



COLLEGE-BOUND STUDENT-ATHLETE ULTIMATE STRATEGY

An Athletic and Academic Strategic Recruiting Action Plan

2025/2026 EDITION

CREATED ON BEHALF OF THE STUDENT-ATHLETE AND THEIR PARENTS

I provide personalized, comprehensive one-on-one assistance to college-bound student-athletes and their families throughout the entire recruiting process.

From initial assessment to commitment celebration, I'm here to guide in Every Step of the Way.

Contact me today to discuss how I can help YOU navigate the recruiting process with the same proven strategies that have helped Student-Athletes Achieve Their Collegiate Athletic Dreams



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PHASE FOUR: CELEBRATION!

ESSENTIAL NCAA RESOURCES



Recognize and take all the necessary steps for you to Live Your Dream!

Get out of your comfort zone and do something Great Every Day!

Become a better Athlete, Professional and Person in Every Way!

- Brandon Wynn, Gymnast, World Medalist

As each of us attempts to lead a happy and fulfilling life, we realize there is a process that must take place. This process involves identifying our goals, recognizing what it would mean to reach these goals, developing a strategy to reach these goals, and happily attaining and appreciating the accomplishment of these goals. Within each stage of our life this process unfolds and hopefully each of us fully takes part in this process and attains what we have identified and sought.

For over 20 years, I have been assisting high school student-athletes in getting admitted to their college of choice and competing in NCAA collegiate sports. This is my way of giving back for the opportunity my son, Brandon Wynn, has had.

The College-Bound Student-Athlete and their parents have the opportunity to identify, strategize, work toward, and hopefully attain the goal of attending college and participating in collegiate athletics. This process has many facets and will involve a multi-disciplinary and multi-professional team effort. In essence, this process is a strategic plan that will lead the student-athlete to the attainment of each of their dreams.

Key in placing the College-Bound Student-Athlete within the view of collegiate coaches as a top recruit, is attaining top-10 individual apparatus and all-around competition scores, top-level coaching, a successful academic experience and a supportive and nurturing home. On the following pages, I have delineated the components of a strategic plan designed to guide you in identifying, organizing, and executing your plan and reaching the goals necessary for confident and successful navigation of the college recruiting process.

The creation and implementation of this strategic plan heighten awareness, boosts the Student-Athlete's confidence, and proactively and effectively gets the College-Bound Student-Athlete on the radar screen of NCAA college coaches, rising above the rest of the pack.

My assistance of student-athletes and their parents began with my youngest son, Brandon Wynn, who identified and made a commitment to level up and ATTAIN HIS VISION. At JO Nationals, Brandon's junior year, he finished 16th in the All-Around which would not typically place him in a top recruiting position. However, through our efforts, he was one of the top recruits in our Country. According to Brandon, he reached his goals because of three tools: (1) his supportive and healthy home life, (2) the coaching he received from Tyrone Elam, his JO Coach, and (3) the process we identified and employed in presenting him to collegiate coaches and their assistants.

Brandon is now a member of USAG's Board of Directors, a retired USA Senior World Team Member and Captain, a 6-Time All-American, 2018 Inductee to The Ohio State Hall of Fame. Brandon is further expressing his family's four generation real estate development vision with his creation of Wynn Developers, LLC., a Columbus based real estate development company where he utilizes his passion, experience, his BA/MBA, and skills he attained as a Gymnast.

I, too, am utilizing my experience, my Master's Degrees in Psychology, my Bachelor of Science in Nutrition and Human Development and my various certifications in Yoga, Plant-Based Nutrition and paying forward as I assist parents of athletes in providing them the tools, they need for themselves and their student. Through Attain Your Vision, the College-Bound Student-Athlete and their parents gain the tools they need and create a successful, healthy, empowered life.



LET'S GET STARTED!

PHASE ONE: ASSESSMENT

To attain any goal, we must become fully invested. To be fully invested, our actions, mind, body, and spirit must be in tune and an integral part of the process. In terms of the College-Bound Student-Athlete's potential attainment of college acceptance and placement on an athletic team, it must be determined if this alignment exists.

As such, a successful student-athlete must be invested and capable of evolving physically, emotionally, and spiritually; they need strength of mind, body, and spirit. Furthermore, for this student-athlete to attain their goals, they must be supported by parents who have a similar investment and capability.

Student-Athlete and Parents: Make sure you work through and enjoy the Craft Your Vision Statement and Vision Board exercises at the end of this workbook!

ARE YOU a STUDENT-ATHLETE?

Drawing from over 20 years of experience of helping student-athletes reach NCAA programs, I provide comprehensive assessment services to determine if you and your parents envision and are committed to and ready for the college recruiting journey. Together, we'll evaluate and determine Your Vision, physical readiness, emotional preparedness, family support systems, and create a customized roadmap for success. Contact me to schedule your initial assessment consultation.

THE SPORT BELONGS TO YOUR CHILD

THE SPORT IS YOUR CHILD'S SPORT: Yes, we may enjoy the periphery, as our other children and family may, but athletics belongs to the athlete and the athlete's coach. It is an intimate connection that exists between your child, their coach, the sport community and the art and their love of the sport.

What does that mean?

It means that after investigating and determining where our athlete will train and under whose coaching, we learn to live within the confidence of our decision and do not step within that sacred relationship. When we begin to waver, we go back to the point of decision and have continued confidence in our choice.

Feel free to add your thoughts, reactions and vision here:



PHASE TWO: LIFESTYLE CONSIDERATION

LEAD BY EXAMPLE

As parents, we are our children's most important teachers. Our actions speak louder than words. To support your student-athlete effectively, consider the following lifestyle factors:

1. Healthy Lifestyle Habits

Model healthy eating, regular exercise, adequate sleep, and stress management. Your athlete learns by watching you.

