

"Marianne Werdel absolutely '**Nails It**' with this all-inclusive, yet simple guide. This will quickly prove to be the bible for the prospective student-athlete!"

Dick Gould, Emeritus Men's Tennis Coach & Director of Tennis, Stanford University



Photo: NCAA.com

The Student-Athlete's College Tennis Recruiting Workbook

A complete step-by-step guide for the prospective college-athlete, beginning with 9th grade, all the way through the freshman year in college.

BY MARIANNE WERDEL

MEET MARIANNE

"College is a match to be made, not a prize to be won." You're on the hunt for the schools that will push you, support you, prepare you, and make you happy. This is not about rankings, bumper stickers, or where other people think you should go.

I was fortunate to have a successful career playing international junior tennis, college tennis at Stanford, and professionally for eleven years on the WTA Tour. In my current work, I am a high performance coach and mentor to junior tennis families. After managing the football recruiting process for my son and my tennis families, I saw a void in how we advise and counsel young student-athletes. Less than 1% of the college athletes will go on to play professionally, yet the focus remains on the sport and team aspect, over the academic and social fit.

My college process is different from the other recruiting organizations, books, and articles you will find. I think of the student first, and then the athlete. I start with my education as a college counselor, then combine it with the athletics piece, to find the right fit academically and athletically for the student-athlete.

There are over 3000 colleges and universities in the United States, and over 1,000 schools with D1, D2, & D3 athletic programs. Many think that the hardest thing about the college recruiting process is the athletic scholarship. That is not true. The biggest challenge is making a lot of decisions to "find the right fit".

I am a huge advocate of collegiate athletics and enjoy helping the next generation have the same opportunities that were given to me. I believe in supporting the athlete's dreams of professional competition and guiding them appropriately, but I feel the primary goal is a college education. I hope this workbook will guide families to find the best school fit, not only to set the child up for success as a student-athlete, but also to prepare them for their post-athletic career.

Marianne



*"The goal is not to get a college scholarship.
The goal is to get a college education."*

Dick Gould
Emeritus, Director of Tennis,
Stanford University

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LET'S DO THIS!

Are you ready to start the college athletics recruiting process?

Are you a parent of a student-athlete who wants to make sure your child is on the right path academically?

Are you able to manage the college process with your child, but you want some guidance along the way?

Are you wanting to save money on college counselors and recruiting coordinators?

Then, let's get started!

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TIMELINE OVERVIEW

In this section, I will give you an overview of the timeline starting in 9th grade all the way through being a successful collegiate student-athlete.



ONGOING ACTIVITIES THROUGH HIGH SCHOOL

- Research colleges – read and research a variety of schools. Visit schools in nearby areas to your home and at tournaments to get a feel for the different styles of campuses.
- Be the best scholar you can be, in all subjects.
- Explore learning styles, interests, and career options for college selection.
- Character counts! Be the best competitor and sportsman you can be, on and off the court. This is crucial!
- Work on developing your game style for the next level.
- Tournaments: Choose events that will establish and improve your ranking and help you to achieve your goals. Do not avoid competition to improve rating!
- Pursue extracurricular activities that are meaningful to you and have substance.
- Have well-articulated goals, re-evaluated quarterly, to manage this process more efficiently.
- Maintain positive and respectful social media accounts.
- Follow interested schools on social media platforms to learn more about their programs.

HAVE FUN!

TIMELINE

9th GRADE

- Ask your counselor for a list of your high school's [NCAA core courses](#) to make sure you take the right classes.
- Get acclimated to high school and get comfortable in your new environment.
- Explore extracurricular activities.
- Establish solid study habits in your school free time and at home. Ask for help when you need it.
- Learn time management to balance school, social life, and sports. Know when you can socialize and when you have to study.
- Start building a resume pdf so you have it ready to go when needed. Update it as you progress through high school.
- If you are playing at the National Level in the 16s or 18s, send coaches an email with your resume and summer schedule. Coaches will not be able to respond directly to you or your parent, but they can communicate with your private coach.

10th GRADE

- Register with the NCAA Eligibility Center at eligibilitycenter.org.
- Take the PSAT
- Download and read the most recent [“Guide for The College Bound Student Athlete Handbook”](#) from the NCAA & NAIA eligibility center. The guide will answer questions for you and your parents navigating the initial eligibility process.
- Concentrate on your academics! Your core course GPA is essential. The higher it is, the more college doors will open for you.
- Take advantage of the virtual tours colleges offer on-line. It is a great way to get an idea of the different types of schools.

TIMELINE

SUMMER AFTER 10th GRADE

- Focus on college selection in matching schools with academic majors and tennis programs to compile your list.
- Send emails to a wide range of schools and coaches with your resume and competition schedule.
- After June 1, you will be receiving information from coaches and schools.
- NCAA Division I coaches can have an off-campus contact with you beginning August 1, and you can start making official visits on that date.
- Go to the SAT and ACT websites to schedule a testing date that works with academic and tennis schedule.
- Take a practice SAT/ACT to select which test is best for you.
- Please know these tests cover all math through Algebra 2.
- Do SAT/ACT prep over the summer.
- Take the SAT/ACT in late August to be ready for recruiting season and before rigorous junior year academics.

11th GRADE

- Check with your high school counselor to make sure you are on track to graduate on time.
- Visit schools: Be sure to prepare for meetings and conversations with coaches and admissions officers.
- Continue to focus on maintaining a healthy balance with your academic course load, tennis, and social life.
- Continue to research schools and tennis opportunities.
- Email coaches and create a communication schedule.
- Take the ACT or SAT and report scores to NCAA when you are satisfied with your final score.
- At the end of the school year, ask your counselor to upload your official transcript to the NCAA or NAIA eligibility center.

TIMELINE

SUMMER AFTER 11th GRADE

- Do SAT/ACT prep and retake the test, if necessary.
- Maintain contact with coaches.
- Create a strategic summer tournament schedule.
- Research any showcase camps where coaches will be evaluating prospects.
- Compete in national level tournaments to be seen by coaches.
- Begin working on your college essay. The Common and Coalition Applications are usually released on August 1.

12th GRADE

- Finish your last [NCAA core course](#) by the end of your fall semester
- Visit schools, be sure to prepare for meetings and conversations with coaches and admissions officers.
- Take the SAT/ACT again, if necessary.
- Meet with your college counselor to set a schedule for your application process, letters of recommendation, and sending transcripts.
- Report your test scores to schools and the NCAA.
- Complete [Amateurism certification](#) in the [NCAA Eligibility Center](#)
- If you have committed to a program, ***continue to compete and develop your game***. Make sure you show up for school prepared, in shape, and ready to contribute to the team!
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation to the NCAA or NAIA eligibility center.
- Admission decisions announced by April 1.
- College attendance decisions must be made by May 1.
- Enjoy signing your National Letter of Intent!

