

Helpful Hints on the Collegiate Recruiting Process for Track and Field

Jacksonville Athletic Club

www.jaxtrack.com @JAC_TrackField

- Track is very different from other sports when it comes to recruiting and signing scholarships. Don't get flustered or worried because your classmate committed to a school for football when he is still a Junior. Understanding the track and field recruiting process and timeline is very important.
- "Full Rides" are quite rare in track and field. There are 12.6 scholarships on a men's team that could have 50 guys on the roster. There are 18 scholarships on a women's team. Most track scholarships are "partial scholarships" which could range from 1% to 100% of athletic aid.
- All programs award scholarship monies differently. For example, some programs award scholarships based off of how you can contribute at their conference level, whereas other programs base scholarship dollars off of how you could do at the national level.
- There are plenty free recruiting services (ex. www.berecruited.com) that give coaches all of the information that they need / are looking for. It is recommended that you don't spend money on a recruiting service.
- Coaches have certain NCAA recruiting rules and contact periods when it comes to contacting an athlete, but as an athlete, you can contact (email, call, etc) them whenever you want.
- Coaches can't email athletes until after September 1st of their junior year, and they can't call prospective athletes until after July 1st before their senior year.
- A walk on athlete is an athlete who does not receive any type of scholarship, but has a spot on the team, and is fully apart of the team as a scholarship athlete.
- All prospective student athletes need to sign up for the NCAA Eligibility Center. (www.eligibilitycenter.org)
- Sit down with your guidance counselor or coach during your sophomore year to make sure that you are taking all of the core courses necessary to be a NCAA qualifier. (http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf)
- Take the ACT and SAT test more than once (<http://www.actstudent.org/>) or (<http://www.sat.collegeboard.org/>) as most schools "superscore" the test (they take the best scores from each section)
- Coaches are most concerned with times, distances, scores, etc. Although it is great how many medals you won, and how many all-conference teams you were on, coaches know

that it is all relative to your area / level of competition. A guy state medalist in the pole vault could be an 11' or 16' vaulter, depending on his state and classification. Numbers speak the loudest, as they are very easy to quantify.

- If you are going to visit a school on your own, do contact a staff member before doing so. Don't try to just show up the day of.
- Be very careful what you post on Twitter, Instagram, Facebook, etc. College coaches look at your profiles on those sites, and can use that information to decide to continue recruiting you or not.
- Do not seriously consider a school if they don't have a coach for your event, even if they offer you a scholarship.
- The best place online to check the stats of all collegiate athletes and teams is www.tfrs.com. On this page you can look up meet results, stat lists, as well look up the rosters of all teams and see what their athletes do for each event.
- Most coaches would like to see film of you competing. Creating a youtube page with some videos and highlights is a great idea. This is a good way to send film to schools without making a dvd or trying to email large files.
- Most coaches want to communicate directly with the athlete. It is great to have a support system of coaches / parents; however the coach is recruiting the athlete. Have a school or club coach help with establishing contact, but show your maturity by communicating directly with the coach, once contact has been made.
- Don't rely on what people's parents, relatives, fans, etc say about the recruiting process / scholarship awards. Go directly to the source (ie. the coach of where you want to go) You can get greatly confused if you listen to everyone!
- Don't stress too much!
- Make sure you establish your priorities, and stick to them. If improvement year in and year out is very important, make sure you look at places that have a record of improvements, not just maintaining talent. If cost is the biggest priority, make that clear in the recruiting process. Coaches want to know what you are looking for as well.
- Every athletic department web page has a staff directory link. This is the easiest way to find coaches' contact information.
- Filling out a recruiting questionnaire online is a great way to get coaches all of your information, especially the information that they are looking for.