



## Guidelines for Prep Student-Athletes

Congratulations on your decision to pursue athletics at the college level! The Prep College Counseling Team and the Athletic Department are excited to support you through your search process. You'll want to consider the academic, athletic and social environments that best suit you. The following are a few areas to consider as you get started:

- Register with the NCAA Eligibility Center: [www.eligibilitycenter.org/](http://www.eligibilitycenter.org/) and/or the NAIA Eligibility Center: [www.playnaia.org](http://www.playnaia.org).
- Request an email template from your college counselor to craft a message to coaches at the various colleges and universities you are interested in so far (do this prior to sending a resume or video);
- Create an athletic resume highlighting your achievements;
- Put a recruiting video together (see note below);
- Research the colleges and universities that offer your sport across all athletic divisions. Do not rule out a program simply because it isn't Division I.
- Once you have sent an email to a coach, you must follow-up.

Creating a recruiting video\*:

- Keep the video short. 4-8 minutes is sufficient. If you'd like to include full game footage you can either include the footage at the conclusion of the film or let the coach know that you have more extensive footage should they be interested;
- Do not send unsolicited videos to coaches;
- Include the following personal information on the cover of your CD – name, address, phone number, email address, school name, graduation year, position played, jersey number (if applicable);
- Follow-up to confirm receipt of the video.

General thoughts to keep in mind as you begin interacting with collegiate coaches:

- Only the Office of Admission can admit an applicant;
- Admission Offices may offer student-athletes a "likely" letter, which works similarly to a formal admission offer assuming the applicant continues to perform at a satisfactory academic level;
- Coaches may serve as a liaison when discussing the issuing of a "likely" letter, however the Office of Admission issues the "likely" letter, not the coach;
- Only the Financial Aid Office has the authority to determine financial aid awards and contact the student directly.

Finally, we ask that you keep your college counselor updated on the conversations you have with coaches. Your counselor will be working with you to create a college list that is academically and athletically balanced. Until a likely letter is issued, we ask student-athletes to apply to a broad range of colleges and universities.

\*Note: Football players – Coach Harrison uses a film video editing software for game film and highlights to build a recruiting package for a player and will email the film directly to recruiting coordinators and coaches.



FLINTRIDGE PREPARATORY SCHOOL

## Email Template for Student-Athletes

Dear Coach \_\_\_\_\_,

My name is \_\_\_\_\_ and I attend Flintridge Preparatory School in La Canada, CA. I am a \_\_\_\_\_ (junior/senior) and am interested in learning more about your program. Currently I have a \_\_\_\_\_ GPA and a \_\_\_\_\_ SAT/ACT score and am interested in pursuing a major in \_\_\_\_\_.

Last season, my team qualified for/won \_\_\_\_\_ (add highlights about your season) and I earned \_\_\_\_\_ award. My personal best so far is \_\_\_\_\_. I am excited for this upcoming season. (Expand on your experience here).

I plan to visit campus over spring break and hope to have the opportunity to meet you. Please let me know if you are available to meet with me. Attached you will find my athletic resume.

Sincerely,

\_\_\_\_\_

Phone number

Email address