

COLLEGE ATHLETICS RECRUITING

College coaches generally follow specific steps through their collegiate athletic recruiting process. Knowing these steps will help potential recruits understand where they are in the recruiting process and what still needs to occur going forward. These steps include:

1. Gather a list of prospective athletes
2. Conduct evaluations of prospective players (at camps, clinics and in competitions and on campus visits)
3. Reach out to prospective student athletes (SA's)
4. Assess a SA's families financial aid situation
5. Extend verbal offers and scholarships (where applicable) or "roster spots"
6. Sign athletes

The availability and level of athletic aid offered will vary depending on the level of the institution (scholarship vs. non-scholarship), on type of sport (individual vs. team) and on the coach's interest. Non-scholarship institutions (most notably the Ivies and other non-scholarship NCAA D1's and all NCAA D3 institutions) will assess a prospective SA's family's financial aid situation to see how academic and need based aid will be available to help support the SA enrollment.

While the timeline will vary based on the sport and level, in general, the below will help interested student athletes know what to do, and when, as a college prospect.

Rising Ninth Graders: Team up with your parents to begin to determine the right fit - level, type of institution, location... Assure your social media is "clean". Begin to meet with your coach to identify target schools and assess any school that has already reached out to you. If coaches are reaching out to you expressing interest, make sure and respond to those institutions - either way - "yes I'm interested," or "no I'm looking for something else and am not interested." You will not hurt a college coach's feelings; they will appreciate your honesty, integrity, and frankness throughout the process.

Rising Sophomores: Gather information about the colleges in which you have an interest. Once you feel confident that your grades and skills will make you a strong prospect for a particular school, add them to your list. Talk to your parents about your choices and begin to narrow the list of institutions. Reach out to (email or call) the coaches who have already contacted you to assess their interest in you. Also begin to fill out online athletics questionnaires at your schools to express your interest in being recruited.

Rising Juniors: This is a pivotal year for coach communication - coaches can contact you directly and top players will hear from coaches with offers - D1 and D2 coaches will reach out and make scholarship offers. If interested, continue to reach out to coaches at your top schools

and prepare for coach phone calls and campus visits with questions, concerns and interests. Visit schools, participate in camps and clinics, and talk to coaches and athletes about their program.

Rising Seniors: At this stage, you should have already established connections with the coaches at your target schools. Focus on nurturing these relationships through phone calls, texting, and social media. Be ready to work through the process as you receive offers and make your final decision. Focus on the right fit - academically, athletically, and personally.

COLLEGE RECRUITING CHECKLIST

9th Grade Year

- Work to assure the best possible academic record/credentials. Create solid transcripts by performing well in classes, participating in school activities and assuming leadership roles when an opportunity presents itself.
- Begin researching the recruiting process and school characteristics - Type of institution (research university, smaller university, liberal arts college), public/private, academic majors, athletics programs, location, size, cost, campus environment, team rosters ...
- Create a list of potential institutions that you have an interest in. This list can be 5 schools or 50+. Investigating various types of schools can often help you to learn about what you really want in your college experience.
- Begin researching what grades/scores you need to have in order to get into your top choice programs
- Focus on team participation and individual skill improvement. Be a strong team member, emulating program leaders - how they act, lead, perform - learn from their example.
- Create an NCAA Profile in the NCAA Eligibility Center <https://web3.ncaa.org/ecwr3/>
- Research the process on sites like the NCAA (National Collegiate Athletic Association) <https://www.ncaa.org/sports/2021/2/8/student-athletes-future.aspx> and the NCSA (Next College Student Athlete) <https://www.ncsasports.org/> (you do not have to join to use their information on their website)
- Investigate how recruiting in your sport works - read the NCAA guide for college bound student athletes http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

If using social media, understand that college coaches use this as a tool in recruiting that can help you or hurt you. Be positive on the platforms you use.

10th Grade Year

- Continue strong academic work.

- Narrow the list of schools that meet your needs - academic, athletic, and personal needs.
- Investigate the characteristics of players in the programs you have on your list.
- Learn specifics - your sports recruiting calendar (for DI and DII); talk to your HS/Club coaches; learn from previous SA's who went through the process; talk to SPA alumni who play(ed) in college at similar institutions you are considering about their process.
- Investigate the current and future team needs and patterns - what are the recruiting factors, standards and characteristics that the coach has used in the past.
- Identify where opportunities are "to be exposed" to college coaches - in the season, the off-season and/or summer opportunities (i.e. ID camps/clinics, club, travel, AAU...).
- Assure you have completed the recruiting information forms on the college websites of the schools on your list.
- Create a "resume", player profile or your own website and send it to the coaches on your school list. Make follow up phone calls, and send texts and/or emails to the coaches to make sure they received your information and build the relationship.
- Update coaches on your progress - awards, achievements, events, and plans.
- Take available practice entrance exams (SAT/ACT)
- Consider going to summer camps/clinics at the schools on your list.

Keep improving, training, and being coachable. There is still time to get better - improve academically, get involved, and get stronger and smarter at your sport.

11th Grade Year

- Continue strong academic work.
- ACT/SAT prep. The College Counseling Office [highlights many options to consider](#).
- Take the ACT and/or SAT. Update coaches and your NCAA Profile with best test scores.
- Talk to the coaches at each school to determine your "market value." If possible, setup and take your 5 official visits and do unofficial visits (unlimited) to your top schools.
- Be honest with coaches, yourself, and family:
 - What level of college athlete are you? Do you have the desire to train, practice, compete, and balance academics and athletics as a student-athlete? Even if you get a scholarship, do you have what it takes to keep it and excel?
 - If a coach is contacting you and you have no interest, let them know you are no longer considering that institution.
 - If a coach is not following up or communicating with you, understand the message this is sending to you and put more time into other institutions.
- If applicable, determine scholarship availability and amounts for each school.
- Openly talk to your family about financial aid, how you will pay for college, and their level of financial assistance.
- Consider any offers you may receive. If it is the right fit - academically, athletically, and personally - verbally commit to that institution/coach.

- If necessary, consider ID camps/clinics at schools on your list.

SUMMER GOING INTO 12TH GRADE YEAR

- Make sure your top schools accommodate your long term athletic and academic goals.
- Find out what college coaches would like you to be doing during your senior year to be ready - athletically and academically - in order to be best prepared for college athletics.

12TH GRADE YEAR

- Continue strong academic work. Consider retaking the ACT and/or SAT if necessary.
- Complete college applications and keep coaches at your top institutions informed.
- Speak with current and former athletes at the schools in which you are interested.
- Speak with coaches about where they see you playing if you were to attend their school.
- Determine the best fit for you and commit!