YOU DID IT!



KNOW THE NCAA RULES

Knowing the NCAA rules and regulations will help you navigate the process more efficiently. It will also show a coach that you are serious and understand what can and can't happen at different stages.

01

ELIGIBILITY CENTER

The first step to becoming a collegiate athlete is to visit the NCAA Eligibility Center and create an account. You must have an account to make official visits to D1 and D2 schools or to sign a National Letter of Intent. Create a free profile if you plan to compete at a D3 school or are not sure yet where you want to go to school.

02

ACADEMIC REQUIREMENTS

To be eligible to compete in NCAA sports during your first year at school, you must graduate from high school and meet **ALL** the following requirements: [Academic Eligibility NCAA Link](#)
[Complete the 16 Core Courses](#)

1. Four years of English
2. Three years of math (Algebra 1 or higher)
3. Two years of natural/physical science, including one year of lab science
4. One additional year of English, math or natural/physical science
5. Two years of social science
6. Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
7. Complete ten core courses before your seventh semester
8. Earn at least a 2.3 GPA in your core courses

Please see page 30 of the NCAA Guide for Online School criteria

KNOW THE NCAA RULES

03

CONTACTING COACHES

Keep in mind, a student-athlete can always send emails to coaches, but coaches can't respond until the designated time after the athlete's sophomore year of high school.

- NCAA D1 coaches can begin communicating with you on June 15, after your sophomore year. Coaches can start making verbal offers, and players can make verbal commitments.
- NCAA Division II and III coaches may contact you in the summer after 10th grade, beginning on June 1. You can now be invited on official visits to NCAA D-II schools.

A student-athlete can tour the campus at any point but isn't allowed to meet with coaches or athletic staff until the designated time (unless during a camp).

- Unofficial visits- You and your family may visit a college at your own expense beginning August 1 of your junior year in high school.
- Official visits- A college may pay for you to visit the college beginning August 1 of your junior year in high school.
- You may take only one official visit per college with a maximum of five allowed for D-I schools. There is no limit to official visits to Division II or III colleges.

Important NCAA Links:

1. [2019-2020 Guide for the College Bound Student Athlete](#)
2. [Eligibility Center](#)
3. [Academic Requirements](#)
4. [National Letter of Intent](#)
5. [Amateurism Certification](#)
6. [Online and Home School \(page 30\)](#)

***Please note that rules change annually, and may be different for each sport.
Please verify rules and dates on the [NCAA website](#).***

03 SET GOALS

Goals will help you better prioritize your time and stay on track. Reach your target by setting goals in all areas of the college process.



MAKE A RECRUITING PLAN AND STICK TO IT!

1. Make a list with a wide range of schools.
2. Have a target number of emails you want to send to coaches.
3. Make a schedule to follow up with coaches, and **always** respond promptly.
4. Pick a date to reassess your list of schools.
5. ***Take ownership of the process! If you aren't willing to do this work, you aren't willing to do the work it will take to be a successful student-athlete.***

DO YOUR HOMEWORK

1. Know what sectional, national, or UTR rankings are needed for a wide variety of schools. Set a target ranking goal for each year of high school.
2. ***Know the steps to get there!***
3. Now that you have your goals, map out the steps you need to do each day to reach your target. Set your goals based on steps you need to be doing **NOW**.

SET GOALS FOR ALL AREAS IN YOUR LIFE

Don't just set goals for your tennis/sport. Set goals for academics, community service, and any extra curriculars.

[Click Here to get my complete book for Simple Goal Setting for Young Athletes](#)

COLLEGE ATHLETE GOAL PLANNER

MY DREAM GOAL IS . . .

SET MINI GOALS
TIME TO BREAK IT DOWN INTO SMALLER GOALS

Academic

Sport

Recruiting

CREATE YOUR ACTION PLAN CHECKLIST
ACTION ITEMS NEEDED TO ACCOMPLISH THE MINI GOALS

Checklist #1

Checklist #2

Checklist #3

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____

ACADEMIC PLANNING

Academic planning is a critical part of the college recruiting process. Meet with your high school counselor or advisor early to map out all four years of classes.

MIDDLE SCHOOL STUDENTS

It is suggested to complete Algebra 1 in 8th grade. This puts the student on track to complete Algebra 2/Trigonometry at the end of 10th grade for the SAT/ACT. It is best for the recruiting process to take the SAT/ACT the summer after sophomore year or early in your junior year.

KNOW THE ACADEMIC REQUIREMENTS

- If you plan on attending a top academic school, know their academic requirements. You don't want to find out too late that you don't have the required classes. How many AP or Honors classes are needed?
- Some Ivy Leagues and top universities require 4-6 Honors or AP courses, 5 solid academic classes, not electives, each semester, 3 years of a foreign language, 1200 minimum SAT scores, etc.
- Many schools have more rigorous requirements, and community service hours, than the NCAA core class minimums.

NCAA ACADEMIC REQUIREMENTS

Complete the **16 Core Courses**

- Four years of English
- Three years of math (Algebra 1 or higher)
- Two years of natural/physical science, including one year of lab science
- One additional year of English, math or natural/physical science
- Two years of social science
- Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

ONLINE AND HOME SCHOOL

If you are utilizing a home school or online school program, make sure it has the proper accreditation with the NCAA. See the [NCAA Requirements Here](#) and the [NCAA Home School Toolkit](#). If you have any doubts, call the registrar's office at your schools of choice to confirm the online program!

All schools handled grades differently during Covid-19 shutdowns.
Please confirm proper accreditation with the NCAA and schools of choice.

FOUR YEAR ACADEMIC PLAN

Map out your class options for all four years of high school. Classes should be re-evaluated each spring for subject level, work load balance, and subject interests.

9th Grade

1. Math: _____
2. English: _____
3. History: _____
4. Language: _____
5. Science: _____
6. Other: _____
7. Elective: _____

10th Grade

1. Math: _____
2. English: _____
3. History: _____
4. Language: _____
5. Science: _____
6. Other: _____
7. Elective: _____

11th Grade

1. Math: _____
2. English: _____
3. History: _____
4. Language: _____
5. Science: _____
6. Other: _____
7. Elective: _____

12th Grade

1. Math: _____
2. English: _____
3. History: _____
4. Language: _____
5. Science: _____
6. Other: _____
7. Elective: _____

NOTES

NCAA ACADEMIC CHECKLIST

NCAA Required 16-Core Course Checklist

4 YEARS OF ENGLISH

- English I
- English II
- English III
- English IV

3 YEARS OF MATH

Algebra 1 or higher in grades 8-12

- Algebra I
- Geometry
- Algebra II

2 YEARS NATURAL OR PHYSICAL SCIENCE

- Physical Science
- Biology
- One year of a lab

2 YEARS OF SOCIAL SCIENCE

- World History
- American History
- European History

ADDITIONAL

- 1 year of additional math, English, or science
- 4 years of any area above, foreign language or comparative religion/philosophy

NOTES

TOURNAMENT SCHEDULE

Tournament planning is part of your long-term development plan. You should have a planning meeting with your coach and parents every six months to make sure your game is developing, you have training blocks with rest periods, and your competition schedule is aligned with your goals.

