



## **The Rugger's Edge - Advice on the Recruiting Process**

- **Start early!**

The sooner you start the recruiting process the better. Start to research different colleges that meet your wants and needs in a school. Think about the size, location (urban/rural), courses offered, and financial aid if applicable. Make sure you look at athletics AND academics. Remember to ask yourself: would you attend this school if you were injured and couldn't play anymore?

- **Make a list**

Create a word document that has a list of all the colleges that are of any interest to you. Under the name of the college have the coach's name, coach's e-mail, mascot, and a reason you like the school. This will allow you to quickly personalize e-mails to coaches by saying things like, "I am interested in your school because of the business program you have."

- **Start contact**

Once you have established your list, fill out each team's specific Prospective Athlete Questionnaire (if applicable) or email the coach with your athletic resume.

- **Stay in contact**

Staying in contact with coaches is one of the most important things in the recruiting process. Even if a coach doesn't e-mail you back, it does not mean you have to take them off your list right away. Keep e-mailing your schools updates in your athletic and academic career. Also, definitely make sure to e-mail coaches if you are going to summer camps or tournaments that they might attend, making sure to include the team you play for and your number. If you are further along in the process, e-mail the coach (or call if NCAA rules allow you to) and ask how their end of the recruiting is going (are they talking with admissions and so forth).

- **Be honest**

Coaches appreciate honesty. If a coach contacts you from a school that is not of any interest do not be afraid to kindly tell them that their university or program does not seem like the right fit for you. Don't forget to thank them for their interest and wish them luck in their next season. Being polite goes a long way.

- **Ask questions**

Don't be afraid to ask questions! Asking questions during the recruiting process can be scary, but remember that coaches have been through the recruiting process many times—they have heard practically everything.

- **If possible, visit**

If the coach offers you an official visit to the school, take it if you can. On official NCAA sanctioned visits, all expenses should be paid for and there is no harm in checking out a school, even if you don't think it is for you. If the coach does not offer you a visit, if you can, visit on your own.

- **Remember, this is YOUR future**

During your recruiting process, try to do as much of it as you can on your own. For example, try to draft your e-mails on your own and then have your parents proof read them. Make sure to discuss with your family your individual needs (money or learning issues) and then try to communicate that with the coach. Coaches prefer to deal with the athlete themselves, but there does come a point where the parent should have a conversation.

*Edited from <http://www.berecruited.com/resources/recruiting-advice/advice-on-the-recruiting-process-from-one-recruited-athlete-to-another>*