

Episode 127-Amy Bryant

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SPEAKERS

Moira McCullough, Amy Bryant

M Moira McCullough 00:00

Welcome to the College Scoops podcast. I'm your host, Moira McCullough and today we're talking with Amy Bryant, about what do coaches look for in a college recruit.

A Amy Bryant 00:09

I think the biggest thing honestly with a highlight video is you don't need to pay somebody to do it for you. The companies that are out there won't appreciate you saying that but the truth of the matter is you can create your own video

M Moira McCullough 00:28

This is the College Scoops podcast and I'm your host Moira McCullough, we focus on everything college related from the admissions process to where to eat, stay and explore on and around campuses. Our guests include founders, educators, authors and experts in the college space. Join us as these experts share their knowledge, experiences and lessons learned to help you have stress free and formative and tasty college journeys. Whether it's your first or last child going to college, where you're just interested in going to a college town for a game or meal, we've got you covered. If you haven't already, please subscribe to the College Scoops podcast to get the inside scoop, send everything college related, and leave us a review. Thanks to all of our sponsors partners in the entire College Scoops Ambassador team for helping us bring valuable content to our community. If you would like to support College Scoops as a sponsor, please head over to Patreon at patreon.com/collegescoops and sign up as a sustaining listener, insider or Deluxe sponsor. We have exclusive benefits for our members and even a College Scoops care package. Amy Bryant coached college sports for 23 years. During that time, she mentored bright and motivated student athletes to claim 18 NCAA national championships. She started riot college coaching in 2019 to provide the same opportunity for growth and success to student athletes in high school. Since then, she has coached student athletes to find their best

fit College in over 10 sports. She attended the IECA Summer Training Institute in 2020. received a diploma in executive coaching and 2020 and a master's in sports administration in 2002. Welcome to the College Scoops podcast Amy, thank you so much for joining us.

A Amy Bryant 02:14

Thank you for having me.

M Moira McCullough 02:15

So I love speaking with athletes and coaches and moms of kids who play sports because as somebody who played multiple sports when I was younger, and you could kind of don't see that anymore, right? The seasonal athletes, I don't know if they exist as much anymore. But I did swim in college for a year or two and then went in left to go play intramural and water polo, which I had never done before, which was another treat. We invited you on just to talk about how students and parents can get started in this whole college recruiting process. For me, I'm just glad my kids are done. Right? Or through it. But I know for any new family and student athletes, that's always the question. So first off, can you just share, did you play sports in college and coach?

A Amy Bryant 03:01

Yes, sure. So I did play sports in college, I was one of the rarer to sport athletes. I played tennis and soccer in college, and then took a couple years off before I started coaching, but did come back to my alma mater, just start coaching as an assistant. And then quickly for reasons unrelated to me, and my abilities wound up being the interim head coach before I knew it, and have been the head coach really ever since. So at the same place at my alma mater, I love it. It's great to be able to coach at a place that I really believe in. And I'm coaching now just one of the sports that I played in college, not coaching both, but I still have a vested interest in the other sport as well. And I get to support that team and I get to support athletes of all sorts now with my consulting business as well.

M Moira McCullough 03:49

Is it something that you found when you were playing or shortly after you were playing, you knew that you had it in you to want to work with kids in that capacity? Looking at you know, here's some coaches that were very memorable in your development and career as an athlete?

A Amy Bryant 04:05

You know, that's an interesting question, because actually being a coach had never really crossed my mind until college. You know, in college, I really kind of hit my stride as an athlete, I think, and my teammates from both teams are the ones that encouraged me to consider coaching as a career, in my mind going to college, I was going into business or I was going to go be a doctor. I mean, that's, you know, those are the two main professions that a lot of kids

think about, at least at my age, you know, back in the 90s. That's what you did when you went to college. And so, you know, I had that single track mind. And fortunately, my friends got me off that track and onto a much more rewarding track for me, and that is working with student athletes. And so yeah, I don't think I would have ever explored that option if it hadn't been for my teammates who said You know, you're really good at this. I was captain on one of my teams and obviously a senior leader on the The other team and so I think I dipped my toes in the water, and they saw the potential in me, and they really encouraged me. So I have to thank my teammates for that.

