

STEPPING INTO THE SPOTLIGHT



What is one way for a student- athlete to stand out in their post-camp follow up?

“When travelling for camps is over we read a TON of emails from recruits. With post-camp follow up, brevity is key. Get to the point. Wordy emails get lost in shuffle!”

Tyler Kavanaugh, GWU - Assistant Coach



What is a common mistake that athletes make in their post-camp follow up?

“Be ready to visit. You control the process, your time, and your future. A coach will invite you to campus and follow-up but if you never lock in a date to visit or are indecisive in that process, it will indicate a lack of seriousness and interest to a coach.”

Ed Ziefert, Illinois Tech - Head Coach



As my summer schedule comes to a close, what is one of the most important next steps I take in this process?

“Acknowledge the importance of building your body to become a college athlete. It’s something totally in every players control. Putting your focus there will have you closer to achieving your goals than putting your focus elsewhere. It takes a certain baseline of strength to play at the next level, every player can work to achieve that.”

Steven Rosen, Manhattan - Assistant Coach



You have received some great feedback from coaches, now what should you do?

“Now the work begins. You need to put in the time regarding the coaches suggestions and keep them updated on the immediate progress you are making.
Example: Thanks for the feedback coach. I’m currently working with a speed and agility coach per your recommendation - here are my updated times...”

Stan Exeter, Headfirst Coach Liason

