

Planning Guide For the College Bound Student Athlete



Welcome!

This document 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 this guide can assist you through the college recruiting process, you are the generating force to assure that the necessary tasks get accomplished. The school counselors, coaches, and teachers here at Northern High School are here to help. The success of this process also depends upon realistic evaluations of your ability, both academically and athletically. Please use this information to help further your athletic opportunities beyond high school, and do not hesitate to ask for help.

Good luck!

NHS School Counseling Department

Let's get started...

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 and spending a little time each month can open doors you never thought possible that could 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 I sports. There are too many athletes and only so many Division I schools. However, the vast majority of colleges or universities are not Division I 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 will 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 and talent. 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. We want to showcase you so that we can reveal the outstanding athletic ability and character you developed while attending Northern High School.

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, athletic resumes, stats, videos

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, and you will be able to get noticed and stand out from the pack.

Note: 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 apply to college.

The Game Plan

Middle School Years:

- Strive for a strong academic record. This will allow you to have many more college options if you choose to pursue athletics in college.
- Play any and all sports you have an interest in, so that you can keep your options open as to which sport you would like to pursue in college.
- Attend one or more sport-specific camps to improve your skills. (Talk to your coach and Athletic Director about the camps that would be best for you.)

9th Grade

- Establish a four-year academic plan to meet all core course requirements needed through the NCAA.
- Strive for a strong academic record, and take a strong academic course load!
- Maintain at least a 2.0 GPA out of a 4.0 in core courses.
- Play any and all sports you have an interest in, so that you can keep your options open as to which sport you would like to pursue in college.
- Inform your coach and Athletic Director that you may be interested in playing sports in college.
- Attend sport-specific camps to improve your skills. (Talk to your coach and Athletic Director about the camps that would be best for you.)
- Weight train, condition, and continue to play in the off-season.
- Begin to record your athletic information on an athletic resume.

10th Grade

- Continue to strive for a strong academic record and take classes that are core course requirements.
- Maintain at least a 2.0 GPA out of a 4.0 in core courses.
- Take the PSATs in the fall (typically in October)
- Continue to participate in sports.
- Continue to weight train, condition, and continue to play in the off-season.
- Play in outside leagues and tournaments. Participate in college showcases and other college recruitment venues to gain exposure.
- Research colleges and athletic programs. Investigate and decide at what level (Division I, II, or III) you are interested in playing. Utilize your coaches and outside individuals when making this assessment. Go see teams at various levels compete. Be honest with yourself, and most importantly, watch the schools you are interested in playing for compete in your sport. Watch how the coaches coach and how the players react to their styles.
- Attend several sport-specific camps at colleges of interest.
- Record all athletic information on your athletic resume, which includes information such as athletic camps attended, club teams, awards, height and weight, statistics, positions played, standardized test scores, GPA, AP classes taken, etc.

11th Grade

- Send a preliminary introduction letter to college coaches in the summer before your junior year. The letter should include an introduction, providing detailed information about your size, academic qualifications, interests, personal statistics, awards, and honors. You should mention your desire for college competition, reasons for believing you can participate successfully, and your general reasons for wanting to go to that college.
- Send an athletic resume to college coaches in the summer.
- Complete the Athletic Questionnaires on the college websites for your sport
- Continue to strive for a strong academic record in the core course requirements.
- Maintain at least a 2.0 GPA out of a 4.0 in core courses; Sign up for the right courses!
- Set up a meeting with parents, coaches, athletic director, and school counselor to discuss the college list. Compile a tentative list of prospective schools.
- Continue to weight train, condition, and continue to play in the off-season.
- Continue writing coaches with updated information throughout the year.
- Play in outside leagues and tournaments. E-mail college coaches to inform them that you will be participating in a tournament, showcase, and/or camp.
- Attend summer camps for exposure. Look at different sports' camps at colleges.
- Discuss with your coach whether you should compile a videotape, a clip from a game, or a highlights video (Use PennLive).
- Call the college coach to make an appointment to meet with her/him if you are going to visit and interview at the college. (Important: Coaches cannot return your call before July 1).
- July 1 following the junior year is the first date that a college coach can initiate contact with a prospective player. Contact may include a telephone call, official or unofficial visit to the campus.
- Record all athletic information on your athletic resume.
- Make unofficial visits to campuses to help narrow your choices. Let coaches know well in advance when you plan to visit.
- Make or have a video made which includes both full game footage and highlights. Send your videos only upon request from the prospective college coach.
- Register with the NCAA Eligibility Center.
- Register to take the SAT/ACTs in the spring, and have your scores sent to the NCAA Eligibility Center.

