College Resume Information

Ok, so what can a resume include. Your recruiting resume can include the following. The goal here is to provide college coaches important contact information, academic information, and to give them some insight into what you have accomplished thus far in your athletic endeavors. You will not get recruited because of a resume, it will only serve to peak a coaches interest, which is all you can really hope for.

Contact Information – Full name, address, phone #, email address.

Personal - Date of Birth, names of parent(s), or legal guardian

Academic information - Name, address, and phone # of high school, graduation date, GPA (and the scale it's based on (usually a 4.0 scale but some schools are 6.0), class rank, PSAT/SAT/ACT scores. The academic information will be really important to college coaches, they need to know you are close to what their school typically looks for in a student-athlete.

Athletic information – One way is to provide a summary of each year you participated. It's a good way for a coach to read how you progressed from year to year. Here is an example.

High School Golf - (2010) Junior year I was captain of the varsity golf team, and played the number one position. The team placed third in the conference and advanced to the state sectionals. Individually, I advanced through state regional sectional qualifying to make it to the state championship where I placed fourth. I was honored as the team's MVP and ended the year with a 36 average for nine-hole rounds and was 10-0 in match play events.

Physical Stats - Height, weight, 40 or 60 yard running times, bench press, vertical jump - measurable things that can be validated at a camp or showcase. Most coaches are skeptics about this data until they see it for themselves, but you can include it! And for some sports like football or hockey, college coaches will want more information on your physical abilities.

Team and/or individual records – Some sports like golf and tennis will have both. You will have an individual match record and a team record. Try to put things in

context. Telling a coach you went 9-0 in match play means nothing, but telling a coach you went 9-0 in match play with a 9-hole stroke average of 37 is more meaningful.**J**

Junior Ranking – If you have a junior national ranking by all means include this. But if you have a junior national ranking, you may not need to send detailed resumes to coaches, as your ranking reveals your talents already. Some sports like swimming or tennis recruit based on the national junior rankings and each college knows the caliber of athletes they can realistically recruit based on their individual ranking.

Jersey - Colors and number for home and away. If a coach shows up for a game they can find you more easily!

Any pertinent statistics and how you ranked on the team and in the league - Don't go crazy with individual statistics. Without supporting information, it won't mean much. Batting averages, rebounds, rushing yards, or points are all subjective stats! There is much more college coaches need to know.

Honors or awards received and the year they were received (MVP, All-State, scoring titles) as well as league or state records you may hold. These can be listed separately or within your yearly descriptions. Again, these are subjective. Being MVP of your league doesn't mean you are deserve or are getting a full ride to Stanford.

References - Name and phone # of HS and summer or off-season coach, athletic director, and guidance counselor, instructors, personal trainers or camp directors you have worked with (make sure these people know you put their name down so they are not surprised if and when they get a phone call from a coach). Only use a name that can and will help you. A good reference from someone reliable will do more for you than any stats you list will!

Schedules - You can include a schedule of tournaments, camps, showcases or important events you will be attending throughout the year.

Sample Athletic Resume's Here are two sample resume's. One is for golf and the other is for baseball. The baseball resume is front loaded with stats, but then the family does an interesting twist on the resume by listing different categories to show their son's different abilities on the baseball field. What is interesting about

the golf resume is the lack of stats. The tournament list on the latter half of the resume have no golf scores. Why? Simple, many of these tournaments were such high level tournaments at the AJGA and National level, that college coaches already knew the type of scores needed to place in these tournaments.