

TIPS FOR CONTACTING COLLEGE COACHES

NCAA college coaches are restricted from contacting freshmen and sophomore recruits year-round and can only contact juniors during certain periods of the year. Fortunately, there are no restrictions for recruits contacting coaches. It is important for athletes to directly contact coaches early and often to promote interest and form relationships.

- **When to start?** Initial contact can be made as early as freshmen or sophomore year.
- **Step 1.** Prepare a player resume.
- **Step 2.** Visit the team website for colleges of interest and complete their online prospect questionnaire. Research the program and roster.
- **Step 3.** Prepare a personal email or letter to introduce yourself. This letter should be personalized for each coach and include your team name, uniform number, upcoming tournaments with game times and fields if available. Familiarize yourself with the program and provide program specific references in your letter.
- **Step 4.** Prior to tournaments, you should reconnect with the coach either by phone or email to confirm playing times and field information. Take time to prepare your talking points. Speak to your club coach and make sure you are playing in the game that you are asking a coach to watch.
- **Step 5.** After a tournament, upload tournament highlights via youtube and send the coach a link if possible.
- **Common Mistakes** Do not send generic emails with "Dear Coach". Do not carbon copy multiple programs in one email. Do not have your parents call or write for you. Coaches want to learn about you and know that you are capable, mature and most importantly, interested in their program

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