

*The College Athletic
Recruiting Process*



Presented by: Friends School Athletics Department

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Introduction

There is a school and a sports program for everyone. It just takes a little effort on YOUR part to find the match for you.

NCAA

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,280 colleges, universities, conferences and organizations. The national office is in Indianapolis, but the member colleges and universities develop the rules and guidelines for athletics eligibility and athletics competition for each of the three NCAA divisions. The NCAA is committed to the student-athlete and to governing competition in a fair, safe, inclusive and sportsmanlike manner.

The NCAA membership includes:

331 active Division I members

291 active Division II members and

429 active Division III members

What's the difference between Divisions I, II and III?

Division I

Division I athletics have guidelines that ensure academic success and fairness across member schools in the form of financial aid award rules. Each school must offer the minimum number of financial aid award to student-athletes while being careful not to exceed the cap established to ensure fair competition. For a particular school to be classified as a Division I member, it must meet a minimum number of sponsored sports for both men and women (Seven for both men and women, or six for men, and eight for women). In addition, each Division I athletic program also requires a minimum participation commitment, varying by sport.

Division II

The emphasis for your experiences in Division II is a comprehensive program of learning and development in a personal setting. The Division II approach provides growth opportunities through academic achievement, learning in high-level competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide Division II student-athletes with a path to graduation while cultivating a variety of skills and knowledge for life ahead.

Division III

Division III athletic departments place special importance on the impact of sports on the participants rather than the spectators. Your experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletic opportunities made available to you, placing primary emphasis on regional in-season and conference competition.

The NCAA-Sponsored Sports that are included are:

Fall Sports

- Cross Country (M/W)
- Field Hockey (W)
- Football (M)
- Soccer (M/W)
- Volleyball (W)
- Water Polo (M)

Winter Sports

- Basketball (M/W)
- Bowling (W)
- Fencing (M/W)
- Gymnastics (M/W)
- Ice Hockey (M/W)
- Rifle (M/W)
- Skiing (M/W)
- Swimming and Diving (M/W)
- Indoor Track and Field (M/W)
- Wrestling (M)

Spring Sports

- Baseball (M)
- Golf (M/W)
- Lacrosse (M/W)
- Rowing (M)
- Softball (W)
- Tennis (M/W)
- Outdoor Track and Field (M/W)
- Volleyball (M)
- Water Polo (W)

Roles and Responsibilities

Student-Athlete:

- Determine how your sport will impact your goals for attending college.
- Decide level of commitment to the sport (level of program).
- Decide which colleges best meet your criteria and goals (academic, athletic and other).
- Send an athletic resume and a video tape to the schools that meet your criteria.*
- Consult with your Friends school coach for information, input and advice on all aspects of the recruiting process, including the sending of your athletic resume and a coaches evaluation.
- Obtain and submit all documents necessary for certification to the NCAA CLEARINGHOUSE via the Office of College Guidance at Friends (www.ncaaclearinghouse.net).
- Consult with your college counselor about:
 - Your eligibility status (core course, GPA, SAT requirements, ACT requirements etc).
 - The academic appropriateness of your college choices
 - The status of your transcripts and Clearinghouse release forms
- Make sure transcripts (official and unofficial) with PSAT, SAT or ACT scores are sent to any college that is actively recruiting you and / or makes an offer of an official visit.
- Take advantage of opportunities for exposure (camps, off-season leagues, tournaments etc) and work to improve your fitness and strength level.
- When you attend summer camps - be sure to go up and introduce yourself to the college coaches of the schools you are interested in. Don't be scared to say hi, tell them who you are and where you play.
- Fill out and return questionnaires to appropriate schools.
- Decide which schools to visit.
- Consult with your parents on the financing available for college. Submit financial aid documents to the college.
- Complete the college application process.
- Maintain strong grades.

- As soon as possible after you have made your final decision on where you will attend college, let all coaches recruiting you know what you have decided.

