

Recruiting is a two-way process. Learn about schools, build genuine relationships, communicate professionally, and decide what is the right academic and athletic fit.

1 Know Your Process

- Understand recruiting timelines and the rules that apply to your sport and division.
- Research schools based on academics, athletics, culture, location, and overall fit.
- Build a realistic list of schools and learn what each program offers.
- Keep track of contacts, conversations, visits, and next steps.

2 Recognize Genuine Interest

- Look for consistent, specific communication—not just generic messages.
- Notice whether coaches ask about your academics, goals, development, and fit.
- Pay attention to meaningful next steps: calls, visits, evaluations, or follow-up.
- Ask questions when you are unsure what a coach's interest means.

3 Show Your Interest

- Be proactive, respectful, and professional in your communication.
- Tell coaches why you are interested in their school and program.
- Share relevant updates, schedules, film, accomplishments, and academic progress.
- Follow up when appropriate and always communicate clearly.

4 Stay Organized

- Use a recruiting tracker or calendar to manage contacts and deadlines.
- Record coach names, contact information, dates, notes, and next steps.
- Keep your recruiting materials current and easy to access.
- Set weekly goals so the process stays manageable.

5 What Coaches Look For

ATHLETICS

- Skill, athleticism, competitiveness, coachability, and potential.

ACADEMICS

- Strong habits, effort, eligibility, and commitment to school.

CHARACTER

- Communication, maturity, work ethic, resilience, and teamwork.

FIT

- How you fit the program's style, culture, needs, and expectations.

6 Questions to Ask a Coach

- What does the recruiting process look like for your program?
- What do you see as my potential role?
- What are the academic expectations and support resources?
- What is the team culture like?
- What are the next steps and timeline?

7 Recruiting Do's & Don'ts

DO: Be honest, prepared, responsive, respectful, and yourself.

DO: Ask questions and keep your information organized.

DON'T: Overpromise, ignore messages, or let others speak for you.

DON'T: Choose a school based only on the name or level of the program.

8 Remember: You Are Evaluating Them, Too

- Recruiting is not only about getting recruited.
- Learn whether the school and program are right for YOU.
- Consider academics, coaching, development, teammates, culture, resources, location, cost, and the experience you want as a student-athlete.

Recruiting rules vary by sport, division, and year; confirm current requirements with the appropriate governing body and college staff.

QUICK RECRUITING CHECKLIST

■ Research schools ■ Track contacts ■ Communicate professionally ■ Update materials ■ Follow next steps ■ Evaluate fit