

Here are tips for the student athlete (and a couple of extras for the future student athlete):

**1. Your job is to be a student athlete.** Practice, class, film, weights, eat, study hall .... Wait a minute, I don't have any "me time." How am I supposed to check Facebook, do my laundry, call my mom, and play Xbox? Treat your responsibilities as if they were your-full time job, because they are. Stop nap times, and use breaks between classes to study and get your work done.

**2. Manage your brand.** Signing on to be a college athlete automatically projects you into the spotlight, not only on the field but off the field, too. You are the face of your university, and your actions reflect on your institution and your sport, both positively and negatively. Make good decisions, especially when it comes to alcohol and drugs. One bad decision will negatively affect not only you but your team, your family, and your whole athletic department. Understand that as an athlete, it's not just about you anymore; you are part of a greater whole.

**3. Value Plan B.** Every college student has dreams. For the ones who are athletes, those dreams usually include competing professionally. That's Plan A, and there's nothing wrong with it. The reality, however, is that fewer than 5 percent of all college athletes compete professionally after graduation. This means that you need to make a Plan B for what happens if your athletic career ends after college-level competition. This does not mean you must drop athletic pursuits altogether; it just means you should pay enough attention to the student part of your "student athlete" status to be ready for whatever opportunities life presents you after college.

Here are some questions and answers:

What is the NCAA Clearinghouse has to do with my son (football)? The NCAA has everything to do with your son. It has the ability to determine IF he is qualified (eligible) by Grade and SAT/ACT score against the sliding scale. (You might want to look up that information) You must register your son/daughter with the NCAA if he/she plans on playing on the collegiate level. The NCAA has total control if he/she plays..!!

When should my son take the SAT/ACT test? Starting in Junior Year. If you feel your child is academically ready for it earlier, then fine. But definitely in Jr. Year... If the test is given 6 times in his junior year 4-5 times he should be registered and take it. So that way he is not putting all his eggs in one basket – his Senior year. You might only have twice before – Signing day to take it. THE EARLIER THE BETTER. (NCAA will take the best score of each reading and Math, regardless of how many times you took it)

How do I get my son recruited? (Some are mentioned in this packet). You cannot rely on just the coach to get your son recruited. You and your son are in this process together. Make sure he is making plays to get recruited. You really have to be realistic... 1. Highlight film.. (the first 2 minutes a recruiter can tell if you fit the teams needs- THE LOOK TEST) 2. Parent go onto college websites, under their athletic website and look up the staff directory (Coaches name, Position coach name as well) Send a email to the coach with his link (to his highlites) stating you are interested in their program, here is your highlight tape. Blah

blah etc. Just a quick paragraph of introduction. In the heading put your name and position. \*\*\* 3. Please make sure YOUR GRADES are right before that recruiter gets to your school and inquire about you, if not, then the "talk" will stop. Due to there is no more to talk about when your grades are not right or you're a disciplinary problem in the school. Character, now a days are a plus. The fact is, if he is struggling on high school level, he might struggle more on collegiate level, being there is no supervision. Good study habits now...

- The LOOK TEST is what every coach look at – as to if you are the build for that position. PLEASE BE MINDFUL OF THIS, FOR EACH POSITION. Talk over with your Coach to see if your child fit that "Look test".

Does the recruiter talk to the Coach? YES.. Therefore, your son needs to be a playmaker, be coachable (question by recruiters- not every child is) the look test, grades and last is he a D1 player or D2 caliber player.

- Remember at the end of the day, You want a scholarship for cost purposes. Your eye on the prize should be a degree in something other than football. We all want our sons playing professional, but the blatant fact is.. 1/10 of boys go to the NFL EACH YEAR (each year, some make the roster or practice squad, some don't). So plan B should be to get a free Degree...
- If your son, is GOOD and Lucky enough to go in the professional.. NO matter (HONESTLY) on what Division Level – If he's Great (above average playmaker) then the NFL scouts will find him. Do you know a lot of NFL players come from Div 2 and Juco (Junior Colleges). Think about it. If he's good, they'll know.. Doesn't matter where he is.. "CREAM always rises to the top".

# Being a Successful Student-Athlete

## **1. Excel academically**

### **Academic success leads to options in life and in sport**

Your first job in high school is to do your best in your classes. Working to your potential in your classes will help you create options for yourself after high school, prepare you for continued academic success in college, and make your life easier as an athlete.