***Regarding Video tapes:**

- Do not send full games unless a coach requests it.
- Do not spend crazy amounts of money on a "jazzy" video tape. College coaches don't need the bells and whistles, the background music, etc.
- Send a 15 minute or less video tape of *Highlights of your play* ...offensive, transition and defensive game clips, maybe some skill drills, etc. You want your video tape to highlight your skills, speed, athleticism, games sense and hustle.
- Find a parent, friend etc who will stand still and video some of your high school games, club games, camp play, etc. and can put together the best clips.
- Remember to write on your tape what number you are, jersey color, the team you are playing for, so the college coach can easily identify you.
- Remember to include a note with your videotape so that the coach knows exactly who and what they are watching.

Parent:

- Talk about money! What can you afford? It's a tough conversation, but a necessary one.
- Be involved at every stage of the student's decision-making.
- Become knowledgeable about the NCAA Clearinghouse procedures (www.ncaaclearinghouse.net) and the NCAA recruiting rules and regulations (found in a brochure entitled NCAA Guide for the COLLEGE-BOUND STUDENT-ATHLETE available online at www.ncaa.org).
- Work closely with the Friends school / club coach and the Office of College Guidance at Friends School.
- Meet with or talk to college coaches that are recruiting your son / daughter in order to keep fully informed about his / her status in the recruiting process and to get all of your questions answered.
- Understand that coaches are not only recruiting your son / daughter, but you, too! Do not behave on the sidelines in a way that will get your son / daughter removed from the coaches list.

Friends School / Club Coach:

- Provide information on and encourage participation in camps, clinics, off-season leagues, club teams, meets, tournaments, etc.
- If possible, meet with parents and / or players before the process starts, or certainly during, to explain how it works and what your role will be.
- Send letters, resumes, evaluations or video tapes and / or help players do the same.
- If possible and / or appropriate, make arrangements to video tape all competitions.
- Return questionnaires to colleges.
- Make phone calls to colleges coaches (both introductory and follow-up).
- Consult with the player's college counselor about: NCAA eligibility and the appropriateness of his / her college choices, academically and otherwise.
- Become knowledgeable about the NCAA Clearinghouse procedures (www.ncaaclearinghouse.net).
- Become knowledgeable about the NCAA recruiting rules and regulation (www.ncaa.org).
- Become knowledgeable about the level of competition in college divisions (I, II, III), various athletic conferences and ideally, individual institutions within divisions or conferences.
- Make an honest appraisal of player's ability and / or what level they might play or be competitive in college.
- If knowledgeable enough, advise as to which schools or which type of schools are an appropriate match for the academic and athletic ability of the player.

- Avoid making the decision for the student-athlete. Give them the information, and let them make their own choice

Friends School College Counselor

- Advise on whether a college is a good fit.
- Provide and process the NCAA release forms with the student's high school transcript for initial and final certification
- Provide unofficial transcripts as needed.
- Assist with the college application process - transcripts, secondary school report and recommendations.
- Make students aware of the core course, GPA and SAT or ACT requirements to play DI and DII athletics that are found in the NCAA pamphlet.
- Encourage students to challenge themselves with rigorous classes during their high school career.

Prospective College Coach

- Observe and / or evaluate information on prospective players.
- Contact athletes they decide to recruit.
- Make offers of official (expense paid) visits.
- Make arrangements for official and unofficial visits for recruits.
- Answer any and all questions about the institution and your sports program.
- If possible, let the recruit know where he / she stands in the admissions process.
- Let the athlete know where they stand in the athletic recruiting process.
- Make scholarship offers.
- Follow all NCAA rules in the recruiting process.
- Make the recruit and parents aware of the rules and how the whole recruiting process works, especially with respect to the two Letter of Intent signing periods.

NCAA and Clearing House

- Website: www.ncaa.org
- Provide release forms, information on NCAA rules for academic eligibility and rules for recruiting to all secondary schools (in brochure sent to guidance offices and in downloadable forms on their website).
- Initial certification necessary to be able to take official visits to institutions based on HS transcript that includes test scores (ACT or SAT).
- Final certification for eligibility to participate in college athletics on official HS transcript and SAT or ACT scores.

