

Athletics Recruitment

For students wishing to participate in collegiate athletics, the traditional application timeline will be altered. **Both the NCAA Division AND the sport you participate in will dictate the type and frequency of college coach contact, scholarship opportunity (if applicable), and official campus visit schedule.**

The first step for students is to let their coach know they are interested in pursuing athletic recruitment. Coaches can help prepare some preliminary items if necessary, such as an athletic resume and performance tape. Coaches can also let students know about upcoming competitions or showcases where college coaches are likely to attend and observe recruits. Remember that college coaches cannot speak directly with freshmen and sophomores, but they can speak with their high school coaches.

While students can send information to college coaches at any point in high school, the recruitment process formally begins at the end of junior year. There are exceptions to this rule: For extremely talented athletes in a few key sports, some coaches CAN offer (non-binding) verbal scholarship offers before junior year.

We have created an abbreviated timeline for the recruitment process below.

Freshman year

- Maintain consistent involvement in your chosen sport(s).
- Maintain strong grades.
- Record your performance information for an athletic resume (meet times, win/loss record, game tape, etc.).
- Make sure your course schedule is acceptable for NCAA recruitment.
- Inform your coach that you are interested in pursuing the athletic recruitment process in college.

Sophomore year

- Maintain consistent involvement in your chosen sport(s).
- Maintain strong grades.
- Record your performance information for an athletic resume (meet times, win/loss record, game tape, etc.).
- Inform your coach that you are interested in pursuing athletics recruitment in college.

- Begin to research colleges and discuss which division (I, II, or III) you are best qualified to compete in.
- Register for off-season showcases, skills workshops, and competitions.
- Make sure your course schedule is acceptable for NCAA recruitment.
- Begin to create your athletic resume. You will need to update this every year until you are admitted to your respective college or university. Include information such as:
 - Name, address, email, phone number, high school
 - Height, weight, statistics, position(s) played
 - Any significant athletics accomplishments
 - Courses taken and grades

Junior year (the NCAA prohibits coaches from contacting you until after July 1)

- Send letters of interest and your athletic resume to coaches at various schools in the fall. Email the coach directly AND complete the online questionnaire on the athletics page of each school. Coaches cannot contact you until after July 1, but you can and should send them information throughout the year. See if you can have an official conversation with the coach after July 1.
- Maintain strong grades and take your first set of standardized tests.
- Register with the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/>.
- Update your athletic resume. You should try to have at least one set of test scores by the end of junior year.
- Conduct unofficial tours of colleges of interest .
- Make sure your course schedule is acceptable for NCAA recruitment .
- For some Division I programs, coaches may be ready to offer official offers of support (national letters of intent).

Senior year

- Begin to narrow down college choices based on your interest and the coaches' interest levels.
- Begin official athletics visits to colleges, which usually occur from Friday through Sunday.
- Maintain strong grades.

- Make sure your course schedule is acceptable for NCAA recruitment .
- Retake (or take) the SAT or ACT if necessary in the fall semester.
- Continue to stay in contact with coaches and complete college athletics questionnaires.
- Register for the NCAA Eligibility Center if you have not already done so.
- Work with your coach and college counselor to determine the most promising offers of coaches' support.

It is important to always follow up with the coach at the institution you wish to attend and to keep your college counselor updated along the way. While coaches have influence, the admissions committee makes the final decision on your application.