

College Recruitment 101

September 1st 2024



Talking Points

Who are you in this process?

Track or School?

Division I, II, III, NAIA or JUCO

Scholarship vs Walk-On

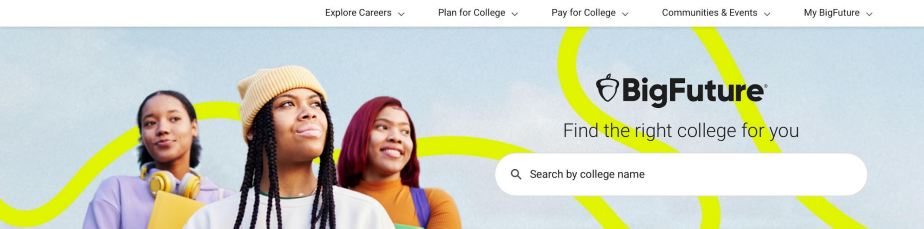
What is my role?

Questions



Who Are You In This Process?

College Board - Big Future



Take a Quiz

What do you want to do after high school? Answer questions to help you make a plan.

Career Quiz

Use your passions and interests to get matched with possible career paths.

Take the Career Quiz

College Quiz

Are you looking for a big school? Something close to home? Find what schools are right for you.

Take the College Quiz

Scholarship Quiz

6,000 scholarship programs are giving away \$1.5 billion a year. Let's get you some!

Take the Scholarship Quiz

TFRRS.org

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LATEST RESULTS

DATE	MEET NAME	STATE	VENUE
Aug 31	St. Norbert College Tom Barry Invitational	WI	Wis.-Green Bay
Aug 31	Lori Fitzgerald Open	NM	Gene Torres Golf Course
Aug 31	42nd SUNY Plattsburgh Cardinal XC Invite	NY	Plattsburgh
Aug 31	Father Bede Invitational	PA	St. Francis (PA)
Aug 31	2024 Vermont XC Invitational	VT	Hardack Recreation Area
Aug 31	SUNY Poly Short Course Invitational	NY	SUNY Polytechnic Institute
Aug 31	Seawolf Throwdown	AK	Alaska Anchorage
Aug 31	Sauk Valley Early Season Opener	IL	Sauk Valley Community College
Aug 31	Ken O'Brien Minuteman Invitational	MA	UMass
Aug 31	Battle of the North Shore	MA	Gordon College
Aug 31	Linfield Harrier Classic	OR	Linfield
Aug 31	Frank Dillon Memorial Invitational	NY	Le Moyne
Aug 31	Marist Invitational	NY	Marist
Aug 31	Mark Covert Classic	CA	Cal St. Fullerton
Aug 31	2024 Colby-Sawyer Charger XC Invitational	NH	Colby-Sawyer

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SEARCH DATABASE

SEARCH

Track or School?

What is more important to you?

Would you attend a college not as strong academically for an opportunity to compete in track?



Division I, II, III, NAIA or JUCO

Division I - Can offer full athletic scholarships

Division II - More likely to receive partial athletic aid

Division III - No athletic scholarships

NAIA - Less student-athlete restrictions than NCAA

JUCO - Two year associate's degree. No athletic scholarships



Scholarship vs Walk-On

Financial aid - FAFSA

Merit-based scholarship (academics, athletics, leadership)

Walk-on process - What do we understand?

Preferred walk-on? Try out?

There are no preferred walk-on spots for track. If you are walking-on, you are trying out!

What's My Role?

Build an emotional wall - Don't take things personal. Use it as motivation if coaches don't give you the energy you're looking for

Run fast enough - Keep the main thing, the main thing. Coaches aren't recruiting you because of your grades, they're recruiting you because of your performances on the track.

Improve your grades - The better your grades, the more portions you have

Be patient - Avoid making hasty decisions because you haven't hit a certain performance yet.

What questions to ask - What events do you see me participating in your program? What are the expectations of the student-athletes in season? Out of season? What is your coaching style? How would you coach an athlete of my caliber and personality style.

When should you reach out? When you hit the necessary marks to get recruited by said college. Contact a coach and ask if they know someone on staff at the school you are interested in. It's better to know someone that can network for you, than send email that gets ignored.