

### Meeting with the College Coach: Here are a few questions to ask.

1. Ask what are the aspects of your game that are appealing to the coaching staff? Is it your technical skills and abilities? Is your position that you play?
2. Where does the coaching staff see you playing and what role?
3. Do you have the ability to start or will you be a role player for a time period before you get a chance to work yourself into a starting position?
4. Ask the coach what his style of play is if you have not had the opportunity to see them play? Is it designed to be a possession style or is it more direct?
5. How many players are you looking to keep on your roster? How many can you take on road trips? Who travels on the road trips?
6. What are the needs of their respective recruiting class? Some colleges will recruit certain positions each year. For example a goalkeeper may not be their need in the recruiting class if they already have a freshman and sophomore goalkeeper.
7. In the highly competitive programs they may be looking at only National or Regional Level players so you may not fit into a school long-term recruiting plans. Understand that you may be looking at a role opportunity during your college tenure but you need to appreciate that and understand the lack of playing time. If you have always been a starter and now you are in the mix of a highly recruited class along with top level players can you adjust to the new role both mentally and emotionally? Most coaches will be up front and some may provide some ideas that if you come in and work hard then you may get a shot. At least understand the challenges but you cannot come back and say that they were not fair in their assessment as to where you may fit in on the squad.
8. What type of team formation does the coach play?
9. What is the strength of the schedule that the team plays?
10. What does the team do in the spring season? Do they have strength and conditioning coaches on staff who works with the team? If so how many days per week do they train with the coach in and out of season?
11. Ask the coach what he/she looks for in student-athletes? What characteristics or personality traits?
12. What Academic Support does the Athletic Department provide? Do they have a mandatory study hall for freshman? Does anyone monitor the class grades and if help is needed to whom should the student-athlete seek out for help?
13. How many of the players are graduating and are you looking to fill certain positions or replace starters from within the current roster?
14. Does the team participate in any campus or community activities?
15. Does the program have an alumni association that supports the team?
16. Does the team have support of the Athletic Department and the University? How much support can an athlete expect from the training staff or medical staff if someone needs medical attention for an injury or illness?
17. Does the school have a nutritionist or sports psychologist?