### **Work ethic, self-discipline, and strong habits**

Strong work ethic and self-discipline are at the core of doing your best as a student and as an athlete, and building and maintaining good habits (whether it's studying or practicing) is the key. Just like you practice multiple times for one game, you need to learn to study multiple times for one test. And, just as you have a routine when you practice your sport, you need to build and use a routine when you study.

### **Create an effective study routine**

You can build your study routine by paying attention to what works for you - that is, which study methods or techniques seem to really help you achieve the results you want. You also build your study routine by trying something different or new when what you have done isn't working.

### **Want help with all of this?**

If you're struggling to develop positive habits or to find study methods that work for you, you can always talk with your parents, teachers, your counselor, your coach, or other student-athletes to get some ideas that might work for you.

## **2. Manage your time effectively**

### **Why it is so important**

Good time-management skills are very important to doing your best as a student and as an athlete. We all have a limited amount of time to do everything we need and want to do, and as a student-athlete you have more in the mix than most others.

### **What's in the mix?**

You've got to manage the time you give to your classes and academics, practices and competitions, activities with your family and friends, and everyday things like eating, sleeping, and taking care of yourself. Finding time for all of these can become difficult, especially as you get older and each of these areas require more attention.

### **How to stay on top of it all**

One of the keys to developing the ability to manage your time effectively is learning to prioritize. This involves deciding which tasks, or "things to do", are most important and making time in your day to get them done. Making time to take care of your "priorities" involves planning. Making a plan, and sticking to your plan, is at the core of successful time-management.

### **Get organized**

A big factor in managing your time well is being organized. As a student, and in particular as a student-athlete, you've got a lot going on, and keeping track of everything you have to do can be a chore. One simple suggestion that can make your life much easier is to use a planner (or agenda). Writing it down takes the pressure off you to have to remember everything - and at some point, for everyone, that becomes impossible.

## **3. Learn to lead**

### **Lead by example**

Being an effective leader begins with what you do, and how you do it. Good leaders consistently give their best effort without being told to, regardless of who is watching, and no matter how high the chips are stacked against them. Create your own high standards and expectations for yourself, and do your very best to live up to those expectations each day. The more you are able to meet your own expectations, the more your confidence will grow. When others see you giving your best in all that you do, your commitment will often have a positive impact on how they go about their work (in academics and in sport).

### **Find your style**

There are many ways to demonstrate leadership, and not everyone will lead in the same ways. Your natural leadership style will most likely reflect your personality. Those who are naturally outgoing may feel more comfortable being outspoken and vocal,

where others who are naturally more reserved may feel more comfortable taking action. When in doubt, lead by example - everyone is capable of doing this.

## **4. Maintain balance**

### **Walking a tightrope**

Being successful in high school can feel like a huge juggling act at times, and finding a healthy balance can be especially important for student-athletes. During your season, and perhaps even in your off-season, you are devoting a good deal of time, energy, and effort to your sport and your team - all the while, you still face demands to meet expectations in other areas of your life (ie. student, family member, friend, etc.) . While most student-athletes play high school sports because it is something they really enjoy doing, being a student- athlete can be stressful.

### **Stress and its impact on you**

We feel stressed we sense ourselves having more going on in our lives than we can handle. You may feel stressed when you think you have too much to do and not enough time to get everything done. Stress can occur when something unexpected happens in your life that takes you by surprise or shocks you to the point that you aren't sure what to do next. We can also feel stressed by everyday things, when we feel rushed or that everything is happening too quickly. Whatever the situation, stress is an emotion that can build up quickly and quietly. And, without learning to release or relieve stress in a healthy way, it can cause you to "lose your balance". When this happens, you will most likely become less effective in all that you are doing (whether in school, in sport, or in life in general).

### **Develop a healthy lifestyle**

Another great way to protect yourself from being overwhelmed by stress is to make sure you are taking care of yourself. A great place to start is to create good lifestyle habits. The basics include making sure you are getting enough sleep and rest, and eating regular meals and healthy foods (and drinking enough water). Another basic is to get enough exercise, but since you're a student-athlete, you should already be taking care of this!

### **Develop healthy relationships**

Making friends and building relationships is an important part of having a good experience in school and in playing sports. And, your experiences in high school will give you plenty of opportunities to develop skills that will help you build healthy relationships in your adult life. However, high school friendships and relationships can also be a source of stress, especially when relationships are not healthy. While experiencing some difficulties with friends and in relationships is a normal part of being in high school, unhealthy relationships can lead to much more stressful outcomes

### **The negative impacts of drugs, alcohol, and tobacco**

They can make your life as a student-athlete much more difficult, and can even result in your suspension and/or expulsion from school (and obviously from your sports team).