M Moira McCullough 05:08

Absolutely, I think those are certain characteristics that your teammates see. And that sometimes you think that you're a natural leader, but then to hear it from your fellow peers, it really resonates. And that's something that would benefit so many other people, it's a way to give back to, when there's certain coaches in your mind that you just thought, oh my gosh, if I could try to aspire and be like that person, because of the unique talent or characteristics of them,

A Amy Bryant 05:32

I had multiple coaches when I was in college tennis program at the time where I was was going through kind of a transitional phase. So I wound up actually with three great coaches over the course of my four years. And then in soccer, I had just one coach in college, but many coaches in my youth development. So I don't actually attribute like my desire to be a coach to those coaches characteristics, per se, but there are moments like defining moments that I share with each of those coaches, that in my mind are like I draw on them when I'm working with student athletes now, like that moment, how can I create that moment for this student athlete, you know, whatever it is, whether it's them holding me accountable, whether it's them, lifting me up, and believing in me, you know, whatever that moment was, there are many of those that I can call upon.

M Moira McCullough 06:21

I just remember, I played soccer, I also played tennis, and I was a swimmer. I remember leaving the tennis team when I was in my junior year, and I was second singles. And I was so frustrated because I had this mental issue that I just couldn't get over and I was more defeating myself. And I left and played lacrosse for a year, and then came back in. And you see those coaches that support student athletes throughout their journeys and expect a lot of them but also help them in kind of their journey to be a better player to have the right mindset. I mean, there's so much more now probably that you work on with players in terms of mindset than was ever done when I was in high school or college?

A Amy Bryant 07:00

Sure. Well, you know, I look at it like my role as a coach or my role as an independent educational consultant who specializes in student athletes, my role is really to develop the person. my role is not to develop the player. even when I'm on the court and specifically, you

person, my role is not to develop the player, even when I'm on the court and specifically, you know, coaching tennis quote, unquote, my role is to develop the person. So when you're talking about, you know, playing multiple sports versus specializing in sports, I am a huge fan of that. And I think that there's a lot of research out there and evidence that would support that playing multiple sports up and through even high school better sets up the student athletes for success in the future and helps to develop them not only as a person but also as a player in a specialized sport later on. And if you look at professional athletes today, a lot of them didn't start their sport that their professional athlete until much later in life like we're starting with our student athletes way too early. So I love that you like needed a break, went played lacrosse and did other things. Because I think that's so important. The mental health of the person, you know, what are the lessons that we're teaching our kids, we can learn so much through sport, and it doesn't have to be one sport, it can be many sports. To get back to your question, the mental side of things is probably I don't know, 75% of what it means to be a student athlete. And really focusing on where being a student athlete takes you in the future as a person.

M Moira McCullough 08:27

You're a mom as well, right? Do your boys play sports? You have boys?

A Amy Bryant 08:30

I have two boys. Yep, age 14 and 12. Okay, and neither of them play the sport that I coach right now. If they wanted to pick it up, they could they have the strokes, they've been taught the strokes, but their passion lies in soccer. And I have to continually encourage them to make sure that they expand their bandwidth and play some other sports as well. Because I do think it's important to do that. Even on a recreational level. You don't have to go full on with everything.

M Moira McCullough 08:57

Yes absolutely. I know, Swimming was a big thing where you have to learn swimming. But I remember my daughter said to me, at one point, I had so much pressure I felt like and I thought I was up in the stands with a pile of books. I miss like 95% of your bases purposely so that I wouldn't put pressure on you. So I think that's the other element to that comes into factor now in terms of that added stress that student athletes feel to from parents, so and I'd love to ask you about that in a bit. But how does students, student athletes start the recruiting process like where do you go? Well, how do you start to transition you from the parent piece to the student athlete piece?

