

RECRUITING CONVERSATIONS STARTER KIT

A quick-reference guide for parents navigating the recruiting process with their athlete.

Why Words Matter

Recruiting can be challenging, but the way you talk with your athlete can strengthen your relationship and encourage open, honest conversations. The right approach helps keep communication open along the journey, which makes the process easier for everyone.

Use Curiosity to Open Dialogue

Ask questions like:

“What was that like for you?”

“How did that feel?”

“What’s on your mind about this?”

“What stood out to you?”

“What do you wish I understood better?”

Mirror Their Answers

Use phrases like:

“What I’m hearing you say is...”

“So you’re feeling...”

“Am I right in saying that you...”

“... did I get that right?”

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Change Your Approach

You may have the best intentions, but your delivery could be turning your child off. A simple change in your approach, tone, or choice of words can make a world of difference.

Avoid Negativity and Nagging

Don't say this:

"Did you email that coach yet?"

"You're falling behind."

"You need to step it up."

"If you really wanted this, you'd be doing more."

Choose Your Words Carefully

Try this instead:

"Need help organizing your recruiting to-dos?"

"Is anything starting to feel like too much?"

"What goals are you working toward right now?"

"How we can make this feel manageable again."

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Aim For Open Communication

The goal is to always keep communication open and honest. Your athlete should feel like they can approach you to ask for support, express their emotions, and tell their truth.

Starting Recruiting Conversations

Try these questions:

“How are you feeling about everything?”

“What part of this process feels exciting?”

“What feels overwhelming?”

“What kind of support feels most helpful right now?”

Be Curious and Actively Listen

Remember:

Recruiting stirs big feelings: comparison, uncertainty, excitement, stress. Your job isn't to fix it, but to listen. Be curious. Speak to the person, not just the player.