

EXAMPLE ATHLETIC RESUME

ACADEMIC DATA

GPA: 3.69 (unweighted) 5.05 (weighted)

Class Rank: 76 of 520

ACT: 26

SAT: 640 Math/600 Verbal/ 600 Writing

Course of Study: Honors/AP curriculum

Intended Major: Undecided

Extracurricular: National Honor Society (Vice President), Student Advisory Committee (President), SADD, Spanish Honor Society, Certified Florida Youth Soccer Association (FYSA) referee

ATHLETIC DATA

HEIGHT: 5'11" WEIGHT: 175 lbs.

PRIMARY POSITION: Kicker/Punter (right footed)

LEAGUE: Class 5A

SPEED: 40 yd dash- 5.0 sec

STRENGTH: Squat- 320 lbs. Leg Press – 450 lbs.

2007 STATS:

FG: 6/8, one block (26, 30, 30, 35, 42, 47)

LONG FG: 47 MISS: 20, 50

PATS: 16/17

DEEP KICKOFF ATTEMPTS: 29

OF TOUCHBACKS: 26 AVG.

KICKOFF DISTANCE: 65.9 yds

PUNTS: 34

AVG DISTANCE: 40.7 yds

LONG: 56 yds

AVG HANG: 3.99 sec

INSIDE 20: 16

2006 STATS:

2005 STATS:

2007 CAMPS ATTENDED:

Florida State, Louisville, Tennessee, Iowa

Related Facts: Longest FG in practice – 66 yds

Honors:

- Selected for 2007 1st Team All-Conference as a punter
- Selected for 2007 Hillsborough County All-Star as a kicker
- Qualified for national finals of Kicking.com Combine series to be held January 2008 in Anaheim, CA
- 100% (8 for 8) in FGs and had #1 score in kickoffs at Tampa, FL regional competition
- Received Honorable Mention for 2006 Tampa Tribune All-Hillsborough County Team
- Selected for 2006 All-Conference 2nd Team as a kicker

Other High School Sports Played: Soccer (goalkeeper)

References:

Head Coach: Kenneth Hiscock (813) 740-4600 kenneth.hiscock@sdhc.k12.fl.us

Trainer: Coach Tom Feely (813) 205-5008 TFeely@aol.com

Film/Profiles: www.iplayers.net/player/261/ www.kicking.com/members/view.asp

< RESUME ADAPTED FROM WWW.ACTIVE.COM >

EXAMPLE COVER LETTER

{SAMPLE COVER LETTER}

* USE YOUR OWN WORDS AND LANGUAGE. THIS IS JUST A POSSIBLE FORMAT *

DATE
COACH'S NAME
ADDRESS
CITY, STATE, ZIP

DEAR (COACH'S NAME),

My name is William Smith and I am writing to you as a student-athlete because I would like to become a part of your men's basketball recruiting process. I am currently a junior at Lebanon High School, and with the completion of this current season, have played basketball at the varsity level for three years. I have been a starting wide receiver for the last two years, and last year led the team in rebounds and free throw percentage. I am 6'4" and weigh 185 pounds. I received All-County honors last year and was recently selected to the All-Lancaster-Lebanon League team.

Additionally, I have contributed over one hundred hours of community service volunteering at the Good Samaritan Hospital. I am also very involved in music and have had several concerts in the area. My other extracurricular activities include Varsity Football, Varsity Baseball, Youth & Government Club, and Key Club.

My career goals remain undefined at this point, but math and science are my strong subjects. I look forward to college as a wonderful opportunity to pursue my education and to focus on my career development. I believe my skills and abilities could fit well into your program and enable me to contribute to the success of your highly regarded program.

I have enclosed a copy of our summer basketball schedule. My high school coach's name is Mr. _____ and he can be contacted at (717) 273-9391. I would appreciate receiving more information on your program. Thank you for your consideration. I look forward to hearing from you.

Sincerely,

William Smith

(Adapted from a sample letter in Advising Student Athletes Through the College Recruitment Process by Michael D. Koehler)