

## The Student Athlete Resume

A student athlete's resume should include you grade point average, admissions test scores, the sport you play, awards and honors received, personal statistics and references ( such as your high school coach, who will either call or email the college coach to offer a recommendation. The athletic resume gives the coach and idea of who you are, what you've done and what your potential may be. It is a great idea to submit highlight tapes to college coaches. Examples: A performance video and a skills video. Avoid lengthy tapes. The video should be no more than five minutes unless specified by the college coach. Ask you high school coach or your counselor for suggestions. Good Luck!

### Statistics to include in a résumé, listed by sport

#### Baseball and Softball

Batting 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)  
Sacks (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  
Handicap

#### 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  
Aces

#### 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*

## The Student Athlete Sample Resume

Student's Name  
6425 West Ave  
San Antonio, TX 78213  
210-344-9265  
Email Address

Current School:  
Antonian College Preparatory High School  
6425 West Ave  
San Antonio, TX 78213

Expected Graduation: May 2012

SAT Scores: 560 (critical reading) 560 (math) 580(writing)  
ACT Scores: 25  
GPA: 3.5  
Class Rank: We are a non-ranking school  
Expected field of study: Sports Medicine

### Personal Statistics

Date of Birth: July 1, 1992  
Height: 5'10  
40-yard time: 4.85 seconds  
100-yard time: 9.8 seconds  
Mile time: 6.15

### Athletic History:

Soccer, freshmen: right wing, junior varsity; 12 goals, 20 assists. Team finished second in league, 12-4.  
Soccer, junior year: left wing, varsity; 23 goals, 19 assists. Team reached state quarter finals. I was elected Team Captain my senior year.  
Track, sophomore year: quarter mile, best time, 52.8.

### References:

M. Doe  
Varsity Soccer Coach  
Antonian College Preparatory High School

R. Deer  
Director  
All-American Soccer Camp

Source: Adapted from College Board