

PARENTS / PLAYERS: Setting the goal of playing college football can be one of the most challenging endeavors that an individual can undertake. Most players do not realize just what kind of commitment is required. The staff here at Walhalla is very enthusiastic about helping our students prepare for and achieve their goals. A successful result will take a tremendous amount of energy and time from the student, their family, and the coaches. With that, a student should fulfill a specific set course of action, activities, and behaviors in order to demonstrate that they are fully committed to their goal. The following checklist has been developed as a guideline to determine if a student athlete is doing the required work necessary to achieve their goal as well as to qualify for time and resources given from the program (including having their profile included on the College Recruiters Resource Page).

**CHECKLIST:**

- Must maintain a good academic standing at all times
- Must have a Walhalla Football "Letter of Intent" on file. Must agree to team rules, code of conduct, and academic requirements
- Full / Regular involvement in all mandatory and optional school football development activities
- Verify participation in at least one extra curricular training activity (not provided by school programs) each Semester & the Summer
- The completion of a HUDL highlight reel. This can be completed personally or with assistance from a Coach.
- Beginning in the Spring of your Sophomore Season, commit to completing at least two (2) unofficial visits each Semester thereafter
- Must complete a periodic review with your Coach to discuss and confirm the commitment to your goals & your college division target level
- Optionally: Join a recruiting service such as NCSA to provide yourself with broader exposure and access to college coaches

## ACADEMICS

- ✓ Work with Guidance Counselors to set the appropriate College Prep Course Schedule
- ✓ Begin preparing for standardized test – ACT & SAT. These are mostly Junior Year test schedules, but never too early to start!  
(<http://www.khanacademy.org>) has an excellent free practice program for ACT and SAT
- ✓ Register yourself within the NCAA Eligibility Center (<http://www.ncaa.org/student-athletes/future/eligibility-center>)
- ✓ Stay on top of your grades regularly and periodically review with Coach Johnson.

## PHYSICAL DEVELOPMENT

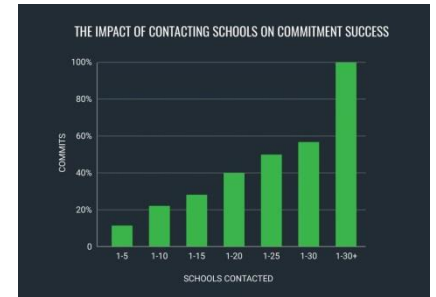
- ✓ The competition to earn a college scholarship in Football is tremendous. Only around 2% of all high school students across all sports play Division 1 college athletics. Those numbers for football are even less. With these realities, we cannot over emphasize the importance of your physical training.
- ✓ Fully participate in all school offered physical development programs: Flight School and weightlifting in addition to participation in your sport.
- ✓ Identify what position is most suited for your play at the next level. Work with your family to find extra curricular training opportunities outside of school to develop yourself further when your competition may not be working.

## MENTAL DEVELOPMENT

- ✓ Your will and desire to work toward a college football goal is essential. If you don't believe and don't drive yourself, it won't happen.
- ✓ Be Coachable. Recruiters not only watch you on the field, but in the huddle and on the sidelines. If you are lucky enough to get recruited, they will then come to the school and talk to others about you, your work ethic, your values, and your activities (teachers and coaches). LEADERS are people that help others around them get better.
- ✓ The Effort the see from you on the field is the highest attribute – you must hustle to the extreme on every play until the whistle. Motor should NOT STOP.

## BASIC RECRUITING ACTIVITIES (the Coaches can guide you through)(To get Recruited, you must get Exposure)

- ✓ WHEN CAN RECRUITERS have CONTACT <http://www.ncaa.org/student-athletes/resources/recruiting-calendars>
- ✓ SPRING (Stay proactive with coaches during Contact periods, work on your development all other times in the Spring)
  - Physical and Mental Development / Football Class / Flight School / Position Training / Drills / Combine/Prospect Camps
  - Unofficial Visits (College Spring Practice is an ideal time to set these visits)
- ✓ SUMMER (Stay engaged in our Teams Summer Strength/Conditioning Program and 7 on 7's)
  - Football Camps specifically with Colleges of interest (Basic Camps, Position Camps, and Prospect Camps)
  - Prospect Camps & Combines Sponsored by Recruiting Services / Sources (Rivas, Nike, 247, Adidas, etc.)
- ✓ FALL
  - Make great Tape (be relentless on your plans, stay engaged in our huddle and on the sideline, support your team, be coachable, show great sportsmanship)
  - Set Unofficial Visit's on college game day Saturday to follow-up Spring Visits and Summer Prospect Camps
  - Keep Working! Work regularly & proactively with your family and coaches to continue developing your exposure and your skills.



