



*United States
College Tennis*

*Recruiting
Guide*



Table of Contents

I.	Table of Contents	1
II.	Introduction	2
III.	Academics	3 – 4
IV.	Intercollegiate Athletics	5 – 9
V.	Being an International Athlete	10
VI.	How to design your resume	11 – 13
VII.	How to design your DVD	14 – 15
VIII.	Additional Information	16
IX.	References	17
X.	Appreciation	17

Introduction

Attaining a scholarship as a student athlete in the sport of tennis can pose many questions that may leave you confused. This booklet will answer those questions and give you, the prospective student athlete a more knowledgeable background of intercollegiate athletics. The five components that will serve as your guidance key are:

- 1) Academics
- 2) Intercollegiate Athletics
- 3) Being an International Athlete
- 4) How to design your collegiate recruitment resume
- 5) How to design your collegiate recruitment video

Each component will be divided up into sub categories that will explain the main topics in that field. In addition, there are websites that will assist in answering any questions you have or additional information you require.

College tennis in the United States is one of the most exciting and rewarding experiences you will encounter. College tennis gives you the student athlete, the ability to improve your tennis, while furthering your education and earning an accredited bachelors degree.

The requirements of a student athlete will range from attending classes, study, daily tennis practice and conditioning, rehabilitation of injuries and travel for competition. Intercollegiate athletics is a great stepping stone for athletes who want to physically and mentally develop their tennis game before entering the professional tour or to give you a unique experience and opportunity to compete and further your education. As a student athlete you will be provided with personalised coaching, conditioning and match practice within a team environment that will bring the essence of your game up to its optimal level.



Laura Granville (USA): Stanford University
2001 NCAA National Team Champions, 2000 & 2001 NCAA National Singles Champion
Current WTA Singles Ranking: 69

Academics

The United States tertiary education system is based on a philosophy to develop and enhance the education of all students in a variety of areas. This philosophy provides the student with a wide base of education rather than focusing on one specific subject. The United States tertiary education system provides students with the opportunity to pursue their undergraduate degree with the possibility of continuing their education to earn a Masters degree then a Doctorate/PhD.

Pre University

High School

To be admitted to a United States College or University you must have graduated from an accredited high school in your respective country. The average high school graduate in the United States is 18 years of age. Upon being admitted to a College or University you must provide evidence of your high school graduation and official grade transcripts. If you graduated from a foreign high school an English translation must accompany each official high school document.

Home Schooling

If you graduated from a home-schooled environment you must submit an official high school equivalency graduation certificate and official grade transcripts. It is important that you register early with the NCAA Clearinghouse due to the processing time.

NCAA Clearinghouse

The following documents must be provided to the NCAA Clearinghouse to ensure timely registration:

- i) Standardised testing scores (SAT or ACT)
- ii) Official high school grade transcripts
- iii) High school graduation certificate

Home School Only

- i) Official graduation certificate
- ii) Evidence that the home schooling was conducted within the state law
- iii) List of examinations that were used during the home schooling process

Additional information regarding registration with the NCAA Clearinghouse can be obtained at www.ncaaclearinghouse.com

Academic Entrance Exams

The two entrance exams that are required by each United States educational institution are the S.A.T. or A.C.T. The entrance exam you will need to take depends on where you graduated from high school.

- i) SAT or ACT: Standardised test for high school graduates
- ii) TOEFL: If English is not your native language, this must be taken in addition with an S.A.T. or A.C.T. exam.

To find out more information regarding these entrance exams please refer to the following websites:

- i) www.sat.org
- ii) www.act.org
- iii) www.toefl.org



United States Tertiary Education System

Public vs. Private Institutions

The United States tertiary education system is divided into public and private institutions. A public institution is funded by the state or federal government. Private institutions are funded by the income and revenue they generate from enrolled students. Most private institutions tend to be more expensive and usually specialise in certain educational areas. Public institutions will offer a wide variety of degrees and areas of study.