PLAN YOUR TOURNAMENT SCHEDULE

- Play a variety of levels of events/tournaments. It is optimal to win 60%-65% of your matches. If you are above or below those numbers, consider adjusting the level of play.
- Play the events/tournaments where the college coaches will be able to watch you compete.
- Play a smaller tournament before a national tournament, so you are match ready in the bigger event.
- Make sure you aren't playing too many tournaments. It is best to have training blocks and breaks in your calendar to develop your game, avoid injuries, and avoid burn out. Athletes need two breaks a year, 3-4 weeks each, with no competition or tournaments.
- Do not avoid competition, tournaments, or withdraw from matches to manipulate your UTR. Coaches see this tactic, and it is not the way to improve your game for the next level. Coaches want to see you compete, not avoid it!

THINK ABOUT ACADEMICS

Be sure to check your academic schedule before you sign up for events. Don't play a big tournament the weekend before exams when you need to study or the weekend after when you haven't had time to prepare properly.

SHOWCASE CAMPS

The showcase camps are an excellent way for players to be on a college campus and meet coaches, but they do not replace a coach seeing you in action at a tournament. Please do your research as some of the camps are more money makers for the host school than they are showcases for the players. [Link to 2020 Showcase Tennis Camps](#)

[See my complete guide to planning the student-athlete's schedule here.](#)

[Download calendar templates here.](#)

BUILD YOUR INITIAL COLLEGE LIST

Get started in the right direction by doing the homework needed in this step! Don't start with your sports. Start with the school, your academic level, and major interests. You are a student first, then an athlete!

01

SELF-EVALUATION

Ask yourself these fundamental questions:

- Start with location- Do you want to stay close to home? Or far away? What type of weather? Travel accessibility to home?
- What size of school? Large, small, or midsize?
- What about the area? Rural or city?
- Do you want a large public school? Or a religious option?
- What level of academics are appropriate for you?

02

INTERESTS

Do you already know what you want to study? Or are you like most high school students and have no idea what you want to study?

- Use [YouScience.com](https://www.youscience.com) for an interactive career interest evaluation.
- Take the interest areas from YouScience and create a list of possible majors.

03

RESEARCH SCHOOLS

The most important piece is finding the right academic fit!

- Ask your school counselor if they have access to [Naviance](https://www.naviance.com) or [Scoilr](https://www.scoir.com) to search for schools and GPAs needed from your particular school.
- Use [Niche.com](https://www.niche.com) to research schools.
- Does the school have a liberal arts curriculum or university style studies?

04

MAKE A LARGE LIST

Your initial list should be large. It can be as many as 20-30 schools. As you learn more about the types of schools you want, your grades, financial aid, and the sports programs offered, you will narrow your list.

05

RE-EVALUATE

Keep circling back to re-evaluate your list. Interests change and grades change. A school that didn't interest you early in the process, may be of interest as you progress.

BUILD YOUR LIST OF TENNIS SCHOOLS

Research schools using the UTR and school team websites.

01

START WITH YOUR UTR

Utilize the [UTR](#) website to find a college fit by making a player profile

- What is your UTR NOW? Search all the school teams who have players in your range. Take into account that you don't know how much your rating will increase by your junior year.
- Want a top academic school or a specific major? Use the US News School Rankings and search the UTR ranges for their teams.
- Want a specific division? Search by division and league within the UTR site.
- Take your initial college list and search for their team UTR range.

02

TENNIS PROGRAM

Go to the program website and have some fun looking around.

- Read the player's bios!
- How many players on the team?
- Where did the players play junior tennis? Where did they go to high school? Any from your area?
- What are the players' academic majors?
- Look at the match schedule? How much are they traveling? What is their win/loss record?
- Read the coaches' bios. How long have they been there? Google them for more information.
- Follow the program on social media.

03

MAKE A LIST

Make a list of at least 25 schools

- Keep a notebook, file, or binder to keep track of your progress.
- Junior year, treat the recruiting process as one of your classes at school.
- Categorize schools in D1, D2, or D3 and NAIA.
- Organize schools into "likely, possible, and reach" in terms of academic acceptances and level of play.
- Keep going back to your original list and periodically search for more programs. You never know how things will change along the way.

[See my article here on how College Coaches use UTR in their recruiting](#)

CREATE YOUR RESUME



While your tournament results will speak for you as a player, your resume will be the first insight a coach has into you as a student-athlete.

Having an online and a one-page pdf version of your resume that contains all of your necessary information is extremely important to start this process off on the right foot. The information must be accessible and easy to navigate. You don't want a coach to go out of their way to find the information they need to know about you. ***The coach's time is valuable and very limited!***

To Do:

- Update your information on recruiting , UTR, and Tennis Recruiting websites.
- Create your resume (see the checklist and template pages).
- Link any videos or matches you want to share. Edit your videos well!

RESUME CHECKLIST

Use this checklist to make sure you have all the important parts of your resume.

YOUR CONTACT AND SCHOOL INFORMATION

The top of the resume should include your name, birth date, high school, graduating year, physical address, email address, and cell phone number.

YOUR ACADEMIC INFORMATION

List your GPA, SAT or ACT scores, PSAT score, list of honors or AP classes, and academic interests.

YOUR BEST RESULTS, RANKING, AND UTR RATING

List your sectional and national rankings, and your UTR. Don't leave this out! Update it as you send emails to coaches.

YOUR UPCOMING TOURNAMENT AND CAMP SCHEDULE

List your upcoming tournaments and camps in list or bullet form, in order by date.

LINKS TO YOUR UTR AND TENNIS RECRUITING PAGE

Utilize live links for UTR, Tennis Recruiting, and any other videos. Be sure to verify and update your information on those pages.

YOUR COACH'S CONTACT INFORMATION

List your coach's contact information so the college coach can communicate with your personal coach. Be sure to get the "ok" from your coach before giving out personal information. Confirm that he/she will return emails regarding recruiting.

ANY OTHER IMPORTANT EXTRACURRICULAR INFORMATION

List any other interests, leadership, community service, sports, or pertinent information that could set you apart from other athletes.

