

College Info for High School Athletes and their Parents

Steps for the College Bound Student Athletes:

1. Players that are going into in their junior year should have a list of 10-15 Schools they are interested in by the fall of their junior year. Schools should be selected based on academics first. Athletics should be secondary criteria. Most Student Athletes start looking at schools using Location, Areas of Study, Size of School, Costs, etc...in order to refine their list. This is not your final list, as some schools will drop off the list while others may be added as time goes on. Be a little flexible.
2. Your parents should be involved in this process but the student athlete has the ownership!
3. Your list of schools at this point should be focused into two categories:

Academics

Athletics

Under each heading, you should divide the schools you have into safety, attainable and then reach. Do this for Academics and then for Athletics. This is a good activity to help see your options.

4. In selecting schools, make sure you are honest with yourselves on your academic and athletics abilities.
5. Players should always think that they might get hurt playing athletics in their very first game and then ask themselves...."Will I still like this school?" And "What will a degree from this school do for me?"
6. Players should visit each school's Athletics Teams Homepage and fill in their Recruit Section. If a school does not have a Recruit Section, e-mail to the coach on your interest in the school and his program. This should happen by Thanksgiving of your junior year. We have a template you may use when contacting College Coaches should you want to use it. When using it, please be sure to add in your own style and personality to the e-mail. The template is only that...a template. For those that want to e-mail the coach on their own, introduce yourself and cover the following items:
 - Grade, School/HS coach, Position
 - Achievements/GPA/SAT or PSAT/ACT Scores
 - What Club team do you play for and coach/coaches e-mail address
 - What camps are you going to in the summer
 - What tournaments or showcases will you be playing in the summer, fall and winter with any elite team
 - Why you are interested in the college/university
 - What kind of person you are
7. Be very open and honest with you with your perceptions of your abilities. College coaches can contact your elite coach or high school coach to ask about what type of person you are, if you are a good team guy, how you do in school, your strengths, things you need to work on, etc, etc.... Help yourselves out by keeping your grades up and doing well on the standard tests. There are many good athletics players out there but there are not as many good athletics players with good grades as college coaches would like to see. Utilize your schools resources for extra help and prep classes.
8. You may contact any College Coach thru e-mail at anytime during your High School career. In fact, it is encouraged that any freshman/sophomore that is interested in a school, e-mail the coach and introduce themselves. This will get you on their distribution list.
9. Try and communicate with coaches every other month or so with updates on school, athletics and other notable items during your junior year. This should start in the early fall of your junior year. Balance the need to communicate with over-communicating
10. It's important for all juniors to start looking at the NCAA Information in the fall of their junior Year. The Website to visit is: <http://www.ncaaclearinghouse.net/ncaa/NCAA/common/index.html>. This website is a

wealth of information. Even though only players who wish to try and play at the D1 or D2 level need to register with the NCAA Clearinghouse, it is encouraged for all players to register.

11. Please make sure you begin college visits in your fall/winter/summer junior year. Make appointments for a tour and ask to stop and say “hello” to the athletics office. Leave the fall of your senior year for “Official Visits”. The ultimate situation is to have visited all of the schools on your list in your junior year and then go back to the ones on a refined list in the fall for an “Official Visit”.
12. Please make sure you have volunteer and community service activities for your applications.
13. You should try and narrow down your list of colleges to about 8 or so schools by early August of your senior year. Remember that colleges will be getting added/dropped as you research them and visit them. In addition, you could be contacted up until December by schools who may have interest.
14. During the fall of your senior year, you should be communicating with college coaches every 4 weeks or so with updates on school and athletics. Again, communicate but do not over communicate.
15. If you have decided that you are not interested in a school that is pursuing you, be up front and tell the coach that. Thank them for their interest and time.
16. Schools may ask you to come for an official visit during the fall. Make sure you understand what type of visit it is and ask many questions. You are not going on vacation! This is a trip that could determine where you go to college! Utilize the list of questions in the College Bound Student Athlete Guide when you go on this visit.
17. Understand what time is needed for studies and athletics at the school you are visiting. Ask players what they like about the team and what they do not like. Ask the same about the coach. You need to be going into every visit with your eyes wide open.
18. While on your visit, stay away from Alcohol, Drugs, etc. Stay away from any bad looking situations. It will come back to haunt you!!!
19. Once you decide where you would like to go to school and have been accepted, make sure you send a thank you to all of the other schools on your shortened list for their time and interest. If schools contact you after you made the decision, be polite and again, thank them for their time and interest. This is mandatory!
20. Remember that you will always represent yourself, your family and your High School. This is 24/7 and 365.