

Athletic Assessment and Action Plan

WORK SHEET

Once you've decided you are interested in pursuing your sport in college, it is smart to take a hard look at your athletic abilities and interest. Be honest with yourself as it will enable you to make better college application decisions if you know you are focusing on the right colleges for your ability and interest level. After you have completed your personal assessment, take some time to set an action plan for your athletic recruitment and college application season.

YOU AND YOUR SPORT:

- ☐ What sport(s) do you play competitively?
- ☐ How long have you played?
- ☐ What position(s) do you play?
- ☐ How do you rank among your high school team peers? Club team? Nationally?
- ☐ What are your biggest strengths and assets in the realm of athletics? (e.g., leadership, physicality/aggressiveness, hard working/determined, vision, skillset and fundamentals, knowledge/sport IQ)
- ☐ What are your athletic weaknesses or areas you can improve?
- ☐ What coaching styles have you played under? Is this important to you?
- ☐ How close are you with your teammates? Is this important to you?
- ☐ How important is playing on a high-achieving/competitive team? Is individual playing time more important than being on a winning team?
- ☐ On a scale 1-5 (5 most important) how important is playing your sport in college? Can you imagine yourself not playing your sport in college?
- ☐ What do you enjoy about the sport?

☐ What do you envision when you think of playing your sport in college?

☐ Do you have any friends or former high school teammates who play(ed) in college? They can be excellent resources for information about the realities of college athletics.

☐ Have you spoken at length with your coaches about playing at the next level?

☐ Do you have a list of schools you and your coach have considered as good options for you?

ACTION ITEMS:

VISIT COLLEGES

- Reach out to coaches prior to visits — they much prefer to meet in person whenever possible. Take advantage of your time on a campus to schedule time with the coach.
- Leverage travel time by scheduling school tours or visiting campuses if you are already traveling for a tournament, game or meet.
- Visit schools nearby even if you are not interested in them. You will inevitably gain perspective and information on what you do or don't like about a school.

ATTEND CAMPS, CLINICS, OR COMBINES

- Consider attending a sports camp at a major university - most offer sports-specific camps throughout the summer.
- Look for local skills clinics to work on specific areas in need of improvement.

TRAIN... HARD

- Increase your strength-training regimen.
- Talk to your coach about specific skills you can work on.
- Set achievable goals for your training.

CREATE YOUR RECRUITING VIDEO

- Edit game tape into a highlight reel.
- Film skills video to highlight specific moves, techniques, abilities, etc.

FOCUS ON YOUR ACADEMICS

- Review your sports schedule and sign up for the official ACT or SAT tests.
- Opt to take a summer class or online college class to ease your load during your sports season. Check with your high school and NCAA requirements to make sure it will count toward your required courses.