

Rockstar to Regular Sailor:
The Do ' s and Don ' t s of Getting Recruited to College

DO	DO NOT
Contact the coach one month ahead of visiting (or earlier).	Show up and call them hoping for a tour.
Send THREE things: Sailing Resume, Personal Resume and your Transcripts, including GRADES, All Test Scores.	Send ONLY a sailing resume.
Attend a class in a subject that interests you. Ask to speak to faculty in disciplines that interest you.	Do not do anything that puts you or the team at risk. As a person who is under 21, Think first and make wise choices about your Social Time with the team.
Show up with questions for the coach and current team members.	Assume you know everything because "one of your friends goes there/went there/said...."
Put together a careful letter for the coach, explaining why you are interested in their school.	Mix up the coaches' names' – (yes, it happens!)
Look at the schools that interest you BEYOND sailing.	Rely on a friend's experience.
Be realistic and truthful with coaches about where you are looking/applying/your interest in their school.	Tell every coach that their school is your FIRST choice.
Tell the coach when your application went in.	Send the coach a copy of your application (it's not allowed).
Contact coaches early with your resume & grades... Junior year if possible.	Wait until after your application is in – it's nearly impossible to help at that point.
Call about a week before your visit has been confirmed by the coach and make sure they have your flight schedule	Expect your parents to be given the same first class treatment that you will be given.
Send a Thank You after your visit – let coach know what you enjoyed most about the visit, and where their school fits in your plans. Be honest!	Over-spend your visit. The NCAA rules that many schools must adhere to regulations that limit recruits to a maximum 48-hour visit.
Work with your family and other resources to figure out how to pay for school.	Expect the coach to help you with Financial Aid, it's prohibited by ICSA rules.
On your own, talk to the Financial Aid office at all your final choices, the folks there have lots of answers!	Accept any outside scholarships or aid from any organization based on your sailing skills (students competing in ICSA may not accept financial aid in any form if it was given to them based on interest in sailing).

RESUME TIPS:

Tell them about yourself, anything exceptional. The coach has to sell you to admissions so sell yourself to them!

Sailing Resume:

- List by year your biggest and best events
- Mention Clinics attended and Coaches you've worked with
- Talk about your training program (*I sail 3 days a week... weight train with my team...*)
- Future sailing plans (*sail through college, campaign for Olympics*)

Personal Resume:

- Sports – (*Track, soccer...*)
- Community service (*meals on wheels...*)
- Extra-curricular activities (*band, choir, theatre, Mathletes...*)
- Other non-school groups (*Scouts, Church, Temple, SADD*)
- Wildcards (*science experiment that won a prize at the science fair, started a charity...*)
- Future plans (*become an event planner, go to law school...*)

Transcripts:

- Coaches don't usually need an "Official" Copy.
- The earlier they see it, the better (junior year).
 - SAT, ACT, AP, Regents Exam scores can be written in.
 - School Info & Grades
 - Preliminary Class Rank or Percentile

FREQUENTLY ASKED QUESTIONS:

I'm not a Rockstar Sailor – should I even bother contacting the coach?

YES! Coaches recruit for many reasons; you may be the right size, or live in a town where the team needs housing, have a great reputation as a team player... anything can set you apart from the crowd!

Do Sailing Coaches really have any pull?

YES! To varying degrees at different schools; from the full-on nod to even some Club Teams that are able to submit a slate of candidates that would be great members of their teams – it NEVER hurts to contact a team ahead of applying.

Should I bring my parents?

Sure, they are welcome to visit with you, but we always recommend you plan on spending some time alone with the coach and the team. You want to show you are independent and ready to be a functioning member of the team.

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