



College Gymnastics Recruiting



Resource Packet



Lights On Recruiting 
www.gymnaststocollege.com



Introduction



“Success is the sum of small efforts, repeated day in and day out” *Robert Collier*

Congratulations on making it to this point with your gymnastics career. The college recruiting process is a very exciting but time consuming process. You have taken the time to learn and perfect your gymnastics abilities and now its time to show them off to the college coaches.

The college gymnastics recruiting process takes organization, persistence, aggressive self marketing and patience. With the recruiting packet you can began to get organized and set up your self marketing profile. This recruiting packet will help to set up your timeline and get yourself organized to help make the recruiting process as smooth as possible.

In this packet you will:

- Determine your collegiate goals
- Determine your schools of interest
- Plan your skill choices
- Be able to organize your video/intro bio
- Keep a timeline of important recruiting objectives
- Have the resources to help you with all your recruiting needs

GET ORGANIZED, MAKE YOURSELF MARKETABLE, and be PERSISTENT!

GOOD LUCK ON YOUR RECRUITING JOURNEY

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RECRUITING TIMELINE CHECKLIST



FRESHMAN YEAR

COMPLETED

Evaluate Schools/ What is important to you?	
Begin Taping Meets and Practice Sessions	
Go and watch college meets	
Research colleges of interest on internet	
Meet with High School Counselor (about Eligibility Requirements	
4 year Gymnastics Skill Plan (10.0 Start Values for Level 10)	

SOPHOMORE YEAR

Visit College Campus/Watch College Meets	
Consider what you would like to study in college	
Begin Video/Website Construction (end of sophomore year)	
Put together Introductory Letter (end of sophomore year)	
Reevaluate 4 year Gymnastics Skill Plan	
Schedule College Coaches in gym visits (July 15 th after 10 th grade)	

JUNIOR YEAR

Sign up to take standardized tests (ACT SAT)	
Take Standardized Tests	
Check with HS Counselor on your status with core requirements	
Register with the NCAA Eligibility Center (clearinghouse)	
Upload Video(s) to youtube and onto your website (early Fall)	
Take your unofficial visits to colleges of choice	

SENIOR YEAR

Make sure colleges have HS transcripts and test scores on file	
Take up to 5 Official Visits or your 1 REWARD TRIP	
Commit to a school	
Sign the NLI	



Recruiting Profile



“ The best way to predict the future is to invent it” *Johan Bruyneel*

Before you begin your College Gymnastics Recruiting Journey you must figure out what your recruiting profile is. Answer the questions in this short questionnaire to get a better base in understanding what your recruiting profile looks like.

1). Why are you interested in competing college gymnastics? _____

2). List your top 10 needs when it comes to a university?

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

3). Now take that list above and decide what are the 3-5 needs that you will not compromise on? (You must have these items in your school choice)

1. _____

2. _____

3. _____

4. _____

5. _____

4). What are you looking for in a university in terms of the gymnastics program?

5). When it comes to financial aid which one of these applies to you?

_____ Need a full ride scholarship to go to college

_____ Want a full ride scholarship and will not do college gymnastics if I don't receive one

_____ Want a full ride scholarship to only a Division 1 School

_____ I am interested in a D1 or D2 scholarships

_____ Scholarship or walk-on don't care I just want to compete in college

_____ Want to compete D3 and pursue Academic Scholarship options

6). Number these in order of priority for you

_____ gymnastics program

_____ social aspects of college

_____ distance away from home (does distance matter)

_____ academics standards (at the university)

_____ weather

_____ dorm life (room size, dining halls, Co-ed)

_____ campus size

_____ academic services (counseling, tutoring, study tables, etc)

_____ transportation (campus)

_____ area of study (major options)

7) From these 6 questions you can now map out your recruiting profile

(take answers to questions #3, 4, 5, and 6(top 5) and write down a summary paragraph that represents your college recruiting profile.) THIS IS WHAT YOU ARE LOOKING FOR

Now you can take this profile and match it to the schools you are interested in!



