

WATER POLO

Strengthen your game and your case by contacting coaches early. Make your highlight tape and showcase your skills. Roster spots are limited with a little bit over 80 programs and at high academic schools. Approach college coaches before meets and introduce yourself, especially the Junior Olympic tournament. Pay attention to the tournaments, start contacting coaches right away and earn a spot on the team.

Freshmen Year

- Research 2-3 schools per week
- Create a list of prospective schools consider both athletics and academics
- Film highlights tape – film your games
- Send introduction letters to coaches
- Go on at least 3 unofficial visits to colleges
- Build relationships with coaches by making phone calls, send letters and emails
- Attend camps with the goals of honing your skills and to gain exposure

Rules/Tips to Remember:

- Coaches are watching your development throughout high school at camps, in school and on the field
- D3 and NAIA coaches can contact you at anytime
- Important to do be familiar with the school both athletically and academically

Sophomore Year

- Film your highlights tape
- Get an evaluation of your skills tape
- Continue to research prospective schools
- Continue to build relationships by making calls, sending letters, emails with the RIGHT coaches
- Fill out questionnaires
- Make unofficial visits

Rules/Tips to Remember:

- D1 coaches can start communicating with recruits via phone, email and private messages starting on June 15 after sophomore year

Junior Year

- D1 — Unofficial and official visits are allowed starting August 1 before your junior year
- Film your highlights tape
- Follow-up with coaches you've contacted in a TIMELY manner
- Ask coaches where you stand on their recruits list
- Fill out questionnaires
- Respond to EVERY coach
- Make unofficial visits to schools
- Narrow down your prospective schools list

Rules/Tips to Remember:

- If you haven't heard from D1 coaches, start reaching out to D2, D3, NAIA programs
- Contact coaches at least once a week

Senior Year

- Follow-up with coaches and respond in a TIMELY manner
- Work with your high school coaches and ask them which college coaches have inquired, follow-up with college coach ASAP
- Apply to the schools- applications
- Apply to Financial aid FAFSA.ed.gov starting October 1
- Sign and Commit to a school and program – the D1/D2 Signing Period is between November 13, 2019 – August 1, 2020
- Find out the summer workout schedule
- Get ready for an experience of a lifetime