SAMPLE RESUME TEMPLATE

Name Here

Birthdate

High School , Class of xyz

Address:

Cell#:

Email:

Academic Information:

GPA

Test Scores

of AP/Honors or Awards

Tennis/Athletic Information:

Sectional and National ranking

UTR- [Hyperlink to UTR webpage](#)

Tennis Recruiting- [Hyperlink](#)

Video Links

Recent Results:

Finsihed xyz

Placed abc

Upcoming Events

Tournament A

Tournament B

Showcase Camp A

Volunteer or Leadership Activities

Project x

Project y

Contacts:

Coach name, email, and cell number

Parent name, email, and cell number

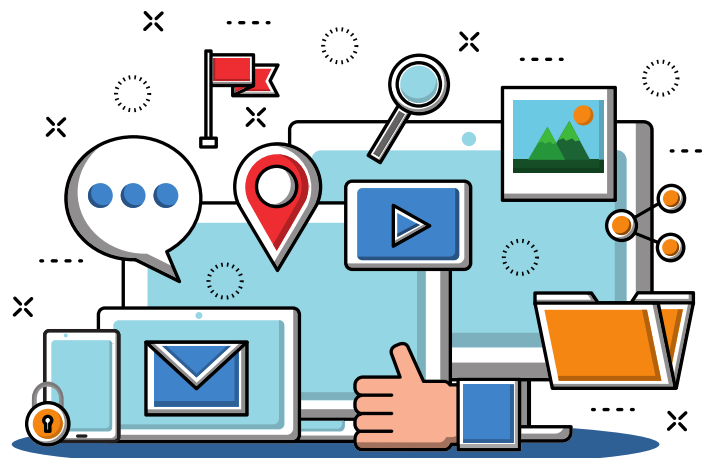
School Counselor name, email, and phone number



Head Shot
Photo

SOCIAL MEDIA

You may be a top recruit and honor student with a huge heart, but for those who don't know you personally, first impressions are found online. Some students may not think their online image is a big deal, but colleges and coaches do!



SOCIAL MEDIA

MAKE SURE ALL POSTS SAY SOMETHING POSITIVE

We know how tempting it can be to post anything and everything on social media. However, a good piece of advice is to make sure every image you post represents something good about you.

KEEP IT CLEAN

Stay away from posting anything related to partying, drinking, nudity, profanity, and excess negativity. Just don't do it! Literally. EVER. In no way is this ever a good idea!

PRIVATE ISN'T ALWAYS PRIVATE

Keep in mind that anyone can look at your social media profiles, even when set to private. Many corporations have access to tools and programs that can get around privacy settings.

FOLLOW THE TENNIS PROGRAMS ON YOUR LIST

Many coaches use social media to communicate with recruits. Their posts can give you insight into their programs.

CONTACT COACHES

Elite level players can be more selective in the number of schools they contact, but the majority of players need to contact a wide range of schools.



1. **Create an email account** specifically for recruiting purposes, so you don't miss any emails. Use an address with your full name and easy to recognize. Make sure your parents have access to the email account to monitor communication.
2. **Do not have parents contact the coaches!** You are the one the coach is recruiting, so they want to hear from you directly. As the relationship develops and it appears you might be attending that college, parents will have time to contact the coaching staff.
3. **Make it personal!** Do not mass email a bunch of coaches. This comes across as lazy and shows the coach you put forth little effort.
4. **Always include your contact information**, coach's contact information, high school grad year, GPA, SAT, and rankings. Attach the PDF resume at the bottom for your full information. You can add hyperlinks in your signature to recruiting profiles.
5. **Be Brief!** Coaches at all levels receive tons of emails and letters from high school student-athletes. They usually skim the first communication- no long dialogues of why you play tennis or explaining a low ranking or rating.
6. **Detail is important!** Be sure to use spell check and PROPER GRAMMAR. [Grammarly.com](https://www.grammarly.com) is an excellent website to begin your edits.

SAMPLE EMAIL TEMPLATE

Dear Coach **NAME**,

My name is (insert name). I am a (insert grad year) (insert rating, such as 4 Star) player from (insert city), currently ranked #(x) in my recruiting class, and #(y) in (insert section or nation). I have just finished my (insert grade) year at (insert name) High School with a (insert number) GPA, taking (insert number) of honors or AP classes.

I am writing to you because I am very interested in (insert school) and your (insert team name) tennis program. I filled out your online recruiting questionnaire on (insert date) and tried calling you (on date).

Write a couple of sentences on why you are interested in the school. Make it specific to the school. Go on the website and do some research. Examples are:

- My parents, friend, family, etc. went to your school.
- I want to be on the east/west coast or warm weather.
- Your school has a great xyz major that I am interested in studying.
- I know a few players on your team and name the players.

I am excited about my upcoming tournaments after my successful (insert recent success).

This (summer, spring, or season) I will be playing:

- Tournament A and date
- Tournament B and date
- Showcase camp and date

Here is a link to my recruiting profile (UTR or Tennis Recruiting)

Here is my resume

ATTACH PDF RESUME HERE

I will follow up on this email by calling you (can give specific date & time). I look forward to speaking with you and learning more about your (insert team name) program.

Sincerely,

Your Name

your email

your cell number

Coach:

Coach name

Coach email

Coach phone

COACH CONTACT JOURNAL

School:

Division:

Head Coach:

Head Coach's Email:

Head Coach's Phone:

Assistant Coach:

Assistant Coach's Email:

Assistant Coach's Phone:

Team Name:

Team Average UTR:

COMMUNICATIONS:

Email Dates, Responses, and To-Do:

Phone Call Dates, Responses, and To-Do:

NOW/WHAT?

Coaches are looking for players who will help their team, fit in socially, and succeed academically at their school (with as little drama as possible).

COMMUNICATION

After first contact:

- Keep in contact with the coaches every few months if you are a freshman or sophomore (remember they can't respond to you) and once per month as junior or senior.
- Before you call the coach, practice with a parent and be prepared with answers to questions the coach will ask you. Have questions for the coach too!
- Follow the coach and programs on social media.
- Keep your resume and recruiting profiles current on all email communication.
- Introduce yourself at a showcase camp or event.

COMPETITION

- Compete! Do not avoid competition to raise your UTR rating.
- College coaches want to see that you are competing and improving. The simple fact is that college tennis is tougher than junior tennis. Coaches need to know you can rise to the level of play and adjust to the collegiate environment.

CHARACTER COUNTS

- Show strong character, on-and-off the court!
- Be supportive of your peers and teammates in team events.
- Show you are hard-working and not afraid to try new things.
- Set goals for your tennis and academics, and communicate them to the coaches.

STRONG ACADEMICS

- Shows a good work ethic
- Shows good time management skills
- Shows strong organizational skills
- Shows an ability to transition to college academics
- When you make good decisions in the classroom, you are more apt to make good decisions with your tennis!

SAT ¹ or ² ACT?

There is no “written rule” on how the SAT and ACT are used in admissions. Many schools place far more emphasis on the tests than others. Many colleges say they use the SAT and ACT data because high school GPAs (HSGPAs) differ drastically from student to student and from district to district. We are seeing more schools go test optional, as well.