## The five most important attributes college coaches look for in potential athletes

College coaches may confuse parents during the athletic recruiting process but what they are looking for can be boiled down to a few simple things. They may seem rather mundane but have these five attributes can be the difference from you playing at USC or the local junior college. It could make or break your chances are a variety of schools.

While the attributes that college coaches are looking for do vary by sport (no reason to have a 7-foot wrestler), there is no doubt in my mind that college coaches are looking for a lot of the same things in the athletes that they recruit. And if you are good enough to receive a scholarship at any level, then these coaches have faith in you with possibly all five areas. Here are what I feel are the five biggest things that college coaches are looking for in potential recruits:



### 1.) Ability

It doesn't matter what level or what sport but the number one thing that a college coach looks for in a potential athlete is their ability in that sport. College coaches are getting paid thousands and sometimes millions of dollars for their job and they must recruit the best athletes they can to remain in that position. There is no doubt that this ability trumps every other thing on this list. Why do you think people with question character and bad grades still end up at some of the best schools in the country? It is because they can flat out play and have what it takes to be successful at that level. Many college coaches are often willing to take a risk on an athlete if they can play.

### 2.) Character

Character is something that can make or break your chance to receive a college scholarship. When college coaches are recruiting athletes, they are like private investigators while trying to find out as much information as possible about potential recruit. The coach will talk to the high school coach, any other coaches that they have, assistant coaches, teachers, administrators, and people in the community to get a feel for what type of person you are. If you are a trouble maker, that honestly does hurt your chances of being a scholarship athlete. The coach does not want to recruit that trouble to their school so it may be something that they eventually look away from. The coaches want to be able to recruit high quality kids make it easy for them to sleep at night. They would prefer not to worry about who is in trouble at 3 AM on a Saturday night. But as shown by many Division I schools, ability does trump character.

### 3.) Work Ethic

A good story I heard once regarding work ethic came from a Division I basketball coach. We were talking about why they offered a certain athlete a scholarship. This basketball player was from about as small of a school as they come but he was a talented and had some major size. The college coach knew he was good but what was the tipping point to offer the scholarship? It was when talking with people around the school, he heard that the athlete came in every morning at 5 AM to lift weights. As a high school athlete with other priorities in your life, coming in every day that early really shows something about the type of person you are and how bad you want to succeed. Who wouldn't have wanted to get an extra hour of sleep and not worry about being sore the next day? That work ethic helped this player be a three year starter at the school and eventually named All Conference in the Big 12. Not bad considering his level of high school was the smallest in a state that is not considered a basketball powerhouse.

### 4.) Size

It may not be fair for some athletes out there who have an outstanding ability in their sport, great character, and work harder than anyone around. But if you don't have the size that college coaches are looking for, it may be tough to get a scholarship offer. Again, you can be strong with #1, #2, and #3, but if you are a 6-foot-3 center, chances are that your college options will be extremely limited, especially at the scholarship level. For the most part, you can't control size (at least not height) so it is a difficult thing to talk about. But it is definitely something that could hinder you in the recruiting process, regardless of the sport that you play.

### 5.) Grades

Grades are an essential factor in the college game, especially in the last few years with scholarships being taken away if the graduation rate slips to a certain percentage for schools. The pay of college coaches are sometimes tied in to the graduation rate so that means it is even more important when it is affecting the bottom line. Grades in my opinion are vital during the recruiting process. I say this because if your grades are good, a lot more doors will open for you. If they are bad, more doors will shut for you than anything. Having strong grades (By this, I do mean GPA as well as ACT/SAT) can help you get academic scholarships that will pay for your education. While it doesn't always mean it, having good grades does imply at times that you have strong character. And that is another essential factor in what college coaches will be looking for at the next level.

## Things you should be aware of before walking on at a Division I college football program

Posted by [admin](#) | January 14, 2010 .

As high school football recruits around the country near making their college decisions, one option that some will take is to walk-on at a Division I program. Taking this walk-on basically means that you are guaranteed very little. If you struggle and fizzle out, then the coaches are out only the little time that they spent recruiting you.

If things work out, then you will likely be eventually put on scholarship and the media will love the story about how you went from a lowly walk-on to a scholarship player. But for those seniors that are considering taking up the coaches and accepting a preferred walk-on spot, there are a few things to keep in mind before making the final call.