A Amy Bryant 09:33

It's really important that parents understand that this is a process for the student athlete if they want to play in college, let your student athlete take the reins and go. So where does the student an athlete start? There are a number of different ways to start. It's hard. It totally depends on the sport too. But the easiest thing the simplest thing is just to create a list of schools that match your interests on a personal and academic level for First, and then go ahead and start cross referencing the programs that are offered the athletic programs that are offered at those schools. And where those teams are competing. Now, I always encourage people to

avoid looking at whether college team is division one, Division Two, or division three, whether it's Nai, which is another governing body of college athletic sports. Instead, I really encourage them again, to look at the academic personal piece first, then let's look at how the team is competing. Let's check out the rosters and let's see, where did those kids come from? How are those kids excelling? How does that profile match your profile as a student athlete and then let's start whittling down the list a little bit. And then the number one thing to do, the first thing to do is just send emails to coaches and just see your response. It cost nothing to do that. It's easy. You don't need, you know, a recruiting service to do that for you. You can do the work and it's not that much work, you can get a coach to pay attention to you very easily just by sending an email.

M Moira McCullough 11:04

Is there a timeframe that you recommend? And I know it's so sports specific to because I remember my daughter played lacrosse and my son played baseball. Obviously, there's a timing issue with that. But in general, if you were to say in general, when would students start to reach out to coaches,

A Amy Bryant 11:21

So I think it's fine to start reaching out in the sophomore year, there are some recruiting regulations, particularly at the NCAA division one to two levels that won't allow coaches to respond back to you until you've completed your sophomore year or even started your junior year. So depending on the sport, but I still think it's worthwhile to get your name in a database that the coach owns because you'll start receiving information about any ID camps that they run or showcases or tournaments that they'll be at recruiting, they can send general information about the program while they can't communicate with you directly. Division Three, on the other hand, can communicate with you directly, no problem. So that would continue through your junior year those communications and then obviously in D one D two, you'd start hearing back directly from coaches if they are interested in you. I also really encourage student athletes to be persistent with this process. As a coach myself, I do miss emails, not intentionally, I don't ignore emails, I just am on the court a lot. You know, coaches are on the field or in the pool wherever they are, or on the deck, you know, so we're not perfect, we miss email. So don't just send one and say Oh, I didn't hear back the coach isn't interested in me. Like be persistent, you know, send a couple send even more and pick up the phone and call some coaches are great with email, they're better on their phones, and student athletes these days don't like picking up the phone and calling at all. Here's my thing is like you're gonna get their voicemail most likely. So just leave a voicemail. You know, before you decided school isn't interested in you. Let's make sure you've covered all your bases.

M Moira McCullough 12:59

I love that. And I'm only laughing because I love when I say just pick up the phone and call. And the first question is, what would I say? Exactly? I'm like, Hello, my name is quick intro. Wouldn't that be so refreshing to hear somebody actually leave a voicemail? I love that in the sense of were there any times or emails that you got as a coach that you're like, Wow, that was really thoughtful? Or this student athlete really did their research? Are there any ones that in your

mind stood out that like, oh, my gosh, mental note, that was a really good candidate that you might want to get back to or ones that we looked at. And I thought this person just missed it. They really blew it with the email.

 13:34

Yes, I'll start with when they blew it first. So if they asked me, What conference Do you play in? Or when is your season? Or, you know, how did you do this season or things that are very easy to find on the internet? That's when I feel like a student has blown up because they're just casting the widest net possible without actually doing any of the legwork. So that would be you know the answer that question when I feel like they really hit a home run. It's when it feels like a they've done their research and B, they've shown that they've done the research, they have highlighted fact that they've noticed about our program, something that really relates them to our school and our team and shows me why I should give them a consideration. The fact of the matter is at the end of the day coaches are looking at this a mile that they get to see if they meet certain characteristics that they have to have in order to recruit the kid that would be are they admissible? Are they athletically appropriate for my program? So are they good enough? And financially can they afford it? Because you know, despite all of the rumors circulating about athletic scholarship, there aren't that many and most sports are not headcount sports, meaning they have a scholarship for each player. So there's not that much money. So that's one of the things you know, one of the misconceptions about college sports is that you know, I'm gonna get a scholarship and go to college and not have to pay right It just doesn't work that way. So the three things that coaches looking for in that email that, you know, I typically scan because we get hundreds, sometimes a week, you know, hundreds of emails. So we're scanning to see a, can I get this kid in B? Do they have what it takes and can they afford it?

