



Class of 2028: Your June 15th Game Plan

Preparation (Before June 15):

- Update your player profile with GPA, stats, highlight video & schedule.
- Refresh your highlight video (3–5 minutes, best plays first).
- Research target schools thoroughly: roster, majors, rankings, culture.
- Complete online questionnaires for every school on your radar.
- Talk with your club/high school coaches for advice and connections.
- Send short, personalized emails to coaches with your updated video and information.
- Practice answers to common questions: your goals, strengths, why you're interested.
- Draft thoughtful questions to ask coaches - things you can't easily find online.
- Check your communication: professional email address, voicemail set up, phone ready.
- Clean up social media so it reflects the best version of you.
- Role-play phone calls to build confidence before speaking with coaches.

Once June 15 Arrives:

- Don't panic if you don't get a call right away. Some coaches need more info or may reach out later. Remember that this is just the BEGINNING of your journey.
- Stop comparing your journey to others, timelines are very different for every athlete.
- Stay reachable: keep your phone and email close, and aim to respond within 24 hours.
- Be flexible with your schedule. Let your boss, family or coaches know you may need to take recruiting calls that week.
- Set up a professional voicemail. If you miss a call, follow up quickly with a few times you can call back.
- Always reply to coaches, even if you're not interested. Be polite, thank them, and keep doors open.
- Prepare before every call. Know why you're interested, have at least two good questions ready, and expect unscheduled calls.
- Keep your options open by having a long list of schools, at the beginning of your junior year we suggest having anywhere from 10–30 schools on your list. Consider DIII & DII too!



Questions to Avoid on Your First Call with a College Coach

- **Will you give me a scholarship?** – Too early; scholarship talks come later, once the coach has seen you more. Instead ask: How does your program handle scholarships and financial aid?
- **How much playing time will I get?** – Comes across as self-focused before they know you. Instead ask: How do players typically earn playing time in your program?
- **How big is the school? / Do you have a business major?** – Shows you didn't research beforehand. Instead ask: What makes your school's academic experience unique for athletes?
- **Demands like 'I need...' or 'I want...'** – First calls are about building a relationship, not negotiating. Instead ask: What qualities do you look for in players who thrive in your program?
- **Overly personal questions** – Keep it professional until you know them better. Instead ask: What do your players enjoy most about being part of your program?
- **Closing Tips:** Do your homework. Show genuine interest. Save big asks for later.

How to Research a School (Before Your Call):

- **Team Website:** Read the roster, check majors, hometowns, and player bios. Read recent news and game recaps. Learn about each coach's background. Review past schedules and matchups.
- **Rankings & Conference:** Check NCAA rankings. Learn their conference and recent performance.
- **School Website:** Look at acceptance rate, test-optional status, average GPA/SAT/ACT, majors offered, and student-to-faculty ratio. Take a virtual campus tour.
- **Go Beyond the Website:** Follow the team on social media. Look for culture, game-day energy, and traditions. Search the school's social accounts for student life.
- **Insider Perspective:** If possible, ask current or former players about their experience. Talk to alumni or teammates who know the program.



Questions College Coaches Almost Always Ask:

- Tell me about yourself?
- What are your field hockey goals?
- What are you looking for in a school & program?
- Where are you in the recruiting process?
- What are your strengths & what are you working on?
- Can you share your grades, test scores, and transcript?
- What questions do you have for me?
- What other schools are you considering?
- Why are you interested in our school/program?
- Do you have a timeline you're looking to make a decision by or any timelines from other coaches?
- Do you know what you'd like to major in?

Great Questions to Ask College Coaches on Your First Calls:

- Can you tell me more about your program?
- What is the team culture like?
- How do you support player development?
- What are the team's goals for next season?
- What is your coaching style?
- What do you look for in a recruit?
- What is your recruiting timeline and process?
- What are my next steps?
- What do your players love most about being part of your program?
- How many players are you recruiting in this class and how many in my position?



**Tell your teammates -
Next LineUp is
July 18!**