Roadmap to Initial Eligibility

Freshmen and sophomores:

- Start planning now!
- Work hard to get the best grades possible.
- Take classes that match your school's NCAA List of Approved Core Courses. The NCAA Eligibility Center will only use approved core courses to certify your initial eligibility.
- You can access and print your high school's NCAA List of Approved Core Courses at www.ncaaclearinghouse.net

Juniors:

- At the beginning of your junior year, register at www.ncaaclearinghouse.net and complete the amateurism questionnaire.
- Register to take the ACT and the SAT, and use the Eligibility Center code "9999" as a score recipient.

- Double check to make sure that you are taking courses that match your high school's NCAA List of Approved Core Courses.
- Request that your college counselor send an official transcript to the Eligibility Center after completing your junior year. (*The Eligibility Center does NOT accept faxed transcripts.*)

Seniors:

- At the beginning of your senior year, check with your counselor and the Eligibility Center to determine the amount of core courses that need to be completed during your senior year.
- Take the SAT and/or ACT again. The Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
- Continue to take core courses.
- Check to make sure that you are taking courses that match your high school's NCAA List of Approved Core Courses
- Review your amateurism questionnaire responses and request final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees).
- Don't slack off and let "senioritis" set in. Continue to earn the best grades possible.
- After graduation, the Office of College Guidance will send your final transcript with proof of graduation.
- Graduate on time (in eight academic semesters). If you fall behind, use summer school sessions prior to graduation to catch up.

Register with the NCAA Eligibility Centre

Starting at the beginning of your junior year:

- Log on to www.ncaaclearinghouse.net
- Select "Prospective Student-Athletes."
- Register as a U.S. or international student-athlete.
- Then, click on "Transcript Release Form."
- Print the Transcript Release Form, sign it and give to your high school guidance counselor (allows him or her to send your transcripts).

Amateurism

If you want to participate in NCAA Division I or II athletics, you must also be certified as an amateur student-athlete. The Eligibility Center will determine the amateurism eligibility of all freshman and transfer college-bound student-athletes for initial participation at an NCAA Division I or II member institution. In Division III, certification of an individual's amateurism status is completed by each institution, not the Eligibility Center.

When you register with the Eligibility Center, you will be asked questions about your athletics participation. The information you will provide will be reviewed and a determination will be made as to whether your amateurism status should be certified or if a penalty should be assessed before certification. If a penalty is assessed, you will have an opportunity to appeal the decision.

- When you register, be sure to complete the amateurism questionnaire.
- Log in and click on "Enter/Update Amateur Questionnaire."
- Answer the questions honestly. Don't let anyone else complete this for you.
- Review your amateurism questionnaire responses and request final amateurism certification during your senior year (beginning April 1 for fall enrollees and beginning October 1 for spring enrollees).
- The Eligibility Center encourages you to update your athletics participation information often, especially if you participate in events outside your normal high school season.

- Meet with your college counselor often.
- Stay college eligible –always ask before you act!
- NCAA Amateurism Certification Web site: www1.ncaa.org/membership/ach/index.html.

Amateurism Red Flags

Ask questions before:

- Signing a contract with a professional team.
- Receiving money for participating in athletics.
- Receiving prize money above actual and necessary expenses.
- Playing with professional athletes.
- Trying out, practicing or competing with a professional team.
- Receiving benefits from an agent or prospective agent.
- Agreeing to be represented by an agent.
- Participating in organized competition after your first opportunity to enroll in college.

Guide for the College-Bound Student-Athlete (NCAA Process)

The following precollegiate enrollment activities will be reviewed:

- Contracts with a professional team.
- Salary for participating in athletics.
- Prize money.
- Play with professionals.
- Tryouts, practice or competition with a professional team.
- Benefits from an agent or prospective agent.
- Agreement to be represented by an agent.
- Delayed initial full-time collegiate enrollment to participate in organized sports competition.

