

PLANNING GUIDE



FOR THE COLLEGE BOUND STUDENT ATHLETE

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This packet has been created for your convenience to help guide you through an important time in your life. Continuing your academic and athletic career in college requires a tremendous amount of work. While The Planning Guide for the Student Athlete can assist you through the college recruiting & admission process, you are the generating force to assure that the necessary tasks get accomplished. The guidance counselors, coaches and teachers here at St. Ignatius College Prep are here to help. The success of this process also depends upon realistic evaluations of your ability, both in the classroom and in the sports arena. Please use this information to help further your athlete's opportunities beyond high school. There are many people to assist you along the way. Do not hesitate to ask for help.

Sincerely,

The SI Counseling Department

Each year thousands of student athletes and parents market themselves to college coaches. Some are very successful, some are not. It's not a difficult process if you have a road map and the basic resources to give your student athlete the best possible advantage. Regardless of the type of college sport, the process is the same - you have to get noticed to get recruited!

The key to success is to remember that this process is not a sprint, it's a multi-year marathon and the journey starts with a common sense plan. Working the plan, as a Parent / Student team, spending a little time each month can open doors you never thought possible that lead you to a collegiate student-athlete experience of a lifetime.

Can my Student Athlete compete at the college level?

Let's be realistic. College sport positions and athletic scholarships aren't available to everyone. You should be aware that most student athletes will not be able to play Division 1 sports. There are too many athletes and only so many Division 1 schools. However, the vast majority of colleges or universities are not Division 1 schools and yet they have very competitive sports programs.

You or your student athlete will have to meet some important conditions to get to the next level. There is a significant level of student athlete competitors seeking to fill college sports positions and potential scholarship offers. You may be a "star" athlete at your high school, but you will need to know how you match

up with other high school star athletes around the country.

You'll need to identify your academic and athletic abilities and what division level student athlete you are to target the right schools where you have the best chance of competing for an opportunity, receiving a scholarship or incentive package. Ask all of your coaches and others you know that will be honest and candid with you. Ask them what they think of your athletic abilities and at what division level they believe you could compete in.

You may find that the truth hurts, or perhaps you'll be surprised to find that you have underestimated your abilities. This is a critical first step in the process. You may waste your time if you focus your efforts on colleges with the wrong athletic division and academic requirements. You want to make sure you are targeting the right academic schools in the right athletic talent division. To compete at the college level, coaches are looking for a student athlete who possesses the applicable sport specific tools such as strength, speed, hitting, hitting for power, fielding etc. After that they look at character and mental toughness that make up the will-to-win, attitude following failure, performance under pressure, respect for family and teammates. It is a vital part of the plan we develop for our student athletes to create and take advantage of opportunities where we can reveal the outstanding character developed at St. Ignatius.

What do College Coaches expect?

A very small percentage of high school student athletes receive college opportunities, scholarships or incentive packages because the coach "happened to find him or her." Only the top elite athletes, the top 100 nationally receive enough media coverage and recognition that they are automatically recruited without having to make an effort. The other 99% have to take the initiative to contact the colleges and coaches where they have an interest. Most schools' recruiting budgets are small, and coaches rely on you

to contact them. College coaches are very busy, they don't have the time or budget to travel around the country to see you or your student athlete compete. Phone calls, emails, cover letters, profile- resumes, stats, video and references become key tools for the coach in the recruiting and evaluating process.

You might think that it's too self-promoting to make the initial contact with a coach and to "market" your student athlete. However, this is the norm. If you don't do it, other student athletes will get the opportunity, get noticed and get recruited because they and their parents will have made the effort and received the attention. These days, college coaches expect you to do this, it's an expected practice!

Coaches expect you to prepare academically. College Coaches expect that you understand that preparation academically is of primary importance to the recruiting process. This means preparing in the classroom as much as on the field. Failure to take care of your academic standing often means failure to achieve athletic goals. As an example, since Division III institutions do not offer athletic scholarships, academic performance is just as valued as athletic performance in the recruiting process.

