

**STANFORD WRESTLING COACHES CLINIC
RECRUIT YOURSELF — THE RECRUITING CHEAT SHEET**

***** DON'T WAIT TO BE RECRUITED.** The most successful recruits take ownership of the process. Coaches are evaluating hundreds of wrestlers, so make it easy for them to know who you are, what you've accomplished, and why you're interested.

1. DO YOUR HOMEWORK FIRST

Research schools that could be a great fit for you. Look at academics and majors you could be interested in, wrestling culture and coaches, campus, location, and realistic cost. Wrestling is a chapter of your life; your degree and education can impact the rest of it. Don't choose a school based on wrestling alone.

2. CONTACT THE COACHES — DON'T WAIT

You are responsible for getting your name in front of coaches. Keep your first message short and include the meat of your profile: name, graduation year, weight, high school/club, major accomplishments, GPA/transcript, upcoming competition schedule, why you're interested, and contact information. Be professional. Be concise. Be yourself.

3. GO SEE THE SCHOOLS

Visit schools as early as you realistically can. Even when NCAA rules limit what a coach can say or do, you can still learn a tremendous amount. Ask yourself: Do I like the campus? Academics? Facilities? Location? Team environment? Most importantly, do I like the coaches and people? Visit multiple schools to discover what you really want.

4. STAY IN TOUCH & SHOW INTEREST

Don't disappear after your first contact. Send meaningful updates when you have a big performance, new accomplishment, academic improvement, upcoming major competition, new film, or campus visit. You don't need to email every day — but coaches should know: “I am serious about your program.” Genuine interest can separate you from other wrestlers with similar abilities.

5. KNOW YOUR FINANCIAL NUMBERS

Do your financial homework! Use each school's net price calculator and financial-aid resources. Understand tuition, room & board, and need-based aid. If you qualify for more money than what the school can give you scholarship or NIL, you will become super attractive. There is only so much scholarship and NIL money available, and only the top 10-15 percent of the best wrestling schools will be able to provide it usually.

YOUR RECRUITING CHECKLIST

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| ☐ I know what I want to study | ☐ I have researched schools that fit me academically |
| ☐ I have researched the wrestling programs | ☐ I have introduced myself to coaches |
| ☐ I have a recruiting profile ready to send | ☐ I have my transcript/GPA available |
| ☐ I have current wrestling film available | ☐ I know my competition schedule |
| ☐ I have visited multiple schools | ☐ I know the approximate cost of each school |
| ☐ I regularly update coaches | ☐ I am asking questions instead of waiting for answers |

THE BEST RECRUITS TAKE OWNERSHIP

BE PROACTIVE. • BE PERSISTENT. • BE PROFESSIONAL. • BE INFORMED. • BE YOURSELF.