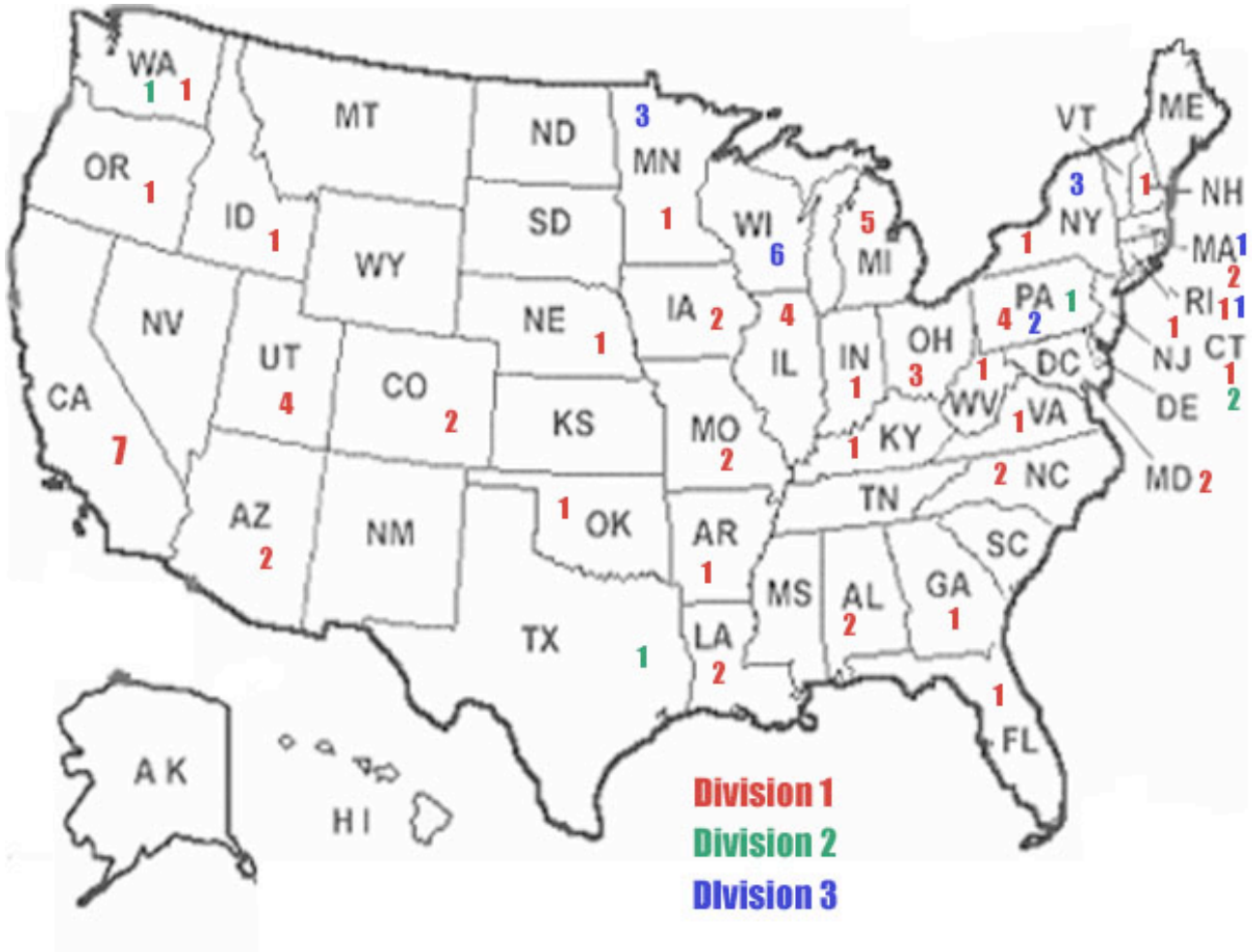
Colleges of Interest



College/University	Major of Interest	# of Seniors graduate	# of scholarships	Weak Events	Introduction Letter Sent
1.	Yes No				
2.	Yes No				
3.	Yes No				
4.	Yes No				
5.	Yes No				
6.	Yes No				
7.	Yes No				
8.	Yes No				
9.	Yes No				
10.	Yes No				
11.	Yes No				
12.	Yes No				
13.	Yes No				
14.	Yes No				
15.	Yes No				



DIVISION I, II, III SCHOOLS IN EACH STATE



Alaska-1

Missouri -1

Division I and II

Alabama

Alaska Anchorage
(UAA)

Arizona

Arizona State (ASU)

Arkansas

Auburn

Ball State

Boise State

Bowling Green

Bridgeport

BYU

Brown

California-Davis (UC
Davis)

California - Los Angeles
(UCLA)

Cal State Fullerton
(CSUF)

Cal State Sacramento
(CSUS)

Centenary

Central Michigan

Cornell

Denver

Eastern Michigan

Florida

George Washington

Georgia

Illinois

UIC

Illinois State

Iowa

Iowa State

Kent State

Kentucky

LSU

Lindenwood

Maryland
Michigan
Michigan State
Minnesota
Missouri
Nebraska
New Hampshire
North Carolina
NC State
Northern Illinois (NIU)
Ohio State
Oklahoma
Oregon State
Penn
Penn State
Pittsburgh
Rutgers
San Jose State (SJSU)
Seattle Pacific
Southeast Missouri
State (SEMO)
Southern Connecticut
(SCSU)
Southern Utah (SUU)
Stanford
Temple
TWU
Towson
U.S. Air Force Academy
Utah
Utah State
Washington
Western Michigan
(WMU)
West Chester
West Virginia
William & Mary (W&M)
Winona State
Yale

Division III

SUNY Brockport

Cortland State (SUNY Cortland)