Additional information regarding NCAA amateurism rules is available on the Eligibility Center's Web site by logging on to www.ncaaclearinghouse.net, then clicking on "General Information" and then "Information and Resources for Prospective Student-Athletes."

Core Courses

- A course that qualifies for high school graduation in one or more of the following: English, mathematics, natural or physical science, social science, foreign language or non-doctrinal religion or philosophy;
- Is considered four-year college preparatory;
- Is taught at or above the high school's regular academic level;
- For mathematics courses, is at the level of Algebra I or a higher level mathematics course; and
- Is taught by a qualified instructor as defined by the appropriate academic authority.

Make Sure List of Approved Core Courses Is Up to Date

Help make sure your Friends guidance counselor has updated your school's NCAA List of Approved Core Courses.

To obtain your school's list:

- Log on to www.ncaaclearinghouse.net

- Select "Prospective Student-Athlete."
- Select "List of Approved Core Courses" on the left-hand side of the screen.
- Follow prompts to select school by name

Core-Course Requirements

Division I

NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008.

16 Core Courses

- 4 years English
- 3 years math (Algebra I or higher)
- 2 years natural/physical science (1 year of lab if offered by high school)
- 1 year additional English, math or natural/physical science
- 2 years social science
- 4 years additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

Division II

NCAA Division II requires 14 core courses

14 Core Courses

- 3 years English
- 2 years math (Algebra I or higher)
- 2 years natural/physical science (1 year of lab if offered by high school)
- 2 years additional English, math or natural/physical science
- 2 years social science
- 3 years additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

*Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses

Division III

Contact the respective college or university regarding its academic and amateurism policies.

ACT and SAT Tests

Be sure to enter "9999" code when registering for the ACT or SAT. This requests your official test scores to be sent directly to the Eligibility Center.

Note: All SAT and ACT scores **must** be reported to the Eligibility Center **directly** from the testing agency. Test scores will **not** be accepted if reported on a high school transcript.

You must achieve the required score on the SAT or ACT before your full-time collegiate enrollment.

Graduate on Time

Graduation "on time" means that if your high school graduation takes place June 1, you graduate June 1. If you don't graduate June 1 with the rest of your high school class, you have not graduated "on time."

If you don't graduate "on time" in eight semesters, no core courses taken after the eighth semester will be counted toward your NCAA academic-eligibility requirements.

Recruiting

You become a “prospective student-athlete” when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial aid or other benefits that the college does not provide to students generally.
- Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT or ACT score(s) and register with the Eligibility Center.
- A prospective student-athlete may take a maximum of five expense-paid visits, with no more than one permitted to any single institution. This restriction applies, regardless of the number of sports in which the prospective student-athlete is involved and only for expense-paid visits to Division I or II institutions. (*NCAA Division I Bylaw 13.6.2.2 and NCAA Division II Bylaw 13.6.1.2*)

Financial Aid

If you are academically eligible to participate in intercollegiate athletics and are accepted as a full-time student at an NCAA Division I or II institution, you may receive athletics-based financial aid from the school. Division I or II financial aid may include tuition and fees, room and board and books.

Division III institutions **do not award financial aid based on athletic ability**. A Division III institution may award need-based or academically related financial aid.

All athletics scholarships awarded by NCAA institutions are limited to one year and are renewable annually.

- Athletics scholarships may be renewed annually for a maximum of five years within a six-year period of continuous college attendance.
- Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (including tuition, fees, room and board and books) to very small scholarships (e.g., books only).
- The total amount of financial aid a student-athlete may receive and the total amount of athletics aid a team may receive can be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources.

Resources

www.ncaastudent.org for the 2009-10 Guide for the College-Bound Student-Athlete.
NCAA.org –Under “Legislation & Governance” section, click on “Eligibility and Recruiting” and then click on “Information for College-Bound Student-Athletes and Parents.”
www.naaclearinghouse.net

For more information regarding the rules, please go to www.ncaa.org. Click on “Academics and Athletes” then “Eligibility and Recruiting.” Or visit the Eligibility Center Web site at www.naaclearinghouse.net.