Understand this: Regardless of how talented your athletic abilities are, Your Grades will make the biggest difference in admissions and financial aid outcomes! Every college has academic Scholarships or grant money that is awarded students and student athletes who demonstrate academic achievement. High academic achievement means you will be accepted into more colleges, have greater college Choices. Your tuition costs will be much less each year you will be able to get noticed and stand out from the pack.

College Coaches expect you to make the first contact with them. In most cases, if you're not interested in their institution they will not force themselves upon you. Here are a few common sense rules of engagement college coaches would expect of you:

1. Be an effective communicator. The student athlete (not the parents) should write or email the coach when appropriate. The student athlete should always call the coach back when they call you.
2. Little things count. Be sure to review your letters and/or e-mail messages and spell their name and their school's name correctly.
3. Be honest. If you are interested in their program, great. Tell them. If not, say so. Don't waste their time or yours.
4. Provide your student athlete contact information. Make sure to note when you are available. Share your cell phone number and e-mail address.
5. Complete applications. Follow-up and send grades and teacher recommendations to the schools in which you have an interest. Get all the paperwork taken care of as early as possible.
6. Prepare your questions for them so when they call or when you visit you're prepared, and have something to talk about. This shows that you are interested.
7. Do your homework. Know about the athletic program, the coach's name, the division they're in, their current record, any program history etc.

Keep in mind most coaches are working with limited budgets and very little time, staff and resources. You have to be persistent, prepared, and polite to get noticed at any division. If nothing else, every coach wants players who can enhance their program. Character is a key component of integrity. Show your character!

What can you expect from your High School Coach?

High school coaches are a great resource for college coaches. They're a valuable and powerful reference that college coaches will want to talk to about your student athlete. They are an excellent source for a positive student athlete recommendation letter. Work hard to keep your relationship with the coach a positive one. Do not get caught up in the parent - coach "my athlete doesn't get enough playing time" discussion - argument. If your student athlete is good enough, they'll get enough playing time.

It's your responsibility to market your talents, get your name in front of college coaches and control your own college career!

The Game Plan

CHECKLISTS

- Academic Checklist
- Athletic Checklist

FRESHMAN/SOPHOMORE YEARS

- Establish a four-year academic plan to meet all core course requirements.
- Take a strong academic course load.
- Maintain at least a 2.0 grade point average out of 4.0 in core courses.
- Talk with your coach about other opportunities to increase your exposure in your sport.
- Attend summer camps:
 1. For exposure (select camps at colleges that you might want to attend).
 2. To improve skills.
 3. To compare your current skill with others.
- Videotape games.
- Keep records of your athletic achievements, extracurricular activities, etc.
- View college athletic web sites. Most have a simple questionnaire you may fill out and email to the coach. Also view college athletic rosters to see number of athletes graduating, as well as potential trends in recruiting (area, high schools, leagues).

JUNIOR YEAR

- Continue to take a strong academic course load.
- Make certain you are taking the required core academic courses.
- Register for and take the required standardized tests (i.e. SAT, ACT) in spring semester.
- Designate the NCAA to receive SAT & ACT scores when registering for test. NCAA- Code is #9999 on SAT & ACT registration form.
- Attend college nights and fairs and read literature sent to you by schools.
- Begin to visit college campuses.
- Develop a list of prospective schools with the help of counselors and coaches. Consideration should be given to academic achievement and athletic ability.
- Request college applications as early as possible, preferably the summer after your junior year.
- Develop an athletic resume and continue to update records and lists of athletic and extracurricular activities.
- Familiarize yourself with the rules and regulations governing recruiting, eligibility and financial aid.
- Meet with your coach for a thorough evaluation of your athletic ability and, hopefully, you will receive a recommendation for an appropriate level of competition. Be realistic.
- Also, discuss with your coach his/her involvement in your recruitment process. Ask him/her to be proactive on your behalf by responding to questionnaires sent by recruiting coaches.