Admissions

Each academic institution has a minimum number of academic requirements that have to be met before you are admitted. These requirements will range from an acceptable SAT/ACT and TOEFL(if required) score, completion of acceptable high school subjects and graduation and certification of financial funds. It is recommended that you contact your prospective institution regarding their minimum academic requirements.

Yearly Curriculum

The yearly curriculum at an academic institution is divided into either semesters or trimesters. A semester is when the academic year is divided into two periods, a fall and a spring session. A trimester is divided into three academic periods. The academic year is conducted from the middle of August until the start of May with a break for the Christmas period. Most academic institutions offer summer classes to their students.

Academic Eligibility Requirements

Minimum Requirements

The National Collegiate Athletic Association requires each student athlete to complete a minimum number of academic classes each semester/trimester to remain eligible to compete. If your institution is divided into semesters you will be required to pass approximately four classes per semester. If your institution is divided into trimesters you will be required to pass approximately three classes per trimester. Most institutions offer summer classes which can assist student athletes in completing their minimum academic requirements. If a student athlete fails to meet the academic requirements set by the NCAA they can be susceptible to probation, thus losing the opportunity to travel and compete for a semester or trimester. Student athletes are required to maintain a minimum grade-point average to remain eligible to compete (usually a 2.0 or "C" average).

Academic Advisors

To assist each student athlete with their academic progress the athletic department will provide an academic adviser. Below are some of the responsibilities held by the academic adviser:

- Ensure all student athletes have completed the necessary academic requirements to stay eligible
- Assist student athletes in designing their class schedule
- Assist student athletes in registering for classes
- Provide student athletes with class tutors

Study Hall

The majority of institutions require student athletes to attend regular study hall hours. This ensures that student athletes keep up to date with their academic work. Study hall hours are supervised to maintain the good study habits of student athletes.



Intercollegiate Athletics

The NCAA, NAIA, NJCAA are the governing organisations of collegiate athletics within the United States. Tennis is one of 30 amateur sports sponsored by these organisations and have produced some of today's great athletes like James Blake (Harvard), Laura Granville (Stanford), Wesley Moodie (Boise State), Bob and Mike Bryan (Stanford), Peter Luczak (Fresno State) and Amer Delic (Illinois)

Intercollegiate Divisions

National Collegiate Athletic Association

The NCAA endorses three divisions of collegiate tennis within the United States. Below is a description of each division and the current number of institutions that sponsor a tennis program.

Division I

- Strongest tennis division
- Institutions sponsor at least seven male and seven female intercollegiate sports
- Institutions are bound by maximum financial allowances for athletes
 - 4.5 full scholarships available for men (can be divided partially)
 - 8.0 full scholarships available for women
- Currently sponsor 264 male and 310 female tennis programs

Division II

- Institutions sponsor at least four male and four female intercollegiate sports
- Institutions are bound by maximum financial allowances for athletes
 - 4.5 full scholarships available for men (can be partially divided)
 - 6.0 full scholarships available for women
- These colleges and universities are mainly made up of local students and most athletes also receive another source of financial aid
- Currently sponsor 170 male and 213 female tennis programs

Division III

- Institutions sponsor at least five male and five female intercollegiate sports
- No financial aid allocated to athletes
- Mainly smaller universities or colleges
- Currently 311 male and 360 female tennis programs

National Association of Intercollegiate Athletics

The NAIA endorses one division of collegiate tennis within the United States. Below is a description of the institutions that are governed by the NAIA.

- Large variety in athletic and educational standards
- Students do not require a SAT score to be admitted
- Institutions are bound by maximum financial allowances for athletes
 - 4.0 full scholarships available for men (can be divided partially)
 - 4.0 full scholarships available for women (can be divided partially)
- Currently sponsor 113 male and 133 female tennis programs



National Junior College Athletics Association

The NJCAA endorses two divisions of collegiate tennis. Below is a description of the institutions that are governed by the NJCAA.

