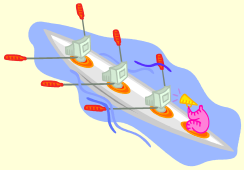


OCEAN CITY HIGH SCHOOL Athletics



COLLEGE PREPARATION

It's never too soon to start!

Freshman Year

- Check with the guidance department to review core courses.
- Identify your academic level.

Academic Match

- ✓ Do you have a profile much like the general applicant pool?
- ✓ Do they offer academic programs you might be interested in?
- ✓ What is the faculty/student ratio?
- ✓ What are the academic support services?
- ✓ What is their job placement/graduate school placement record?

Also consider:

- ✓ Size
- ✓ Geographic location
- ✓ Religious affiliation
- ✓ Extracurricular opportunities
- ✓ Cost
- ✓ Financial Aid

Sophomore Year

- Check with the guidance department to review core courses.
- Identify your academic level.
- Identify your level of play.

Identify your level of play

- ✓ Have a REALISTIC idea of your ability
- ✓ Division I,II, or III?
- ✓ What type of player do they recruit?
- ✓ How many players are they looking for?
- ✓ Coaching philosophies
- ✓ Walk-on opportunities
- ✓ Sub-varsity opportunities

Sophomore Year

- Check with the guidance department to review core courses.
- Identify your academic level.
- Identify your level of play.
- Make a list of schools.
- First correspondence:

MAKE A LIST OF SCHOOLS

- INCLUDE SCHOOL
- DIVISION
- COACH
- CONTACT INFO (E-MAIL ADDRESS, PHONE, ETC.)

FIRST CORRESPONDENCE

- Introduction letter
- Resume
- Unofficial transcript
- Recommendation letter(s)
- All can be done via e-mail

November 5, 2003
Coach Ann Petracco
Field Hockey Coach
Fairleigh Dickinson University
1000 River Rd.
Teaneck, NJ 07666-1914

Dear Coach Petracco,

My name is Kimberly Krzyk and I am currently a freshman at Ocean City High School, which is located in Ocean City, New Jersey. I have been involved with the Futures program since 7th grade and have had the chance to play at the National Futures Tournament in Virginia Beach in 2002 and 2003. In my first year, I played on the U16 team as a 13 year old. While this was a little intimidating, I feel I learned a great deal and was excited to go back to school and start up my season. In 2003, the USFHA started a U14 division and I was selected to play on the South team. Again, this was a really good learning experience and made me even more excited to be playing field hockey. I have also participated at the National Indoor tournament in Virginia Beach playing for Mrs. Nancy McHale's Spirit of U.S.A.

Even though I am very involved in the field hockey program, I continue to maintain an "A" average. I have been in the National Junior Honor Society for the past two years.

I will be attending the National Hockey Festival in Palm Springs, California on November 27-30, 2003. I would appreciate it if you would come by and watch me play. My team name is Spirit of USA West - U16, and my number is 21. Enclosed is my festival schedule.

I am very interested in playing field hockey in college and would appreciate any information you can send me about your team and Fairleigh Dickinson University. Thank you for your time and I hope to see you at the Festival!

Sincerely,
Kimberly Krzyk

Nicole (Nikki) Hinsley

Ocean City High School
6th & Atlantic Ave.
Ocean City, NJ 08226

121 Bay Avenue
Ocean City, NJ 08226
(609)398-8865
NKIKI30@aol.com

Coach: Trish LeFever
Home: (609)398-9476
School: (609)399-5611
trishlefever@hotmail.com

ACADEMIC INFORMATION

Graduation Date: June, 2004
Grade Point Average: 3.4 - honors classes are not weighted
Honors: Honors every marking period

Clubs and Activities: Varsity Basketball Varsity Softball (captain)
Key Club Student Council
Science Club Psychology Club

College Major: Special Education, Audiology

FIELD HOCKEY INFORMATION

Team Record: Junior: 23 - 0 - 1 Group III State Champions
Group III South Jersey Champions
Cape Atlantic League Champions
** leading scorer with 23 goals
played center forward (2-4-3-1)

Sophomore: 21-3-1 Group III State Champions
Group III South Jersey Champions
Cape Atlantic League Champions
** co-leading scorer with 21 goals
played left forward (2-4-3-1)

Honors Attained: 2002 - Cape Atlantic League - First Team
Atlantic City Press Area - First Team
Courier Post All Group III - Second Team
H.M. Group III All State
A.C. Press Athlete of the Week

Junior Year

- Respond to and return all forms you receive from the colleges.
- Find recommendations
- Visit college campuses
- Establish/maintain e-mail contact
- Update letters/e-mails
- Plan a video

Summer Before Senior Year

- Send out the NCAA Clearinghouse forms
- Send out an update letter
- Send a pre-season letter including schedule of games
- Send a tape if ready
- Optional- send one or two clips only

Senior Year

- Maintain contact with coaches!!!
- Narrow your choices.
- Take official visits.
- Select a school.
- Inform all coaches of your choice and thank them for their time.

Marketing yourself

- ✓ Establish contact and maintain it.
- ✓ Video – have footage prepared so you can send it upon request.
- ✓ Campus visits.
- ✓ Phone conversations.
- ✓ Be honest
- ✓ Be visible – get involved in the high profile programs.

Making yourself visible

- ✓ Attend Combines, AAU's and Club opportunities
- ✓ Consider attending camp at the school(s) you are VERY interested in attending

General Considerations

- ✓ Understand that in some programs, the assistant coach is the primary recruiter.
- ✓ Respond promptly to any correspondence or telephone call.
- ✓ Be as complete and thorough as possible.
- ✓ Have a basic understanding of the NCAA rules which dictates what college coaches can or cannot do.

General Considerations

- ✓ When you travel to tournaments, be sure your coach or team administrator has profiles or rosters OR
- ✓ Be sure to send out the information to college coaches beforehand.
- ✓ Be aware of application deadlines
- ✓ The student athlete must do the talking too! Coaches are recruiting the player and want to speak to them, not the parents.

NCAA Rules and Regulations to Remember

- Correspondence - After September 1 of your junior year, schools can mail you letters and recruiting materials
- Telephone calls - Before July 1 after your junior year, you can call a coach, but they cannot return any phone calls from you or your parents. After July 1, they can call you no more than once a week.

NCAA Rules and Regulations to Remember

- Official visits - you are allowed five official visits, which may start after the opening day of class your senior year. The visit may last no longer than 48 hours.
- Unofficial visits - You may make as many unofficial visits as you like.

Specific Positions

- You are in a specialty and either a team needs a the position, or they don't
- You **MUST** do your homework regarding the grade of a school's current specialty positions.

THERE IS A SCHOOL OUT
THERE FOR EACH AND EVERY
STUDENT. **YOU** JUST HAVE
TO DO THE WORK TO FIND IT!

GOOD
LUCK!!