2. Positive Mindset and Resilience

Demonstrate how to handle setbacks, maintain optimism, and persist through challenges. Your attitude toward obstacles will shape theirs.

3. Time Management Skills

Show how to balance multiple responsibilities effectively. Help your athlete develop organizational systems and prioritization skills.

4. Communication Excellence

Practice clear, respectful communication. This includes active listening, expressing needs appropriately, and maintaining professional correspondence.

5. Academic Excellence

Value education and demonstrate intellectual curiosity. Create an environment where learning is celebrated alongside athletic achievement.



LIFESTYLE COACHING AVAILABLE

Through my Attain Your Vision, I help families create the supportive environment necessary for athletic and academic success. With post-graduate degrees in nutrition, human development, and psychology, plus over 20 years of experience with college-bound athletes, I provide coaching on nutrition, stress management, family dynamics, and creating healthy boundaries. Let's work together to build the foundation your athlete needs to thrive.

Feel free to add your thoughts, reactions and vision here:



PHASE THREE: STRATEGIC PLAN

IDENTIFICATION, PROCESS AND IMPLEMENTATION

This phase is the heart of your recruiting journey. Each component builds upon the previous, creating a comprehensive approach to collegiate athletic recruiting.

STRATEGIC PLAN IDENTIFICATION AND IMPLEMENTATION

Having guided countless families through this process for over 20 years, we will work together to identify and execute every component of your strategic plan. From setting up your back-office systems to creating compelling athlete profiles, identifying target schools, building your digital presence, and managing communications with coaches - I provide hands-on guidance and accountability. Many families find that having an experienced advisor makes the difference between feeling overwhelmed and feeling confident throughout the process.

Feel free to add your thoughts, reactions and vision here:



PHASE FOUR: CELEBRATION!

Congratulations! You've navigated the recruiting process and are ready to make your commitment. This is a time to celebrate your hard work, dedication, and achievement.

Final Steps:

- Determine which collegiate/team offering best expresses your vision. Notify your chosen college and team coach and the other coaches respectfully of your decision
- Receive, review and sign your National Letter of Intent
- Make your commitment announcement on social media
- Thank everyone who supported you on this journey
- Begin preparing for your collegiate career
- Stay in touch with your future coaches and teammates

Remember: This is just the beginning of your next great adventure!

CELEBRATING WITH YOU!

There's nothing more rewarding than celebrating commitment day with the families I've worked with! For over 20 years, I've had the privilege of helping student-athletes achieve their NCAA dreams. If you'd like support through every phase - from initial assessment to signing day celebration - I'm here to guide you. Many families continue working with me even after commitment to ensure a smooth transition to collegiate athletics.

Feel free to add your thoughts, reactions and vision here:



ESSENTIAL NCAA RESOURCES

The following resources are essential tools for navigating the NCAA eligibility process. Bookmark these pages and refer to them regularly throughout your recruiting journey.

Official NCAA Resources

1. NCAA Official Website

<https://www.ncaa.org>

Your primary source for all NCAA information, rules, and updates. Explore divisions, sports, and governance.

2. NCAA Eligibility Center

<https://web3.ncaa.org/ecwr3/>

Register here and manage your eligibility status. This is where you'll submit transcripts, test scores, and track your certification progress. Create your account early!

3. NCAA Eligibility Center Resources

Visit the NCAA Eligibility Center website to access Initial Eligibility Requirements, College-Bound Student-Athlete Guide, Registration Checklists, and Core Course Requirements.

Note: NCAA updates their resources annually. Always verify you're viewing the most current version for your graduation year.



NCAA ELIGIBILITY GUIDANCE

Navigating NCAA eligibility requirements can be confusing. With over 20 years of experience helping athletes achieve NCAA eligibility, I help college-bound student-athletes understand the requirements for their target division, ensure they're taking the right courses, manage the registration process, and stay on track with all deadlines. Don't risk eligibility issues - work with someone who knows the system inside and out.



CONCLUSION

This recruiting journey is more than just getting into college - it's about becoming the person you're meant to be. The habits, skills, and mindset you develop through this process will serve you throughout your life.

Throughout this guide, I've shared the strategies that helped Brandon and other college-bound student-athletes achieve their dreams, getting admitted to their college of choice and competing in NCAA collegiate sports. This is my way of giving back for the opportunity Brandon has had.

Believe in yourself. Trust the process. Execute your plan. Celebrate your success.

READY TO GET STARTED?

For over 20 years, I have been assisting high school student-athletes in getting admitted to their college of choice and competing in NCAA collegiate sports.

If you're ready to transform this strategic plan from a document into reality, I'm here to help. I offer personalized assistance to college-bound student-athletes and their families, providing comprehensive support through every phase of the recruiting journey.

- ✓ One-on-one assessment and strategic planning
- ✓ Complete back-office system setup
- ✓ College identification and research
- ✓ Athlete profile and bio creation
- ✓ Digital presence and social media strategy
- ✓ Communication plan execution
- ✓ NCAA eligibility navigation
- ✓ Visit preparation and follow-up
- ✓ Lifestyle coaching for parents of athletes
- ✓ Ongoing support through commitment, collegiate competition and experience

Contact me today to discuss how I can help YOU navigate the recruiting process with the same proven strategies that have helped countless athletes reach their NCAA Collegiate Dreams.

YOUR JOURNEY BEGINS NOW!

2025/2026 Edition

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