

SS Sports Student-Athletes and the College Admissions Process

Junior Process:

As a junior in high school you should now have a sense of your performance capabilities, both academically and athletically, and what type of college / university you are interested in attending. One of two things, or a combination of both, will need to take place throughout your junior year if you are planning to play sport at the collegiate level. Either you will be actively recruited by college coaches, or you will begin to actively recruit schools that you are interested in. Your proactive approach is critical, and will directly impact the number and quality of your college admission opportunities.

- Continue to build a strong academic transcript by taking challenging courses and earning good grades. Your PSAT, SAT / ACT prep is also important, and you should register in individual or group prep courses to get as much test exposure and preparation as possible.
- As you enter your junior year you should have a broad list of schools that are of interest both academically and athletically. Through discussions with parents, coaches and your guidance counselor's your goal is to enter the Spring of your Junior year with a list of schools - five "reaches", five "matches" and five "safeties" - that you have determined would all be a good "fit" for you.
- Begin to develop a sport resume / athletic profile that can be used to distribute at college showcase events, or shared with college coaches via email or letter. Along with this profile develop an email or letter of interest to send out to college programs of interest. This initial correspondence should be short and to the point. * see attached sample letter and student-athlete profile.
- Work on developing an email dialogue with coaches that reply to your initial communication of interest. Such a dialogue will give you a sense of the coach's interest, as well as how the coach relates to players. It will also give the coach a better sense of who you are, and what level of interest you may have.
- Throughout the spring and summer of your junior year you will begin to get a sense of which coaches are interested in you as a student-athlete. High School and / or club coaches are good resources when it comes to contacting a college coach and determining "True" interest.
- Work with your parents and plan on several college trips to visit schools of interest. Spend some time on campus, take a campus tour, and most importantly make sure the school is appealing to you even without the prospect of playing a sport there.

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- Along with showcase events, plan on attending a sports camp offered at the school(s) you are interested in. Often times groups of coaches from different schools will work a camp together. Ask coaches you have been in communication with to attend your showcases, or what camps they will be working.

If you have been realistic in your athletic ability as a college-bound athlete, as well as put in the time and work required, the goal should be to have a good sense of where you will be attending college by October or, November of your senior year. With this said, it is important to work closely with the talented and resource college counselors in your school to develop additional non-athletic college opportunities.

RESPONSIBILITY - PURPOSE - VISION - MOTIVATION