12th Grade

- Take/retake SAT/ACTs in the fall, if needed.
- Be sure you are registered for the NCAA Eligibility Center!
- Send an updated athletic resume in the summer before your senior year.
- Set up official and unofficial visits with college coaches. (Plan to spend the night.)
- Continue to be in contact with college coaches. Inform them when you will be competing in a tournament or play-off game. Send emails or newspaper clippings that document your contributions. Send them your senior year schedule of competition.
- Continue to weight train, condition, and play in the off-season.
- Early in the fall, narrow your choices of schools and apply to colleges!
- Complete the FAFSA with your parents.

Playing Sports in College: The Basics

If you are considering playing sports in college, it is important that you understand some of the basic differences, processes, and associations that are found in collegiate athletics. Use this guide as a place to start!

What is the NCAA?

The NCAA stands for the National Collegiate Athletic Association, and it is there to help make competition fair, safe, and sportsmanlike, as well as supporting the role of athletics in making it a productive part of college life. The national office oversees 23 sports and championships, enforces NCAA rules, and gives advice, support, and money to member institutions. Its members include more than 1,200 colleges and universities, conferences, and other organizations. For a complete list of NCAA participating members, please visit <http://www.ncaa.com/schools/a>.



What is the difference between Division I, II, and III?

Schools that belong to the NCAA, must decide which division they belong to, which is based on college size and the scope of their athletic programs and scholarships. Each division must meet the following requirements to be considered a part of that division.

Division I	<ul style="list-style-type: none">• Offers at least 7 sports for men and 7 for women OR 6 for men and 8 for women• Offers 2 team sports for each gender• Have both male and female teams or participants for each sport's playing season• Offer a certain number of financial aid "awards" to student-athletes, without going over the maximum amount allowed• Play a certain number of contests against Division I opponents• (Meet attendance requirements, which is specific to basketball and football)
Division II	<ul style="list-style-type: none">• Offers at least 5 sports for men and 5 for women OR 4 for men and 6 for women• Offers 2 team sports for each gender• Have both male and female teams or participants for each sport's playing season• Have at least the minimum number of contests and participants for each sport
Division III	<ul style="list-style-type: none">• Offers at least 5 sports for men and 5 for women• Offers 2 team sports for each gender• Have both male and female teams or participants for each sport's playing season• Have student-athletes who do not get sports-related financial aid

What is the NCAA Eligibility Center?

The NCAA Eligibility Center acts as a filter to certify whether prospective college athletes are eligible to play sports at NCAA Division I or II institutions. It does this by reviewing the student athlete's academic record and SAT or ACT scores.

Student athletes **MUST** register with the NCAA Eligibility Center to be eligible to play NCAA Division I or II sports in college. Athletes playing in Division III do not have to register.

When and how do you register with the NCAA Eligibility Center?

The NCAA recommends that student athletes register at *the beginning of their junior year* in high school, but many students register after their junior year. There is no registration deadline, but students must be cleared by the Eligibility Center before they receive athletic scholarships or compete at a Division I or II institution.

Register online at www.eligibilitycenter.org. Note: There is a registration fee of \$75.

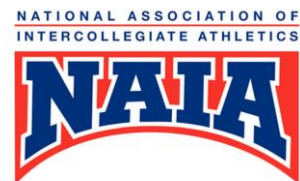
Did you know that you need to be taking certain classes during grades 9-12 to be eligible?

It's true! To learn about what core courses the NCAA requires for eligibility visit their website at: <http://www.ncaa.org/student-athletes/future/core-courses>.

All courses that are approved by the NCAA and can be used as credit towards your core courses are indicated in Northern High School's Course Selection Guide, which can be found on our website. Plan ahead!

What is the NAIA?

The NAIA stands for the National Association of Intercollegiate Athletics, and it is another governing body of athletics programs. Commonly, these are small private institutions. It is comparable to the NCAA Division II schools in terms of size of the school and also the level of play.



It oversees 65,000 student athletes, 25 national championships, more than 250 colleges and universities, 21 conferences, and awards more than \$500 million in financial aid each year.

NAIA member schools may be a good fit for you! To search member schools, visit www.naia.org and click on "Schools."

What is the NAIA Eligibility Center?

Much like the NCAA Eligibility Center, the NAIA Eligibility Center determines the academic eligibility status of first-time student athletes. Their job is to review your academic record and SAT/ACT scores. The NCAA and NAIA are two separate associations with two different sets of rules and certification processes, and you may register for both if you are considering a list of DI and DII schools that fall under both governing bodies.