Admissions officers try to create an even playing field. Some place 60% on HSGPA and 40% on ACT/SAT, some 75%/25%; there are many different ways schools treat the ACT and SAT, but usually the ACT/SAT and HSGPA are more of a filter to narrow their initial applicant pool, which is often necessary with the large number of applications.

What are the differences in each test, and how does a student decide which one to take?

I always suggest the student takes a "mock" SAT and ACT. This is not the PSAT or an online practice test. Many schools offer a mock test, or you can sign up for one at a testing company. Take both tests in a test setting, if possible, and see which one the student feels they will be more comfortable taking. The score will come back with a detailed analysis of where the mistakes were made.

In gross generalizations, the SAT has more challenging content, and the ACT is more challenging with time. Word of warning, if your child is a slow reader or processes things slowly, the ACT will be more difficult.

FORMAT COMPARISONS

SAT	VS	ACT
SCORING 400-1600		SCORING 0-36
Writing: 35 minutes, 44 questions		English: 45 minutes, 75 questions
Reading: 65 minutes, 52 questions		Reading: 35 minutes, 40 questions
No Calculator Math: 25 minutes, 20 questions		Math: 60 minutes, 60 questions
Calculator Math: 25 minutes, 20 questions		Science: 35 minutes, 40 questions
Optional Essay: 50 minutes, 1 prompt		Optional Essay: 40 minutes, 1 prompt

WHAT ABOUT THE PSAT?



The PSAT is the “Pre-SAT”, and it is taken by almost every junior in the United States. Test administration is typically delegated to the student's school district, and homeschooled students typically test with their home district.

There are challenges you must consider when looking at the PSAT. First and foremost, mathematics sections go through geometry. This means that students who have not completed geometry their sophomore year will be unable to grasp the in-depth concepts of geometry that are tested, providing a “false-low” math score.

The PSAT is tied to National Merit Qualification. ***Please note that scores from a student's junior year are the only scores that qualify for National Merit.*** Also, it is important to note that NO COLLEGE will ever see a student's PSAT score, unless a student provides it. These scores are NEVER released to colleges.

The PSAT format mirrors the SAT, with the exception to the time and question number differences, with scoring between 320-1520:

- Reading: 60 minutes, 47 questions
- Writing and Language: 35 minutes, 44 questions
- Math (no calculator): 25 minutes, 17 questions
- Math (calculator): 45 minutes, 31 questions

PSAT Links:

[Future anticipated test dates](#)

["Prediction" of PSAT NMS qualifying scores](#)

[National Merit Process](#)



WHERE TO START WITH TEST PREP?

Test prep is a touchy subject and a costly subject. There are a lot of private companies highly invested in student success on the ACT/SAT/PSAT.

Here are a few of the options:

- There are the official prep options with College Board/SAT and ACT on their websites.
- There are national companies (Kaplan, Princeton Review, etc.) that offer in-person and online instruction, but also publish their own materials for test preparation.
- There are local companies that offer in-person and online test prep options, but few of these publish their own test preparation materials. They rely on [The Official ACT Prep Guide](#) and [The Official SAT Study Guide](#) and supplement with study materials published by national companies.
- There are individual tutors who are hired to help students one-on-one.

There are a few things to keep in mind when choosing prep materials:

1. With both tests, I would use materials published by the makers of each test. Other prep books/materials are comprised of mimicked test questions. They are helpful, but they are not the real thing.
2. I like to research who is providing test prep. Who would give the best assistance to a student: tutors with teaching certifications or tutors who have scored well on a test?
3. Anxiety is a major testing factor; make sure the tutor is supportive, confidence-building, and reminding students, "you are not a test."
4. Cost is a HUGE factor in the test prep. The SAT uses Kahn Academy for [free test prep on their website](#). As of 2020, the ACT offers prep for a [low cost on their website](#).

When is the best time to do the test prep? Well, that depends...

- Look at your school and tournament schedule to find the best time. Many times, this is in one of the training blocks, outside any competition schedules.
- I suggest doing the prep over the summer when you don't have a heavy course load.
- Students need to have completed Algebra 2 for success in the math section.
- Think about how you learn best. Is it in a group setting or privately? Is it online or in-person? Don't forget about virtual tutors online.

Links to official practice tests:

ACT: <https://blog.prepscholar.com/complete-official-act-practice-tests-free-links>

SAT: <https://blog.prepscholar.com/printable-sat-practice-tests-4-free-official-tests>

13 COLLEGE VISITS

College visits are the best way to find out what you like, and dislike, in a school.



TIPS FOR COLLEGE VISITS

- Plan a trip to see multiple schools: public and private, urban and rural, large and small, to get an idea of what feels right for you and your family. Google maps is a great resource in planning!
- Do not try and see more than 2 schools in one day. It gets too overwhelming.
- Check the school schedule for the week you want to visit. Campuses are not all that fun during exam week or dead week!
- Sign up for a school tour in advance with the admissions office. Some school tours fill up 3-4 weeks in advance. The website will have hotel and other info for you as well.
- Students should keep an informal journal of the visits. After each visit jot down what you liked, what you did not like, questions or concerns that you have, things that stood out. After visiting four or five colleges, they start to blend together. Some of the tour information can also be used in your application essays.
- Do research on the school's majors and minors in your area of interest. Are they a liberal arts school with a CORE curriculum, or a university with degree tracks?
- See what life is like as a student, and not just as an athlete!
- Try to eat in the dining hall—it's a good way to check out the food (which you might be eating for the next four years) and the students who are not necessarily admission office tour guides.
- Go to a class and watch a sports practice.

COLLEGE VISIT WORKSHEET

University Name:

Contact Name (Admissions Officer):

1. What is the school's mission?
2. What are the potential majors/programs I would apply to at this school?
3. Why do I think I will fit in here? Why is it a good college for me?
4. One program, class, or professor that really interests me at this college is... because...
5. What kind of students do they want?
6. What do I have to offer this school? What can I do to make a difference?
7. Do you like the residence and eating halls?
8. On a scale of 1 to 10 (1- I hate it here, 10- I absolutely love it here) this school is a _____ for me.

It has the major I want:	Yes	No	Sort of
It has the "vibe" I want:	Yes	No	Sort of
I see myself fitting in here:	Yes	No	Sort of
Can I get into the school?	Reach	Safety	Target

MEET THE COACH

Meeting the coach is when the recruiting process begins to come together. You will see if a school is a good match for you, as a student and as an athlete.

TIPS FOR MEETING WITH THE COACH

1. Turn off your cell phone and put it in your purse or backpack.
2. Look the coach in the eye and shake their hand. Sit up straight in your chair and be enthusiastic!
3. Do your research on the school academics and the athletic team.
4. Come prepared with questions for the coaches.
5. Speak for yourself, don't look at your parents for questions or answers.
6. Be gracious. Coaches are very busy, so thank them for taking the time out of their schedule to meet with you.
7. Send a handwritten thank-you note, or email, following the visit.

