

The College “To Do” List

“I am not what happened to me. I am what I chose to become.”

Carl Jung

Finding the right college for your daughter can be one of the most intimidating processes for both of you that will ever experience. Please remember to keep it honest, fun and enjoyable. Your daughters already know how hard they have to fight to make themselves an opportunity to play.

Savor the experience knowing you only get to do this once.

Great luck and enjoy the journey! Jill

Freshman & Sophomores – Get your name out there. Reply to all colleges that are interested in you and return all questionnaires. College coaches start their data bases on kids now! Write the letters that I have shown you at the bottom, even if you have no idea of the schools you are interested in. Let mom and dad choose for now, but get started.

Juniors & Seniors – You must attend to everything in this letter and it is urgent now that you get writing and communicating with the college coaches. E-mail me if you have any further questions, but everything is pretty clear.

By now your brain is probably loaded with questions on how to attack the college scene. Hopefully this flyer will give you some solid advice for chasing down your answers. If you have any questions – please ask!

Why you choose a certain college should be based upon your likes and dislikes. Knowing yourself and what you want will lead you to find YOUR school. If you want to travel – find a school that offers exchange programs. If you want to join a sorority – find a school that offers Greek life. You should understand that if you play at a top Division I, II or III program, you will be devoting a majority of your time to the sports you play. If you are offered and accept Division I scholarship. . . They will in essence OWN you.

Develop your college list – make it as many as you want “reach” and “easy” schools)

1. Academics / Activities – can you get in? Once you are there can you maintain the level they will expect? Do they have my major? Do I want big classes in lecture halls or small classroom experiences? Talk to your guidance counselor and understand where you are academically. Learn about weighted and unweighted. YOU determine the schools that will be interested in you, by YOUR GRADES. So you will either shut doors or open them with your GRADES! Field hockey can open a door, but your grades must keep it open! Ask for letters of recommendation NOW! Start a file on them, not just for college but for scholarship opportunities down the road. Know your SAT and PSAT scores and GPA. Take the ACTS. Develop your extracurricular activity list! Get involved in your school, community and even church/synagogue. Colleges want well rounded students!

2. Size of school – small(less than 4,000) medium (4 – 10,000) large (10,000 +)

3. Location - How far do you want to travel? Do you want your parents to attend your games? Do you want to be able to get home or do you want to try going further?

4. Student life – Is this party school? Is it a suitcase school? Too academic? When you walk on campus so you feel like this is it? You should get a feeling that this is MY school? What atmosphere are you looking to have in a school? Are there safe and well lit dormitories and pathways to class?

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5. Athletics– Ask your coach (club or high school) where she/ he thinks you will fit in best? They will offer you the best advice where they think you will be successful. In the end though - it is you that must decide what you want to achieve in college. Do you want to be a National Champion? Or a Conference Champion? Both of the above are noteworthy achievements. . . Which one is best for you? Once this is established – look for college teams and coaches that emulate what you want from a team. Remember these are your teammates for 4 years!, and you will be spending a major part of your college life with these girls.

A daily schedule (in season) collegiate sports schedule could be something like this;

6:00 Wake- early run

8:00 - 12:00 class

12:00 nap / lunch

2:00 - 6:00 practice

7:00 – 8:00 weight training / dinner

8:00 library

11:00 home to bed

If you do not love playing with all your heart, then you may want to look to play club or lower Division III level programs. Playing in college is a commitment that you make that represents you, your family, your high school and your club team. Represent yourself with honor and pride.

Still confused?? Which school is right for you??

Go by the “broken leg” rule. Look at the school by itself. If something were to happen to you and you were never able to play hockey again, would you still love where you are? If the answer is no. . get this school off your list!

The College Visits

1. Go out there and look first – take road trips with your parents to get a feel for the schools you are interested in and how far away you want to travel. Slim your list to 10 – 15 by spring of your junior year.

2. Then visit the ones you really liked on officials (paid visits by that school) The coaches are the ones that offer those opportunities to you – at the Division I level 5 are permitted per student / athlete – Division III do not count in that 5, and those Div III visits are not paid for by the college.

3. Make a list of pros and cons as soon as you leave that school on the ride home. The pros – what you loved. The cons – what you didn't love. For example; Did you love the girls? Are they like your friends at home? Did you love the coach?

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Communication with the college coaches

Now is the time to reach out via letters and e-mails. College coaches cannot speak to you until your senior year and they want to hear from you – NOT your parents, so get your name and information on their radar.