When and how do you register with the NAIA Eligibility Center?

Students who have *completed* their junior year of high school may register. Therefore, students must wait until their senior year to register. Remember, you must also take the SAT/ACT before registering.

Register online at www.naia.org. Note: There is a registration fee of \$80.

Can you receive financial aid through college athletics?

Students are eligible to receive athletic scholarships at Division I and II schools only. Division III athletes can only earn academic financial awards, NOT athletic awards.

Do I register with either the NCAA or NAIA if I am going to play Division III athletics?

If you are confident that you will be playing a sport at a Division III program, then you do not need to register. However, if you think there is a possibility that you will play at a Division I or II institution, it is recommended that you register with the corresponding association.

What is the NJCAA Eligibility Center?

The NJCAA stands for the National Junior College Athletic Association. It is the athletic governing body for athletics at two-year colleges. Students can attend a two-year college, play sports, and then transfer to a four-year university.



How do I determine my eligibility to play at an NJCAA member institution?

Due to the unique academic and athletic situation of each individual and the complexity of the NJCAA eligibility rules, it is recommended that each potential student athlete discuss their athletic eligibility with the athletic personnel at the NJCAA college where they want to attend.

You do not have to register with an eligibility center, but you must submit online forms prior to your initial participation for each sport season. See the athletic personnel at your college for more information.

Eligibility Centers

(Needs to be completed in the spring/summer of junior year)

NCAA Eligibility Center

The application 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 II sports should submit their application in the spring of their junior year. The procedure is as follows:

- Create an NCAA Eligibility Center account
- Fill out the application and pay the \$80 fee (Ask your school counselor to see if you are eligible for a fee waiver).
- Request a transcript from your school counselor
- If you wish to participate in Division I or II sports, you must submit your SAT/ACT scores directly to the Eligibility Center. The EC code is 9999.
- See next page for more detailed information.

NAIA Eligibility Center

The application and the *NAIA 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 NAIA website at www.playnaia.org. Students who want to participate in Division I or II sports should submit their application in the summer following their junior year. The procedure is as follows:

- Create an NAIA Eligibility Center account
- Fill out the application and pay the \$80 fee (Ask your school counselor to see if you are eligible for a fee waiver).
- Request a transcript from your school counselor
- If you wish to participate in Division I or II sports, you must submit your SAT/ACT scores directly to the Eligibility Center. The EC code is 9999.
- See next page for more detailed information.

NJCAA Eligibility Center

Due to the unique academic and athletic situation of each individual and the complexity of the NJCAA eligibility rules, it is recommended that each potential student athlete discuss their athletic eligibility with the athletic personnel at the NJCAA college where they want to attend.

You do not have to register with an eligibility center, but you must submit online forms prior to your initial participation for each sport season. See the athletic personnel at your college for more information.

NCAA Eligibility Center

WEBSITE REGISTRATION CHECKLIST

Take your first step to becoming an NCAA student-athlete at eligibilitycenter.org.

Choose from our two account types to get started:

- 1. Certification Account:** You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. You also need to be registered with a Certification Account before you can make official visits or sign a National Letter of Intent in Division I or II.
- 2. Profile Page:** If you plan to compete at a Division III school or are currently unsure in which division you want to compete, create a Profile Page. If at any time you wish to pursue a Division I or II path, you will be able to transition to a Certification Account.

For Certification Accounts, please allow between 30 to 45 minutes to register completely. If you need to exit and come back at a later time, you can save and exit once your account or profile is created.

Reference the Help section located in the top task bar at any time to answer your questions as you work through registration.

Below is a list of items we recommend you have before beginning your registration with the NCAA Eligibility Center:

Valid Student Email

You need a valid email address that you check regularly to register. This is important for updating prospective student-athletes about their account. For more information about accepted emails, please reference our [FAQ](#).

traditional high school season. It also includes information about any individuals who have advised you or [marketed](#) your skills in a particular sport. This information helps the Eligibility Center certify your amateur status when it is requested by an NCAA school.

Basic Student Personal Information

This includes information such as your name, gender, date of birth, primary and secondary contact information, and address.

Payment

For Certification Accounts, nonrefundable registration fee for U.S., U.S. Territories* and Canadian students: \$80

Basic Student Education History

Please include details about all high schools or secondary schools you have attended in the United States or internationally, and additional programs you have attended.

