

# GETTING SEEN BY COLLEGE COACHES

- The Dirt Dog Organization will help you promote yourself to college programs. We will play in high profile showcases/tournaments and we will talk to coaches about players on our teams. However, the most effective way to be seen by a college coach is to contact them yourself and continue to contact them.
- Email coaches and introduce yourself and the tournaments you will be playing in that year.
- Before each tournament, email them your schedule and invite them again to come out and watch.
- Don't get discouraged if you do not hear from a coach, they may not be allowed to email you back by NCAA rule.
- Once you have emailed a coach – CALL THEM. They can take phone calls and speak with you.
- Don't rely on lists that tournaments put out regarding which schools will be present. Email the schools you are interested in attending even if they are not listed.
- If you have not contacted at least ten college programs before each tournament, you are not doing your job.
- Expand your future options by being willing to relocate outside of California and consider playing NCAA Division II, III, NAIA, and NJCAA.

# GETTING READY TO PLAY IN COLLEGE

## THE THREE KEY AREAS

1. NCAA CORE CLASSES
2. SAT/ACT TEST SCORES / ACADEMIC RIGOR
3. PHYSICAL CONDITIONING and NUTRITION

## NCAA CORE CLASSES

CORE CLASSES are the classes that the NCAA believes that students who are college bound must take to be academically successful at the next level.

Simply put, this is the most confusing area for many players and families. The CORE classes that are recognized by the NCAA are different for each individual high school. This means that a class taken at Bullard High School may qualify but a class with the same name taken at Clovis High may not qualify. Each high school is responsible for submitting a list of their courses to the NCAA for approval. In most districts, just graduating from high school does not mean that you have met the NCAA CORE CLASS requirement, you will have to do more.

Most high school counselors are very conscientious and want to assist you in reaching your goals. However, their first priority is to have you graduate from high school. Make sure that you meet with your counselor regularly, let them know ASAP your desire is to play in college, and ask them about the NCAA CORE CLASSES. However, remember that ultimately it will be your responsibility to make sure that you have met the requirements.

To find out which classes at your high school meet the requirements for NCAA CORE CLASSES you can use this link

<https://web1.ncaa.org/hportal/exec/hsAction>

To make sure you are fulfilling all the requirements you can keep track of them on a worksheet available at

[http://eligibilitycenter.org/ECWR2/NCAA\\_EMS/pdf/2009-10\\_DI\\_and\\_II\\_Worksheets.pdf](http://eligibilitycenter.org/ECWR2/NCAA_EMS/pdf/2009-10_DI_and_II_Worksheets.pdf)

The most critical part of this area is to have a plan before you start your freshman year on how to obtain the required number of classes.

## **SAT / ACT TEST SCORES**

Most institutions have minimum requirements for students to enter their programs. College coaches are aware of their individual institution requirements so they will focus on students they know are close to or have already met those requirements.

Here is what it is recommended in this area:

### **7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup>**

Start Taking the PSAT as earlier as your 7<sup>th</sup> grade year so that you can get used to the SAT format. You can use your PSAT scores to talk with coaches until you have actual SAT scores that you can provide. Beginning the summer before your sophomore year, you should have a PSAT score you can share. Most educators will tell you that multiplying your PSAT score by 10 will provide you an estimate of what your future SAT score will be. Coaches know this as well and it provides them with early information and tells them you are serious about the SAT.

### **10<sup>th</sup> and 11<sup>th</sup> grades**

Try to take the SAT at the end of your sophomore year to get a baseline of where you are at and the areas in which you can improve. You will be able to use this score during the summer and coaches realize that there are still two years for the score to go up, but they would rather see something rather than nothing. Also, do not hesitate to take an SAT prep class offered by your high school or a private company, as this one test score can be a big difference maker in scholarship offers and money.

If you did not take the SAT as a sophomore, be sure to take it very early in Junior year.

Finally, continue to take the PSAT in 10<sup>th</sup> grade and in 11<sup>th</sup> grade. This test is used to identify Juniors as a National Merit Award Winner and can result in significant scholarship money if you do well.

### **12<sup>th</sup> grade**

Take SAT by December if your score on previous tests is not where you want it to be.

Consider taking the ACT as an alternative if test scores are not where you want them on SAT or the school you are considering requires the ACT.

### **Finally,**

I recommend that everyone take as many AP classes as possible. Data shows that students who take at least one AP class in high school have a better graduation rate from college than those who did not. However, these are some things to consider. Take the class only if you believe you will earn an "A" or a "B". Overall GPA can be hurt if you earn anything lower.

It is also good to note that the PSAT/SAT/ACT all have fee waivers if you qualify.

## **PHYSICAL CONDITIONING**

This was a real eye opener the past couple of years as we have watched players from the valley go on to the next level. Most college programs have a summer workout schedule and players have to pass a physical test before they are able to step on the college field. If you do not know what a "Gasser" is, ask one of your friends who plays football. High School PE will not be enough to prepare you and you will need to work out on your own.

If you have not already done so, learn to eat as healthy as possible.