1. Resume' - You should have an athletic resume by now detailing your personal statistics and accomplishments in sports (all sports – from 9th through 12th grade) It should be 1 page and include a picture. Also include your high school schedule and club season / showcase and playing schedule if they are available.
2. Video – You should be making a highlight video. It should start with you standing or sitting and introducing yourself. You should state your name, team, jersey number and colors. Then include snippets of games. Not just the goals – of the action leading to the goal or the defensive play. College coaches want well rounded athletes – so if you are an attacker – show them a goal and an assist, and how the play developed. A defender should show interceptions as well as good defensive marking and positioning. Lastly – give them your ability to handle the ball in a drill like setting. The futures “Illinois agility drill” is an excellent choice. The entire video should be no more then 10 minutes! There are great examples all over you tube on recruiting videos.
3. When you respond or write e-mails – always put your high school / club name and first and last name in the subject line. (Jill Cosse – West Essex High School #4 / New Heights Club #17)
4. Announcements ;

Pre - When you are attending an event – Festival, Disney, Indoor tournaments, and even clinics offered by the colleges. . Always let the colleges know you are going – Let them know your name, team, color and jersey number. They will find you when they make their schedule. Then add your name, e-mail and phone number where they can reach you.

Post Event / After the event – follow up again with an e-mail. “Thank you for taking the time to come to my game. Here are other venues where you can see me play.” And again – leave your contact information.

5. Questionnaires – Fill them out. Even if you are not interested – do them. College coaches are friends with other college coaches and they talk! They will communicate with each other and compare – if you are rude to one – they will all know – if you do not return information, you may not get a second chance to look at that school. If they ask you where you stand and you do not know . . . Be Honest! Tell them you are interested but at the time you may have a couple of schools you like more. . . Or I would love to take a trip to see your school. They will be the ones that offer the official to you.

The Commitment

Once you put your word in writing (The National Letter of Intent), you are done. So make your choice after talking to your parents, counselors and coaches. If you are very enthusiastic about a college and it is your first choice, the college coach can offer you a spot on their team. They would only do this if they felt that you fit in to their program both academically and athletically. They may also ask for your “verbal”. While a verbal commitment is not as firm as a letter of intent, it still is a powerful tool. You should only verbal when you know this school is your final choice.

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The NCAA Clearinghouse (Qualifications/ Standards)

You must be registered with the NCAA clearinghouse before you are able to take any official college visits or participate in any collegiate competitions. YOU are the only one that can register.

Log on to this <https://web1.ncaa.org/eligibilitycenter/common/>

Grade 9

Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.

Grade 10

Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.

Grade 11

Register with the eligibility center.

Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).

After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.

When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").

Begin your amateurism questionnaire.

Grade 12

When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").

Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester.

(If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)

Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.

Further Discussion Topics for Fall New Heights Parent Seminar

Differences in Div. I, II, III

The Collegiate field hockey experience

College Play days / Clinics / Exposure

Recruiting companies

Communication with college coaches

NCAA recruiting regulations - current and proposed

Verbal commitment, letter of intent

Scholarships and financial aid

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Examples of Resume' s (1st example single sport athlete, 2nd example two sport athlete)

Full Name Here

Midfield

Address Phone E-Mail
Birthdate

References: West Essex Coach-Jill Cosse: 973-228-1200 ext. 335
Grade: 11
GPA: 4.3

Field Hockey Achievements:

2006: Varsity Starter, Right Mid-field (6 goals, 11 assists)
Season Record- 22-1

2nd Team All-Essex County Coaches Award
2nd Team All-Essex County Star Ledger
2nd Team All-Iron Hills Conference
Essex County Champions
Iron Hills Conference Champions
North II, Group II State Champions
finalists in the Tournament of Champions
Attended Field Hockey Camp at Duke University
Named to the New Heights club team, U19
Ranked 2nd in New Jersey

2005: Varsity Starter, Center Mid-field (5 assists)
2nd Team All Essex County Coaches Award
2nd Team All Essex County Star Ledger
Iron Hills Conference Champions
North II, Group II State Champions
Ranked 4th in New Jersey
Iron Hills Conference Champs
Selected to New Heights club team indoor team U19

2004: Forward, Mid-field (13 goals, 10 assists)
Teams leading scorer
Received the Freshman Coaches Award
Selected to be on "Varsity Travel Squad"

2003: High Scorer on the 8th Grade team
Selected for the 7th/8th grade "Tournament Team"