- Athletes at NJCAA institutions predominantly compete for two years while completing their academic requirements
- After completion of an Associate Degree athletes can transfer to an NCAA Division if they have successfully completed all the academic requirements
- NJCAA institutions are relatively inexpensive
- Institutions are bound by maximum financial allowances for athletes
 - 8.0 full scholarships available for men (can be divided partially)
 - 8.0 tuition, fee and books available or women (can be divided partially)
- Students do not require an SAT score to be admitted
- Currently sponsor 50 Division I and 36 Division III men's tennis programs
- Currently sponsor 64 Division I and 31 Division III women's programs

Rankings

The NCAA publishes and release singles, doubles and team rankings throughout the year. Rankings are initially processed by a panel of coaches and will then be determined by a computer based ranking system. Each region also publishes and release singles, doubles and team rankings after the fall semester. These rankings influence the individual national rankings.

Scholarships

If your athletic and academic ability is suitable for a university or college they can offer you an athletic scholarship to assist in offsetting your educational expenses. The contract of this scholarship is called the National Letter of Intent. A National Letter of Intent is a contract signed between the prospective student athlete and the Institution. The prospective student athlete must be eligible for athletic financial aid and eligible to enrol in the institution in accordance with the NCAA rules. The NLI is only valid for one academic year, and once signed the student athlete is bound to that institution for one academic year. Student athletes cannot be actively recruited by another institution or coach unless provided permission by the student athlete's current institution. Each academic year your scholarship will be reviewed by the athletic department.

A full scholarship as ruled by the official guidelines will include all of but not exceeding the following components:

- i) Full coverage of tuition and fees
- ii) Full coverage of required text books only
- iii) Full coverage of room and board in an institution's dormitory or an equivalent stipend cheque for student athletes who live off campus
- iv) On campus meal plan that can be utilised on campus or an equivalent stipend cheque for student athletes who live off campus

This is the maximum allowance that an institution can allocate for a student athlete in one academic year. Any additional benefits allocated by the institution may be determined as a violation and constitute an NCAA investigation.



It is recommended you research your scholarship options to ensure the institution has an undergraduate academic program, suitable athletic program and appropriate financial payment options. Listed below are key points in choosing a college or university

- List priorities (Academics, athletes, financial cost, accessibility and environment)
- Ensure the institution fits your priority list
- Tuition and fees can vary, ensure you compare your options
 - If institution A costs \$10,000 per year and institution B costs \$18,000 per year you have to consider the type of scholarship each institution offers

Yearly Calendar

Tennis is one of only a few sports that compete throughout the yearly academic calendar. The tennis season is divided up into a fall and spring schedule. Below is a general break down of how each team will play its calendar year. For more information about a team's schedule you should access their athletic webpage.

Fall

National Tournaments

- i) All American Championships
- ii) National Indoor Championships

Regional Tournaments

- i) ITA Regional Tournament

Institution Tournaments

- i) Many institutions hold fall tournaments

Spring

National Tournaments

- i) National Team Indoor Championships
- ii) NCAA National Team Championships
- iii) NCAA Singles and Doubles Championships

Dual Matches

- i) Conducted from January through to the middle of April
- ii) Conference Tournament is conducted at the end of April with the winning team gaining an automatic bid to the National Team Championships

NCAA Dual Match Protocol

One of the most exciting aspects of college tennis in the United States is the ability to compete as a team. The spring season is devoted to dual matches where institutions will compete against each other with the goal to win a national or conference championships.

Below is a brief explanation of the current dual match protocol:

- Dual matches are competed until a team has won the best of seven points.
- Three doubles matches are played in order of merit. Each doubles match is one pro set. The team who wins at least two of the doubles matches will receive one point.
- Six singles matches are played after the doubles. Each singles match is the best of three sets with each match earning one point for their team.
- Service 'let's' have been removed from the men's competition of college tennis.

Summer Tournaments

During the summer the Intercollegiate Tennis Association conducts tournaments throughout the United States. Check your institution or on the ITA website, www.itatennis.com for tournament schedules. There are also an abundant number of Futures and Challenger events located throughout the United States during the summer (May through August). For more information contact the United States Tennis Association on the internet at www.usta.org.