 Moira McCullough 15:15

And what student that is coming in with the application? Are they including information in email, like in terms of their criteria or expectation of a scholarship? Is that something that you would suggest they include or not include? Or how does that get funneled in I think

 Amy Bryant 15:30

it's important to put every piece of information that's going to be part of your search out there as early as possible. But the finances could be a conversation, maybe for a follow up email or follow up conversation, depending on how the first couple of factors play out. But I would encourage student athletes to include their transcript right away. So coaches can see that. And I absolutely, first and foremost, would encourage them to include any pertinent information about their athletic success and their athletic potential. Right away.

 Moira McCullough 16:01

Does that come with also films? I know a lot of people, companies, people go out for films and travel teams take care of that for you as well. Is that something that you start right off the bat with as much information and continue to then trickle in additional information as the season

progresses?

A

Amy Bryant 16:17

Yes, absolutely. So a lot of coaches will prefer something different, depending on the sport in terms of like a highlight video, how long it should be, what should it include, you know, baseball, softball, for example, they're going to want to see certain angles, that wouldn't be relevant to a sport like track or, you know, whatever. So each, each sport has a little bit different qualities that they're looking for in the video. I think the biggest thing, honestly, with a highlight video is you don't need to pay somebody to do it for you. The companies that are out there won't appreciate me saying that. But the truth of the matter is you can create your own video, as long as your club or your coach is taking video, while you're playing, you can piece together your best moments, I always like to say that your best moments really don't have to be your best moments like let's post together an average day. So that your the coach knows really what they're getting, because it doesn't really benefit anyone, the student athlete, especially if you're showing them who you are. But that's not really who you are. Most of the time, you know, we don't want to get a student athlete on a team where they're never gonna play basically, is what I'm getting to. So let's be honest, let's be real a show who you who you are, and see what the level of interest is the end of the day, most coaches are going to want to see student athletes play in person before they actually extend an offer anyway.

M

Moira McCullough 17:33

So this is just to whet their top I was an asset do most coaches actually come in at various stages to view athletes at tournaments at important state games?



17:44

Yes, so depending on the program, depending on the budget of each program, and their recruiting budget, I think it would be the preference of all coaches to be able to see their recruits in person before offering a spot, you know, it might not be possible. But that would definitely be the preference.

M

Moira McCullough 18:00

And everything that you just explained for anyone that is new to the process, and even finding that information or finding the template or the framework for what you would have to fill in. That's why many student athletes do work with someone like yourself, or have a high school coach who has maybe been a college coach who can be in the know and help them through the different stages, because there's only a certain amount of time, like you said, it's hard to read all the emails, so the ones that you do read, you want to get it right, and that first interaction second or third?

A

Amy Bryant 18:29

That's why the first thing that student athletes need to do is really target appropriate schools

That's why the first thing that student athletes need to do is really target appropriate schools for them so that they can Yeah, so that they have success with these emails, you know, not not everyone can play SEC football, you know, and being realistic about where the student athlete can legitimately play will increase the chances that they will hear back from a coach

M Moira McCullough 18:50

And also probably not spend unnecessary funds going to these tournaments that they would never even possibly be able to play at that particular camp but just went there and wasted that. Are there also certain things that students athletes can ask their high school coach, do they have ability to connect and introduce them to the program's the coaches or guide them along the way?

A Amy Bryant 19:09

Absolutely. I mean, I am a big proponent of using as many connections as you possibly can definitely talk to your high school coach, definitely talk to your club coach, definitely talk to your private coaches, but piece all that information together and use an independent consultant like myself if you're able because what you want to do at the end of the day is be able to piece all the different information that you're hearing to find out okay, what is best for you the limitation on using a high school coach or club coach solely without getting advice from an independent person would be that sometimes I would say that these coaches, the high school coaches, club coaches, they have in their mind what's out there or they know the schools or the programs or the coaches that they know. So their information may be limited to region may be limited to where they played may be limited To where they've had a player go before, whereas somebody who's strictly independent and really understands who you are, as an individual can probably broaden the scope of your search and make sure that you're exploring all the options. So that's why I say use everybody's information, don't turn a blind eye to anyone, if they want to help you if they have a connection. Absolutely, that's great. But at the end of the day, you're the one that's responsible for your college search and athletics recruiting process. And so you've got to do the work. Don't rely on anyone else to do it.

