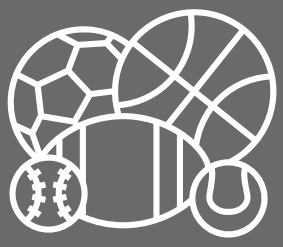
College Counseling:

ATHLETIC RECRUITMENT GUIDE



Below are tips and considerations for Horace Mann School student-athletes pursuing athletic recruitment as part of their college application process.

TIMELINE

In addition to the basic steps and timeline of the college application journey, student-athletes should:

9TH & 10TH GRADE

- Think about what you might be interested in studying, and work hard in school.
- Record highlight videos of you in your sport.
- In 10th grade, register with the **NCAA Eligibility Center** (free). If you're being actively recruited by an NCAA Division I or II school, complete the **required certification account** (for a fee).
- Begin making a list of schools and coaches you might be interested in getting to know. Cast a wide net!
- Consider attending the appropriate attending showcases and camps.
- Parents meet with Ms. Howrigan at the end of sophomore year.

11TH & 12TH GRADE

- Work with College Counseling to explore schools and build a balanced list that accounts for your interest in athletics and educational goals.
- Narrow down your list of schools to your top choices and start taking official/unofficial recruiting trips starting August 1 of your junior year.
- Update your recruiting video.
- Complete recruitment questionnaires.
- Coaches can begin contacting you through calls, email, and text starting June 15 or September 1 (*baseball, basketball, football, lacrosse, softball*) after 10th grade. Access the **Recruiting Calendar**.
- Contact coaches at the schools you are interested in attending.
- Schools interested in you will initiate a "pre-read" for admission. Be prepared to share your transcript and test scores.
- When your official final transcript is available, HM will upload it to your Eligibility Center account.

YOUR COLLEGE SEARCH

A checklist of considerations:

College

- ☐ Size (school and classes)
- ☐ Location
- ☐ Academics
- ☐ Affordability
- ☐ Campus life
- ☐ Internships
- ☐ A place where you can grow as a person

***TIP**: Love your school first! Your sport might not last forever.*

Coach & Coaching Staff

- ☐ Full/Part-Time or Grad Assistant
- ☐ Tenure at the school
- ☐ Coaching style

Team

- ☐ Camaraderie
- ☐ Team culture
- ☐ Sportsmanship & team unity

Academics, Housing & Nutrition

- ☐ Structured study halls
- ☐ Access to tutors
- ☐ Early registration
- ☐ Athletic dorms
- ☐ Dietician/Nutritionist
- ☐ Travel expectations

COURSE SELECTION

- All core HM courses are approved by the NCAA.
- Questions? Ask your academic advisor/dean and/or college counselor for insights and guidance.
- Take a rigorous course load that is appropriate to your abilities and talents.
- If committed and necessary, seek advice from the coach or admissions office.

FINANCES AND SCHOLARSHIP

- Upfront and honest conversations about affordability are essential and should occur before the recruiting process.
- Be transparent with the school about what you can afford.
- Full-ride, four-year sports scholarships are rare. About 2% of high school athletes are awarded athletics scholarships. Schools may be able to offer merit, supplemental scholarships, and/or need-based financial aid. Some schools may be able to offer an academic stipend or meal plans.
- Do not start the recruiting process by asking about athletic scholarships. This will be provided as interest develops.

TOP TIPS: TALKING TO COACHES

Coaches are recruiting you, NOT your parents. Self advocacy is key!

Always be polite and formal when contacting coaches and admission representatives. In your introduction email to the coach, include your name, graduation year, high school and location, videos, position/number, current skills, goals/accomplishments, reasons you like the school/academics, and your current coach's name and contact information. Your college counselor is happy to help you intrepret communications from coaches.

When on a visit:

- Remember that you are interviewing the coach just as much as they are interviewing you.
- Connect with alumni who can share their experiences as students and/or athletes.
- Use this opportunity to learn more about the school, the coach, the athletes, and expectations.
- Relax and be yourself while remaining professional and respectful.
- Know which **questions to ask**.

RECRUITMENT MILESTONES

Verbal Commitments

When you make your verbal commitment, the college has made no formal, reciprocal commitment to you. Doing your best in school and making good choices in and out of school will keep your process moving forward. While the coach will likely support you in the admission process, **only the admission office has the prerogative to admit you to the school**. **Nothing is finalized until you have your admissions decision letter.**

We encourage you to consider these questions before the agreement becomes formalized:

- *Is this the college you want to attend, even if an injury occurs or there is a change in coaching?*
- *Have you asked for a financial aid pre-read? Is this college in your family's budget?*
- *Has the coach given you any guidelines for admission, whether those are specific classes to take or grades you must earn?*
- *Do you want to explore or apply to other colleges to make sure you're making the right decision?*

Recruiting Calendars

NCAA Division I and II **recruiting calendars** promote well-being and ensure fairness among schools by defining specific periods during the year when recruiting may occur in a particular sport.

NOTE: Certain recruiting activities, such as calls, visits to your high school, face-to-face contact, and other forms of correspondence, may have division- and sport-specific restrictions before certain grade levels in high school.

READY TO PLAY?

Learn more with your HM college counselor, athletic coach, and **NCAA resources**.

MS. KAITLIN HOWRIGAN
Executive Director of College Counseling
(718) 432-3846
kaitlin_howrigan@horacemann.org

MR. MATT RUSSO
Director of Athletics, Health, and Physical Education
(718) 432-3820
matthew_russo@horacemann.org