### **Will I be on the 85-man roster in August?**

According to NCAA rules, Division I-A (BCS) schools can only bring 85 players in when they report in early August. Many of these athletes are on scholarship but obviously there will be some walk-ons as well. If you are not included among these 85-players, then you will start practice on whatever date school officially starts. You will be behind a great deal as a walk-on no matter what. But missing the first few weeks of camp will make it even harder.

Some schools will bring their top walk-ons in this early in hopes that they are able to work their way into being a scholarship athlete. Others will not. It is unique to every situation and it depends on the school, the coaches, and how much they like you. The sought after walk-ons normally get an early invite in a decent amount of situations.

### **How many walk-ons have been able to work their way from a walk-on to a scholarship athlete?**

There are certain schools across the country that have a great deal of the touching stories about how many of their athletes have went from zero to a hero in just a few years. Make sure to ask the coaches about that and try to find out as much as you can about the success stories. The good news for walk-ons is that they can have a huge mountain sized chip on their shoulder as they should be putting in the time to become a scholarship athlete. If you want some motivation, just take a look at your loan paperwork and think about paying that for four years. You will always have a reason to keep working harder and harder.

### **Is my position conducive for a walk-on to have success?**

Outside of just wanting to play at the Division I level, it is always surprising to me when a player walks-on at a position like quarterback. Division I schools obviously are only going to play one quarterback at a time so where exactly will a walk-on be able to see time? The success stories of a walk-on quarterback are very, very limited.

Some of the positions that I have seen athletes have success in are kicker, punter, and safety. For whatever reason, these three are the ones that I see the most athletes go from walk-on to scholarship player.

### **What else will I be missing outside of training tables?**

The college will fit the bill for training table where athletes eat huge quantities in order to gain weight. But if you are a walk-on, the training table is not something that you will be seeing until you are put on scholarship. So the cost of food will be added to your tuition bill overall. Talk to the coaches about what else you will be missing out on.

### **Will I be able to travel with the team?**

Especially in the first year, very few walk-ons end up traveling with the team. That means you will have to sit at home while the team is traveling across the country. In subsequent years, a chance to travel with the team may arise. But in the first year, you will have to really impress the coaches to be able to travel.

## What is the difference between a walk on and a preferred walk on?

Recently I received the question on a comment regarding the difference between being a walk on and a preferred walk on. With both terms being thrown around often in the recruiting process, it is important for you to know the difference. In my opinion, there is a big difference between the two that recruits must be aware of.

Let me start by talking about a preferred walk on. When a coach says that they want to offer you a preferred walk on spot, they are saying that they will eventually have a spot for you on the roster when school gets underway in the fall. You have been given the green light to at least be on the team during the first year and be a part of practice.



A walk on is in a much tougher situation. Colleges even at the Division I level in football have tryouts to see if you can make the team. If you are a walk on, you will be going to those tryouts to see if you are good enough to practice with the big boys throughout the entire year. You basically have a tryout to be able to be a preferred walk on.

So if you are a recruit, the situation you would rather be looking for is the preferred walk on. It means that unless you quit, you will be with the team. This does not mean you will be traveling (Freshman walk ons rarely travel with the team to begin with) or that you will be getting a scholarship down the road. It just means that you can come to practice everyday.

The reason someone may just be a walk on to begin with is if the coaches question that the recruit is good enough to play there. For example, say you grew up everyday following Nebraska. You had a solid high school career but would do anything to play for the Cornhuskers. You may try talking to the coaches and see if you can make the team as a walk on. I believe you should eventually get a try out to see if they think you have what it takes. I have heard many situations where hundreds of athletes try to make it in a walk on role and each and every one of them ended up getting cut.

If you are considering taking a preferred walk on spot at a school, one important thing that you must try and receive is a guaranteed roster spot. Schools are allowed to bring in 85 football players during early August to begin preseason practice. Because there is a scholarship limit at all levels, there is no way that every single one of those players will be on scholarship. So that means walk ons have the potential to take some of those spots.

For the most sought after walk ons, some schools are willing to offer roster spots for August. That does not mean you will have the spot over the course of your career, but that first year, you will be reporting with the team in early August.

If you are just a preferred walk on, you will be able to legally start practice once school gets underway. Some schools start in mid August while others wait until September. The later school starts, the harder it will be for you as an athlete to catch up. How easy would it be to come in having missed a month of practice and trying to compete?