Recruiting Regulations

Introduction

College coaches must follow the rules outlined in this section. You are expected to follow these rules as well.

Recruiting Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person contact with you or your parents on or off campus at any time during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official visit. Any visit to a college campus by you and your parents paid for by the college. The college may pay all or some of the following expenses:

- Your transportation to and from the college;
- Room and meals (three per day) while you are visiting the college
- Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the Eligibility Center

Prospective student-athlete. You become a "prospective student-athlete" when:

- You start ninth-grade classes; or
- Before your ninth-grade year, a college gives you, your relatives or your friends any financial aid or other benefits that the college does not provide to students generally.

Quiet period. During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a college bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is **NOT** binding on either the college-bound student-athlete or the institution. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is

binding on both parties.

Recruiting Calendars

To see recruiting calendars for all sports, go to www.NCAA.org

NCAA webpage

Home > Legislation and Governance > Eligibility and Recruiting > Recruiting Calendars> Your sport

National Letter of Intent

The National Letter of Intent (NLI) is a voluntary program administered by the Eligibility Center. By signing an NLI, your son or daughter agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year. Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your son's or daughter's eligibility.

If you have questions about the National Letter of Intent, visit the Website at www.national-letter.org or call 877/262-1492.

NCAA webpage

National Letter of Intent / Financial Aid FAQ

Home > L&G > E&R. National Letter of Intent

Detailed information about recruiting is available in the online edition of the [NCAA Guide for the College-Bound Student-Athlete](#)

Suggested Time Lines

Freshman / Sophomore Year

- Play on your school teams.
- Stay focused academically. NCAA eligibility standards keep getting tougher. The grades you earn now will determine admission to college, initial NCAA eligibility, and your future success.
- Play your sport(s), but don't burn yourself out. Attend camps and play club level, but not to the exclusion of everything else. Coaches and admissions counselors look for well rounded student-athletes.
- Find summer sports camps / clinics located in areas that might be of interest to you when selecting a college.
- Remember all FOUR years of your high school grades count.
- Keep track of your personal stats. for all teams and any athletic honors you receive.
- Let your school and club coach know of your desire to play sports in college.
- Start researching colleges. Consider what each level of your chosen sport entails (Division I, II, and III). Begin thinking about academics - what are your career goals, and what types of things might you study to achieve them? Talk to your parents, guidance counselors, teachers, coaches, siblings, and older team-mates to get information
- Sophomore year - request academic and admissions information from college admissions offices. NCAA do not provide athletic recruiting information other than a questionnaire and camp information until September 1 of your junior year in high school.
- During the summer following your sophomore year, take as many UNOFFICIAL VISITS as possible to get a feeling for campuses, programs, coaches, players, locations, size of school, etc.
- When going on unofficial visits - call the coach ahead of time to set up an opportunity to introduce yourself and express your interest in their school. DO NOT just show up at a coach's office unannounced!

- Video tape your sophomore season games, camps, and tournaments (following sophomore year). If possible, send a highlight tape, and a letter of introduction to the colleges you are interested in by the end of that summer.

Junior Year - Early Fall

- Start a detailed sports resume / personal profile. Make sure to proofread for any mistakes.
- Send a second letter to coaches - including sports resume / personal profile, list of summer tournaments and camps and the next season schedule (if known). Make sure you verify the coach's name and address before you send it
- Return immediately any questionnaires you receive from coaches.
- Until July 1st following your Junior Year, e-mail is the best way to correspond with college coaches.
- Let coaches of schools you are NOT interested in know ASAP. Thank them for their interest, and let them know you are concentrating on another school at this time.
- Talk to a member of the Friends School College Guidance staff about your interest in playing sports in college.
- Talk to a member of the College Guidance staff about the NCAA Clearing house.
- Take advantage of any JUNIOR DAY'S or Open House programs you are invited to. These are programs where college coach's bring their Junior recruits on campus to learn about the school and their sports program
- REMEMBER: you *must* be invited by the college coach to attend their Junior Day - it is not something you invite yourself to.