ASK THE RIGHT QUESTIONS

1. What are the admissions requirements?
2. What is a typical day/week for a student-athlete?
3. Do student-athletes live together?
4. Must the athletes live on campus?
5. How/ where do I fit in your recruiting list?
6. How do you see me contributing to your team?
7. What are your expectations of your team members?
8. What is the average GPA and graduation rate of the team?
9. What academic support programs are available for the student-athlete?
10. How many credits do your players take in season and out of season?
11. Are there restrictions in scheduling classes around practices?
12. Are your players able to participate in a semester abroad?
13. How do you handle tournaments outside of school?
14. Do you provide individual coaching in addition to the team practice?
15. What type of off-court training does the team do?
16. Do you have summer tennis requirements?
17. What information do you need about me to know if I am the right fit for you?



COACH/TEAM WORKSHEET

University Name:

Coaches:

1. What division is the school in, and what is their ranking?
2. What countries are the other players from?
3. Can I join other clubs or participate in a fraternity or sorority?
4. Where do I see myself playing in the line-up?
5. What type of players does the coaching staff want to attract?
6. What is the travel schedule?
7. Any other important information?
8. On a scale of 1 to 10 (1- I hate it here, 10- I absolutely love it here) this program is a _____ for me.

It is the Division I want:	Yes	No	Sort of
I like the coaching staff:	Yes	No	Sort of
I see myself fitting in with the team:	Yes	No	Sort of
I like the travel schedule:	Yes	No	Sort of
I am happy with the practice format:	Yes	No	Sort of
I will play in the lineup on the team?	Yes	No	Maybe

FINANCIAL AID, SCHOLARSHIPS & GRANTS

There are many different ways to pay for college. Most athletic scholarships will not always cover 100% of your education costs. Start by asking the coach what scholarship package he/she can offer you and make sure you understand all the details. The coach will have information on other avenues for funding at the school, and there are many resources available to cover the differences.

ATHLETIC SCHOLARSHIPS

Here are some questions to ask the coach:

1. How many total scholarships do you have available for the team? And how many scholarships for my class?
2. How much financial aid is available for both the academic year and summer school? What does your scholarship cover?
3. Exactly how much will the athletics scholarship be? What will and will not be covered? It is important to understand what college expenses your family is responsible for so you can arrange to pay for those. Educational expenses can be paid with student loans and government grants, but it takes time to apply for them.
4. Am I eligible for additional financial aid? Are there any restrictions? Sometimes a student-athlete cannot accept a certain type of scholarship because of NCAA limitations. If you will be receiving other scholarships, let the coach and financial aid officer know so they can determine if you may accept additional dollars.
5. Who is financially responsible if I am injured while competing? You need to understand your financial obligations if you suffer an injury while participating in athletics.
6. Under what circumstances could my scholarship be reduced or canceled?
7. Are there any academic criteria tied to maintaining the scholarship? Some colleges or universities add academic requirements to scholarships (e.g., minimum GPA)
8. Am I prohibited from doing any extracurricular activities while receiving my scholarship? (e.g. skiing, skydiving, etc.)
9. What scholarship money is available after eligibility is exhausted to help me complete my degree? It may take longer than four years to complete a college degree program. Some colleges assist student-athletes financially as they complete their degrees. Ask how such aid is awarded. You may have to work with the team or in the athletics department to qualify for this aid.
10. What scholarship money is available if I suffer an athletic career-ending injury? Not every institution continues to provide an athletics scholarship to a student-athlete who can no longer compete because of a career-ending injury.
11. Will my scholarship be maintained if there is a change in coaches? A coach may not be able to answer this, but the athletics director may.

FINANCIAL AID, SCHOLARSHIPS & GRANTS

What is financial aid, and what types are available for student-athletes? **Financial aid** is money lent or given to you to help you pay for college. Grants and scholarships are kinds of financial aid that you don't have to pay back.

Most grants are awarded based on financial need. But a good portion of gift aid is awarded for academic achievement. Most scholarships are merit-based. This means that they are awarded to students with certain qualities, such as proven academic or athletic ability. Many scholarships have rules — maintaining a certain GPA, for example — that you have to follow to continue receiving aid.

GRANTS AND SCHOLARSHIPS

1. Federal and state governments are sources of gift aid. The federal government is the largest source of need-based gift aid, known as [FAFSA](#). All colleges and universities require students to fill out the Free Application for Federal Student Aid (FAFSA) if they are applying for financial aid. The FAFSA may also be used to determine your eligibility for institutional aid—in other words, money directly from the college or university.
2. Many private colleges and universities will also require you to fill out the [College Scholarship Service \(CSS\) PROFILE](#), which is another financial aid application form. It is more extensive than the FAFSA.
3. Many colleges offer grants and scholarships to their students. These may be merit-based or need-based, or a combination of the two. Research the school website for these options.
4. Many private organizations offer grants and scholarships. These are large companies, foundations, community organizations, and clubs that sponsor grants and scholarships. Think of your parent's employers or labor unions, religious centers, Boy Scouts, Girl Scouts, Rotary, USTA, your local sports organizations, etc.

LINKS TO SCHOLARSHIP SEARCH PLATFORMS:

There are literally THOUSANDS of private scholarships out there, and these search engines can help you find the ones that are best suited for you.

- [Fastweb](#)- Your connection to scholarships, colleges, financial aid and more.
- [Cappex](#)- Every College. Every Scholarship
- [Unigo](#)- Your connection to OVER 3.6M in scholarships.
- [Big Future](#)- College Board's scholarship search.
- [USTA](#), [USTA Foundation](#), Individual Section, [Billie Jean King Leadership Award](#), etc.

APPLICATION PROCESS

Common Application, Coalition Application, Early Decision, Early Action, HELP!

APPLICATION TYPES

- [The Common Application](#)- The Common App is **ONE** application which is accepted by nearly 900 schools. Through the website, applicants can apply to multiple colleges at once. So students only have to fill out details that most schools require, including name, address, parental employment and education, and extracurricular activities, one time.
- [The Coalition for College Application](#)- The Coalition App is a newer response to the Common App, and is accepted by more than 150 top schools. Some reviews say the Coalition App provides a bit more flexibility to the applicant.
- Individual State Applications- Most state schools have their own applications.
- Individual Private School Applications- Some private schools have individual applications, but most are on the Common Application.
- Supplemental Applications- After you complete your Common or Coalition application, applicants will have supplemental information and essays for the individual school application. [College Essay Advisors](#) post all the supplemental essays by school.

