

## Considerations for College Search for a Track/Cross Athlete

During the pandemic, intangibles may play a bigger part in college searches than in the past. You may not be able to visit as many schools. The schools will have fewer objective ways to evaluate applicants. You may have more time on your hands. Why not do a little research and plan for your future?

1. What do you think you are looking for in a college? (Don't stress, you can change your mind).
  - a. Majors/what I might want to study.
  - b. How far I want to be from home.
  - c. Large school/small school
    - i. I urge you to look at both, because you probably don't know for sure until you visit.
  - d. What my grades and test scores lead me towards.
2. Put together a list...from any sources you want. Ask around!
3. If you want to be an athlete in college...now, look at the track and XC programs for those schools.
  - a. What times did the athletes run, in college and in high school.
  - b. What majors are they studying (do you see the subjects you might want to study?)
4. For most of us...small schools are going to be more interested in us for their varsity teams. That's OK, I'm more interested in you running for a smaller school also if that is the kind of school you are looking at.
  - a. Student-athlete balance.

### If you want to investigate a college track/XC program, some possible steps...

1. Fill out the recruiting form.
  - a. Every school has one, and they are very similar.
  - b. Examples:
    - i. [https://www.frontrush.com/FR\\_Web\\_App/Player/PlayerSubmit.aspx?sid=M Tc4Njg=-vjr9xEQ16wk=&ptype=recruit](https://www.frontrush.com/FR_Web_App/Player/PlayerSubmit.aspx?sid=M Tc4Njg=-vjr9xEQ16wk=&ptype=recruit)
    - ii. <https://athletics.cmu.edu/sports/wxc/recruit>
2. Write an email to the college coach to introduce yourself.
  - a. Tell them that you filled out the recruiting form.
  - b. In one to three sentences, tell them why you want to be a student athlete.
  - c. Show interest in the school; briefly explain why you want to go to the college.
  - d. Show interest in the program:
    - i. Is there an athlete studying what you want to study?
    - ii. Is there an athlete that ran times like you ran in high school?
    - iii. Is there anything you found in your research that you think is interesting?
  - e. Say thank you and offer to stay in touch.
3. Stay in touch every semester!

None of this is a waste of time. You don't know what will make you become excited about a particular college. Doing research never hurts. Talking to people never hurts.

There is potential upside and no downside. If you look at a school and it's track program and you are just not interested, all you wasted is a little time. And you don't have to say later, "I wonder if that school could have been a good fit?" You know it was not because you looked at that school.

If you contact a coach and they say, “you are not a great fit for our team”, you did not lose a thing (except maybe your feelings are hurt). If you like the school, you can still apply to the school and go there; the coach is not going to call the admissions office and say “don’t let that Kirk Flatow kid in the school, his mile time is fairly mediocre”.

There is lots of potential upside, and not much downside, from doing the work early.

Coaches Flatow, Johnson and John are all willing to help.

A few final thoughts:

- These three coaches can write VERY good references for you, if you have been a dedicated and hard-working athlete and teammate. So ask us for help. Subjective inputs are going to have more weight.
- Ask lots of people for ideas. You never know where an idea might come from.
- We are a team, including both your friends, teammates and coaches. Don’t be afraid to reach out.