



# HIGH STANDARD TRAINING

## **Guided Recruitment and Planning**

### Overview:

The recruitment process is one of the most misunderstood processes not only to the player but to their parents as well. Your goal is to play at the next level but if you do not understand the “do’s and don’ts” of the recruiting process then you could miss that opportunity! I am excited to announce **Guided Recruitment and Planning** to help you better understand:

- **NCAA, NAIA, and JUCO Recruiting Rules and Guidelines**
- **How to communicate with College Coaches**
- **Off the Field Conduct**
- **General Insight on the Recruiting Process**

This is NOT a recruiting service! I will not do the work for you but I will help guide you through the process by teaching you what to do, how to do it, and what to say to accomplish your goal of playing at the next level! We will meet on a weekly basis to help you get on track on the below Topics

## NCAA, NAIA, and JUCO Recruiting Rules and Guidelines

Topics	Overview	Frequently Asked Questions
<b>Recruiting Rules and Guidelines Understanding</b>	<ul style="list-style-type: none"> <li>• Communication Periods</li> <li>• Recruiting Rules and how it affects you</li> </ul>	<ol style="list-style-type: none"> <li>1. Why has this college coach not emailed me back?</li> <li>2. Can I talk to college coaches at Tournaments?</li> <li>3. When is the best time to email or call a college coach?</li> </ol>
<b>Understanding the different Levels</b>	<ul style="list-style-type: none"> <li>• Juco</li> <li>• NAIA</li> <li>• NCAA DI, DII, DIII</li> </ul>	<ol style="list-style-type: none"> <li>1. What is the difference in levels?</li> <li>2. Does one level play more games?</li> </ol>
<b>Academic and Athletic Scholarship Understanding</b>	<ul style="list-style-type: none"> <li>• Athletic Scholarships vs Academic Scholarships</li> <li>• FAFSA explained</li> </ul>	<ol style="list-style-type: none"> <li>1. How many athletic scholarships does DI college have to give student-athletes?</li> <li>2. How important is my GPA, SAT, ACT when it comes to qualifying for scholarships?</li> <li>3. What is FAFSA and when should I complete it?</li> </ol>

## How to communicate with College Coaches

Topics	Overview	Frequently Asked Questions
<b>Emails</b>	<ul style="list-style-type: none"> <li>• Structuring your emails</li> <li>• Things to include</li> <li>• Timeline of sending emails</li> </ul>	<ol style="list-style-type: none"> <li>1. What should I include in my emails to college coaches?</li> <li>2. Do I need to include a video? Stats? Player Profile?</li> <li>3. Should I sign up for a recruiting service to send out emails for me?</li> <li>4. How often should I email this college coach?</li> </ol>
<b>Phone Calls</b>	<ul style="list-style-type: none"> <li>• Topics to discuss over the phone</li> <li>• How often you should call or text</li> </ul>	<ol style="list-style-type: none"> <li>1. What should I say when I call a college coach?</li> <li>2. How often should I call or text a college coach?</li> </ol>
<b>Social Media Use</b>	<ul style="list-style-type: none"> <li>• Social Media content to get you recruited</li> <li>• How to use social media to get seen by college coaches</li> </ul>	<ol style="list-style-type: none"> <li>1. Do college coaches look at social media accounts?</li> <li>2. Should I have a youtube channel?</li> <li>3. Should I tag college coaches in my social media post?</li> </ol>
<b>In Person</b>	<ul style="list-style-type: none"> <li>• Topics to discuss in person</li> <li>• Post Camp or Event</li> </ul>	<ol style="list-style-type: none"> <li>1. WHAT DO I EVEN SAY???</li> </ol>

## Off the Field Conduct

Topics	Overview	Frequently Asked Questions
Body Language	Learn how body language on and off the field will affect your recruiting process	<ol style="list-style-type: none"> <li>1. Do college coaches really look at body language?</li> <li>2. How important is it that I show I am a good teammate?</li> </ol>
Travel Ball		<ol style="list-style-type: none"> <li>1. Does it matter what team I play for?</li> <li>2. What tournaments should I be playing in?</li> </ol>
Lessons		<ol style="list-style-type: none"> <li>1. Should I be getting lessons?</li> <li>2. How often should I get hitting or pitching lessons a week?</li> <li>3. Does it matter who I get lessons from?</li> </ol>

## General Insight on the Recruiting Process

Topics	Overview	Frequently Asked Questions
How to get seen!	<ul style="list-style-type: none"> <li>• Camps</li> <li>• Showcase Tournaments</li> </ul>	<ol style="list-style-type: none"> <li>1. Should I prioritize going to college camps?</li> <li>2. How important are college camps and clinics?</li> <li>3. Will I get seen at the Big Showcase Events?</li> </ol>
Getting on the Radar		<ol style="list-style-type: none"> <li>1. What should I be doing to get on a college coaches radar?</li> <li>2.</li> </ol>
Qualities of a College Player		<ol style="list-style-type: none"> <li>1. What qualities do College Coaches look for?</li> <li>2. Do college coaches look at certain characteristics?</li> </ol>

## Details:

- Weekly meetings in person or via Zoom Link
- Call or text me when you have questions outside of our designated in person meetings
- Structured Recruiting Plan and accountability
- One on One Guidance with your Recruiting Journey

## Cost:

Monthly Plans	Sessions	Cost	# of Payments
1 Month	4	\$150	1 time payment
3 Month	12	<del>\$450</del> (10% Discount) \$382.50	1 time payment
6 Month	24	<del>\$900</del> (25% Discount) \$675	3 payments of \$225
1 Year	52	<del>\$1800</del> (40% Discount) \$1080	6 payments of \$180