

# **CMP**

**GUIDE TO  
COLLEGE RECRUITING**





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## **GUIDE TO COLLEGE RECRUITING**

**Do you think you want to shoot in college?  
Here is a year-by-year guide to what you can do.**

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# FRESHMAN YEAR

## 1) DO YOU WANT TO SHOOT IN COLLEGE?

Seems like an easy question, but it requires some thought. NCAA athletics aren't for everybody. Take some time to reflect on this question, talk to your parents, coaches, and peers.



## 2) PLAY OTHER SPORTS

Being a multi-sport athlete has been shown to be beneficial for mental toughness, burnout, physical development, sports success, etc...



Shewmake, C. (2016). Mental toughness, grit, and motivational differences in single sport & multi-sport athletes.

Johnson, W.H. (2017). Sport specialization status and athlete burnout, engagement, and motivation.

Anderson, N.L. (2021). Association of sports specialization with injury rates among youth athletes: A prospective study.



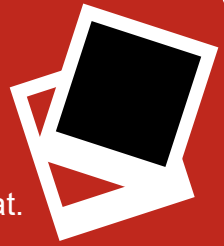
## 3) READ AND STUDY

It's very important to focus on school and education, but you can use this time to be a student of the sport as well. Watch the experts, read, and learn as much as you can about the sport.



## 4) SOCIAL MEDIA

Think about the type of person others will see when you post. Social media stays around, and future teammates and coaches will start to look at.



## 5) HAVE FUN

Enjoy your time. Make friends, socialize, find hobbies, whatever it is you enjoy. Grow and challenge yourself to be better every day.



## MORE QUESTIONS ON YOUR FRESHMAN YEAR?

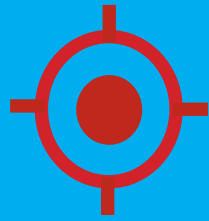
Scan the QR code below or  
visit <https://qrco.de/Freshman>.



# SOPHOMORE YEAR

## 1) DO YOU WANT TO SHOOT IN COLLEGE (CONTINUED)?

Really revisit this question. If you're a sporter athlete, it might be time to think about switching to precision. If you haven't shot smallbore, it might be time to start.



## 2) SIGN UP FOR ELIGIBILITY CENTER

In order to take visits or sign, you must be certified by the NCAA. Be ready to spend \$100 for this unless you have a waiver.



<https://web3.ncaa.org/ecwr3>

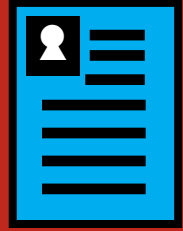
## 3) MAKE A LIST, CHECK IT TWICE

Schools have different majors, different sizes, and availability of NCAA or club programs. Start thinking about what schools offer what you want in terms of academics and athletics.



## 4) START A SHOOTING RESUME

This creates a helpful summary for scores, skill progression, coaching history, and more. Your resume can be written in a document or spreadsheet and/or through CMP's College Connect.



## 3) START EMAILING

You can start emailing coaches at any time. They can't email you back until you finish your sophomore year. Practice professional, personal emailing to coaches. Sometimes there are also interest surveys on some team websites that can be filled out.



**MORE QUESTIONS ON YOUR SOPHOMORE YEAR?**

**Scan the QR code below or  
visit <https://qrco.de/Sophomores>.**



# JUNIOR YEAR

## 1) GET SPECIFIC

Narrow down your list of colleges. Focus primarily on which schools have what you're looking for academically, and how you feel being on campus.



## 2) NO 'I' IN 'TEAM' BUT THERE IS A 'YOU'

Your athletic goals and values should align with those of the team. Look closely at team chemistry and picture yourself in that dynamic. Are you, and they, a good fit?



## 3) VISIT COLLEGE CAMPUSES

### Official Visits

- Allowed up to 5 official visits, limited to one per school
- Recommended you visit more than just your top choice
- Recruiters can begin taking official visits starting August 1 before their Junior year



### Unofficial Visits

- Unlimited
- No contact with coaching staff, student athletes can guide you around
- D1 schools only - visits can begin after August 1 of their Junior year



## 4) CONTINUE SHOOTING MATCHES

Try and participate in as many larger, national level matches as you can. Matches like CMP 3P Nationals, USA Shooting Nationals, and the American Legion Championships can have college coaches present.



## 5) SAT/ACT, COLLEGE APPLICATIONS, AND MORE!

Now is the time to schedule to take your SAT/ACT and start filling out college applications.

**MORE QUESTIONS ON YOUR JUNIOR YEAR?**

**Scan the QR code below or  
visit <https://qrco.de/Juniors>.**



# SENIOR YEAR

## 1) KEEP YOUR FOCUS ON TARGET

If you are a multi sport athlete, now is a good time to devote more time to rifle. You don't have to abandon other sports, but give a little extra on the range in this last stretch.



## 2) APPLY TO SCHOOLS

Several state schools are available through Common Application, but other universities may require their own independent applications.



## 3) SIGNING DATES

**FALL SIGNING:** If you sign early, continue shooting matches and working hard in school. Universities can revoke admissions or put you on academic probation for poor grades.

- **SPRING SIGNING:** Don't worry if you didn't sign early. Fall signing is usually for a school's top recruitment board, and many national/international athletes signed in spring or never signed. Keep working!

## 4) TALK TO CURRENT ATHLETES



Reach out to athletes on the teams you're looking at. See what they have to say about their experiences. This can give you a general idea of what it is like being an NCAA athlete.

## 5) APPLY FOR CMP SCHOLARSHIP

The Civilian Marksmanship Program is proud to provide this scholarship program for deserving high school seniors who excel in marksmanship! Visit <https://qrco.de/bclUDa> or scan the QR code for more information.



## MORE QUESTIONS ON YOUR SENIOR YEAR?

Scan the QR code below or visit <https://qrco.de/Seniors>.





**Visit**

**<https://thecmp.org/youth/college-resources/>  
for additional information.**