2002: Selected for the 7th/8th grade "Tournament Team"

Full Name Here

Midfield

Address
Phone (home)
E-Mail
Age and Birthdate 9/10/04

References: West Essex Coach-Jill Cosse
973-228-1200 ext. 335
New Heights Club Coach
Phone Number

Junior
#39(New Heights)
#20(West Essex High School)



HIGH SCHOOL

West Essex High School
65 Greenbrook Rd. North Caldwell, NJ 07006
Class of 2009
GPA: 3.75

2006 NJSIAA Group 2 State Championship

Group 2 North Championship
Group 2 North 2 Sectional Finalist
Iron Hills Conference Champs
Essex County Tournament- Champions

2005 Junior Varsity
Varsity Travel Team

Awards

2006 Most Improved Player Award
New Heights Scholarship
2nd Team Iron Hills Conference
2nd Team All Essex County Star Ledger
2004 7th and 8th grade Co-Captain
Most Versatile Player Award
Tournament Team
2003 Most Improved Player Award
Tournament Team

TOURNAMENTS

2007 USFHA National Hockey Festival- Cal.
2005 USFHA National Hockey Festival- Fla.

Lacrosse: 4 tournaments in the summer

OTHER SPORTS

Lacrosse

2005-2007 Varsity Lacrosse Starter
2007 *Severe Injury
2006 Women's U-19 USA tryouts
North Group B Section 2 State Champions
School Girls North Atlantic Team 3
2nd Team All-League
2nd Team All Conference

CLUBS AND LEAGUES

2005-2007 New Heights Field Hockey Club
2006 Heights Indoor Winter Club Team
2003-2007 (Lacrosse) STEPS Elite

CAMPS

2006 Duke
*All Star Team
Lacrosse Northwestern "Best of the Best"
*All Over the Field Award
*All Star Team
Georgetown "Hoyas"

ACTIVITIES: National Honor Society, National Art Honors Society, Community Services, Babysitting, Clubs

Example of Your Correspondence to a College coach;
(Introduction letter)

Hi Coach Simmons!

I am writing to you because I am interested in playing for you and attending The College of West Essex. I have been following your team and I got to see a game this past September vs. Iowa. Your team looks great! I believe I sent you my resume' last year, but I just wanted to give you an update about me, as we are over half way through our season.

ACADEMICS; I am doing fantastic in school this year. Currently I am taking an all honors schedule and I have earned all A's and B's. I also re – took my SATS this past Saturday and will forward you those scores when I receive them. I also love my genocide class and I am considering a major in History Education.

FIELD HOCKEY; We are currently 14 – 0. We just played an awesome game against Shawnee two weekends ago and went into sudden death over time! I was selected to play in OT and we played great! Then we won the Essex County Tournament against MKA 3 – 0 last weekend and we will be heading into the state tournament next Friday. Once I get the full state schedule I will let you know in case you want to come see a game! I am currently second leading scorer the team with 22 goals and 17 assists and had the game tying goal against Shawnee. I also had 2 goals against MKA and then 2 more yesterday against Warren Hills. Our team is currently ranked #6 in NJ!

EXTRACURRICULAR; I am leader of my youth group at Caldwell Methodist Church and I sit on our student council at West Essex, where we do a ton of excellent things to help our local communities. Our team played this past Saturday's game against MKA in the name of all those women fighting breast cancer. We all wore pink arm bands in honor of Breast Cancer awareness month, and I was proud to honor them.

Great luck in the rest of your season! I look forward to trying to catch a game in the NCAA playoffs!

Kindest Regards,
Evangeline Minnella
West Essex HS # 4
New Heights Club Team # 17

(Pre – Event i.e. Festival, Disney letter)

Hi Coach Simmons!

Congrats on an awesome season! I saw that you won the conference and then played all the way through the final four finally bowing out to UNC in the Final Four. I could not travel to Virginia to catch your games, but I made sure I followed you via the internet! So exciting it all was! Your girls were awesome!

I am leaving next week for Festival, where I will be playing for our U-19 red New Heights Team. Our colors are red and black, and I am #2. I hope to see you there. We have a college liaison available for our club team. Her name is Jill Cosse and she is the head coach at West Essex HS in New Jersey. Her

cell phone is 732 – 306 – 8332 if you need any additional information once you get down there.
Have a safe trip! See you there!

Kindest Regards,

Evangeline Minnella
West Essex HS # 4
New Heights Club Team # 2

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