

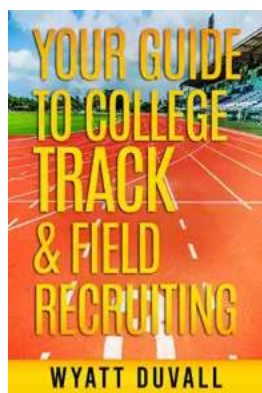
10 Essential Tips for College Track and Field Recruiting - Your Path to Athletic Success

Are you a high school track and field athlete with dreams of competing at the college level? Well, you're in the right place! College track and field recruiting can be a complex and overwhelming process, but fear not, as we have compiled the ultimate guide to help you navigate this exciting journey and secure your spot on a collegiate track and field team.

1. Start Early - The Race Begins Now!

College track and field recruiting is a highly competitive arena, and the early bird catches the worm. Begin researching and identifying your target schools as early as possible, ideally during your sophomore or junior year of high school. This will give you ample time to tailor your training and focus on improving your athletic performance to fit the collegiate standards.

Remember, a successful college recruitment strategy requires careful planning, patience, and perseverance.



Your Guide To College Track & Field Recruiting

by Randall M. Rueff (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
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Paperback	: 192 pages
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2. Create an Outstanding Athletic Resume

Your athletic resume plays a crucial role in introducing yourself to college coaches. Highlight your personal bests, athletic achievements, academic progress, and extracurricular activities. Include a well-written personal statement that showcases your passion for track and field and your commitment to both athletic and academic success.

Consider seeking advice from your coaches and mentors to ensure your athletic resume stands out from the crowd.

3. Attend College Track and Field Camps and Showcases

Camps and showcases provide a fantastic platform to showcase your skills and abilities to college coaches. Participating in these events not only allows you to learn from experts but also provides invaluable networking opportunities.

Make the most of every chance to introduce yourself and engage with college coaches. Collect contact information and follow up with personalized emails expressing your interest and gratitude for their time.

4. Leverage Online Recruiting Platforms

Online recruiting platforms can be immensely helpful in expanding your reach and connecting with college coaches across the country. Utilize platforms such as NCSA, beRecruited, and RecruitingNation to create a captivating profile, upload videos of your performances, and engage with coaches who may be interested in recruiting you.

Make sure to keep your profiles updated and present yourself professionally through your online presence.

5. Communicate Effectively with College Coaches

Demonstrating strong communication skills is vital during the college recruiting process. Reach out to college coaches via emails or phone calls, expressing your interest in their program and sharing relevant information about your athletic achievements.

Remember to be polite, professional, and concise in your communications. College coaches receive numerous inquiries, so standing out with a well-crafted message is essential.

6. Attend College Visits and Interviews

Once you have caught the attention of college coaches, they may invite you for a campus visit or an interview. Take advantage of these opportunities to get a feel for the college's environment, meet the coaching staff, and visualize yourself as a student-athlete on their team.

Prepare a list of questions beforehand, as these visits are not only about showcasing yourself but also about learning more about the college and the track and field program.

7. Keep Your Grades Up

A strong academic record is crucial for college admissions and securing scholarships. Maintain good grades throughout your high school years to enhance your chances of being recruited by top-tier academic institutions.

Remember, college coaches not only look for athletic talent but also prioritize student-athletes who excel in the classroom.

8. Prioritize Personal Development

Track and field coaches seek athletes who are not only passionate about the sport but also display strong work ethic, dedication, and self-discipline. Focus on your personal development, both as an athlete and an individual.

Show your commitment to improving your skills, maintaining a healthy lifestyle, and being a team player. These qualities can make a significant difference in your college recruitment journey.

9. Seek Guidance from Your High School Coach

Your high school coach can be a valuable resource throughout the college track and field recruiting process. They have knowledge about the sport, connections with college coaches, and can provide guidance on training programs.

Work closely with your coach to develop a recruitment strategy and utilize their expertise to enhance your chances of securing a spot on a collegiate team.

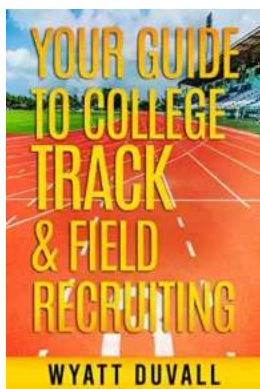
10. Be Patient and Stay Positive

College track and field recruiting is a time-consuming process that requires patience and resilience. You may face rejections, setbacks, or lengthy waiting periods. However, don't lose hope!

Stay positive, focus on your goals, and continue working hard to improve your athletic abilities. Remember that perseverance is key, and the right opportunity will come your way.

Your college track and field journey begins with understanding the nuances of the recruiting process. By starting early, showcasing your abilities through camps and online platforms, and maintaining strong communication with college coaches, you are well on your way to a successful recruitment experience.

Remember, this is not just about being a skilled athlete; it's about finding the right fit academically, athletically, and personally. Embrace the process, stay determined, and chase your dreams of becoming a collegiate track and field athlete.



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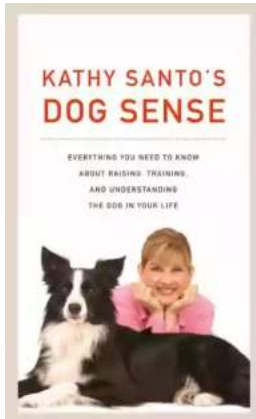
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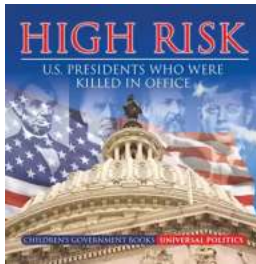
If you are an aspiring collegiate track and field athlete (or parent/coach) then this book is for you. Within these pages, Wyatt Duvall walks beside you through the recruiting process. Wyatt uses his expertise as a power five track and field athlete to help you find the right school for you. This book is the first of its kind as you will be getting information from an athletes point of view. For many, the college

recruiting process is filled with blank spaces and question marks. Using the knowledge packed in these pages you can answer your questions and help build a bridge from where you are to where you want to be in life. There is no doubt that you have worked extremely hard to get where you are at. Now, let's reach your goals and dreams by equipping you to make the best decision for you and your future.



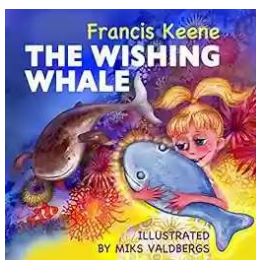
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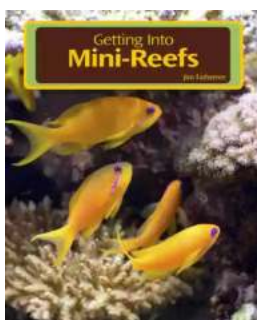
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