Team Environment

With hundreds of men's and women's programs throughout the United States there is a good chance that they are all conducted differently. When you arrive at your institution in the fall or spring you will enter a team that will have certain goals, coaching styles, facilities and staff associated with it.

Coaching Staff: Each institution will have a head coach that is responsible for the daily improvement and well being of the team. Their responsibilities will range from player development, conducting practice sessions, scheduling matches, budget management and recruiting. Some institutions will have an assistant coach, graduate assistant or volunteer assistant coach who will also assist in these areas.

Players: College teams predominantly have 6-12 players on their competitive roster. The benefit of this is that you can always find someone to practice with and there will be a variety of playing styles to learn from and plenty of new friends to make. Some institutions will have international athletes so you will have the ability to experience other cultures within the one place. Most athletes of competitive teams will live together in either apartments or dormitory rooms and even schedule classes together.

Trainer: All institutions with an athletic program will have a training room and a certified athletic trainer. The athletic trainer will assist with injuries, rehabilitation and referrals for medical concerns.

Other staff: Depending on the institution you might encounter any of the following staff members that will assist with your tennis program.

- Administrative Assistant
- Team Stringer
- Team Manager



Peter Luczak (Aus): Fresno State University
2001 Highest NCAA National Ranking #3
Current ATP Singles Ranking: 105

Practice

Within the guidelines of the NCAA each tennis program can officially practice for a maximum of 20 hours per week and this includes all on court official coaching, conditioning programs and private lessons with at least one day off per seven day period. You can practice voluntarily outside these hours and most institutional coaches will encourage extra hitting with team mates.

Below is an example of a daily schedule for a student athlete

7:00am – 7:30am	Wake up, Breakfast
8:00am – 11:00am	Attend classes
11:00am – 12:00pm	Lunch
12:00pm – 1:30 pm	Private lesson or extra practice
2:00pm – 5:00pm	Scheduled team practice
5:00pm – 6:00pm	Physical conditioning
6:00pm – 7:30pm	Rehabilitation, dinner
8:00pm – 11:00pm	Study, relax, catch up with friends, watch a movie
11:00pm – 11:30pm	Bed

In a general week student athletes might also travel for competition, be required to participate in extra practice sessions on the weekend or attending some of the other institutions athletic events.



Amer Delic (USA): University of Illinois
 2003 NCAA National Team Champions, NCAA National Singles Champion
 2003 NCAA Highest Singles Ranking #2
 Current ATP Singles Ranking: 67



Being an International Athlete

As an international student athlete in the United States you will have all of the academic and athletic opportunities that the institution offers within your visa regulations. The benefit of becoming a student athlete is well worth the initial change. Each institution will have an International Student Department that will be able to assist you with any questions or concerns regarding your visa and government documents.

Visa information

If you have been successfully accepted into an institution you will receive the paperwork for an F-1 student visa that allows you to attend that institution with working restrictions. Take these documents to the United States Consulate within your country to receive your student visa. It is important when you arrive in the United States you bring all your visa information (ie. F-1 visa, I-20, passport, I-94 and United States visa) so you can be successfully admitted. Failure to provide these documents at your first port of entry in the United States may lead to legal implications.

NCAA Clearinghouse

As a prospective student athlete from a foreign country it is important you send your high school documentation to the NCAA Clearinghouse as early as possible. Please follow the guidelines set out in the area titled Academics. It is essential that all documentation you send to the NCAA Clearinghouse is in English or has an English translation. For further information please refer to the NCAA Clearinghouse website at www.ncaaclearinghouse.org

Employment

Employment as an international student is restricted to the institution that is signed on your I-20. You are allowed to legally work a maximum of 20 hours per week. These and other regulations can be attained through the international student department at your institution. They will have updated information for on campus employment and immigration regulations.

Climate

The environment and climate throughout the United States varies greatly and depending on your home country you might want to look into States that have a similar environment and climate. The United States is rich in culture and as an international student athlete you will certainly be exposed to this diverse experience.

