

College Recruiting Questions



The following are a list of many questions you might ask a college coach during your recruiting process. Not all will apply, and many will be answer answered either through your research or during your conversations by phone or during your visit. But these will be a great way to make sure you are going into your college search with your eyes wide open.

Academic:

1. What is the average course load for players during the season?
2. What time does the first class start at your school?
3. Are there any blocked out times when track athletes can't take classes?
4. Are there any conflicts people in my major have with practice?
5. What's your team's GPA?
6. What is the average class size for undergraduate courses? Professor-to-student ratio?
7. How many seniors have you had on the team for the past five years?
8. How many track athletes do you currently have that are in my major?
9. How many track athletes have graduated with a degree in my major in the past five years?
10. What are the qualifications to be accepted into my major?
11. Will the university provide tutors for extra help?
12. Is there a team study hall?
13. What is the average number of classes will I miss for competition? How do I go about getting excused and making up missed work?
14. What are the admissions requirements beyond the NCAA sliding scale? i.e. GPA, test scores.
15. What is the biggest benefit to attending your school?

Recruiting:

1. Where do you see me contributing into your school's program?
2. How many people in my event have you brought in during the last two years?
3. How many people in my event do you anticipate leaving after this year season?
4. What are your walk on standards? How do you make the team?

Coaching:

1. How many years has your head coach been at your school? Coached college track? Other coaching experience?
2. How many years has my event coach been at your school? Coached college track? Other coaching experience?
3. Who are your biggest influences as a coach?
4. Ask about event specific training.
5. How do the season workouts progress to have me ready to peak at the right time?
6. Where do you do most of your training? (Very important for distance runners)
7. Does everyone make the team? What are the requirements?
8. Do all event athletes receive the same amount of attention with respect to coaching? How are the coaching responsibilities divided?
9. Under what conditions do you typically redshirt athletes?

Living:

1. What type of living accommodations do the track athletes have? Do they generally live in apartments as a group, dorm, etc.?
2. How far are the living quarters from the main location of the academic buildings? From the track facilities?
3. Please describe the neighborhood (with a five-mile radius) that surrounds your school.
4. What percentage of your players lives on campus?
5. Will it be necessary or advantageous to have a car on campus?
6. What type of public transportation is available for players needing to get to a store?
7. What is the average cost of apartments/off-campus living should athletes require summer housing?
8. What time do athletes start their day during the season? Offseason?
9. What are some of the popular activities students take part in on campus?
10. What is there to do off campus in town?
11. How does the dining hall work? Hours, payment, types of food etc?

Medical:

1. Do you have a full-time physician assigned to your program?
2. How many athletic trainers does your program have?

3. What resources are available if I suffer an injury or need rehab?
4. What are the procedures if athletes sustain non-athletic health issues? Such as catching the flu, colds or other minor health issues.
5. What type of insurance is covered (if any)? i.e. health, eye, dental, etc...

Scholarship: (Never start with these questions.)

1. What are the standards for scholarships?
2. Do freshmen receive scholarships? Can you work your way into a scholarship?
3. How many scholarships does your school have provide?
4. What are the procedures at your school if I was to receive an academic (financial) scholarship from a private organization that is sent directly to the college? Will I be allowed to receive the scholarship or will the dollar amount be subtracted from the scholarship provided by the athletic department?
5. If I qualify for Financial Aid (Grants), how will this impact my scholarship?
6. Is my scholarship renewable each year or guaranteed for all four years?

Summer:

1. What type of summer program/schedule do you have for the track athletes?
2. Are players required to attend summer school?
3. Are there summer jobs available for track athletes?
4. If players elect not to attend summer school but prefer to remain at the school and work, are they permitted to stay on campus or will they require off-campus housing for the summer?

At the end of the visit:

Many coaches will sit you down and ask you if you are ready to make a decision today.

Be prepared to answer the question. For example: I really like everything the school has to offer. At this time, I feel it is important to follow through with my scheduled visits.

If they ask when will you be ready to make a decision, answer: The very near future or as soon as my visits are complete I will sit down and weigh all the variables of each school. This is one of the most important decisions of my life but I promise to let you know as soon as I make a decision.

Always follow up with a thank you letter whether or not you enjoyed your visit.

When it's time to make your decision and choose a school:

- 1) Be Realistic – Know what you have accomplished to date and check the conference championship results. Remember full scholarships are not the norm.
- 2) Be Humble and follow up with all coaches, remember it is an honor to be recruited. Track is a very small world so make sure you are always respectful to the athletes and coaches you meet.
- 3) Have goals in mind and compare them to what the school offers. Are you confident that you will endure the rigorous training schedule? Do you want to be a contributor right away or work your way up the ladder?
- 4) Do you want to be a big fish in a small pond or a small fish in big pond?
- 5) Be aware of your opportunities. – In the end the education you receive is the most important thing.
- 6) Be HAPPY: If you were to get hurt and couldn't compete anymore, is this where you would still want to be? Lastly, it is important to be excited about your school, the team, your coaches and the challenges that lie ahead. If you're not, it will show in your training and competition.

Words of Wisdom:

College is a great experience with many wonderful opportunities for growth as an individual. This is a time where you will face adversity and accomplish many achievements. In the end being a student athlete will prepare you for the road ahead.

Remember that "great moments come from great opportunities" and hard work in the classroom and on the track will lead to a great career in your field of study.

All the best of luck as you begin this great 1st chapter of your college experience.

