

WALT Class - Whitman Athlete Leadership Team

Welcome to the **FIRST EVER** WALT Class

Introduction:

This course is designed to help the Student/Athlete succeed at the next level and make their college athletic recruiting process more successful. Being a full time college athlete at any level is a very difficult task and one many student-athletes constantly fail at because they were unprepared for the changes and sacrifices they have to make

Through this course, you will learn how to take control of your recruiting process and analyze yourself as an athlete and a person. You will learn why you may not be discovered, what athletic scholarship opportunities really exist, how to evaluate a college, its coach, playing opportunities and much more.

We want your ultimate decision to be an informed one and the right one. This course is not about obtaining an athletic scholarship; it's about becoming as successful as you can as a college athlete, as a college student, and as a person.

The recruiting process is about discovery, knowledge, desires, and making an informed decision that is best for you, not the coach, not right for the school, and in some cases not even right for your parents. Best doesn't mean the most scholarship money, the best team or strongest program. The best will provide you the combination of these four ideas:

1. The athletic program that allows you to participate at your desired level against the best competition you can compete with and against.
2. The academic programs that allow you to learn and succeed, and prepares you for gaining employment and a successful working career after college in a subject, field or major you have an active interest in.
3. A social environment that allows you to grow as an individual, experience things you may not otherwise get the chance to experience and make lifelong friendships.
4. A school that you can afford to pay for without incurring large student-loans that will hang around after you graduate.

There are 3 basic types of Student-Athletes

1. Athletes **that get recruited** – the blue chip student/athlete
2. Athletes **that recruit** – you choose the college based on certain criteria
3. Athletes **that do neither but expect to be recruited**

Which one are you?

Let's get started.

WALT Course Outline

- A- Public Speaking
 - a. 2-3 Minute speech – video taped
 - b. Phone Conversation with coach
 - c. Press conference Q/A
 - d. Recruiter interview
- B- Mental imagery – Visualization
 - a. General overview
 - b. Sport specific imagery-visualization
- C- First Aid – Injury Prevention and Rehabilitation
 - a. Basic first aid
 - b. Injury assessment and recognition
 - c. Taping skills
- D- Leadership skills
 - a. Classroom
 - b. School
 - c. Athletic field
- E- Grade Maintenance
 - a. Bi-weekly report cards
 - b. Study hall
- F- College prep – course work
 - a. ACT
 - b. SAT
- G- Nutrition
 - a. Pre and Post game meals
 - b. Fluid replacement
 - c. Sports diet and nutrition tips
- H- Goal Setting, formulation and follow up
 - a. Setting goals
 - b. Following up on goals
- I- Sport Specific Training
 - a. Weight room
 - b. Sport Specific skill work
 - c. Speed and agility training
- J- Create Effective Recruiting Tape
 - a. DVD
 - b. YouTube
- K- The Recruiting Process
 - a. Researching and Visiting Colleges
 - b. College Applications
 - c. Financial Aid
 - d. Other High School and College Options
 - e. Recruiting Section
 - f. Recruiting Tools
 - g. Life as a College Athlete
 - h. Athletic Camps
 - i. Recruiting Rules and Guidelines