ADMISSIONS PROCESS

- Early Decision - Recruited athletes apply in the ED cycle. **Early decision acceptances are legally binding.** A student who is accepted as an ED applicant must attend the college. For non-athletes, ED is your best statistical chance for acceptance.
- Early Action- I advise students to apply EA to get your decision early. Early action plans are nonbinding — students receive an early response to their application but do not have to commit to the college until the normal reply date of May 1.
- The advantage of early action over early decision is the opportunity it gives you to apply to, and ultimately compare financial aid packages from several schools.
- Regular Decision is the biggest pool of applicants with Dec/Jan application deadlines.
- [US News Link](#) to "What to Know About EA and ED", as of March 2020

APPLICATION CHECKLIST

If you are applying to more than one school, use the checklist for each school application.

APPLICATION FORMS/INFORMATION

The Common Application, Coalition Application, and individual state applications, students are asked for background, family, education, and financial information.

5 EXTRA CURRICULAR ACTIVITIES

There are currently 5 activities you can list in this section of the Common Application. Make sure you are prepared! What you do outside of the classroom is of interest to the admission committees. See worksheet template.

COUNSELOR'S REPORT/SCHOOL REPORT

Your college counseling office sends a report to the college, consisting of these items: an official transcript, the school recommendation, a school profile, teacher recommendations, and the form(s) provided by the college.

PERSONAL STATEMENT ESSAY AND SUPPLEMENTAL ESSAYS

The personal statement prompts are generally posted on August 1. Topics are very open—the most popular topic, in fact, is “topic of your choice.” Your personality and voice should shine through—it should “sound” like you. Most schools also have supplemental essays for their specific application.

REPORT SAT/ACT SCORE TO THE SCHOOL

The school does not send your SAT/ACT scores. You are responsible for sending the scores through the testing websites.

NCAA ELIGIBILITY CENTER

Make sure all forms are filled out with the NCAA Eligibility Center, and your transcript and test scores confirm eligibility.

COMMUNICATE WITH COACH

Communicate with the coach the specific day you will submit your application and understand the early decision process for athletes. Confirm all information is submitted to the NCAA and the school.

STUDENT ACTIVITY WORKSHEET

Academic Honors: List your academic honors, awards, or outstanding achievements beginning with 9th grade.

Work Experience: List any jobs or internships you have held during high school, the date of employment, and the number of hours you worked each week.

Summer Activities: List any summer activities such as educational travel, summer coursework, skill development, etc.

Notes:

STUDENT ACTIVITY WORKSHEET, CONTINUED

Community Service: List all community service projects, with organizations, dates of service, and total hours of service.

Sports Highlights: List your top sports achievements in high school.

Other:

Notes:

THE COLLEGE ESSAY

The dreaded college essays. They are challenging and time-consuming, but with the right help, they aren't as painful as you think they will be!

One of the best resources for your college essay is "[The College Essay Guy](#)." You can get step-by-step help from his [book](#), [online program](#), or [One-on-One](#) help. It isn't expensive, and I promise you he will save you a lot of time and tears!

THE COLLEGE ESSAYS

1. Start with getting the prompts from the [Common Application](#) or [Coalition Application](#) websites, or any individual school application.
2. The Common App essay is up to 650 words. That does not mean it needs to be all 650 words!
3. You will need to write 3-4 shorter essays for each application. Use a spreadsheet to keep track of the essays, word counts, prompts, and deadlines.
4. Schools value the essay differently, but generally between 10%-30% of your application.
5. A good essay can help your application, and a bad essay can be a huge negative!
6. There are a variety of prompts, but almost always one where you can choose a topic you feel an admissions team will want to know about you.
7. Brainstorm for the larger essay and keep the topics you throw out for the shorter supplemental essays. Take the time to come up with a topic that speaks to you, that you are excited to write about, and that you can write about in detail.
8. Be careful to thoroughly understand what the prompt is asking.
9. Most schools will ask a "why us" essay. Put some thought and research into these essays. They can't be generic! Refer back to your visit and tour notes.
10. Do research online for essay examples and get help from your college counselor or English teacher.
11. College admissions are looking for these things in your essay:
 - Who are you as a person?
 - What makes you different?
 - What do you value?
 - What will you contribute of value to the school and community?
 - Can you write well?



2020 COMMON APPLICATION ESSAY PROMPTS

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

ALSO, THERE IS AN OPPORTUNITY TO SHARE ANY COVID-19 INFO:

Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access to reliable technology and quiet study spaces.

FIND THE RIGHT FIT CHECKLIST

The ultimate goal through the college recruiting process is to find the right fit for you to succeed as a student-athlete. Use this checklist to make sure it is the right fit!

- Am I compatible with the coaches and the team?
- Will I get playing time?
- What are the coach's expectations?
- Does the school have a major in my area of interest and does it work with the tennis schedule?
- Am I comfortable with the geographic location?
- Am I comfortable with the size of the school, size of the classes, and the teacher-student ratio?
- Will I get the opportunity to play tournaments outside of school?
- Am I comfortable with the daily time commitment for tennis?
- Is my family comfortable with the tuition package offered from the coach and/or the school? Can we afford it?



Lastly- Is this the right school for me even if I end up not playing tennis all four years?

BEING A SUCCESSFUL STUDENT-ATHLETE

Being a collegiate student-athlete is no easy task! Here are some tips from top coaches, professors, and former student-athletes.

1. **Time Management!** Finding the right balance between schoolwork and sports may be your biggest challenge. While you may enjoy athletic life more, be sure to put in the time and respect for your classes.
2. **Communicate. Communicate. Communicate!** Build great communication skills with coaches, teammates, instructors, and fellow students.
3. **Ask for help.** If you think you need help, ask for it! Not all students have a smooth transition into college life. Every campus has tutors and counselors for the students.
4. **Challenge your comfort zones.** Just because you are known as an athlete, it doesn't mean you can't try activities that are out of your comfort zone.
5. **Keep up with academics.** Be on top of your classwork at all times. Do not put away any work that needs to be done – procrastination will be your biggest enemy.
6. **Take care of your body.** Whether in school or sports, performing your best requires your body and mind to be healthy. Make sure you get adequate sleep and maintain a healthy, balanced diet. Stay away from junk food and limit any partying.
7. **Find study buddies.** For some student-athletes, it works best if their study buddy is outside of their sport to provide the perspective of academics being more important than sports.
8. **Maintain a good relationship with your teachers.** Your teachers are also like your coaches, except they are there to guide you through school. If they know your struggles and see you working hard to do your best as a student-athlete, you will find strong support from them. You might even be surprised to learn that some of them are rooting for you as an athlete in your sport as well.
9. **Plan for success, but have a Plan B as well.** This tip is not meant to be negative — just realistic. The truth is that very few college level student-athletes go on to compete in the pros after graduation. While you should go for your dreams full out, it's wise to have a backup plan. Even in the pros, careers can be relatively short, and injury can strike at any time. Know your Plan B from the beginning, and you'll be way ahead of the game from the get-go!

