College Summer Program
June 22, 2026

Joel Lang

Worked for the past 29 years in two of the most athletic high schools in the state of Delaware.

Salesianum School - 16 years

Padua Academy - 13 years

** Niche and USA Today ranked Salesianum #1, Padua #2 (2025 & 2026)

Coached football, baseball and flag football - all at the high school level

Coached travel baseball for 10 years

Worked with athletes in most high school sports - currently have 2 former students playing in the NFL, one in the NBA, multiple baseball players who were drafted or playing/played minor league baseball, one playing women's major league soccer.

Proud Dad of a DIII baseball player



Dave Hamilton

Worked for the past 29 years at two schools in the Washington Catholic Athletic Conference:

Good Counsel High School - 7 years

St. Mary's Ryken High School - 22 years

Coached volleyball at the high school level and summer camps at colleges and universities.

Worked for 11 years in admissions at an NCAA Division I university. Responsibilities included review for the Honors Program, scholarship programs and admissions to the school.

Served for five years as the NCAA Certifying Official (predates Eligibility Center) at the institution.

Former “professional” beach volleyball player and two-time qualifier for the Obstacle Course Racing World Championships.



The reality

How many high school student-athletes go on to play their sport in an NCAA college or university?



	High School Participants	NCAA Participants	Overall % HS to NCAA
Men			
Baseball	472,598	41,580	8.8%
Basketball	540,704	19,617	3.6%
Cross Country	241,565	15,425	6.4%
Football	1,029,588	83,794	8.1%
Golf	162,357	8,818	5.4%
Ice Hockey	32,253	4,558	14.1%
Lacrosse	113,696	16,691	14.7%
Soccer	484,908	28,746	5.9%
Swimming	119,102	10,131	8.5%
Tennis	158,667	7,473	4.7%
Track & Field	644,235	34,747	5.4%
Volleyball	95,972	3,478	3.6%
Water Polo	21,756	1,245	5.7%
Wrestling	300,214	9,056	3.0%
Women			
Basketball	356,240	16,823	4.7%
Cross Country	191,733	15,396	8.0%
Field Hockey	50,764	6,610	13.0%
Golf	85,385	5,861	6.9%
Ice Hockey	9,589	3,074	32.1%
Lacrosse	99,292	13,906	14.0%
Soccer	393,048	31,200	7.9%
Softball	338,315	21,916	6.5%
Swimming	138,303	12,998	9.4%
Tennis	204,721	8,137	4.0%
Track & Field	513,808	33,519	6.5%
Volleyball	492,799	19,810	4.0%
Water Polo	18,023	1,333	7.4%

Why don't high school athletes get recruited?

Recruiting is often about fit, academics, character, and communication - not just athletic ability.



What's your brand? What message will college coaches see?

SEND THESE MESSAGES:

Highlights

Training clips

Academic achievements

Volunteer work

Team accomplishments

Leadership activities

Positive interactions

DO NOT SEND THESE MESSAGES:

Alcohol or drugs

Offensive language

Bullying

Inappropriate photos

Negative comments about coaches,
teammates, teachers, officials

Political arguments that become hostile

Reposting questionable content



Where can I play?

Do your research

- Talk to your coaches - have a real conversation about what level you can be successful. (DI, DII, DIII, Juco, NAIA)
- Look at current college rosters - do they need players in your events/position?
- How far is too far away from home?
- Does the school have your major?



Getting on the radar...

Contact coaches via:

- Recruiting questionnaires
- Email
- DMs



What info should I send?

Personal Information

- Name
- Graduation year
- Position/event
- Height
- Weight
- Contact information

Academic Information

- GPA
- Class rank (if available)
- SAT/ACT (if available)
- Intended major



Proper email...

Subj: Shooting guard Class of 2028

Coach Thomsen,

My name is Jordan Sims, a 2028 shooting guard from Digital Harbor High School in Baltimore. I am interested in Frostburg State because of the strong academic reputation of the Business school and the growing success of your basketball program.

I have linked [my highlight video](#) and academic information below. I would appreciate any feedback regarding your recruiting needs.

Thank you for your time. I hope we can connect soon.

Jordan Sims

3.45 GPA (college prep and honors classes)

1010 SAT score

Cell #:

Instagram handle

Twitter handle



NCAA Eligibility Center