- Send a letter of introduction and phone call along with your athletic resume; to coaches of schools you are interested in attending.
- Continue to attend sports camps.
- Keep a file on each college/university that shows an interest in you.
- Continue to videotape games. Send video (or preferably DVD) to prospective coaches at the end of the junior year. **For spring sports, consider doing this earlier!**
- View college games to assess their level of play and compare it to your level.

SENIOR YEAR

- Continue to work hard in your academic courses.
 - Submit NCAA Clearinghouse form in the fall of your senior year.
- Take and/or retake the standardized tests as needed. Check with your counselor for national testing dates.
- Obtain college applications.
- Meet with your counselor to review application materials.
- Write a personal statement.
- Complete Financial Aid forms early – *Profile* form in the fall (only needed for select colleges), *FAFSA* as soon as possible, after January 1st (required for all colleges).
- Continue to visit the campuses of those schools in which you are interested. It is recommended that you either call or write for an appointment to meet with a coach, admissions officer, financial aid advisor and departmental chairperson.
- Apply to several colleges. Even if you are going to apply “early decision” to one college, there is never a guarantee of admittance.
- Continue to write, call or e-mail coaches expressing interest in their school and athletic programs.
- Update your athletic resume.
- Be prompt in your response regarding college questionnaires or other similar requests.

Students and parents must take the initiative and work on their own behalf. Please do not sit back and wait for someone to do it for you. Staying on top of all the information throughout the high school years makes it easier when the actual time comes to applying for college.

NCAA Clearinghouse

TO BE COMPLETED IN FALL OF SENIOR YEAR

The National Collegiate Athletic Association (NCAA) governs three divisions of college athletics and requires that students interested in playing on either Division I or Division II teams file forms for certification of athletic eligibility. The form and the **NCAA Guide for the College Bound Student-Athlete**, a publication that explains the rules and regulations that govern recruiting, eligibility, and financial aid, can be found at the NCAA website at www.ncaa.org. Students who want to participate in Division I or Division II sports should start the certification process by September of their senior year. The procedure is as follows:

- If you wish to participate in Division I or Division II sports, you must submit your SAT scores directly to the Clearinghouse. The Clearinghouse code is 9999.
- You must fill out a “Domestic Student Release Form” (SRF) in September of your senior year. The form gives St. Ignatius College Prep and any other high school you may have attended, the authority to release your transcript, and eventually, proof of graduation. It also gives the Clearinghouse permission to release all academic and testing information to the colleges that request it. The preferred method of registering is online at: https://web1.ncaa.org/eligibilitycenter/student/index_student.html (Select *Prospective Student-Athletes* and click on *Domestic Student Release Form* or *Foreign Student Release Form*) or by completing the student release form with which students must do the following:
 - Fill out and make three copies. Mail one copy to NCAA Clearinghouse.
 - Give two copies to Registrar who will, upon receipt, send it to NCAA Clearinghouse with transcript.

IT IS THE STUDENT’S RESPONSIBILITY TO COMPLETE THIS FORM. YOU CANNOT MAKE OFFICIAL VISITS (financed by the college) TO A COLLEGE CAMPUS, TRY OUT OR PRACTICE WITH A COLLEGE TEAM UNTIL THIS PAPERWORK IS FILED WITH THE NCAA.

DIFFERENCES BETWEEN DIVISION I, II and III

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender, as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100% of the minimum number of contests against Division I opponents – anything over the minimum number of games has to be 50% Division I. Men's and women's basketball teams have to play all but two games against Division I teams. For men, they must play 1/3 of all their contests in the home arena. Schools that have football are classified as Division I-A or I-AA. Division I-A football schools are usually fairly elaborate programs. Division I-A teams have to meet minimum attendance requirements:

- 17,000 people in attendance per home game
- 20,000 average of all football games in the last four years, or
- 30,000 permanent seats in their stadium and average 17,000 per home game, or
- 20,000 average of all football games in the last four years, or
Be in a member conference in which at least six conference members sponsor football or more than half of football schools meet attendance criteria.