Gustavus Adolphus

Hamline

Ithaca

Rhode Island College

Springfield College

Ursinus College

Wilson College

University of Wisconsin - Eau Claire

University of Wisconsin - La Crosse

University of Wisconsin - Oshkosh

University of Wisconsin - Stout

University of Wisconsin - Whitewater



Video Construction



Recruiting Video Construction

Starting Freshman Year tape every competition (event warm-ups and competition)

Select the best 2-3 Routines on each event

Select the most successful attempts of new skills or combinations not in routines

Put together a professional looking title page or graphic

Include a contact page

Put all together in a professional looking manner (can include music)

Write down which meets you are choosing for each event clip

Vault: _____

Bars: _____

Beam: _____

Floor: _____



Important Dates in the Recruiting Calendar



September 1st of Junior Year- Coaches can begin correspondence with PSA thru mail/email

July 1st following Junior Year- Coaches can initiate phone conversations 1 per week

July 15th following Junior Year- Coaches can have off campus contact with you (3 off campus contacts allowed)

1st day of classes Senior Year- Begin Official Visits

2nd Wednesday of November- NLI signing (period lasts 1 week)

2nd Wednesday of April- late signing period (period lasts until August 1st)

Unofficial vs Official Visits

Unofficial-

No requirements, or benefits
Unlimited
Can schedule academic meetings, observe practice, tour facilities

Official-

Must have test score, transcript, register with NCAA (clearinghouse)
5 Trips maximum (Beginning at the start of your Senior Year)
Travel , food, and housing paid by university
48 hour stay

Introduction Letter Example

Insert Picture Here

Suzie Somersault

Phone: xxx-xxx-xxxx

Cell: xxx-xxx-xxxx

www.suziesomersault.com

suziesomersault@aol.com

Dear -----,

I would like to introduce myself and express an interest in attending your school as a member of your gymnastics team. I feel that I would be a particular asset to your team and your school.

My name is Suzie Somersault, and I am a junior at St. Charles North High School in St. Charles, Illinois. I have a 3.61 grade point average in all honors classes and I am in the top 20% of my class of over 500 students. I have actively participated in community and school related functions.

I am currently a level 10 gymnast at ????? Gymnastics in ?????, Illinois where I am coached by ????? and ??????. The past season I placed 10th A.A. and 10th on beam at the Region 5 Championships. I also represented region 5 at the National Invitational Tournament. I placed first on floor, third on beam, and sixth in the all around. My best events would be floor and beam, but I feel that I am strong in all four. I train 20 hours a week and I also take a ballet class through the gym. Here is a small list of skills that I am performing now as well as skills I am working on:

Vault:

Competing: Handspring front

Working: Handspring front _, Handspring 2/1 full

Bars:

Competing: Clear hip to toe up, blind _ to overshoot, blind full double back.

Working: blind _ double front, blind 1/1 blind _ to double front

Beam:

Competing: Front tuck to scissor jump, cat leap to switch side, back handspring back tuck, scissor jump to split full, front full dismount

Working: Front aerial to back handspring, front 2/1 full dismount, switch half

Floor:

Competing: whip _ to rudi to shousanova, back two and a half punch front, front double full, switch side to split full

Working: Front double full to punch front

For more information visit my web site at: suziesomersault.com

Thank you for your time and I look forward to meeting you.

Sincerely,
Suzie Somersault



4 YEAR GYMNASTICS SKILL PLAN



VAULT (10.0 VAULT)

START VALUE

BARS

MAJOR RELEASE:	C-D LEVEL BAR TO BAR:	D OR E Dismount or Combination + C Dsmt

BEAM

FLIGHT SERIES	BONUS LEAP PASS	D OR HIGHER DISMOUNT or Connection into a C

FLOOR

D OR HIGHER TUMBLING PASSES	BONUS CONNECTION 2 SALTO SERIES	BONUS CONNECTING LEAP SERIES



Get STARTED Now



“The difference between a dream and accomplishment... is desire”

You have already taken the 1st step by filing out this recruiting packet.

Now work on the following:

Video content

Compose your Introductory Letter

Get your website up and running (this is where we help)

Email the coaches at your 15 schools (with your intro letter, website link, etc)

Register with the NCAA Clearinghouse

Take ACT or SAT (As soon as possible)

and KEEP emailing and UPDATING website/video throughout the process



RECRUITING RESOURCES



Lists of signed or committed recruits for each school and # of scholarships remaining or available for the next recruiting year

<http://www.collegegymfans.com/recruits/commits>

A form to add your gymnast to the recruitable database for which all college coaches have access to

<http://www.collegegymfans.com/recruitable-add>

NCAA Clearinghouse site page for eligibility registration

https://web1.ncaa.org/eligibilitycenter/student/index_student.html

Spreadsheet of all college programs with coach's names, phone #'s and email addresses

<http://spreadsheets.google.com/pub?key=pWrk1EArDReMTZBgd8nrFRQ>

Article on Parents Role in the Recruiting Process

<http://www.collegegymfans.com/news/features/item/151-role-of-parents>

Lights On Recruiting-Gymnastics Recruiting Website Design/Video Production

<http://www.gymnaststocollege.com>