How to design your resume

As a prospective student athlete it is important your recruitment resume is professional, short and dynamic. The United States tertiary education system is a fantastic opportunity to compete at an extremely high level, earn an accredited degree and finally travel the United States. This section will provide you with ideas on what collegiate coaches look for in regards to a resume and other information that will broaden your chances of attaining an athletic scholarship.

Resume Content

The content of your collegiate recruitment resume has to be informative but precise. The five most critical elements that will make up your recruitment resume are presented below:

1. Personal Information
2. Education
3. Ambition
4. Game Development
5. References

Personal Information

Like any professional resume you have to provide general information. This will include your name, contact information and personal details. This information has to be clear and easy to read. For example:

Contact Information:

Caden Brooklyn Miller
64 Bayview Road
Mount Eliza
Victoria 3930
Australia

Ph: +613 9 787 7777

Email: Cadenbmiller@hotmail.com

Personal Information:

Date of Birth: 29th July 1986

Height: 6-0 ft / 180cm

Weight: 165 lbs / 72kg

Education

When compiling your educational background the information must be concise. Ensure you list your high schools name and the date that you are anticipating to graduate. If you have already graduated, enter your graduation date and the accreditation that you earned (for example, Victorian Certificate of Education). It is a good idea to list the subjects that you completed in your final two years of high school.

Ambition

There is nothing more impressive than a player who can set and work directly towards accomplishing goals. Display your strengths in character and personality, and how you can contribute to their team. Present your academic and athletic goals and demonstrate why you will be an asset to their team. This is an excellent way to grab the attention of each coach who reads your recruitment resume.



Game Development

This is the most important part of your resume. Display your accomplishments as an athlete and ensure that you rank them in an order of relevance (see below)

- ATP or WTA ranking (without accepting prize money)
- ITF Junior ranking
- National Junior ranking
- State Junior ranking
- Major tennis achievements

Diversity is also important as you can acknowledge your achievements in other sports. For example if you were a member of your schools 4 x 100 relay team that made it to the state finals.

References

As an international recruit you want to provide your prospective coach with contact references. Three references are recommended as it gives the coach a wide variety of people to contact. You can have each person provide a written reference that you send with each package or at the end of your resume provide the contact details of each reference so they can be contacted.

Below is an example of how to provide the contact details of a personal reference:

Mark Roberts
Head Tennis Coach
Champaign Tennis Club
610 Beach Hill Road
Champaign, Victoria
Australia 3472
elitetenniscoaching@hotmail.com
Telephone: + 61 9724 7463
Mobile: + 61 432 434 575

Presentation

The presentation of your recruitment resume is essential. It needs to include the critical factors of correct grammar, an easy to read format (font style and size) and have a professional look. These are formalities but there is also plenty of room to show your creativity. You want your resume to stand out. It has to be explosive so it sets you apart from every other resume that your prospective coach has received.

This might be adding in pictures of yourself playing tennis or receiving an award, or a media page where you have received acknowledgment throughout your community. This shows creativity and flair. Remember that you are competing against the rest of the world for this collegiate scholarship and displaying what separates you from everyone else is vital.

Miscellaneous

There are a few other minor points that you have to remember to add into your resume:

- If you have taken or plan to take the A.C.T. or S.A.T exam let the coach know. Give them your score or the date when you are going to sit your exam.
- Make sure that you follow up your resume with the coach. This can be a simple email or phone call to see if they have received your resume and if they are interested. Coaches are busy for 12 months of the year so being proactive and following things up will display a sense of eagerness and passion.
- There is a good chance that you post 65 resume packages and only hear replies from 10 programs. It is important not to get deterred by this. Some coaches might already have their athlete roster finalised or maybe you might not be strong enough for their program.

Remember to make your recruitment resume creative, professional, short and dynamic. There are over 250 male and 300 female Division I Collegiate tennis programs so keep looking!