Division I-AA teams do not need to meet minimum attendance requirements. Division I schools must meet minimum financial aid awards for their athletic program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

Division II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each gender, and playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria – football and men's and women's basketball teams must play at least 50% of their games against Division II or Division I-A or Division I-AA opponents. For sports other than football or basketball there are no scheduling requirements. There are no attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletic programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletic programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender. There are few contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletic departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletic opportunities available to students, placing primary emphasis on regional in-season and conference competition.

CONSIDER THIS

- There are 2,079 high schools in California
- There are 17,346 high schools in the United States
- There are 10,000,000 participants in high school athletics in America
- 2% of these participants are contacted by a college coach
- 3.5% of these participants actually participate in college sports (D-I,II,or III)
- Less than half of 1% of athletes receive some form of aid
- Most high schools never have a full scholarship D-I athlete

Estimated Probability of Competing in Athletics Beyond the High School Level in a Given Year for NCAA D-I & II (source: NCAA)

Athlete Type	Men's Basketball	Women's Basketball	Football	Baseball	Men's Soccer
High School Student Athletes	546,335	452,929	1,071,775	470,671	358,935
High School Senior Student Athletes	156,096	129,408	306,221	134,477	102,553
NCAA Student Athletes	16,571	15,096	61,252	28,767	19,793
NCAA Freshman Roster Positions	4,735	4,313	17,501	8,219	5,655
NCAA Senior Student Athletes	3,682	3,355	13,612	6,393	4,398
NCAA Student Athletes Drafted	44	32	250	600	76
% High School to NCAA	3.00%	3.30%	5.70%	6.10%	5.50%
% NCAA to Professional	1.20%	1.00%	1.80%	9.40%	1.70%
% High School to Professional	0.03%	0.02%	0.08%	0.45%	0.07%

NCAA Sport Sponsorship

DIVISION									
	I	II	III	T	I	II	III	T	
Baseball	287	246	367	900					
Basketball	329	290	407	1026		328	291	433	1052
Bowling	1	1	0	2		27	16	6	49
Cross Country	299	241	367	907		325	272	385	982
Fencing	19	3	12	34		24	4	15	43
Field Hockey						78	25	155	258
Football	236	156	235	627					
Golf	289	210	277	776		235	128	155	518
Gymnastics	16	0	2	18		64	5	16	85
Ice Hockey	59	7	71	137		34	2	44	80
Lacrosse	56	32	143	231		83	40	175	298
Rifle	3	0	2	5		10	1	2	13
Rowing	29	4	30	63		86	15	43	144
Skiing	13	7	18	38		14	8	20	42
Soccer	197	176	397	770		307	225	419	951
Softball						272	271	404	947
Swimming	136	56	194	386		192	73	240	505
Tennis	260	1768	318	746		308	220	265	893
Track, Indoor	241	113	222	576		292	127	230	649
Track, Outdoor	264	162	260	686		304	171	268	743
Volleyball	22	13	47	82		316	275	420	1011
Water Polo	22	4	15	41		32	9	20	61
Wrestling	87	45	93	225					

NCAA SCHOLARSHIPS BY SPORT

The following table lists the allowable number of scholarships for NCAA divisions I and II, for both Men's and Women's athletics. This does not suggest that each college program offers the full amount of possible scholarships for each sport. That decision is governed by each school's sports budget and other factors.