RESOURCE LIBRARY

RECOMMENDED READING LIST WITH LINKS TO AMAZON

1. [The Fiske Guide to Colleges](#), by Edward Fiske
2. [The Best 366 Colleges](#), by the Princeton Review
3. [Colleges that Change Lives: 40 Schools You Should Know About Even If You're Not A Straight-A Student](#), by Loren Pope
4. [Cool Colleges: For the Hyper-Intelligent, Self-Directed, Late Blooming, and Just Plain Different](#), by Donald Asher
5. [The Fiske Guide to Getting into the Right College](#), by Edward Fiske
6. [College Unranked: Affirming Educational Values in College Admission](#), by Lloyd Thacker
7. [The Gatekeepers: Inside the Admissions Process of a Premier College](#), by Jacques Steinberg
8. [Harvard Schmarvard: Getting Beyond the Ivy League to the College That is Best for You](#), by Jay Mathews
9. [Less Stress, More Success: A New Approach to Guiding Your Teen Through College Admission and Beyond](#), by Marilee Jones and Kenneth Ginsburg
10. [Letting Go: A Parents' Guide to Understanding the College Years](#), by Karen Levin Coburn and Madge Lawrence Treeger
11. [Looking Beyond the Ivy League: Finding the College That's Right for You](#), by Loren Pope
12. [Admissions Matters: What You Need to Know About Getting Into College](#), by Sally Springer
13. [The Overachievers: The Secret Lives of Driven Kids](#), by Alexandra Robbins
14. [The Student Athlete's Guide to Getting Recruited](#), by Stewart Brown
15. [The College Essay Essentials](#), by Ethan Sawyer
16. [Alma Mater: A College Homecoming](#), by P.F. Kluge
17. [Fiske Real College Essays that Work](#) (Fiske College Guides), by Edward Fiske
18. [The Official SAT Study Guide 2020 Edition](#), by The College Board
19. [The Official Study Guide For ALL SAT Subject Tests](#), by the College Board
20. [The Official ACT Prep Guide 2020-2021](#), Book Plus 5 Practice Tests

RESOURCE LIBRARY

WEBSITE RESOURCES WITH LINKS

1. [The College Board's College Matchmaker](#)
2. [Princeton Review's Counselor-O-Matic](#)- Find your dream school
3. [The Common Application](#) and [The Coalition for College Access Application](#)
4. Financial Aid and Scholarship Information:
 - [FinAid- Smart Student Guide to Financial Aid](#)
 - [Federal Student Aid](#)
 - [Fastweb- Your connection to scholarships, colleges, financial aid and more.](#)
 - [Cappex- Every College. Every Scholarship](#)
 - [Unigo- Your connection to OVER 3.6M in scholarships.](#)
 - [Big Future- College Board's scholarship search.](#)
5. Financial Aid Calculator sites:
 - [FAFSA Forecaster](#)
 - [College Board](#)
6. Financial Aid Applications
 - [FAFSA](#)
 - [CSS Profile](#)
7. [ACT](#)
8. [SAT and SAT Subject Tests](#)
9. [UTR](#)- Universtal Tennis Rating
10. [Tennis Recruiting](#)
11. [NCAA Eligibility Center](#)
12. [NCAA Guide for the College Bound Student](#)
13. [Niche](#)- Discover the Schools Right For you
14. [The College Essay Guy](#)- Resource for practical, step-by-step guides on writing college essays and putting together an awesome college application.
15. [YouScience](#)- Matching users with best fit careers and majors.
16. [Corsava](#) - The best college fit starts here
17. [US News College Rankings](#)- Expert advice, rankings, and data to help you navigate your education journey and find the best college for you.

Marianne Werdel

Consulting, Coaching, & College Counseling for Your Student Athlete

Use this chart to organize your college applications

- When is the application due?
- Is it an individual application or the Common/Coalition application?
- What dates did you email the coach?
- Have you visited the school, sent test scores, and letters of recommendation?
- What major and is it in an honors college?

COLLEGE APPS										
SCHOOL	DEADLINE	APPLICATION	INFO NEEDED	EMAIL COACH	VISIT	TEST SCORES	RECS	MAJOR	HONORS COLLEGE	SUBMIT

Marianne Werdel

Consulting, Coaching, & College Counseling for Your Student Athlete

Use this chart to organize your supplemental application essays:

- Is the school on the Common or Coalition Application?
- How many essays in the supplemental package?
- What is the word counts for each essay?
- When is the application due?

COLLEGE ESSAYS										
SCHOOL	COMMON APP?	#ESSAYS	ESSAY #1	ESSAY #2	ESSAY#3	ESSAY #4	ESSAY #5	DEADLINE	OTHER	COMPLETE

Marianne Werdel

Athletic & Academic Coaching for Student-Athletes



Thank you for downloading and reading the workbook. Finding the right college experience is an exciting and rewarding time. I hope this step-by-step workbook will make it a bit less stressful for you and your family. I am grateful for my time playing college tennis, and I enjoy helping the next generation of student-athletes have the same opportunity.

[Please contact me](#) if you need more resources, guidance, or support in finding the right college fit.

Thank you for reading! Best of luck and have fun in your college journey!

Marianne

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Praise for

The Student-Athlete's College Recruiting Workbook

Marianne Werdel absolutely "Nails It" with this all-inclusive, yet simple guide for the prospective college student (and parent). Nothing is left uncovered, from a basic timeline, a review of NCAA rules, the process of goal setting, academic and competitive planning, building lists of potential colleges, creating resumes and testing, to tips for contacting and speaking with coaches, school visits, the application process, financial aid, etc. It sounds like a lot, BUT it is built on concise wording and gets right to the point. It truly is a complete "Step-by-Step" process for the prospective college-athlete and parents starting with one's freshman year in high school.

Even though I served for 42 years as a college coach, this guide would have been an invaluable asset for my children, four of whom had competed at a high level in college athletics. In fact, it would have been an excellent resource for young people and their parents interested in my own team and university. EVERYTHING a prospective student-athlete must know is included in these short, one/two-page chapters. Some of the most helpful provisions of this work are the direct links Marianne has provided to all relevant items - from NCAA rules to SAT/ACT Testing information. In these days of online and homeschooling, there has never been a greater need for such an outstanding workbook!

She has followed up a successful tennis career as an outstanding junior player, collegiate athlete, and a world-class professional by being a fantastic parent, mentor, and coach to multi-sport athletes. She has been through this process herself, both as an athlete and as a parent! Marianne is a world-class coach, a world-class parent, and simply a world-class person with incredible values.

Her experience in successfully delivering seminars on this topic throughout the nation has also helped to give her a unique perspective, which has proven to be invaluable to others. "The Student Athlete's Step-by-Step College Recruiting Workbook" will quickly prove to be the Bible for the prospective student-athlete! Why spend needless money to try to get answers to the questions the topics in this book so well address? Thank you, Marianne, for yet another contribution you have made, which benefits so many!

--- Dick Gould, Emeritus, Men's Tennis Coach & Director of Tennis,
Stanford University

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