## Does having a teammate who is also being recruited help or hurt you when trying to get attention from college coaches as well?

Posted by [admin](#) | [September 29, 2012](#) .

There are some high school programs who are blessed with multiple Division I athletes year after year. They send a number of players every decade to that level as they have proven to be a pipeline for colleges  
But if you are one of the lucky ones who is at a school that has other college prospects in your class, is that going to help you or hurt you? Will you be overshadowed by your own teammates or will having someone talented next to you help open doors that may not have been opened without them?

It is sometimes also easier for the college coaches to call the high school coaches and ask about multiple athletes as opposed to trying to track down separate high school coaches. Another financial factor that this could help is it eases the burden of travel with camps and unofficial visits to schools. You have a built in travel buddy with you.

While there are some obvious benefits, there could be some reasons why it hurts both athletes. Again, it does depend on the sport but jealousy could creep in. It depends on the relationship between the two athletes (and their families, let me stress that) but in a sport like basketball, if one athlete is taking all the shots, the other may get frustrated. An athlete could also be disappointed if their teammate gets a scholarship offer but they put up better numbers over the course of the season (this happens and is a great case for why the high school seasons don't matter much in recruiting).

It could BENEFIT. When the recruiter comes out to see that athlete, he would get to see yours as well.

## Five Keys that can help push you to a Football Recruiting Scholarship Offer

Posted by [admin](#) | September 25, 2012 .

The football recruits out there reading this know that the 2012 season is about as important as it comes. It doesn't matter if you are a senior in your final year on the prep football field or a sophomore ready to take your first snaps at the varsity level. This is the reason why you have been working so hard during the summer months.

And while the season is important, every player out there would love to get some attention from college coaches. Because of this, I have put together five keys that will help you in landing a scholarship offer. You don't need all five of these keys to get a scholarship but they are ranked in order of importance. Find out what areas will help you the most as you hope to track down an offer.



### 1.) Size/Speed/Strength

You ever wonder why college coaches may end up offering an athlete who hasn't done much at the high school level? That is because they are recruiting them based on their potential. If you have the size/speed/strength that a college coach is looking for, they are likely going to take a chance on you. Not only does it happen at the college level, this is exactly what helps athletes make a major move up the NFL draft charts as well. Football coaches are in awe of those physical specimens that have size, speed, and strength. If you have those (or even one of those three attributes), then there is a decent chance that you will get a scholarship somewhere. A lineman who is 6-foot-8, 295 pounds will likely get a scholarship at some level simply on potential. He may not be good enough to play at the Division I-A/BCS level but a Division I-AA/FCS or Division II school will take a chance there.

### 2.) Skill/Abilities

It doesn't matter what level you want to play in college, you have to have the skills and abilities at that level in order to get a scholarship offer. But you could also be the greatest linebacker in the world but if you are 5-foot-7 and 165 pounds, it will be a tough ride to get a Division I-A/BCS scholarship offer. Your skills and abilities are essential because it really can help get you on the field at the college level. If you are good enough to get on the field, the college coaches are trusting you enough to perform because you will have a big say on if they keep their job over the long run. Having the skills and abilities that college coaches want will certainly help you get a lot of attention.

### 3.) Work Ethic

I have talked to enough college coaches to know that they love hearing when athletes are gym rats or weight room warriors. One Division I basketball coach told me a story about how an athlete got up at 5:00 AM everyday to lift weights. He played hoops at a very small school but hearing that work ethic was enough for the coach to pull the trigger on a scholarship offer. It may have been his first and only scholarship at the time but the coach saw the work ethic himself and it made the difference. That work ethic eventually helped him be an All Conference player in a major BCS college conferences. Not bad for such a small school player.

### 4.) Grades

The importance of academics and grades continues to grow as the NCAA has put more of an emphasis on the APR (academic performance review). I have mentioned this before but some Division I coaches have APR numbers tied into their contract. College coaches are much more prone to add walk-ons with excellent grades.

### 5.) Character

I hate that it is this far down the list because character is important but that is just the way things go. College coaches want to recruit athletes who they can bring to campus and not worry about for four or five years. The character of an athlete is what keeps them from getting a DUI or a bar fight. Yes, college students will do dumb things but athletes should stay as far away from that as possible. That is the last thing you want to end up in the newspaper for.

TRY THIS WEBSITE FOR A LOT OF YOUR QUESTIONS TO BE ANSWERED.

<http://recruiting-101.com/>