*** NCAA DIVISION I ***		
Sport	Men's	Women's
Baseball	11.7	12
Softball		
Basketball	13	15
Track & Field	12.6	18
Football	85	0
Golf	4.5	6
Gymnastics	6.3	12
Field Hockey	0	12
Ice Hockey	18	18
Lacrosse	12.6	12
Rowing	0	20
Soccer	9.9	12
Swimming		
Diving	9.9	8.1
Tennis	4.5	8
Volleyball	4.5	12
Water Polo	4.5	8
Wrestling	9.9	0

NCAA DIVISION II SCHOLARSHIPS BY SPORT

MENS SPORTS

Baseball.....	9.0
Basketball.....	10.0
Cross Country/Track and Field.....	12.6
Fencing.....	4.5
Football.....	36.0
Golf.....	3.6
Gymnastics.....	5.4
Ice Hockey.....	13.5
Lacrosse.....	10.8
Rifle.....	3.6
Skiing.....	6.3
Soccer.....	9.0
Swimming and Diving.....	8.1
Tennis.....	4.5
Volleyball.....	4.5
Water Polo.....	4.5
Wrestling.....	9.0

WOMENS SPORTS

Archery.....	9.0
Badminton.....	10.0
Basketball.....	10.0
Bowling.....	5.0
Cross Country/Track and Field.....	12.6
Equestrian.....	15.0
Fencing.....	4.5
Field Hockey.....	6.3
Golf.....	5.4
Gymnastics.....	6.0
Ice Hockey.....	18.0
Lacrosse.....	9.9
Rowing.....	20.0
Rugby.....	12.0
Skiing.....	6.3
Soccer.....	9.9
Softball.....	7.2
Squash.....	9.0
Swimming and Diving.....	8.1
Synchronized Swimming.....	5.0
Tennis.....	6.0
Volleyball.....	8.0
Water Polo.....	8.0

Summary of recruiting rules for each sport—Division I

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SOPHOMORE YEAR	Recruiting materials	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. You may begin receiving recruiting materials June 15 after your 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires. 	<ul style="list-style-type: none"> You may receive brochures for camps and questionnaires.
	Telephone calls	<ul style="list-style-type: none"> You may make calls to coach at your expense. College may accept collect calls from you at end of year. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. 	<ul style="list-style-type: none"> You may make calls to coach at your expense only. College coach cannot call you. Ice Hockey—if you are an international prospect, a college coach may call you once in July after sophomore year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
	Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of
	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
JUNIOR YEAR	Recruiting materials	<ul style="list-style-type: none"> Allowed. 	<ul style="list-style-type: none"> You may begin receiving September 	<ul style="list-style-type: none"> You may begin receiving September 	<ul style="list-style-type: none"> You may begin receiving September
	Telephone calls	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense. 	<ul style="list-style-type: none"> You may make calls to the coach at your expense.
	College coaches may call you	<ul style="list-style-type: none"> Once per month beginning June 15, before your junior year, through July 31. 	<ul style="list-style-type: none"> Once per month in April, May and June 1-20. Once between June 21 and June 30 after your junior year. Three times in July 	<ul style="list-style-type: none"> Once during May of your junior year. 	<ul style="list-style-type: none"> Once per week starting July 1 after your junior year.
	Off-campus contact	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> Allowed starting July 1 after your junior year. For gymnastics—allowed after July 15 after your junior year.
	Official visit	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed. 	<ul style="list-style-type: none"> None allowed.
Unofficial visit	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	<ul style="list-style-type: none"> You may make an unlimited number of 	

