

## **ATHLETES: TO DO LIST – What should I do to play sports in college?**

### **To do by end of Sophomore Year:**

- \_\_\_\_\_ Meet with coach after the season to discuss season, strengths, weaknesses, and potential to play at next level
- \_\_\_\_\_ Attend summer camps (create a solid list of options in case you do not get in to all)
- \_\_\_\_\_ Top athletes can speak to College Counselor to obtain an early read for recruiting purposes
- \_\_\_\_\_ Start collecting stats and videos: you can obtain stats and video from coach and athletic dept.
- \_\_\_\_\_ Athletes and parents should browse college web-pages; make contact with college coach
- \_\_\_\_\_ Athletes and parents and create potential list of schools to pursue
- \_\_\_\_\_ Athlete and or parents should meet with Allie Skelley to get an overview of the college process in regards to athletics
- \_\_\_\_\_ **Ask Questions!**

### **To do by end of Junior Year:**

- \_\_\_\_\_ Potential College athlete must attend annual meeting to discuss process
- \_\_\_\_\_ Student must meet with College Counselor and create list of schools: reach, target, back-up
- \_\_\_\_\_ Give College list to head coach; discuss and revise list; share with parents and advisor
- \_\_\_\_\_ Create DVD for college coaches—athlete should meet with Mr. Galvin to discuss options
- \_\_\_\_\_ Athlete must keep transcript readily available for college: year-end transcripts are mailed home by the registrar in June—see Mr. Day with any questions.
- \_\_\_\_\_ Athlete should visit schools on list (as many as possible) and revise college list if needed
- \_\_\_\_\_ Athlete should contact college coach; inform him/her of interest and summer camps attending
- \_\_\_\_\_ Athlete should give Holderness head coach contact information, transcript, camps or tournaments attending—ask coach to recommend you if needed.
- \_\_\_\_\_ Athlete should also send stats, fitness testing info (see Mr. Capaul), transcript, cover page
- \_\_\_\_\_ Athlete and or parents should meet with Allie Skelley to get an overview of the college process in regards to athletics
- \_\_\_\_\_ Athlete and coach should keep in touch and update college list over summer months
- \_\_\_\_\_ **Ask Questions!**

### **To do during Senior Year:**

- \_\_\_\_\_ Athlete must write to college coaches and let them know of athletic schedule
- \_\_\_\_\_ Athlete must meet with College Counselor and revise list
- \_\_\_\_\_ Meet with current coach and discuss college options—add and subtract colleges from list
- \_\_\_\_\_ Ask coach to call college coaches to help support your placement at the next level
- \_\_\_\_\_ Have parents contact College Counselor to confirm list of schools
- \_\_\_\_\_ Athlete needs to stay in contact with college coach—email, phone, visit school again
- \_\_\_\_\_ Athlete needs to send DVD of game (if needed)
- \_\_\_\_\_ Athlete must apply to schools on time and get the full application to school under deadlines
- \_\_\_\_\_ Athlete must communicate to all parties involved of any news or conversations with colleges
- \_\_\_\_\_ Negotiate the possibility of applying Early Decision
- \_\_\_\_\_ **Ask Questions!**

## What does the Athletic Department offer for potential collegiate athletes?

- Good coaches and people who care about your well-being
- Filming of most varsity home games and some away games
- Guidance in regards to the college process focusing on athletics to student athletes who want to compete at the collegiate level
- Counseling and coaching from experienced coaches that have many different levels of playing/coaching experience (professional, D1, DII, DIII, club, intramural)
- Fitness evaluations to help prepare individual college athletic resumes

*The Holderness Athletic department offers comprehensive physical fitness evaluation for all student / athletes in the fall and spring. The evaluations are organized by teams and the data is used to analyze team weaknesses and strengths. Individuals may use the data to improve their own level of fitness, and or provide college coaches with the test data.*
- Rehabilitation services available on a daily basis from a full-time athletic trainer with a M.S. in Exercise Science
- Fitness counseling from knowledgeable and experienced coaches
- Quality athletic facilities/fields/courts/ski areas and access to these areas throughout the year
- Competition versus quality opponents

## People to Contact: Please ask questions! We are all here to help!

**Allie Skelley – Athletic Liaison/Admission/Asst. Dean of Students**

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**Chris Day – College Counseling**

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**Jeff Nadeau – Head Athletic Trainer/Rehabilitation Services**

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**Georg Capaul – Asst. Athletic Director/Fitness Program + Testing Coordinator**

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**Lance Galvin – Head Athletic Director**

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**Coach – Contact your head coach at Holderness School**