



TOP 10 STEPS TO COLLEGIATE RUGBY

1. **Get good grades** (Enough Said!)
2. **Challenge yourself** (Is there a subject where you are especially strong or have interest? Don't take the easy route – take some APs or Honors classes!)
3. **Test prep** (Don't waste your time and "Take a test and see what happens." Take 6-8 weeks to prep either on your own or in a class or with a tutor.)
4. **Be a leader** (In the classroom and on the field. Community service is a great way to explore careers and build your leadership experience!)
5. **Teachers & counselors are your friends!** (Many colleges will require a letter of recommendation. Get to know your teachers and counselors and vice versa.)
6. **What do you want in your DREAM college?** (What are your priorities? Majors? Student culture? Location?)
7. **Research Colleges** (Look through a college's website, watch video tours, visit campuses, talk to older friends who have already gone through the process and ask their advice. If possible, visit campuses and get a feel for the school personally.)
8. **Contact Coaches** (It is impossible for a college coach to help you if they don't know who you are! Begin by sending an Athletic Resume and game footage to coaches as soon as possible.)
9. **Improve Yourself** (This is an area where you have total control. You can always get faster, stronger, more flexible! Coaches want smart players so watch games online and build your game knowledge. If you want to be the best, watch the best!)
10. **Attend a Rugby Camp** (Attending a camp hosted by a collegiate rugby team allows coaches to see you in action and gives you an opportunity to see if the coaching staff and rugby program fits what you are looking for. Camps can also give helpful feedback on ways you can improve your skills going into the next season.)

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