	RECRUITING METHOD	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	OTHER SPORTS
SENIOR YEAR	Recruiting materials	• Allowed.	• Allowed.	• Allowed.	• Allowed.
	Telephone calls	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.	• You may make calls to the coach at your expense.
	College coaches may call you	• Twice per week beginning August 1.	• Once per week beginning August 1.	• Once per week beginning September 1.	• Once per week.
	Off-campus contact	• Allowed beginning September 9.	• Allowed beginning September 16.	• Allowed beginning November 27.	• Allowed.
	Official visit	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.	• Allowed beginning opening day of classes your senior year. • You are limited to one official visit per college up to a maximum of five official visits to Divisions I and II colleges.
	Unofficial visit	• You may make an unlimited number of	• You may make an unlimited number of	• You may make an unlimited number of	• You may make an unlimited number of
	Evaluation and contacts	• Up to seven times during your senior year.	• Up to five times during your senior year.	• Up to six times during your senior year.	• Up to seven times during your senior year.
How often can a coach see me or talk to me off the college's campus?	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	• A college coach may contact you or your parents/legal guardians (including evaluating you off the college's campus), six times. • One evaluation during September, October	• A college coach may contact you or your parents/legal guardians not more than three times during your senior year.	

Summary of recruiting rules—Divisions II and III

	DIVISION II	DIVISION III
Recruiting materials	• A coach may begin sending you printed recruiting materials September 1 of your junior year in high school.	• You may receive printed materials anytime.
Telephone calls	• A college coach may call you once per week beginning June 15 between your junior and senior year. • You may make calls to the coach at your expense.	• No limit on number of calls or when they can be made by the college coach. • You may make calls to the coach at your expense.
Off-campus contact	• A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. • A college coach is limited to three in-person contacts off campus.	• A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.
Unofficial visits	• You may make an unlimited number of unofficial visits any time.	• You may make an unlimited number of unofficial visits any time.
Official visits	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college and up to a maximum of five official visits to Divisions I and II colleges.	• You may make official visits starting the opening day of classes your senior year. • You may make only one official visit per college.

Questions to Ask Yourself and/or Coaches

Athletics

1. **What positions will I play on your team?** It is not always obvious. Most coaches want to be flexible, so you might not receive a definite answer.
2. **What other players may be competing at the same position?** The response could give you an idea of when you can expect to be a starter.
3. **Will I be redshirted my first year?** The school's policy on redshirting may impact you both athletically and academically.
4. **What expectations do you have for training and conditioning?** This will reveal the institution's commitment to training and conditioning program.
5. **How would you best describe your coaching style?**
Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style matches your learning style.
6. **When does the head coach's contract end? How long does the coach intend to stay?** The answer could be helpful. Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school/program?
7. **What are preferred, invited and uninvited walk-on situations? How many do you expect to compete? How many earn a scholarship?** Situations vary from school to school.
8. **Who else are you recruiting for my position?** Coaches may consider other student-athletes for every position.
9. **Is medical insurance required for my participation? Is it provided by the college?** You may be required to provide proof of insurance.
10. **If I am seriously injured while competing, who is responsible for my medical expenses?** Different colleges have different policies.
11. **What happens if I want to transfer to another school?** You may not transfer without the permission of your current school's athletic administration. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.
12. **What other factors should I consider when choosing a college?** Be realistic about your athletic ability and the type of athletic experience you would enjoy. Some student athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletics opportunities you want.

Academics

1. **How good is the department in my major? How many students are in the department? What credentials do faculty members hold? What are graduates of the program doing after school?**
2. **What percentage of players on scholarship graduate?** The response will suggest the school's commitment to academics. You might want to ask two follow-up questions:
 - 1) What percentage of incoming students eventually graduate?
 - 2) What is the current team's grade point average?
3. **What academic support programs are available to student athletes?** Look for a college that will help you become a better student.
4. **If I have a diagnosed and documented disability, what kind of academic services are available?** Special academic services may help you achieve your academic goals.

5. **How many credit hours should I take in season and out of season?** It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.
6. **Are there restrictions in scheduling classes around practice?** NCAA rules prevent you from missing class for practice.
7. **Is summer school available? If I need to take summer school, will it be paid for by the college?** You may need to take summer school to meet academic and/or graduation requirements.

