



The College Pathway: What every player needs to know

We believe that Rugby Players are Students First, Athletes Second.

Universities look for students who will perform well in the classroom and add to the campus community through participation in college rugby. Although college cannot be all things to all students, with proper planning it can meet your needs and expectations. High school is an excellent time to identify what you expect from college. Finding the right college is important, not just so you pick the right rugby team, but so you enjoy your college life and receive a good education. Picking a college is not just about four years of your life; it is a decision that will affect the next forty years!

USA Rugby encourages everyone who has the opportunity to join and to be part of a college rugby team to do so. It is a major time commitment, but it will greatly enrich your college experience and provide you with new lifelong friends, fond memories and fun stories.

USA COLLEGE RUGBY OPPORTUNITIES

| | Men's | Women's |
|------------------------------|--------------|----------------|
| Div I Teams | 161 | 87 |
| Div II Teams | 129 | 197 |
| Small College (NSCRO) | 238 | 88 |

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Tips for Prospective College Rugby Players from Coaches

1. How do you hear about players? How do they get on your "must contact" list?

We hear about players through club coaches, high school coaches, recommendations from officials, emails we receive from interested players and by our own evaluations.

2. What do you look for in a player? What catches your eye the most?

We look for talented rugby players who can compete physically at our level but also who have the psychological components that will allow them to develop and reach their potential (Work-ethic, competitiveness, focus, self-motivated).

3. When do you typically start looking for potential players?

Typically we will start watching potential student-athletes in their junior year, although the recruiting timeline is getting earlier. It is never too early, and rarely too late.

4. What is the worst thing a prospective player can do, that can make you stop the recruitment? The best thing?

The best thing a recruit can do is to express interest in the program, follow up with their schedule so we can evaluate them, send us their transcripts and be very proactive if they truly have an interest.

The worst thing a recruit can do is probably have grammatical errors/spelling errors in their email or to leave another coaches name on the email because they are sending out mass emails.

5. Do you ever look to social media sites (Facebook, Twitter) to find out about recruits?

We are starting to look at social media more to make sure there are no red flags.

6. Any advice for players just starting to evaluate potential college rugby programs?

My advice would be to talk with your high school or club coaches to get an idea of what level is realistic for you and then reach out to some of those programs to express interest.

Do your research to find programs that best fit your academic and rugby goals.

SOCIAL MEDIA – Tips and Suggestions for Recruits

Social network sites such as Facebook, Twitter, and other programs are a fun and easy way to communicate with friends and other students. But, you must be responsible when it comes to using it.

Everything you post is public information. Be aware that potential coaches and college admissions offices often access information you place on these sites. Protect yourself by maintaining a self-image that you can be proud of years from now.

1. **Think before you post**
2. **Could you share it with your grandmother?** A prospect should only post thoughts and pictures that they would feel comfortable sharing with people they do not know. You should also feel comfortable sharing the post with family, friends and neighbors.
3. **Watch what pictures are posted.** Make sure you do not post photos or comments that create a poor or questionable impression to a future coach, admissions officer or administrator.
4. **Check spelling, grammar and word usage.**

When in doubt, don't send it out

RUGBY RESUME EXAMPLE:

Matthew Smith

123 Any Street Rd. Anytown, CA12345
Home (333) 123-1234 Cell (333) 123-1234
Matt@anyemail.net

Parents' Names, Phone, Email: Cory & Sue Smith, 888-888-8888, thesmiths@anyemail.com

Birth date: 01/01/1995

Height: 6'0" **Weight:** 220lbs

Primary Position: Hooker

Alternate Position(s): Tighthead Prop

Statistics: 4.6 40m, 11.5 100m, 13.5 Beep Test, 200lb Max Bench, 300lb Max Squat

Education:

Anywhere High School, 123 Any Rd., Anytown, CA 12345, 858-555-5555

Current Grade: 11th

School Counselor: Ms. Jane Doe, 858-555-5555 x555 jdoe@anywherehigh.com

GPA:

SAT/ACT Total Score: Date (CR M Wr)

Planned Tests:

Academic Honors:

National Merit Qualifier 2014

Rugby Coach:

-Joe Smith, Anytown High School Coach, 888-888-8888, Joe@anyemail.com

Rugby Accomplishments:

-Co-Captain of the Forwards U-18's Any Rugby Club Team (2012-2013)

-Champions of YOUR REGION, Any Rugby Club Team, undefeated season (2013)

-Captain of the Forwards for U-16's Any Rugby Club Team (2011-2012)

Other Accomplishments

-Any High School Football Team Fullback & Linebacker (Frosh, Junior Varsity, and Varsity)

-MVP for Any High School Junior Varsity Football Team (2011)

-Eagle Scout 2012

Team Website/Upcoming Schedule/Video Links & Press Links:

Leadership/Community Service:

-Treasurer, Key Club, Anywhere High School (2012-Present)

-Host, Any Restaurant, Anytown, USA (Jan 2012 – Present)

Potential Collegiate Majors:

Business, Economics, International Relations

Advice on the Recruiting Process

- **Start early!**

The sooner you start the recruiting process the better. Start to research different colleges that meet your wants and needs in a school. Think about the size, location (urban/rural), courses offered, and financial aid if applicable. Make sure you look at athletics AND academics. Remember to ask yourself: would you attend this school if you were injured and couldn't play anymore?
- **Make a list**

Create a word document that has a list of all the colleges that are of any interest to you. Under the name of the college have the coach's name, coach's e-mail, mascot, and a reason you like the school. This will allow you to quickly personalize e-mails to coaches by saying things like, "I am interested in your school because of the business program you have."
- **Start contact**

