

Recruiting Process Cheat Sheet: Questions to Potentially Ask during the Recruitment Process

- Describe the culture amongst the team: Are there a lot of eating disorders on the team?
- How will you ensure that my growth is not stunted in terms of competition? What if I out-grow the conference level competition—is there money to take me to higher level meets?
- What times do I have to run to travel? To race in a singlet?
- Have the athletes improved since high school? Have they improved since they've been here from year to year? How much?
- How individualized is the training?
- Describe your relationship with the head coach and assistant coach? Describe your relationship with the team?
- Who actually writes your training and who do you actually interact with on a day-to-day basis?
- How does the coach/team respond when you run to your potential? How about when you don't run to your potential?
- Where do you train, are they trails? Indoor track? How often do you train on those trails/have access to those resources?
- Is there someone on the team currently I could train with? Who else are you recruiting?
- What percentage of the team actually travels to away meets? Can the program afford to fly out everyone who actually qualifies for a competitive meet to that meet?
- What's the injury rate on the team? How often are people injured since this coach started working with the team? Why do they get injured?
- Where do you see me fitting into the program, and into your vision for this team in 2 years, 4 years, and possibly 5 years?
- What type of ancillary training do you do? (drills, core, strength, plyometrics, etc.)
- According to Dr. David Rosen of the University of Michigan, eating disorders kill more people than all of the other mental illnesses combined, including depression. "How do coaches deal with weight gain/loss at this level of the sport—do they notice? Help athletes cope, or just focus on performance?"
- Have athletes qualified for the national meet?
- How young/old is the team? How many return?
- Is there someone on the team currently who would push me to be a better athlete?
- What is the academic-athletic support system like?
- If you had to guess what the head coach's coaching philosophy was, what would it be?
- Describe the head coach/assistant coach in 4-5 words.
- Does your program have the money to increase my scholarship if I run faster?
- What is the head coach's vision for this program, for my training group? Is track and field a priority to the athletic director and athletics administration here when it comes to increasing funding/support?

Questions that May be Important to Ask YOURSELF upon deciding which programs you'll consider in order to narrow down your "final cut top 5 programs" that you're choosing from:

- Do I want to have to pay for all of my running shoes or get them for free?
- Do I want to be the first in my family to graduate from college?
- Do I want to know someone else at the college I choose or commute from home?
- Does this coach have a PLAN for me about how to build me into a better athlete based on the high school foundation I come from?
- Is the program individualized or a cookie cutter plan where whoever happens to survive happens to get better?
- Can my twin run here too?
- Division I vs. Division II vs. Division III vs. NAIA or NJCAA- is one "better than another" in general FOR ME?
- What role do I want my running to play in my college experience?
- Do I want a "big football school" experience?
- Do I want my university to have Greek Life on campus?
- Do I want my teammates to be "really into" track and field/cross country?
- Could I be happy in this town, in this place, living in these student-dorms/living around these students?
- What do I want my teammates to be like?
- How often do I want to travel with the team to compete? And in a university singlet?
- How much time per week am I willing to dedicate to getting faster?
- What are my post-graduation academic and career goals? What level of athletics will align or support those goals, or what level would I be most comfortable time managing with those goals for ME personally?
- Are there other teammates I could train with or am I the best one/worst one on the team?
- Will the coach develop me over time, or expect me to perform at the next level right away?
- Do I want 300-person classrooms or 20-person classrooms?
- Do I want to contribute to the team as a freshman?
- Do I want to qualify for Olympic trials and be under a coach who can take me there?
- Do I want a school where I am guaranteed to get into the ____ program or where I have to apply and compete to get into that program?
- Lots of school pride-important to me?
- Do I want a school where, if I can use my 5th year of running, I can earn my master's degree for free?
- Do I want the opportunity to explore/live in a new place? Climate? Do I want a "big football school"?
- NCAA 20 hours/week practice rule
- Will I feel comfortable here?