

The Student Athlete's Résumé

College & Retirement Solutions
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(973) 514-2002



www.college-retirement.com

The résumé should have all pertinent data, including your grade point average, SAT* or ACT scores, the sport you play, awards and honors received, personal statistics, and references (such as your high school coach, who will either call or e-mail the college coach to offer a recommendation). Where appropriate, include your time for sprints and longer distances. A field hockey coach, for example, may be impressed to know that you can handle a stick, but the coach may be even more impressed to learn how well you move—and how long you can continue moving.

The idea behind the résumé is to give coaches a quick idea of who you are, what you've done, and what your potential may be. If you play a sport such as tennis, by all means include your ranking. A college coach who is unfamiliar with the caliber of your competition probably won't be impressed to know that in your junior year you won most of your matches. The same coach will be impressed, however, to know that you were highly ranked and made it to the county or the state finals.

Statistics to include in a résumé, listed by sport

Baseball and Softball

Bating average
Fielding average
Earned run average, or ERA (pitchers)
Win—loss record (pitchers)
Runs batted in (RBI)
Stolen bases

Basketball

Assists (per game)
Rebounds
Free-throw percentage
Field-goal percentage (2 point and 3 point)

Cross-Country, Track and Field

Distance in field events: Shot put, discus, long jump, triple jump
Height in field events: high jump and pole vault
Time and distance
Conference, invitational, or state places

Field Hockey

Goals
Assists
Blocked shots

Football

Tackles (defensive player)
Assists (defensive player)
Interceptions (defensive/back/linebacker)
Fumbles recovered
Yards rushing (running back)
Receptions—yards, average, touchdowns
Attempts, completions, total yards passing/rushing (quarterback)
Punts—attempts, longest, average
Kickoff returns—attempts, longest, average
Points scored—touchdowns, extra points
Field goals—attempts, longest, average, total points scored

Golf

Scores
Assists
Handicap
Blocked shots

Gymnastics

Events and scores
Conference, invitational, or state places

Soccer

Goals
Assists and blocked shots
Swimming
Event and times
Dives, difficulty, scores
Major conference, invitational, or state places

Tennis

Record and ranking
Major conference, invitational, or state ranking
Volleyball
Blocks
Assists
Kills

Wrestling

Individual record and at what weight
Season takedowns
Season reversals
Season escapes
Season 2-point and 3-point near fall points
Falls
Conference, invitational, or state places

Source: Adapted from material prepared by Libertyville High School, Illinois

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Sample Résumé

Student's name
1701 Independence Parkway
Plano, TX 75075
972 555-5555
seriousathlete@aol.com

Current School:

Plano Senior High School
2200 Independence Parkway
Piano, TX 75075
469 752-9300

Expected graduation: May 2009

SAT Scores: 510 (critical reading) 630 (math) 540 (writing)
GPA 3.8 (4.0 scale)
Class Rank: 101/1170
Expected field of study: Engineering

Personal statistics

Date of Birth: November 12, 1991
Height: 5'9"
Weight: 164 lbs.
40-yard time: 4.95 secs.
100-yard time: 10.9 secs.
Mile time: 5.12 mins.

Athletic History:

- Soccer, freshman: left *wing*, junior varsity; 11 goals, 21 assists. Team finished second in league, 12—4.
- Soccer, sophomore: right wing, varsity; 9 goals, 24 assists. Team finished first in league; named Honorable Mention All-County,
- Soccer, junior: right wing, varsity; 23 goals, 19 assists. Team reached state quarter finals; named to third team All-State. Elected team captain for senior year.
- Track, sophomore year: quarter mile, best time, 52.8

References:

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| M. Weir | P. Goldwater |
| Varsity Soccer Coach | Director |
| Piano Senior High School | All-American Soccer Camp |

Source: College Counseling Sourcebook, 4th Edition