Once you have established your list, fill out each team's specific Prospective Athlete Questionnaire (if applicable) or email the coach with your athletic resume.
- **Stay in contact**

Staying in contact with coaches is one of the most important things in the recruiting process. Even if a coach doesn't e-mail you back, it does not mean you have to take them off your list. Keep e-mailing your schools updates in your athletic and academic career. Also, definitely make sure to e-mail coaches if you are going to summer camps or tournaments that they might attend, making sure to include your team and your number. If you are further along in the process, e-mail the coach and ask how their end of the recruiting is going (e.g. are they talking with admissions and so forth).
- **Be honest**

Coaches appreciate honesty. If a coach contacts you from a school that is not of any interest do not be afraid to kindly tell them that their university or program does not seem like the right fit for you. Don't forget to thank them for their interest and wish them luck in their next season. Being polite goes a long way.
- **Ask questions**

Don't be afraid to ask questions! Asking questions during the recruiting process can be scary, but remember that coaches have been through the recruiting process many times—they have heard practically everything.
- **If possible, visit**

With the exception of a handful of women's programs who may offer an official visit, it is highly recommended to visit a school, check out the campus and meet the coach on your own.
- **Remember, this is YOUR future**

During your recruiting process, try to do as much of it as you can on your own. For example, try to draft your e-mails on your own and then have your parents proof read them. Discuss with your family your individual needs (money or learning issues) and then communicate that with the coach. Coaches prefer to deal with the athlete themselves, but there does come a point where the parent should have a conversation.

Edited from <http://www.berecruited.com/resources/recruiting-advice/advice-on-the-recruiting-process-from-one-recruited-athlete-to-another>

WHICH TEST DO I TAKE? THE DIFFERENCES BETWEEN THE SAT & ACT

MATH:

Covers numbers and operations; algebra and functions; geometry; and data analysis/statistics

Designed to test whether a student can identify which rule to use

Provides commonly used formulas (e.g. Pythagorean theorem, special right triangles, area, etc.) for students

Tests recognition of concepts

CRITICAL READING:

Tests students' ability to use evidence to draw inferences and conclusions

Questions include line numbers so students can easily review and navigate the passage

Includes vocabulary section

WRITING:

Includes both an essay and sentence- and paragraph-improvement questions

Tests 18 grammar and usage errors that repeat on every exam

Essay section IS included in SAT Writing score

NO SCIENCE SECTION

SCORING:

3 sections, 800 points each = 2400 total points

Penalizes students 1/4 of a point for each wrong answer

MATH:

Covers algebra; geometry; and trigonometry

Applicable rules are usually obvious

Does NOT provide commonly used formulas for students

Tests ability to apply concepts

READING:

Tests speed and instant recall

Intense time pressure, little time to review passage

Most questions do NOT include line numbers so students must remember what they read

Does NOT include vocabulary section

ENGLISH:

Tests a broader range of grammatical and usage errors, and idiomatic errors

30-35% of questions can be idiomatic error-based

Essay section is NOT included in ACT English score

SCIENCE:

Tests students' ability to analyze charts/graphs and make conclusions

Focuses more on logic and scientific thinking, not actual scientific knowledge

SCORING:

Each section has a maximum of 36 points

Combined score is the average of the 4 section scores, the maximum composite score is also 36

No guessing penalty

ArborBridge is pleased to offer
free diagnostic exams and consultations.

For more information, email info@arborbridge.com or call (917) 525-2548.



www.arborbridge.com | info@arborbridge.com | +1.917.525.2548

THE NEW SAT & ACT TIMELINE

Timing is everything—especially when it comes to college admissions tests. For the past decade, students have all followed the traditional timeline for testing. But with changes coming to both the ACT and SAT over the next two years, that timeline is out the window.

JUNIORS

Class of 2016

The new testing material will have little to no effect on you. Take either test and follow the traditional timeline.

ACT

Finish testing by the end of spring semester to avoid the new test in the fall.

SAT

You will be done with standardized tests before the changes are implemented.

REMEMBER:

You'll need to take either test 2-3 times, so *plan accordingly*

SOPHOMORES

Class of 2017

You will feel the transition. But we have a plan for you, too.

ACT

This is your best choice. There will be fewer changes, thus less risk.

SAT

Take the test before it changes in spring of 2016.

YOUR NEW SAT TIMELINE:

Begin preparing your sophomore year spring-summer. The first time you'll take the SAT will be in October of your junior year—the second time in November. If you need to take the test a third time, December will be your last chance to take the old SAT.

Note: This timeline only applies to students who have taken advanced Math and would have the Math knowledge to take the SAT early junior year.

FRESHMEN

Class of 2018

You'll be taking the new SAT and ACT when the time comes.

ACT

This is your best choice. There will be fewer changes, thus less risk.

Take the exam at the traditional times in your junior and senior years

SAT

Stay tuned. By the time you are ready to start prepping, the College Board will have finalized the new version of the SAT and released much more information.

HOW CAN YOU PREPARE?

ArborBridge is an educational services firm that has pioneered the most scientific and personalized tutoring in the world. Our methods are rooted in the newest advances in technology, pedagogy, and neuroscience. We offer online and in-person SAT and ACT programs for students applying to universities across the US.

ABOUT OUR PROGRAMS

- Taught by world-class tutors who have graduated from top US universities
- Our cutting-edge online platform allows tutors to connect with students anywhere
- Curriculum is skills-based and designed to ensure that students are familiar with test content
- Strengthens ability to synthesize content into problem-solving solutions
- Unparalleled customization of programs to fit each student's strengths and weaknesses

ArborBridge is the leader in online SAT and ACT tutoring.

Anytime. Anywhere.

For more information, email info@arborbridge.com or call (917) 525-2548.

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