



10 Steps to **Play Sports in College**

10. Be Proactive

- Earn your opportunities; don't expect them to come to you.
- Start the research early- sophomore or junior year.

9. Play for Traveling Teams or Participate in Developmental Events

- Increases exposure.
- Can meet college coaches at events- be careful of NCAA contact rules!!

8. Research Schools of Interest

- Treat this as a job search: know your employer.
- Will get better idea if school is right for you.

7. Sports are Just Part of the Total College Experience

- Social factors and Demographic location are both important.
- Most athletes don't make it to the professional level- academics are the most important element to college.

6. Create an Athletic Video Resume

- This introduces you as an ATHLETE to coaches, not just another student.
- Be sure to show more than highlights- skills and entire series of play.

5. Create Professional Portfolio

- Makes you look professional, organized and mature.
- Include a Cover Letter and Statistical Sheet.

4. Contact College Coach Before Sending Information

- Set yourself apart- coaches get hundreds of resumes per day.
- Personal contact by phone shows your true interest and dedication.

3. Meet with High School Counselor

- Review core classes- make sure you are prepared for graduation.
- Have transcripts sent to colleges.

2. Fill Out NCAA Clearinghouse Forms

- The best time is just after Junior Year.
- MUST be completed to play DI, DII, DIII.

1. Seek Outside Help for an Extra Edge

- Simplifies and streamlines the college application process.
- Makes applicants competitive for success with a professional touch.