**50%**  
OF COMMITTED  
ATHLETES  
CONTACTED  
MORE THAN  
30 SCHOOLS

**PARENTS / PLAYERS:** There is a common misperception among players and parents about college football visits. The vast majority of players going on football visits are initiated by the player and their family. An “Unofficial Visit” can happen as often as you’d like and can start as soon after 9<sup>th</sup> grade as you’d like. On an Unofficial Visit, the college can provide a program for the visiting players such as presentations, tours, meeting coaches/players, etc., however, the college cannot pay anything to assist the family with the visit. Colleges will often have formal programs set up weekly to receive these kinds of visitors. It is only during a player’s Senior Year that they may accept an “Official” Visit in which the college pays for the player’s visit and activities. A player may only accept five (5) official visits during their senior year. By the time a player receives an invitation for an Official Visit, the player is clearly being recruited by the University. You will know when you are being recruited as Coaches will start regular contact with you.

**PURPOSE:** The purpose of the UNOFFICIAL VISIT is two-fold:

1. It is the #1 way for you to become known to a college and for you to begin building a relationship with that school. You should express your intentions and desires directly to the coaching staff and begin marketing yourself and how you can help the program.
2. It is a way for you to see the school first hand with your family so you can make a determination if it would even be a school that you would have interest. You can determine what kind of fit it might be for you by seeing firsthand how the staff operates and determining if the university offers your desired field of study.

**HOW:** How to set up an unofficial visit! EASY!

1. Call the athletic office. Start with the Recruiting Coordinator, move to the position coaches, and follow it all the way to the Administrative Assistant for the Department or the Athletic Director.
2. YOU SAY – “Hi, I am XXXXXX, from Walhalla High School in South Carolina and have an interest in learning more about your school. I would like to set up an UNOFFICIAL VISIT and was wondering if you had any formal program’s set up to host unofficial Visitors”.
3. WHEN they RESPOND, tell them “I would like to meet the coaches, get a tour of the athletic facilities, and see the school. SET the DATE, MAKE your ARRANGEMENTS, and GET THERE. That easy!.
4. ACTIONS while there: Learn about the school to determine if you are still interested. MEET the primary COACHES involved in recruiting and your position. Exchange contact information & confirm you can stay in touch. Ask them to follow you this season, let them know you will get them your highlights & stay in touch.

**PARENTS / PLAYERS:** One of the most important aspects of developing a goal to play college football is to work with your Coaches to understand which level of football that your skills mostly closely match. Targeting the right universities can greatly improve the efficiency of your time and the work ahead. While there is no way to measure the heart and the drive to complete the required work, setting a realistic target to begin with and then working up from there should be the best approach.

<b>DIVISIONS</b>	<b>LOCAL SCHOOLS</b>	<b>YEARLY SCHOLARSHIPS</b>	<b>COMMENTS</b>
Division 1-A (FBS)	Clemson, Georgia, USC, Georgia Tech, UNC, NC State, Alabama, Auburn, FSU, UF, UCF, USF, UM, Duke, Wake Forest, Georgia State, App State	85	This is the highest level of College Football and you must get into their recruiting cycle early if you are to be considered. Summer Camps, Prospect Camps, Combines (Nike/Addias).
Division 1-AA(FCS)	Furman, Wofford, Western Carolina, Mercer, Citadel, UT-Chattanooga, East Tenn State, VMI, Savannah State, GaSo	63	This division remains highly competitive and the recruiting process / cycle is similar to Division 1-A.
Division 2	North Greenville, Limestone, Catawba, Lenior Rhyne, Wingate, Newberry, Mars Hill, Carson Newman	36	This division is much more open to proactive contact from prospects. Camps, Prospect Days, Unofficial Visits are all ways to establish a relationship with schools you are interested in.
NAIA	Rheinhardt, Southeastern, Georgetown	24	NAIA programs are similar to NCAA Division 2 in the level of football, however, the proximity of NAIA programs is not as prevalent in SC, however, there are some excellent programs.
Division 3	Presbyterian, Methodist	0	If playing college football is a passion, you can find an opportunity within Division 3. Division 3 programs are always looking for players/students that are interested and willing to put in the work and be a part of their program. Maintaining solid grades & test scores can provide major assistance. While these schools don't have football scholarships, they tend to have quite an array of academic grants.