

I want to play sports in college, what do I do?

Steps—

1. Research, research and research!

- a. Create a list of the top 15 colleges you wish to attend for athletics.
- b. Create a list of the top 15 colleges you wish to attend to pursue your academic goals.
- c. Cross this list to see which programs fit both your athletic and academic dreams.

2. After you have your list...

- a. Identify the coaches for each program that are responsible for recruiting/who you should reach out to.
 - i. Sometimes schools will have recruiting questionnaires you can fill out! This is beneficial in the aspect that you can send them all of your stats, times, grades, etc. – However, this does not establish a personal connection as to why you wish to attend their school.
- b. Create a document of each school, the program in which you wish to apply for academically, and the coaches email whom you will be starting this process with.

3. Build your bragging rights!

- a. Create a list of your stats, times, aspirations as an athlete and as a person.
 - i. What makes you special? What will you bring to the team? How will you make an impact? What kind of worker are you?
 - ii. What are your goals academically? What do you want to study and why? How will being an athlete in college help you in your field?
- b. If you have any game film or videos of races, create a Google drive or Hudl to make an easy link to access your highlights! Coaches like to see you in action.
- c. Include your height, weight (if you feel comfortable) in your stats.

4. Crafting your email

- a. When addressing one of the coaches, always use Coach + their last name.

- b. Introduce yourself (your name, where you are from, your sport, where you are attending high school and especially your grade). This is where you can showcase your personality and statistics.
- c. Explain why you want to compete for the school (here you could mention program stats of the past, what you hope to bring to the team, where you see yourself fitting in, etc.) AND explain your academic goals and how the university could help you accomplish them.
- d. KEY POINTS HERE:
 - i. You can have a skeleton email you want to send to each program so you don't have to do the same thing over and over again, however PROOFREADING is vital. If you accidentally email a coach and it is the wrong university, they will disregard you immediately. You have to be personal and professional.
 - ii. Keep it to the point. It should not have to be a long life story about why you started playing water polo or swimming... coaches want to know why you want to go there and what you can bring to the team.
 - iii. If you want to create a new email specifically for recruiting to keep everything organized, I highly recommend it. I created a Gmail like this and it was my name and graduation year.

5. Establishing further discussion

- a. If a coach emails you back:
 - i. Congratulations! This is a huge step. Essentially from this point on, you do exactly what they want you to do! If they want to schedule a call, do it! If they want more information, answer all their questions honestly and openly. If they want to schedule a recruiting visit, this is awesome! Take it step by step and the process will do the work for you.
- b. If a coach does not email you back:
 - i. You do not want your first email to be your last one. If a program does not see you as a fit, they could possibly tell you "Thank you for trying but you are not right fit for a program" and this would be courteous. So if you do receive an email back, this could mean that either they are not interested (do not take it personally) or they didn't see it.
 - ii. You do not want to email them more than three times. I would wait approximately two weeks before reinitiating contact with

the coach. You can say something along the lines of, "Just checking in to see if you have received my precious email on 00/00/0000. I would love to set up some time to talk about your program and if there is anything else you need from me." – etc.

I hope that this is beneficial in getting your recruiting process started. If you have any questions or need some more guidance after our first session, please let me know.

Best,
Savannah Fitzgerald
559-432-4317
savannahfitzgerald7@mail.fresnostate.edu