

### FOR THE ATHLETE: HOW YOU CAN HELP YOURSELF GET RECRUITED

- Have a talk with your high school or club coach about the attributes you are looking for in a university regarding running at the university level: big school, small school, having a certain major such as architecture or nursing, a coach that wants to coach you, a program where you can eventually compete at their conference and championship level meets in uniform, etc.
- Tell your coaches which coaches and programs you would be OK with them passing along your phone number to and which you would not—this allows for the best use of your time!
  - Example: If you know you want to only live in a state with WARM weather, and know that you are DONE with the snow, it helps your coach decide if giving your phone number to a coach from a northeast school is the best use of your time management
- Try to run fast on cross country courses that coaches are certain have been measured properly and where they have a reference point for. It is a bit easier for a coach to assess—especially if they are from a state different from yours and have not seen the courses you typically race on or—your level of competitiveness, talent, strength, etc. It allows them to see how competitive you are, especially if you live in a state where you often race at into the wind, and your times aren't necessarily indicative of how competitive you can be at the next level (especially if every meet is not treated as a high-level meet, if some meets are meant to be trained through per your coach, or if you have a meet every two to three days and some are used more as workouts where you pace a JV teammate, etc.)
  - Example: how you race on your state cross country course
  - The Footlocker Cross Country regional or national course
  - The Nike Regional or National cross country course
- If you are in the top 5% of the country, and are competing at a high level consistently, coaches will find you. They will approach you at championship season meets, they will call your high school athletic director and coach asking for your contact information, and they may even call your local newspaper asking for your contact information. They will find a way to get in touch with you.
- If you are not in the top 5% of the country, you will want to help market yourself and showcase your best races and marks by using recruiting software such as **NCSA** or **BeRecruited.com**, as well as by calling and emailing coaches yourself to catch their attention. Reach out to the recruiting coordinator at a given program, as well as the event-area coach that you would compete for. You can even reach out to coaches via team twitter and facebook social media pages or their personal pages on social media! You can find their email and phone contact information if you do some digging on their website. Usually programs also have a “prospective student-athlete questionnaire” link on their websites as well that you can fill out to demonstrate interest.

**Sample Letter to a University Coach That You Have an Interest In Running For, From A High School Athlete:**

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

My name is \_\_\_\_\_ and I am going to be a junior/senior in the 20XX/20XX high school year. I am interested to learn the following:

- How you train
- If I would be a good fit for your program
- The walk-on standard and scholarships standards at your program
- Your training philosophy

Here is some information about me:

- My current GPA is \_\_\_\_\_.
- I have/have not taken my SAT/ACT yet but I plan to on \_\_\_\_\_ date.
- My cross country times are currently \_\_\_\_\_ at \_\_\_\_\_ course, which was wet and hilly, and \_\_\_\_\_ on a flat course, and I was \_\_\_\_\_ position (1<sup>st</sup>, 3<sup>rd</sup>, 35<sup>th</sup>, etc.) at the high school state cross country meet.
- In track, I have run \_\_\_\_\_ for the 400, \_\_\_\_\_ for the 800, \_\_\_\_\_ for the 1600, and \_\_\_\_\_ for the 3200m.
- I have the same/different coaches for cross country as I do for track/field.
- I do/do not run year-round. [Include if you play other sports year-round as well]
- I run about \_\_\_\_\_ miles per week during the summer and \_\_\_\_\_ miles per week during main xc season
- I am passionate about this sport, and the top 3 factors that I'm looking for in my college choice are a school that offers \_\_\_\_\_ major, a school where I can be a contributor on the team and eventually compete as a member of the top seven cross country, and to run for a coach that I have a good understanding with who will look out for my best interests as an athlete looking to improve.

You can reach me at \_\_\_\_\_ (email) and at \_\_\_\_\_ (phone number). Thank you for your time and consideration.

Sincerely,

NAME

*NOTES:*

- Address in the email the reason for performance anomalies (if your junior year times are slower than your sophomore year times because you were anemic or had pneumonia or if you have had five different high school coaches across four years and they all had differing training philosophies, or perhaps coached you at varied level of mileages.)
- If you have video footage of you running, include it, because some coaches prefer to recruit an athlete they've actually seen run/compete!