*U.S. Territories include American Samoa, Guam, Northern Mariana Islands, Puerto Rico and U.S. Virgin Islands.

[Check](#) if your school has a list of NCAA-approved courses.

Nonrefundable registration fee for international students: \$135

The NCAA Eligibility Center accepts Visa, MasterCard, Discover and American Express. For payment questions, look [here](#). Some individuals may qualify to apply for a [fee waiver](#).

Student Sports Participation History

For Certification Accounts, this includes details for any expenses or awards you received, any teams you have practiced or played with or certain events in which you participated outside of the

Next Steps

Stay on track in high school and understand these [quick tips](#) to help in your eligibility process.

For more information, please visit: www.NCAA.org/playcollegesports.

Questions to Ask During a College Visit

Before you decide to make your first visit to a college, it's a good idea to think carefully about the kind of information you are going to need to make an informed college selection. Once you do, you'll be able to ask the right kinds of questions. The following should get you started:

Ask the Recruiter:

- At what level does this school compete at (DI, II or III)?
- What position do you want me to play and how many others are you recruiting for the same position?
- What is your coaching philosophy? What is your offensive/defensive philosophy? Are you considering any changes?
- What happens if I become injured or ineligible?
- Is it a possibility that I could be red-shirted?
- How many walk-on athletes are permitted to join each year?
- What types of academic support services are available for athletes?
- What is expected of players in the off season?

Ask the Players at the School:

- What does your typical daily schedule look like in terms of course load and practices? How does it change whether you're in-season or out-of-season?
- Approximately how many hours per night do you study?
- What, generally, are the feelings the professors have regarding athletes?
- How do you like the living spaces? How do you like the food?
- Do you have an academic advisor? If so, how is the relationship you have with him/her?
- Are the coaches available and supportive when you have academic concerns and challenges?
- How rigorous is the travel schedule?

Ask the Tour Guide and/or Non-Athletes at the School:

- What are the best reasons to go to this college?
- What's it like to go from high school to college?
- What do you do in your free time? On the weekends?
- What do you wish you could change about this college?
- Why did you choose this college?
- If you had the chance to do it all over again, would you still choose this school?
- What is the general opinion of the athletic program at this school?
- What do you think of the quality of education you are receiving?

Ask of School Officials and Admissions Officers:

- What are the graduation rates for the athletes at the school?
- Do most athletes graduate in 4 years?
- What is the average length of time that it takes someone to earn a degree while participating in my sport?

Ask Professors:

- What are the best reasons to go to this college?
- Can a student be mentored by professors, graduate students, or upperclassmen?
- How does the college help students have access to professors outside of class?

Ask the Financial Aid Office

- How much do your students usually end up owing when they graduate?
- How many students on average receive institutional financial aid?
- What are the deadlines for your financial aid forms?

Questions to Ask Yourself Following Your Visit

You will have to ask yourself several important questions after you have visited colleges in order to select the right school for you. The questions below will provide you with a good start. Take the time to think carefully about your answers, and be sure to talk to your school counselor, your coach, your Athletic director, and your parents about answers that might be difficult for you. Remember that you want the right athletic AND academic experience.

- Did any of the recruiters have negative things to say about the other schools that you are considering?
- Did any of the recruiters promise that you would compete right away, and even be a starter? (If so, proceed with caution because they might have been less than honest.)
- Would you attend the school even if you had no intention of competing in athletics?
- Do the coaches and players seem genuine and care about each other?
- Will you be academically successful at this school? Athletically successful? How do you measure up to the athletes already there?
- Were the coaches and players you met honest, available, friendly, and genuinely interested?
- Were the coaches interested in academics? Did they ask you about your educational and career goals?
- Will you fit in with the rest of the student body at this school? Will you be comfortable in associating with them for four years?
- How will you feel if one or more of the coaches leave? Will you still be happy with the school and your athletic participation?
- Does the school offer the program(s) of study you are interested in pursuing?
- Does the school satisfy all of the criteria that you established with your parents and school counselor? This is perhaps the most important question—so give it serious thought!

Athletic Resume & Cover Letter

While you can start contacting coaches as early as your freshman year, it is more common that your athletic resume most likely isn't "complete" until mid-Junior year at the earliest. However, whenever you are ready to begin either with campus visits or contacts with coaches, first develop and/or refine an athletic resume to send to them or to leave with them when you meet them in person. You can update this resume as frequently as you want (i.e., time improvements, the addition of test scores, activities, voted team captain, etc).

