



SET THE TONE

SPORTS PERFORMANCE & ADULT GROUP TRAINING

RECRUITING

If you are a high school athlete that is aiming to play at the next level and participating in the recruiting process, we put together some basic hints & guidelines if you or your family are unfamiliar with how it goes.

As every individual case is different, we kept this list very basic just to give you an idea of what to expect if you feel lost at the beginning of the recruiting process. These are in no particular order, but these are coming from an unbiased, experienced view that wants the best for the student-athlete.

As previously stated, each student athlete's recruiting experience will be different from anyone else's. There are just too many factors that go into each school and each family to make that final decision.

The main thing to remember throughout this process is that communication will be the key to your success. Communication with your family, communication with the coaches that are recruiting you, and most importantly communication with yourself and really making an educated decision to put your future in the best position.

Now, let's get to the list...

- *Remember, in the end, this is 100% YOUR DECISION. Do not allow coaches to push/force/intimidate you to "choose" them. If they are recruiting you, of course they want you to play for them, but it's your decision and nothing changes that.*
- *Respect the time and energy these coaching staffs put into getting to know you and your family. They may be the same coaches you spend every day with for the next 4 years. At the same time, if you know you have eliminated a school from your list, it's important to be honest with them and let them know about your decision as soon as possible (a phone call is the respectable way to do it). It shows a lot about your character and maturity as a student-athlete to*

communicate everything necessary so you're not wasting anyone else's time/energy.

- *This is an exciting time for you and your family! ENJOY IT!!! You have worked hard to get here, and your family likely played a large role in it. Each of these decisions is going to put you on a different path in life and put different people into your future. Consider the results of each choice before rushing to anything.*
- *Find out your BIG 3! There are countless factors that can play into your college selection. It's important to understand what your biggest factors are. Do not get overwhelmed with all the small stuff. This is your call, and you decide your "BIG 3." Some major factors for recruits are (but certainly not limited to), Location, Financial Aid/Scholarship money, Coaches/Team, educational programs offered, job-placement rate after graduation, etc. What's most important for you and your family and the future of your life? Find these 3 (or 4) things and allow them to guide you in the direction of a "good call."*
- *Understand that the "cool locker room" or "huge stadium" or "awesome uniforms" are not major factors in your decision-making process. The field dimensions are all the same and after being there for 2 or 3 months, you won't even notice the stadium because you're so busy focusing on the rest of your life. Consider what you want your life to look like AFTER competing in college. The best approach is to set yourself up for the most possible success when college ends.*
- *Do not make a college decision based on playing time or current depth chart. A lot can change before you even put a uniform on. New recruits are a revolving door at the college level. If coaches can find anyone in the country that's a "good fit" for them with a "better upside," they will take them. So, you can lose a spot before your first practice. It's a tough gig but that's why you need to compete for everything. An intelligent coach and close friend once said, "If you're not willing to compete for playing time, college sports probably aren't for you."*
- *Visit as many schools as possible! First, do your research on the school of interest. Then, set up appointments with admissions, or even major/program directors to get as much information on the school as possible. Schedule a visit and get a feel for the campus. While you're there, ask a million questions! Ask everyone, not just coaches. Get a view from a few different perspectives to help you get the best idea of what that school is all about and if it fits you.*
- *Stay organized with dates, deadlines, and paperwork. Communicate and coordinate with advisors, guidance counselors, and college admissions departments about what*

you need to do to stay organized and keep up with any paperwork and deadlines during the recruiting/admissions process. They give a lot of information but ask questions anyways.

- *If you want to contact a coach directly about playing there in the future, consider contacting an assistant coach or the position coach you would have if you played there. The head coach can be difficult to reach depending on time of year. If you reach out to an assistant with a personal, short, but informational email, there's a good chance you will get a response. Send an email introducing yourself along with all your contact information as well as your high school coach's information, a highlight video, list any major athletic accomplishments, and QUICKLY explain why you're interested in playing there. If you do not hear back from them, try a follow-up email in a few weeks.*
- *From a coach's point of view: You can't play there if you don't have the grades to get into the school. Coaches will not waste their time recruiting you if you do not hold yourself accountable in the classroom. You do not need straight A's for all schools, but you do need to show that you're mature enough to manage your time and show effort at the high school level. College athletics is like having a full-time job with a very critical boss, except in college athletics you have several different jobs with several critical bosses! They see lazy in the classroom as lazy in everything else.*
- *Also from a coach's point of view: If you do not show respect to your family, your teachers, your teammates/coaches, the game, they are not interested in investing time and energy into you. Poor character will bleed everywhere and can tear apart a locker room. Your talent is easily replaceable, but solid character & leadership is what coaches need.*
- *When being recruited by coaches, be open and honest with them. They are interested in learning your story and 99% of them want to help you in the best way possible. If there's a problem, they can often find a solution. If they can't, maybe that's not a good fit for you... but you'll never find out if you don't communicate.*
- *Coaches will follow your social media and they see things you post on other profiles and platforms. Understand that this is a very easy way to remove yourself from a college recruit list. Any pictures, comments, shares, tags, or links to anything inappropriate that you're connected to will absolutely influence your recruitment. Be smart.*
- *Consider your email address and how that might look to a coach. It should include your name so it can easily be found in a search by the coach. If it's hard to find or represents something inappropriate, you can be sure the coach will reconsider replying to you.*
- *Body language will either add you to a recruit list or remove you from it. Your body language on and off the field is as important as your athletic ability, if not more! Whether they have met you personally or not, coaches will (immediately) notice how you walk, present yourself, and act in front of others.*

Here are some quick and easy ways to add yourself to a recruit list:

- - *Be a GREAT Teammate*
- - *Control ALL emotions (good and bad) on the field.*
- - *Communicate with coaches and teammates in a productive way.*
- - *Play relentlessly regardless of score and mistakes made.*
- - *Be humble and show humility. Put the spotlight on teammates.*
- - *Respect the game, referees/umpires, opponents, coaches, and teammates.*
- - *Show that you are unselfish. It shows a lot when you sacrifice for others.*
- - *Smile and have fun with your teammates. Be easy to get along with!*
- - *Compete like you're already playing at the next level*
- - *Handle your wins and your losses the exact same way*
- - *Chin up, Shoulders back – You are confident!*

Dear Parent of Recruitable Athletes,

You can ruin this for your child. This is a special time for your son/daughter and the amount of dedication it took to be recognized for their talents and leadership skills should be appreciated. This is NOT ABOUT YOU. You absolutely should have some influence in your child's decision (especially if you're the one funding it), but this should be enjoyable for the athlete.

Coaches do not want to hear it from you. Let the athlete do the talking to the coaches. Let them ask questions. Let them grow. Let them advocate for themselves. Let them show the coaches who they are and why they would be a valuable asset to that school and team. The coaches are recruiting the athlete, not the parent. You will get your chance to have conversations with coaches and ask questions. Until then, don't ruin it!

*Sincerely,
Former Recruiter/Coach*