

➤ Cut/Paste from 1/30/11 e-mail to Daniel Hauptman

Hi Daniel,

Here's a list of questions that may help you when you sit down with University Coaches; similar to advice I gave to Leanne years ago when she was getting recruited.

Remember, this is just a guideline = feel free to modify/add or delete as you see fit. ...Since you have many visits ahead of you, thought it would be good advice for you to stick with a sample set of questions and you can ask the same ones during each visit, potentially giving you more of an objective result or making it easier for comparison purposes. Good to keep questions open-ended (vs. specific questions) as that's usually more revealing. ...Also, be sure to write down notes after each visit so it's easier to keep track of your experience. Primary purpose of this list is to help trim your college list down to the final few top choices.

–Ultimately, I bet when you're down to the "final few" it'll be based more on gut-feel or, which campus just feels right 😊

- 1) How would you describe your coaching philosophy and what's your coaching/running background?
  - a. How about the rest of the coaching staff? (good to do some research on the website before each visit)
- 2) How would you describe the typical student-athlete experience here at [University Name]?
- 3) What's the team outlook into the near future?
- 4) How has recruiting been going last few years/next few years; any highlights to share?
- 5) What event(s) do you think I can best contribute to your program?
- 6) Based on my high school times and reasonable progress, how do you see my running career developing at [University Name]? ...For example, what # on XC team would I be + projection of times it would take to place in conference, regionals, nationals? (Do research on last few years of conference, regional, national results + school records/top times list, etc...)
- 7) What are the seasons like for training/competition?
  - a. Summer Training
  - b. Pre-XC season Training Camp?
  - c. XC in the Fall
  - d. Winter Training
  - e. Indoor Track
  - f. Outdoor Track
- 8) Can I see a sample of your training schedule/routines?
- 9) What kind of mileage expectations do you have for incoming freshmen + progression through the 4-5 years while competing?
- 10) How is cross training and/or form drills incorporated into year-around training?
- 11) Any special thoughts or guidance available on nutrition?
- 12) Do you have local access to trails or typically what terrain/where do you go for longer distance runs?
- 13) How much travel is expected with the above program?
- 14) Are professors flexible/cooperative to make up class/assignments when needed for extended time away to compete?
- 15) Are tutoring programs available and what access will I have to them?

- 16) What about injuries/red-shirting and competing for 4 years or for 5?
- 17) Access to training facilities and qualifications of athletic training staff? (OK to let them know you are already used to/like ice-baths)
- 18) Are there athletic scholarship funds available and if so, what kind of performances does it take to be considered?
  - a. If there are athletic scholarship funds, how is that reviewed/managed throughout the 4-5 years while competing?
- 19) As a student-athlete, will I be able to get priority registration, preferred or priority housing?
- 20) What are the preferred housing arrangements? ...Assume first year dorms? ...Is there typically a group of guys that get together for off-campus housing?
- 21) How do you measure success for a student-athlete here at [University Name]?
- 22) Final question = Are there any other questions I should ask or any questions you have for me?

...I expect each coach will be thoroughly impressed if you present even a sampling of the above questions during your interactions as you will leave them with a positive impression and that you're serious about attending their University and these probing questions will help to ensure you make an informed decision.

**Greg's final advice:** Try to come across as confident as possible and consciously speak-up a bit more than usual when talking to coaches; don't worry about coming across too confident; I don't think you can come across cocky if you tried! ...Keep in mind, some coaches may parallel your personality with your work ethic get the impression you're NOT driven or too mellow (despite your past/fast results!) they are looking for an individual contributor but also someone who will help to energize the rest of the team! ...So, with your typical mild manner approach, there's a possibility you may short-change yourself or just leave them with the wrong impression. -OK when they ask you to "describe yourself" or, "tell me more about yourself" to tell them you acknowledge you are more of a quiet leader/lead by example, but willing to step-up and assume a leadership role if/when it's determined best for the team. -I would describe you as very talented, but also a very, very committed and one of the hardest working athletes I ever had; and always, always a very positive example for others to follow! ...Not asking you to change your personality (the Coaches will later learn to love how mellow you are once they see how hard you work!) just try to invoke a bit more outwardly energy and speak with certain interest in your initial conversations. This is supposed to be an exciting process, so it's OK to expose your genuine interest and excitement = just have fun with it!

Hope this helps,

-Greg