

# 50 Quick Tips To Getting A College Athletic Scholarship

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**By Merce J Roach**



# The Merce Roach Quarterback University

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Getting an athletic scholarship is on the minds of many parents and coaches. Use this booklet as a jump-start in successfully getting an athletic scholarship. These tips are the result of directly working with parents and players for more than fifteen years.

As this booklet is a catalyst for you, so has it been for its author. Originally a college and high school coach, now Merce Roach is known for helping athletes get college scholarships and training quarterbacks.

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# Social Media

- 1 Use social media as a tool for promotion and contacts. Avoid posting random thoughts. Have a purpose when you post or share.
- 2 Every year athletes lose scholarships because of social media posts. Coaches watch what you post before they show interest, after they show interest, and after they offer scholarships.
- 3 Un-follow people who make inappropriate posts and/or use inappropriate language.
- 4 Block people from following you who make inappropriate posts and/or use inappropriate language.
- 5 Set your settings so no one can post on your page or follow you without your permission.
- 6 Do not post or repost anything that could be deemed inappropriate or controversial.
- 7 Follow coaches of schools that you are interested in and/or are interested in you.
- 8 Post and share positive information.
- 9 Post clean short videos of your training.
- 10 Post game highlights during the season and full season highlights at the end of the season.

# Eligibility

**11** Register with the NCAA and NAIA Clearing House to determine college eligibility. Register here: [NCAA](#) | [NAIA](#)

**12** Keep track of your core classes. Do not rely on school advisors, counselors, or coaches. Take responsibility of your situation. Find out more information here: [NCAA Eligibility Center](#) | [NAIA Eligibility](#)

**13** Take practice ACT during your Sophomore year.

**14** Do not wait until your Senior year to take the ACT. You can take the ACT as many times as you want. Register for ACT here: Find ACT testing schedule and Register for ACT here: [ACT Information](#)

**15** Take additional ACT Prep classes in order to boost your ACT score. Verify the results of the classes based on past student success. You can also think of purchasing a self-study course instead of a classroom setting or private tutor.

**16** Retake high school classes to increase GPA. Some states allow classes to be retaken online. Retake classes as soon as possible. Do not wait until the last minute.

**17** Take as many college credit classes as possible. You can also take college credit classes at the local junior college.

**18** Get a tutor for any subject that you are having issues with.

**19** Ask your teachers about extra credit assignments. This can help increase your grade.

**20** Put more into your academics than your athletics. Good academics can create other additional scholarship opportunities.

# Ability

- 21** Be honest with yourself concerning your skills. DNA plays a major part. Your talent needs to match your dreams.
- 22** Attend all team training, practices, and camps. Do not skip team activities. It is extremely important to perform on the field with your team.
- 23** Get specialized performance training. Don't expect to maximize your performance growth just by training with your team. Speed, agility, and strength training needs to be supplemented with additional training separate from your team.
- 24** Work independently on your position skills with a personal or private coach. Team practice and teaching from your coaches is not enough. Either hire a specialist or use online resources to learn how to play your position better.
- 25** Nutrition is just as important as skill. Proper nutrition is the secret weapon to on field success. What you put in comes out. Hire a nutritionist to create a meal plan for you, or research online or go to the book store and create your own plan.
- 26** Become a film study junkie. You should be watching game film, practice film, training film, film of your opponents, and film of those that are playing your position at a high level such as professional players.
- 27** When skills is equal, the head game makes the difference. Spend time studying the game and developing your mental acumen.
- 28** Proper rest is vital to your success. Ice baths and stretching speed up recovery.
- 29** Listen to your body. It will tell you when you can play and when you can't.
- 30** Measure yourself against others in your grade and that play your position.

# Exposure

- 31** Do not wait for your coaches to help you with the recruiting process. You can contact coaches for yourself.
- 32** No recruiting service can do anything for you that you cannot do for yourself. Coaches make decisions based on their needs and how they view your skill.
- 33** Promote yourself on social media. There is a fine line between arrogance and confidence. Walk that line.
- 34** Create a 2 minute Varsity highlight video on Hudl. Start your video with your most spectacular plays followed by your best highlights.
- 35** Send customized email with link to film to college coaches after the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarter of your season as well as after the end of your season. Personalization is the key to the email. Don't send one email addressed to a bunch of coaches.
- 36** Make sure you email coaches from the athletes email address. Parents, **DO NOT SEND EMAILS FOR YOUR CHILD!**
- 37** Coaches have tendencies when it comes to the kind of players they recruit.
- 38** Attend camps at colleges that you are interested in or are interested in you.
- 39** Make sure that any non-college affiliated event, tournament, or showcase is legit. Find out what coaches or scouts will be there and get some verification by reaching out to those coaches or scouts.
- 40** Be careful of attending events that say they will send your information and numbers to college coaches. Coaches don't look at that stuff.

# Offer

**41** Verbal offers from coaches are non-binding and mean nothing.

**42** Official offers come in writing.

**43** Coaches will offer more scholarships than they have available. In fact, coaches can pull scholarship offers even after you receive an official offer.

**44** Do your homework on each school, program, and coach.

**45** Make the decision that best suits you and what you want to accomplish on the field and off the field.

**46** Coaches are not promised to be there for all 4 years.

**47** There is no rush on your part to give a verbal commit. Take your time.

**48** Don't let coaches drag you along. Either they offer or don't. Do not waste time waiting on a particular offer. There are too many colleges. Move on to a college that wants you.

**49** National rankings do not dictate whether or not you will be offered an athletic scholarship.

**50** It all comes down to who is going to give you the best financial package with the best opportunity to play and get the degree you want.

# Resources

We understand that everyone doesn't have the financial resources to spend a lot of money on training. Below we have listed some affordable resources to help you with your sports specific training, overall training, as well as ACT Prep.

## **SPORTS TRAINING**

Baseball | Football | Basketball | Lacrosse | Tennis  
Track & Field | Soccer | Hockey | Golf | Softball  
Volleyball | Wrestling | Swimming | Rugby  
Field Hockey | Gymnastics | Running | Squash  
Skiing | Fencing | eSports

## **ADDITIONAL INFORMATION**

Workouts | Strength Training | Flexibility  
Yoga | Speed Training | Core Training  
Mental Training | Nutrition

## **SUPPLEMENTS**

[BulkSupplements.com](http://BulkSupplements.com)

## **OTHER SCHOLARSHIP OPTIONS**

[Collegeboard.org](http://Collegeboard.org)

## **EDUCATIONAL RESOURCES**

Online ACT Prep Shmoop University  
Earn College Credit Online Shmoop University  
Wyzant Tutoring