

Preparing High School Athletes for College

Asking the Right Questions

Recruiting

1. Who is recruiting me?
2. What are they recruiting me for?
3. Is this a good fit (academically and athletically)?
4. What are my academic goals?
5. What are my athletic goals?
6. Where can I be successful (both academically and athletically)?
7. What is most important to me (financial aid, institution's academic/athletic reputation, success of the team, individual success, being challenged, playing on TV, getting to the pro level)?
8. Am I choosing the school because of the coach?
9. How many years does this coach have left on her/his contract?
10. What are the responsibilities of the players who play my position?

Getting Ready Physically

(In season/off season)

Getting Ready Mentally (handling disappointments, surviving freshman year, managing expectations)

Am I passionate about playing basketball?

Do I love playing basketball?

Do I like playing basketball?

How to be successful on a college level:

1. Must be open to learning (you might have to forget some of the things you have learned so far and learn them all over again, coach's way).
2. Understand that you must do what the coach asks of you (there is only one way-coach's way)
3. Be the one who makes the adjustment to your coach's style of coaching
4. Do not expect/wait for the coach to adjust to you
5. Be student of the game.
6. Keep working on your skills
7. Keep working on your skills
8. Keep working on your skills
9. Keep working on your skills
10. Keep working on your skills

Be positive! Always play with energy and with enthusiasm. Try to improve each day and each time you step on the court. Don't blame others! Work on making yourself better! Work to make your teammates better! Have fun!