Junior Year - Mid Year

- Organize and file all correspondence
- Send e-mail or letter updates to the schools you are interested in regarding classes taken, grades, upcoming tournaments, etc.
- Start working one-on-one with your college counselor to discuss your academic, athletic, and social aspirations.

Junior Year - Spring

- Continue to work hard at school. Keep your grades up!
- Send another letter with updated academic (unofficial transcript with PSAT or SAT scores) and related sports information. Include updated schedule of summer sports participation
- Continue to meet with your college counselor. Working with your college counselor, begin to craft a list of schools that fit your academic, athletic, and personal aspirations. This list will also reflect a range of selectivity—a balance of "foundation schools," "middle schools," and "reach schools."

Summer between Junior and Senior Year - Early Summer

- Review letters received from coaches. Check to make sure you have responded to all schools that have written to you.
- Look over your college list. Begin to narrow it down (if you haven't already). Do you want to add to that list? If so, send an introductory letter now!
- Some factors to consider when narrowing your list: Academic profile, level of your sport, type of school, distance from home, and cost of attendance. Be realistic when focusing your list - include "foundations", "middles" and "reaches"—having balance on your college list is important!
- Contact the coaches at the top five schools you are considering - let them know they are one of your top choices.
- Participate in your sport and maximize your exposure. Attend camps where you have the best possibility to increase your skills and to be seen by those coaches from colleges in which you are interested

- Send a letter including summer camp dates, team schedule, and possible plans to visit the college if you have not already done so.
- Have copies of your transcript, SAT / ACT scores, and senior class schedule available to send to coaches, particularly those you intend to visit.
- Tentatively plan "unofficial visits" to your top schools during late spring and summer
- Be proactive - if you are interested in a particular school, make sure they know it.

Summer between Junior and Senior Year – Late Summer

- Student-Athlete should call the coach to talk about college visits
- If necessary - send updated highlight video from Junior Year and recent summer camps and tournaments
- Fulfill NCAA Clearing house requirements. KNOW THE RULES!
- Start requesting and working on college applications. You should be particularly diligent about working on essays.

Senior Year - Early / Late Fall

- Review your college list. Focus on those schools that seriously interest you.
- Send another letter that includes updated information, your team's schedule, and possible plans for campus visits.
- Study and consider information about Early Decision or Early Action admission to college and Early Signing for a scholarship.
- Have your Friends School coach write a letter of recommendation and send it to the coaches
- While you are waiting for feedback on your video and / or letters, prepare for your SAT's
- Decide when to apply to college(s) and when to commit to a school and / or sign with a school for a scholarship
- Schedule college visits, including an interview with the coach
- Keep in contact with coaches that have expressed an interest in you. Arrange an overnight campus visit so you can stay with a team member and become familiar with their program.
- Keep studying! All colleges want transcripts of first semester grades.
- Apply to schools!
- Tell coaches you have submitted an application to their school.

Senior Year --Spring

- When you have made a choice, write to all coaches you have been working with, thank them, and inform them of your decision.
- Continue to work hard. Friends School will send a final transcript to the school to which you have committed, so they will see your final semester grades. They do count!!!

APPENDICES

Suggested Action Plan for College-bound Student-Athlete:

