



WHEN TO BEGIN THE RECRUITING PROCESS



FIND MY TEAM

1. Many think the recruiting process begins when a college coach contacts the student athlete. That is not necessarily the case for all, *but if a college coach does reach out to you:*

- a. Respond to that (or those) coaches.
- b. Meet with your guidance counselor and make sure your academics are in order.
- c. Communicate to your coach and parents about the college and begin to get feedback about the school.
- d. Begin to research that college or university.
- e. Find a good travel team if you have not already done so.
- f. Keep working hard!

2. If a college coach has not reached out to you but you are ready to begin, then you can begin the recruiting process at any time. How do you know when you are ready?

- a. You have fallen in love with a sport.
- b. You enjoy “practicing” your sport just as much as “playing” your sport.
- c. You don’t mind spending hours training.
- d. You are willing to sacrifice your time and energy to improve.
- e. You are comfortable being uncomfortable.
- f. You hunger for feedback which drives your desire to improve.

3. What to do next?

- a. Start asking lots of questions and put a plan together.
- b. Take your academics as serious as you are with your sport.
- c. Start thinking about what you might want to do as a career.
- d. Solidify a circle of influence - people you trust.
- e. Find a good travel team.
- f. Start visiting colleges - try to visit as many colleges, unofficially, as you can. (An unofficial visit means you pay for the trip.)
- g. Reach out to colleges to let them know of your interest. (You don't have to wait until a coach comes to you. It is good to be proactive.)
- h. Ask your coach for some video that you can start sending colleges. (Not just highlights)
- i. Send your game film and travel schedule when they are finished.
- j. See who responds.

4. Keep working hard

- a. Get the best grades you can get for every class. (yes, even the ones you don't enjoy)
- b. Work as hard as you can on your sport. (but don't be afraid to cross-train)
- c. Remain humble.
- d. Thank people and be appreciative.