

DEMYSTIFYING THE COLLEGE RECRUITING PROCESS

WHAT DO COLLEGE COACHES WANT TO SEE?

EMAIL: Send a simple email to the point with links to performances and pertinent information. College coaches get hundreds of emails a week. (see email example)

FOLLOW UP: Follow up a couple of times if they do not get back to you. Coaches are extremely busy and will usually get back in the evenings.

DO YOUR RESEARCH: Research the school and the Conference and see what times are competitive and would be the best fit for you academically and athletically.

FULL SCHOLARSHIP: Full Scholarships are rare as there are only 12/18 scholarships for men and women respectively.

WALKON: What does this mean and is this good?

OTHER FINANCIAL AID: Academic Scholarships, <https://studentaid.gov/understand-aid/types/grants/pell>.

RECRUITING SERVICE: Do I need to pay for a Recruiting service? No

PROFESSIONALISM: Be professional. You never have a second chance to make a lasting first impression. May want to set up an email that has your full name in it. Do spell check, begin and end emails with proper greeting.

SOCIAL MEDIA: Coaches will look at this. You may need to clean it up. It shows professionalism on your part of what kind of a student /athlete you will be.

From: Rose K. Monday rosarita@swbell.net
Subject: Shannon Rowbury- HS Class of 2023 2:08 800m/ California State Champion
Date: August 5, 2022 at 1:19 PM
To: Collegcoach@dreamcollege.edu
Cc: myhscoach@highschool.edu

Dear Coach Monday,

My name is Shannon Rowbury and I am a rising senior at Sacred Heart Academy in San Francisco. I am very interested in your program and would love to hear from you at your convenience. Below is my information. I have copied my HS Coach, Andy Chan if you would like to also reach out to him.

- **Shannon Rowbury**
- **Graduation Date: 6/15/2023**
- **SAT: 1400 combined score**
- **GPA 3.25**
- **PR's: (800 2:12,) (mile5:06), (5K XC 17: 12) [shannon rowbury site:dyestat.com](http://shannonrowbury.site.dyestat.com)**
- **Transcripts: attached**
- <https://tfrrs.org>
- <https://web3.ncaa.org/hportal/exec/homeAction>
- **DOB 9/19/2005**
- **instagram and twitter @shannonrowbury**

Sincerely,

Shannon Rowbury
414-444-4444
Shannonrowbury@sbcglobal.net