



8 QUESTIONS FROM A COLLEGE COACH AND HOW TO ANSWER

1. How are you doing in school? What is your GPA and test scores?

How to Answer: Be transparent about your GPA and test scores. If there's room for improvement, share what you're doing to improve.

Example: "I'm doing well in school and take my education seriously. I have a 3.7 GPA and I scored a 27 on the ACT. I'm working to improve my scores for college."

2. What major are you interested in?

How to Answer: It's okay if you're undecided about your major. Sharing your interests can help you find schools that offer the fields you have interest in studying. Remember, this decision goes beyond your four years in college!

Example: "I'm thinking about majoring in psychology, with a focus on sports. I've always been interested in the mental aspects of sports and how they impact performance. Someday, I'd like to help athletes identify and overcome mental challenges to achieve their goals."

3. Why are you interested in my school and/or program?

How to Answer: This is where your research comes into play. Share something personal and specific about why you want to be recruited to go to that school.

Example: "I'm really excited about your program and your reputation for developing players. Plus, your school has the major I want to study! I was impressed by the great academic support offered to student-athletes on campus. All of this makes [Name of school] seem like a great place for me to grow both as a student and an athlete."

4. What other schools are recruiting you?

How to Answer: Be honest about the schools you're interested in, and who's interested in you. You don't have to go into a lot of detail, but you don't want it to seem like you're banking everything on just one option.

Example: "I've been in touch with a few other colleges, including [Names of other colleges], and they're interested in recruiting me. I'm keeping my options open to make the best decision for my future."

5. What role do you see yourself playing for our team?

How to Answer: Coaches value ambition and confidence in a recruit, but they also want to hear that you can fully commit to the team. Show them that you're ready to take on leadership roles and adapt within the team.

Example: "I want to be a key contributor, taking on a leadership role and being a versatile team player who's ready to adapt and step into new positions when needed. I'm known for being vocal, motivating and supportive to my teammates."

6. What are your interests or hobbies outside of your sport?

How to Answer: Coaches ask this question because they want to get to know you! It's a chance to open up and share who you are outside of your sport. So, don't rush your response – you never know what common ground you might find!

Example: "Beyond [playing my sport] I love volunteering at the animal shelter. It's really rewarding. We have two dogs and one cat that we adopted from the shelter. I also play the guitar and read books in my free time."

7. What are your strengths as a player? What are you working to improve?

How to Answer: Coaches want to hear what you value most about your skills. Talk about what makes you a strong recruit and, instead of pointing out weaknesses, tell them what you're actively working on to get better.

Example: "I have a good understanding of the game and staying composed under pressure to make smart decisions that help my team win. Right now, I'm working on improving my endurance, speed and agility to get ready for the faster college pace."

8. Why do you want to be a student-athlete?

How to Answer: Coaches want to hear your passion for wanting to continue your sport in college. Playing at the college level is a big commitment and hard work. Before they recruit you, they need to be sure you want it.

Example: "I want to be a student-athlete because I am passionate about my sport, and I love being part of a team. Being a student-athlete allows me to develop important life skills like discipline, time management and teamwork while pursuing my education and athletic goals, and I want to continue this development in college."