



J.J. Pearce Mustangs Athletic Department



Beverly Vance, Principal

Andrew Harden, Head Men's and Women's Track and Field

Parents,

College athletic recruiting is an exciting process for athletes who are interested in playing collegiate sports. The purpose of this workshop is to educate and empower both parents and athletes so they can understand the do's and don'ts of recruiting and how to better impact your opportunities to get a scholarship.

The building of relationships between high school players and college coaches can technically begin on the day the athlete starts to play high school football. However, the actual recruiting process generally starts the summer of the athlete's junior year.

I feel that it is important for the recruits to have an idea about what they want out of their college experience and to have their questions ready ahead of time. Most people find it hard to ask questions in the moment when a coach calls or they are on campus. Below are some questions I have come up with that should give them a great start. This might be a good thing for you to print off and look through them at your own pace and reference it later.

Academics

1. What percentage of players graduate? **The response will suggest the school's commitment to academics. You might want to ask two follow-up questions**
2. What is the current team's grade-point average?
3. What academic support programs are available to student-athletes? **Look for a college that will help you become a better student.**
4. What Majors and Minors does the school offer? **It is important to make sure the school has what you are looking for.**
5. What are the standards to get into school? **Make sure you will be able to get accepted into the school. Chances are if you are NCAA eligible you will be close to meeting**
6. How many credit hours should I take in season and out of season? **It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree. Ask about the academic councilor that will work with you child to make sure that degree requirements are met each semester.**
7. Are there restrictions in scheduling classes around practice? **NCAA rules prevent you from missing class for practice.**
8. Is summer school available? If you need to take summer school, will the college pay it for? **You may need to take summer school to meet academic and/or graduation requirements. You need to meet with the head coach in order to have summer school paid for as part of a scholarship.**
9. How many hours of school work a day? How much time will you spend studying, and is it manageable for the current students, or do they struggle. **This all depends on your major and semester you are in.**
10. What is the typical week of school like? How many classes will you take, how often does class meet, what times are classes? **This is a great question to ask student athletes while you are on your visit or through social media.**
11. What percent of students are able to find a job out of college in the field they want? **Finding a job or continuing on with your education should be the most important thing to you.**

General Questions

1. What is there to do on the weekends? **It is important to find out whether or not people stay around for the weekends or people go home.**
2. What is dorm life like? **Ask how the dorms are how they are set up and what options you have when you get older.**
3. How is the dining service on campus? **Some schools have better food than others, try and eat in the dining hall on your**

visit. It's hard to beat the training table for athletes, and the dorms may have their own dining hall available to students that live there.

4. Are freshman allowed to have cars on campus? This can differ from school to school.

5. What is the weather like? Find out what the weather is like during the fall, winter, and spring. Ask if they have facilities so that the weather never interrupts training.

Athletics

1. Do you have any travel limits on your team? The answer is not always obvious. Most coaches want to be flexible, so you might not receive a definite answer.

2. What other athletes may be competing in the same position? Depth chart? The response could give you an idea of when you can expect to contribute.

3. What is the red shirt policy? The school's policy on red shirting may impact you both athletically and academically. It depends on your ability to contribute at the conference and national level.

4. How will I fit into the team freshman year? Some teams need freshman to play a major roll right off the bat and other you have to work your way into that roll.

5. How would you best describe your coaching style/philosophy? Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style matches your learning style.

6. Can you describe the team's training philosophy? Who develops the workouts? What is the workout schedule during the season and off season? Some coaches have one training program for everyone some will individualize a program for each athlete.

7. Who else are you recruiting? Coaches may consider other student-athletes for every position.

8. If I am seriously injured while competing, who is responsible for my medical expenses? Different colleges have different policies.

9. If I am seriously injured while competing will I be able to keep my scholarship? Different colleges have different policies.

10. What other factors should I consider when choosing a college? Be realistic about your athletic ability and the type of athletic experience you would enjoy. Some student-athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletic opportunities you want. You want to make sure that you feel at home at the school you choose if athletics were not in the picture.

11. Who will be coaching me? Some programs will use Graduate Assistants, or Assistant coaches, and some of these coaches might only be around for a year or two.

12. What is a typical week of practice like? How often do you do workouts, what time does practice start, does it interfere with class?

13. Where do you stay when traveling? Find out the kind of hotels that the teams stay in and how many people they put in each room.

14. What form of transportation do you use to travel? Some teams will travel by charter flights, charter bus, while others will use vans, think of comfort and safety.

15. How well does the team eat on trips, how much money do we get, who decides what we are going to eat? Each school is different and a lot depends on budget.

16. What is the team's game schedule? Keep in mind you might not get to go to all the games on the schedule.

17. Is there a chance for me to compete beyond the NCAA level? How many athletes have moved on to the professional level with this school?

18. How good is the team? Make sure you are coming into a program that is on the competitive level that you are looking for.

Financial Aid

1. Exactly how much will the athletics scholarship be? What will it cover?

2. Am I eligible for additional financial aid? Are there any restrictions? Sometimes a student-athlete cannot accept a certain type of scholarship because of NCAA limitations. If you will be receiving other scholarships, let the coach and financial aid officer know so they can determine if you may accept additional dollars.

3. Who is financially responsible if I am injured while competing? You need to understand your financial obligations if

you suffer an injury while participating in athletics.

4. Are there academic criteria tied to maintaining the scholarship? Some institutions add academic requirements to scholarships (e.g., minimum grade-point average). You have to stay NCAA eligible.

5. What scholarship money is available after eligibility is exhausted to help me complete my degree? It may take longer than four years to complete a college degree program. Some colleges assist student-athletes financially as they complete their degrees. Ask how such aid is awarded. You may have to work with the team or in the athletics department to qualify for this aid.

6. What scholarship money is available if I suffer an athletics career-ending injury? Not every institution continues to provide an athletics scholarship to a student-athlete who can no longer compete because of a career-ending injury.

Believe me; I know that this is a ton of information to process. I went through this experience myself coming out of high school. The main goal is to be realistic about your son or daughter athletic abilities and be mindful that a recruiter's view point on your child's athletic ability may be different from yours. Make sure that you are very proactive and do not wait on schools to come to you. If you know what schools your child may be interested in, look up their information and contact them. I hope that you find this information helpful on your recruiting process journey. If you have any other questions, please feel free to contact me.

Andrew Harden
Running Backs/Recruiting Coordinator
Head Men's and Women's Track and Field
J.J. Pearce High School
andrew.harden@risd.org
469-593-5968