College Life

1. **What is a typical day for a student-athlete?** The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.
2. **What are the residence halls like?** The response should give you a hint of how comfortable you would be in your room, in study areas, in community bathrooms and at the laundry facilities. Also ask about the number of students in a room, co-ed dorms and the rules governing life in the residence halls.
3. **Must student-athletes live on campus?** If “yes,” ask about exceptions.

SAMPLE RESUME

RESUME FOR PETER POPE

Peter Pope
2001 37th Ave.
San Francisco, CA. 94116
415-731-7500
popep@comcastic.net

Educational Background: GPA of 3.2/4.0 scale
PSAT of 1200 (610 CR – 590 M)
ACT score 28
SAT score of 1210 (610 CR – 600 M)
Honor Role 9 & 10
Enrolled in four AP courses
Will pursue degree in Communications

Extracurricular: Student Government 9-12
Natural Helpers 10-12
St. Vincent de Paul 9-12
Band 9-12

Athletic Background: *Basketball*
Junior Varsity 9, 10
Varsity 10-12
MVP 9
Voted “Mr. Hustle” by coaches 11
All Conference First-Team 12
Most Improved-Summer Select AAU

Soccer
Junior Varsity 9-10
Grade 9: center halfback, 8 goals
Grade 10: left wing, 14 goals
First Team All Conference

References: Mr. Jim Smith, Head Soccer Coach (jsmith@siprep.org)
Mr. Bill Blas, Head Basketball Coach (bblas@siprep.org)
Mr. Barry Bonds, AAU Head Coach (bbonds@siprep.org)

SAMPLE COVER LETTER TO COACH

(send with resume)

Date

Peter Pope
2001 37th Ave.
San Francisco, CA. 94116

Dear Coach Krzyszewski,

I am a 6'5" junior forward at St. Ignatius College Prep in San Francisco, California. I am interested in attending Duke University after I graduate. As a sophomore I started for our conference championship basketball team averaging 12 points per game, 8 rebounds and 4 assists. This year, my junior season, I have been elected team captain and currently average 19 points per game. Our team continues to be successful and will look to repeat as conference champions. **{Paragraph introduces you and provides basic athletic details...brief!}**

Academically, I have a 3.2 gpa and have earned a 1200 on my PSAT score. I plan to take both the ACT and SAT this spring. In addition, my course load this year includes all core requirements as well as two Advanced Placement courses. I will have my college entrance scores sent directly to Duke University and to the NCAA Clearinghouse when completed. My high school will also be sending my 6th semester transcript as it becomes available. **{Academic information given in simple, brief form here}**

I am very interested in attending Duke University because of its academic excellence, social opportunities and outstanding basketball program. I am particularly impressed with the graduation rate of student-athletes at Duke, as well as the national reputation of the Communications Program. I believe that my academic and athletic skills make me qualified to be considered for the Blue Devil program. **{This paragraph is critical, as you communicate detailed facts of interest you know and desire from that coach and their program. Separates them from perception of "blanket approach."}**

Please send me information on the Duke program at your convenience and let me know what information I can provide to be evaluated by the basketball coaching staff. Thank you for your consideration. I look forward to hearing from you in the future.

Sincerely,

Peter Pope

RECRUITING SERVICES

Recruiting services will not help you if you are not good enough to play in college. If you follow the advice of this packet you may be able get the attention of a college. However, there are no guarantees! That being said, following the steps in this packet can do for you, what many expensive recruiting services offer to do for you. But the one thing they do not have is your character or your voice. Coaches need to hear from you!

ACKNOWLEDGMENTS

{Some of the information in this planner was put together referencing the sources below}

- Do it yourself recruiting guide (www.SACRG.ORG)
- Miller Place Union Free School District (<http://www.millerplace.k12.ny.us/>)
- WWW.NCAA.ORG (terms, calendars, rules, qualifications, numbers)
- WWW.HSBASEBALLWEB.COM (not just baseball specific info here...great testimonials and available info on college recruiting in general)
- Bellarmine Preparatory School (<http://bellarmineprep.org/>)