

College Recruiting by Coach Smith

If you want to compete in college there is a place for everyone. You might not get your school paid for but with the multiple divisions there is a “right fit” for you out there.

Steps to running in college:

1. Work on your grades! Colleges want good students!
2. Commit to your sport, track your workouts, be a leader, and show improvement.
3. Junior year is an important year for recruiting.
4. Make a list of suitable colleges.
5. Check <https://www.tfrs.org/> to see if your performances fit the college that you want to compete at. Search the team and navigate to your event.
6. Check <https://www.niche.com/colleges/search/best-colleges/> to see if your GPA and SAT are in the range for the colleges you are interested in.
7. Beginning of Junior Year: Register with the NCAA and get certified with the NCAA.
<https://web3.ncaa.org/ecwr3/>
8. Gather your best performances from:
<https://va.milesplit.com/teams/290-falls-church/roster>
9. Fill out the questionnaire at the college sport website that you want to compete at. Write the coach with grades, performances, and express your interest.
10. Create a free website to advertise yourself to coaches. <https://new.berecruited.com/>. Many smaller schools use these websites and you might get interest from a school you never thought about.
11. Have a copy of your transcript and SAT/ACT scores handy to send to coaches if requested.
12. Keep communication open with the coach and show you are seriously interested.