

# Making Highlight Tapes

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The development of highlight tapes—regardless of the sport—involves a few important considerations. It's a good idea to provide two kinds of highlight tapes for college coaches. Ask your coach for suggestions. He or she will probably be able to help you secure various tapes of games you've been in.

1. A performance video, showing the athlete in a contest, usually against formidable competition. Accompany a performance tape with a player information or stat sheet (see sample below) that identifies the player and describes the competition.
2. A skills video. This type is especially important for sports like ice hockey and field hockey, track, tennis, gymnastics—even basketball and football. These tapes show the athlete executing the kinds of skills required in the sport: stick handling in ice and field hockey, beam routines in gymnastics, high jumping in track, or passing in football.

Avoid lengthy tapes, whether performance videos or skill videos. In general, the video should be no more than five minutes. Unless they are particularly interested in a prospect, most college coaches won't take the time to watch all the tapes submitted to them.

Ask your coach if the school has video editing equipment that you can use to edit your tape. There may also be local companies with editing rooms available for rent (look in the Yellow Pages under "Video").

Sample Player Information Sheet	
<b>The accompanying videotape illustrates the athletic ability of</b>  The video is a: <input type="checkbox"/> highlight tape <input type="checkbox"/> skills tape <input type="checkbox"/> other  <b>Relevant Information (As Appropriate)</b>  Player's position: _____ Player's number: _____ Offense: _____ Defense: _____ Color of jersey: _____ Player size: _____ Height: _____ Weight: _____	<b>Relevant Game/Contest Statistics</b>  _____ _____ _____ _____  <b>Academic/Career Information</b> SAT®/ACT scores(s): _____ _____ Class rank number _____ in a class of _____ Cumulative grade point average on a 4.0 scale: _____ Educational and career goals: _____ _____

Source: College Counseling Sourcebook, 4th Edition