M Moira McCullough 20:31

Absolutely. Advocate for yourself. It's always something that any aspect of your journey, academic and sports journey, I love this one, you and I had talked about this, like what makes a coach a good recruiter? Like, are there certain signs that you're like, Okay, I'm getting a not so great vibe, this college coach, like, what are some signs that you might say, Okay, this might not be a great place, or I love this, like, you might not even want to play for this coach, because you don't like them as a person, or they haven't come across an email or in their conversations communications with you, as somebody that you would want to work for?

A Amy Bryant 21:03

Well, let me say this. I mean, I think that there are coaches for everybody. And I think each coach has different characteristics that could match better with some student athletes and match not as well with others. And so the important thing really, is to take a real deep dive into

who you are as a student athlete and figure out that this is some of the work that I do with my student athletes figure out what type of coach would you work best with. So you know, you could work really well with a coach who never responds to emails, like that could be great for you, right? You know, if you're not a very detail oriented person, perhaps and you just want to show up to practice or whatever, like that could be perfect for you. But for like a type a person that's like, you know, I gotta know where to be when to be there three weeks in advance, I would say that coach in that program is probably not a good fit for you. So I think it's just really important, again, that element of self discovery, knowing exactly who you are, where you would best fit before you get too far along in the process of picking a school.

M Moira McCullough 22:08

Absolutely. And I love when I keep on going back to the school because you hear so many stories about students who maybe were chose that school for that coach. And then the next thing is they're not even starting school and the coaches left. So it's like, what am I going to do my identity was a tag to that particular coach that program. So it's really important, and you set it right up front to make sure that school is right for you academically. And then can you enhance your skills and develop as an athlete as well at that particular program.

A Amy Bryant 22:39

Right. The litmus test that I use with my student athletes is if you suffered a career ending injury, while you were at this college, would you still be happy? Absolutely. So because we can't predict that we can't predict coach leaving, we can't predict you know, there's there's all sorts of different factors we can't predict. So they've got to pick the place that's right for them without the sport.

M Moira McCullough 23:02

So you get a great email, you get a great call, and you're invited to come to the school for a visit, write a formal visit? Is there any type of advice that you have for students, if they're given that wonderful opportunity?

A Amy Bryant 23:15

Yeah, and I do a lot of recruiting etiquette training with my student athletes before they go on these visits. Because the visit is really the place where the coach makes the decision, if they want to offer a spot to the particular student athlete, is this player a good fit for my team, my team culture, this is really the moment. So the number one piece of advice that I give to my student athletes is to leave their cell phone at home,

M Moira McCullough 23:39

which is hard. Oh my gosh, do you win that battle?

A

Amy Bryant 23:43

Most student athletes bring it but at least they're because they're used to having it and then let's be honest, and they're going away from home, they need to be able to reach their family, you know, so they're not really going to leave it at home. But they are cognizant of how much they are on it. When I bring this up. And what an engaged recruit brings to the table versus the recruit who's using that phone as a crutch or using that phone as a distraction, whichever nine times out of 10. As a coach, I am picking the one that's engaged. If I have to choose between those two, I would say it's a missed opportunity.

M

Moirra McCullough 24:18

That's what it is. You spent all this time energy and also the coach and their staff and their players as well. And it's just an invaluable time that you can go in and you can assess them and be I almost think in the driver's seat like are they a good match for you as much as Are you a good match for that? You mentioned culture, which is so important because I remember you know, the stories of coaches watching how other players or potential recruits interact with their fellow teammates on and off the field. Yeah, how they interact with the coaches with the refs. That's really important as well right to focus on.

A

Amy Bryant 24:51

Absolutely. One thing that I do with my student athletes is we try to match student athletes individual strengths with certain things things that they're seeing and witnessing and experiencing on the visit to see, hey, how would I mesh in that culture? These are my strengths. Here's what the team's doing. Does that really make sense for me to be a part of this program? Can you give an example of that. So I'm a big fan of using a strength assessment called the VSD Strengths Assessment. It's a not for profit organization. And I think it's a fantastic tool. It's simple, it's easy, and it provides some great talking points. The number one signature strength for one of my student athletes is humor. And they go to visit a team. And while they're observing practice, the coach is straight laced, and it's intense, and it's jogging in jogging it out, go, go go, you know, and there's no time for this person to be who they are their number one signature strength, then there would be a little bit of caution on my part in terms of that team culture. Now that, you know, granted, you could have taught there can be time for humor at other points of the day. And being on a team doesn't have to be during practice. I myself like to run an intense practice. But that would be just a brief example of how we could best match culture to an individual student athlete.