James Blake (USA): Harvard University
1999 NCAA National Singles Runner Up, 1999 NCAA Highest Singles Ranking #1
Current ATP Ranking: 8

How do you design your DVD

Key Points

1. Make the video short and dynamic
2. Conduct yourself in a confident and positive manner
3. Give a brief introduction about yourself, your personal goals and ambitions
4. Make sure that you film all the aspects of your game

In the development of your recruitment video it is important to make it short and dynamic. A quality coach will have the ability to assess your game by analysing your technical strokes, movement and point construction within a short period of time. The duration of your video should be no longer than 15 – 20 minutes in length.

On Court Persona

It is essential that you present yourself in a positive and confident manner. There is no bigger turn off for a collegiate coach than an athlete who displays negative energy and emotion on the court. A display confidence and positive emotion will reflect your eagerness and passion for tennis and representing a collegiate institution.

Introduction

Start your recruitment video by introducing yourself and inform the prospective coach about your personal goals and ambitions. These personal goals and ambitions should entail both your athletic and academic aspirations. This introduction is the first animated interaction with your prospective coach so it is vital to portray positive energy in a professional manner.

Below are some ideas to include in your introduction:

1. Name
2. Age
3. Goals and Ambitions (both athletic and academic)

At the conclusion of the video:

1. Thank the coach for their time

Filming

It is important that when filming your recruitment video that it includes all of the aspects of your tennis game. Only spend about 1-2 minutes on each stroke. When filming it is a good idea to hit against a hitting partner in contrast to working off a fed ball. Utilising a hitting partner will give your prospective coach a clearer idea of your on court abilities. When you are being filmed it is also important that you get all of your technique in the frame of the shot, and that you are not too far away from the camera. It is essential that the entire stroke is in clear view.

Below is a guide to how you can approach your video layout:

1. Forehand Groundstroke
2. Backhand Groundstroke
3. Forehand Approach, Forehand Volley
4. Backhand Approach (topspin and slice), Backhand Volley
5. Forehand Volley
6. Backhand Volley
7. Overhead
8. Serve
9. Return of serve
10. Play out one service game
11. Play out one returning game
12. Play out one Tie-Breaker

Optional Match Play

Your prospective coach will only see your strokes on your recruitment video so a match play video can give your prospective coach a much broader view of tennis playing ability. It will provide the prospective coach a greater idea of your game style and a more conclusive opinion about your tennis playing ability. In addition this will give your prospective coach the ability to see your strokes and playing style hold up under the pressure of a match situation.

These suggestions will make your recruitment video production a success and assist your desires to obtain a United States athletic scholarship. Display the passion and commitment you have for tennis and your willingness to learn. Remember if you make a few mistakes it should be nothing to get discouraged about. Just remember to stay positive, relaxed and step up to the next ball.



Wesley Moodie (RSA): Boise State University
Stephen Huss (AUS): Auburn University

Additional Information

For additional information regarding collegiate tennis in the United States access the following websites listed below:

Websites

- www.ncaa.org
- www.itatennis.com
- www.collegetennisonline.com
- www.tennisaustralia.com.au
- www.ncaaclearinghouse.org
- www.sat.org
- www.act.org
- www.toefl.org
- www.stevegtennis.com
- www.usta.com



Mike and Bob Bryan (USA): Stanford University
1997 & 1998 NCAA National Team Champions
Current ATP Doubles Team Ranking: 1



References

National Collegiate Athletics Association
700 West Washington Street
P.O. Box 6222
Indianapolis, IN 46206
USA
+1 317 917 6222
www.ncaa.org

National Association of Intercollegiate Athletics
23500 West 105th Street
Olathe, KS 66061
USA
+1 913 791 0044
www.naia.org

National Junior Collegiate Association of Athletics
1755 Telstar Drive
Suite 103
Colorado Springs, CO 80920
+1 716 590 9788
www.njcaa.org

USTA College Tennis Guide
USTA Publications
70 West Red Oak Lane
White Plains, NY 10604
+1 914 696 7000
www.usta.com

Global Sports Connexion
"A guide to US College Tennis"

Appreciation

Mark Edney
National Camps and Tours Coordinator
Tennis Australia

Wendy Shipp
Player Development Coordinator-Men
Tennis Australia

Ryan Squire
Assistant Director of Compliance
University of Illinois Urbana-Champaign