- Compile a tentative list of colleges. *You can start this as early as the 2nd half of your Sophomore year and should make every effort to have something together before Fall of your Junior Year*
- Make initial contact with schools (send cover letter, resume and schedule of your sports upcoming activities). *You can start this as early as the 2nd half of your Sophomore year and you should make every effort to complete this no later than the Spring of your Junior Year.* If at all possible do this prior to any summer tournaments and / or recruiting camp season.
- *During end of Sophomore and through the Junior year,* make unofficial visits to some of the schools that you are interested in. Do your best to contact and set-up a meeting with the coach on these visits.
- Send updated academic and sport related information, including a schedule of your upcoming summer participation in tournaments and camps.
- Take every opportunity to participate in your sport to maximize your exposure and increase your skills *in the summers before your Junior year and Senior year.*
- Fulfill NCAA Clearinghouse obligations in *mid-summer to early fall of your Senior year* if you are considering a Division I or II school www.ncaaclearinghouse.net.
- Schedule and make college visits (official and unofficial). Take **unofficial** visits at the end of your Sophomore year, throughout the following summer, and throughout Junior year. Official visits can only be taken after the first day of classes of your Senior year - schedule them in the early fall. Remember - you must be invited by the college coach to take an **official** visit.
- Study and consider information about Early Decisions or maybe Early Action admission to a college and Early Signing (of the National Letter of Intent) for athletic participation and / or scholarship in *early fall of your Senior year.* The Early signing time frame is generally the third week in November.
- Decide which colleges to apply to and when to apply. The time frame is usually *early to late fall of the your Senior year.*
- Send completed application and high school transcripts to colleges, *usually before the winter holiday break.*
- Decide when to verbally commit to a school and/or sign with a school for a scholarship. When you have made your decision be sure to notify all schools recruiting you and thank them for their interest. *The time frame for these decisions is now mid-summer to early fall to mid-fall of your senior year.* The time frame for this is getting earlier each year!

Basic information to include in a sports resume and/or cover letter:

Academic and athletic goals. Academic major and/or program of study, if you know it. Also include information about the level of competition you are seeking in your sport. Only include information about your interest in pursuing an athletic scholarship and/or your interest in seeking assistance in gaining admission, if you have already had some contact with the school*.

*This information is usually best left out of a preliminary resume sent to a number of schools. If a student has already narrowed his/her list and/or has already had some contact with a school or coach it would be appropriate to include this information.

Personal data. Name, phone number, address, Friends School e-mail address, birth date, year in school, name of school, height, weight, and parent's name(s).

Sports Background and data. Position, event(s), years of experience, where you have played,

to include schools (HS), club teams, tournaments, recent camps and out of season leagues. Also include a copy of your Friends High school or club team schedule and pertinent stats. if you have them. If you have the information, a schedule of your summer and/or off-season play should be included. If you videotapes available let them know. If appropriate, also include information about your involvement in other sports.

Academic information. Current GPA, current SAT or PSAT scores if available.

Recognition received. Any significant honors or recognition received i.e. all-league, all-American, all-metro, selection to all-star teams etc. Also include information about your team's accomplishments.

References. The names and contact information of coaches and/or other individuals who could serve as references of information about your ability and/or level of play in the sport.

Questions to ask college coaches and their players

College coaches:

- Can I get into your school on my own?
- If not, can you help me gain admission to your school?
- If you can help me gain admission, exactly what do I do to make this happen (i.e. at least 1800 on the SAT, or 23 on the ACT, at least a 3.0 in academic subjects 1st semester, two solid letters of recommendation from academic teachers etc)?
- Where am I, as far as rank order, on your recruiting list? You said you are recruiting a goalie / defender / attacker this year. If you can tell me, where do I rank now among the goalie / defender / attackers you are recruiting?
- How many players are you recruiting this year?
- Do classes and practices sometimes conflict? What happens in this case?
- What kind of academic support is available for your players?
- Why do you think your sports program would be a good fit for me? (*some areas that should be covered would be coaching style, physical demands, philosophy, and chance to play*)?
- Would your school be a good fit for me (would I like it) if I was not a player in your program? Why or why not?
- What are my chances of getting any scholarship money?
- Will my status change at all if I decide to sign early or decide NOT to sign early?

Their players:

- What are your practices like?
- What are the coaches like when things are going well? Going badly?
- Are the coaches and the school helpful if I am struggling in class?
- What is the social life like?
- How do the Seniors treat the Freshmen?

The last two pages of the NCAA Guide for the College-Bound Student-Athlete contains a section "What to ask" that has a number of other excellent questions to ask coaches.