### **FOR THE COACH: HOW YOU CAN HELP YOUR ATHLETE BE RECRUITED**

- The most time-consuming part of recruiting can be acquiring contact information for prospective student-athletes. You facilitate the process for coaches with this by emailing out the in-state coaches, or the programs that your athletes are habitually interested in attending, and sending those programs an excel or word document with the following information for your juniors and seniors that you feel are emotionally and academically ready to run at the university level and be team-oriented:
  - Their names and grade level
  - Their emails & phone number
  - Their best finishes at XC conference, regional, national meets and their cross country and track non-relay split times and all the events that they compete at
  - The mileage they typically train at
- Approach coaches at meets and talk to them first! Create a relationship! [They are not allowed to approach your athlete at a track meet until after your athlete has competed in their last event per NCAA rules... and cannot interact or initiate the conversation at a cross country meet until after an athlete has finished competition, so do not interpret this lack of communication until after a meet's completion as disinterest. You as the coach, on the other hand, may always initiate conversation first with a coach.]
- If your athletes will be in attendance at meets that are combined high school/collegiate meets, send an email to college coaches in advance of that meet and let them know which race your juniors/seniors will be racing in so that they can look for them.
- Get video-footage of your junior and senior athletes running/racing that does not look like the filming of the *Blair Witch Project*, and where the athletes and their biomechanics and running form are distinguishable, and help your athlete later upload these videos to websites such as NCSA and BeRecruited.com, or their own personal website that coaches can recruit them from.
- You can create a website for your team on a free blog site like Wordpress.com and have your email and phone contact information readily available for university coaches trying to get in touch with you. Try not to use emails such as "FoxySexyKitten123@hotmail or TheNextPrefontaineStud#1@gmail and be honest on websites but not arrogant.
- Teach your athletes that if they are not interested or become no longer interested in being pursued and recruited by a program, that the polite method of communication is to email or call a coach back and inform them that you are no longer interested; this will not hurt their feelings, they will not go home and cry—it's just proper recruiting etiquette.
- Do not start your first email or interaction with a coach by asking how much scholarship money they can offer you; be polite.

## Sample Letter to a University Coach That Your Athletes Have an Interest in Competing For

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

My name is \_\_\_\_\_ and I am the head coach/assistant coach/volunteer coach at \_\_\_\_\_ high school/ \_\_\_\_\_ club team, and I am reaching out to recommend to you the following athletes, based upon their team-oriented nature, their work ethic, academic readiness for your university's level, character and athletic ability to compete at the NCAA D (1, 2, 3, Naia, junior college, etc.) level:

### Senior XC Male Roster

- **Jason Hartmann**, [Jason@Gmail.com](mailto:Jason@Gmail.com), 867-5309
- Our Team Captain
- 1:54 800m, 4:10 1600m, 9:01 3200m, 14:51 5k
- Ran the mile leg on the team's Distance Medley Relay 1<sup>st</sup> place national championship team
- Hoping to major in education/sociology
  
- **Phil Astras**, [Phil@Yahoo.com](mailto:Phil@Yahoo.com), 123-456-7891
- 2:05 800m, 4:30 1600m, 9:48 3200m, 16:00 5k
- Most dedicated teammate
- Hoping to major in engineering

### Senior XC Female Roster

- **Haley Dennerline**, [SpeedZoneHaley@Att.net](mailto:SpeedZoneHaley@Att.net), 987-654-3210
- 59 400m, 2:16 800m, 5:22 1600m, 12:00 3200m, 20:13 5k
- Has only been running two years competitively (was a soccer player before that, this summer is the first summer she ran all summer before going into a cross country season)

### Junior XC Male Roster

- Jamie Larkin, [JamieLovesToRun@School.org](mailto:JamieLovesToRun@School.org), 303-303-3030
- 2:10 800m, 4:56 mile, 10:20 3200m, 16:48 5k
- Doesn't run year-round, swimmer in the winter and does wrestling in the summer

### Junior XC Female Roster

- DonnaSummers, [SummerisForRunning@Prepschool.org](mailto:SummerisForRunning@Prepschool.org) 000-867-5309
- 25.7 200m, 58s 400m, 2:14 800m, 20:02 5k xc
- Started running cross country junior year –never wants to run cross country again!
- No interest in running cross country collegiately, only wants to train as a sprinter who steps up to the 800m

### NOTES:

- Address in the email the reason for performance anomalies (if your junior year times are slower than your sophomore year times because you were anemic or had pneumonia or if you have had five different high school coaches across four years and they all had differing training philosophies, or perhaps coached you at varied level of mileages.)
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