

# Resume' Checklist

## **Personal Information**

- Prospective Student-Athlete's Name and all contact information
  - Phone, home address, email, preferred name, date of birth
  - Parents' contact information (email, occupation, phone)
  - Names of brothers and sisters if applicable

## **Academic Information**

- Name of high school and graduation date (year in school)
- School Address
- GPA, Class Rank, SAT/ACT scores
- Academic area of interest
- Name and phone of principal, guidance counselor, athletic director

## **Athletic Information**

- Are you registered with the NCAA Clearinghouse?
- If not, go to [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) because you MUST be registered if you want to be recruited!
- Height, weight
- Name of club team and name of high school team
- Phone and emails of club and high school swim coaches
- Club team address (BSL is 1025 Montgomery Hwy. Suite 106, Birmingham, AL 35216)
- Other sports you have participated in recently

## Training Information

- Average yardage per week
- Have you lifted weights before? What type of strength training have you done?
- How many years have you been swimming?
- List best times from Sophomore, Junior AND Senior year for both short and long course (use a separate nice and neat page)

## **Additional Information College Swim Coaches Look For**

- Coaches want swimmers with potential to improve, hard work ethic, good extracurricular activities that show they can manage their time, do well in school and will continue to improve in swimming.