After your initial contact, continue to provide email updates to coaches on changes (i.e., better times, new test results, becoming captain of the team, leadership positions at school, academic achievements, etc.). They want to hear from you as it is an expression of your interest in their team. You will want to get your name in front of the coaches on a regular basis.

When sending your athletic resume to coaches, make sure that you include a specifically tailored cover letter (See example). This cover letter should indicate why you are interested in the program at this particular school and why that specific school is of interest to you academically.

Checklist of items to include in your correspondence with coaches:

- ✓ Cover letter
- ✓ Athletic Resume
- ✓ Copy of your sports schedule(s)
- ✓ Link to any video footage
- ✓ Copy of your transcript (if desired)

Sample Athletic Resume

Legal Name (the name you will use on your college application)
"nickname"

750 Naples Road
Naples, FL 34112

Home Phone: (239) 123-4321
Cell Phone: (239) 123-4321
Email Address: T2Aquaticsswimmer@gmail.com
Birthdate: January 1, 1993

Attach Photo or
Insert Photo Here

High School: Naples High School
750 Naples Road
Naples, FL 34112

Academics:
GPA: 3.85 (unweighted), 4.02 Weighted

Tests Scores:
SAT 640 (Critical Reading), 680 (Math), 670 (Writing)
700 (Math 2 Subject Test), 680 (Spanish)

AP Tests: 4 (European History)

Honors: CSF (4 semesters to date), USA Swimming Scholastic All-American

Collegiate Goals: Engineering Degree, Swim in NAAs, qualify for Olympic Trials

Extracurricular:
Activities: Editor: Naples High School Yearbook
Spanish Club (2008-present)
Naples Church Youth Group

Honors:
Employment: 2009- Present: Swim Lesson Instructor – Naples YMCA

Swimming:
High School: Campolindo High School
Team Captain – Senior Year
Coach: Paul Yetter
Phone:
Email Address: coachpaul@email.com

USA Swim Team: T2 Aquatics
Coach: Paul Yetter
Phone:
Email Address: coachpaul@email.com

Top Swim Times: SCY Times:
50 Free:
100 Free:
100 Back:

LCM Times:
50 Free:
100 Free:
200 Back:

Sample Cover Letter to Coach (Always send with resume)

Date
Peter Pope
781 Country Club Road
Dillsburg, PA. 17019

Dear Coach Krzyszewski,

I am a 6'5'' junior forward at Northern High School in Dillsburg, PA. 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 score of 1200 on my PSAT. 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 Eligibility Center 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 your interest with detailed facts and desire to play for that coach and participate in their programs. This will separate you because you are individualizing the letter.}*

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

Sincerely,

Peter Pope

Samples: Other Correspondences with Coaches

Sample Monthly Update – Junior Year:

Dear Coach _____,

It has been a great year for both swimming and academics. I was elected to be _____ and I earned a national ranking in the National French Contest. I have also received my May SAT Reasoning scores: -Math, -Critical Reading, and -Writing. I took two SAT subject tests yesterday, and I will update you on my scores when they are sent. As for my swimming, my time of _____ in the 500 free made me a team record holder and an Automatic All-American. I will send you my year-end transcripts when I receive them in the next few weeks. I am looking forward to an excellent long-course season! I will be swimming in the Santa Clara International Meet this coming weekend! I look forward to speaking to you further about _____. Go _____!

Sample Post Unofficial Visit:

Dear Coach _____,

Thank you so much for meeting with me yesterday! It was great to get to know you and learn more about the _____ team! I am looking forward to keeping in touch with you throughout these next few months and I will keep you updated on the rest of my high school season as summer approaches! Thank you so much again!

Sample Post-Recruit Trip:

Dear Coach _____,

I just got back home and I want to let you know how much I enjoyed my recruit trip this weekend! I am so excited about all aspects of _____: the swim program, the team, the academics, and the school's environment. I can really see myself being part of the team; it was my first recruit trip where I really felt like I could jump right in and fit. My only disappointment during the trip was that I didn't get to buy a sweatshirt at the Student Union! I hope to hear from you soon! Thank you again for a great weekend!

Recommended Resources

NCAA Guide to the College-Bound Student-Athlete (Found online at NCAA.org)

NCAA Eligibility Calculator (Found online at ncaacalculator.com)

NAIA Guide to the College-Bound Student-Athlete (Found online at NAIA.org)

NJCAA Eligibility Rules (Found online at NJCAA.org)

References:

www.ncaa.org

www.naia.org

www.njcaa.org

www.woosterschool.org

www.siprep.org