M

Moirra McCullough 26:16

Absolutely. Well, I mean, that you're talking to me, I love the humor aspect, because I think I am somebody who enjoys an intense practice. But then there are ways to interject. And you can just see from the gestures from the facial expressions, in terms of are these student athletes excited to be on the field or in the pool or anywhere doing that sport, because you are going to be doing that sport for many hours throughout the weekend, dedicating your time and living with your fellow teammates eating with them. So it's not just a on the court and off.

Right, so great advice. Parents, like at what point how can we support our student athletes? What should we do and not to? Is there a certain etiquette for us? Yeah, that's a whole nother podcast.

A

Amy Bryant 26:59

It is a whole nother podcast, you know, I could go on for hours, because I'm a parent, myself, and I sit at many youth sporting events. And I'm just, you know, I put my head in my hands a lot of times, and my husband and I have a lot of jokes about what we see when we're at the institute sporting events in the college athletics recruiting process, I really just believe that the student has to be the driver and parents, as much as you might want to whip in and call a coach and just let the coach know, there's one little thing about your child, resist that urge, resist let your child drive I say that. But really your only job as a parent is to show for your child to get to the visit, make sure that they can experience things on their own. If you're invited to a meeting with a coach Great. That means you know, that coach is interested in seeing the family dynamics and getting to know the parent, because that often provides clues on who the student athlete is, but other than what you're invited for, I wouldn't you know, I would just plan to stay in the hotel for a visit or when your child's sending emails, you know, like your top sending emails, if they need to come to you for advice, that's great. But you don't need to send the emails, let your child do it, that's my biggest piece of advice is just take a step back and trust that your child can handle this process. And if you really feel if you're really uncomfortable with it, or you just feel like your child needs a little bit of support more than you want to give than hire somebody to help him or her. And that's, you know, kind of what I pride myself on being able to do is just I just provide the confidence for some of these student athletes to be able to do it, they are fully capable of managing themselves.

M

Moira McCullough 28:34

So I am sure that you have also counseled and seeing yourself too as emails coming in that clearly were not written by the student to so that's another thing just as you would in the normal sending a note to the admissions representatives, don't write those letters absolute can tell by the language by the sentence structure, everything else that that is definitely coming from a parent, therefore, that would give you a clue as a coach, okay, who's really applying?

A

Amy Bryant 29:00

Yes and I do get plenty. As a coach, I do get plenty of emails from parents, unfortunately. But plenty of emails from parents say, hey, my daughter, you know, is interested in your program. And my response back is have her contact me that's as far as you're probably going to get. Sometimes you might have some coaches that will entertain your involvement a little bit longer. And particularly, this is one thing that is important, I think, for parents to get involved in and that is the finance aspect. Okay? So I will give you that if you feel comfortable involving your child in the finance conversation with the coach or with the admissions office or financial aid office, then include them so they learn from the process, but really, you know, you're the ones that are going to be paying the bill at so you will have to be involved in that conversation and it's perfectly acceptable.

M

Moira McCullough 29:45

Well, I also think too, in terms of finance is good to some extent to have that student athlete aware because the hardest thing is to go through all of this with false expectations, that two thirds of that application that the student has managed pretty well. out, if they don't know about that third and that financial peace being even an option, then what's the point they could redirect their energy somewhere else as well.

A

Amy Bryant 30:08

I do think it's so important to hammer out the details of the finances very early on in the process, because the last thing that any one wants is for their child to go on a visit, fall in love with a school fall in love with a coach fall in love with that program. And then you just,

M

Moira McCullough 30:24

Exactly. So as parents, I always hear the horror stories of like students who quote unquote, sign and we're committed to certain schools, and then in the 11th hour, they offered the soccer goalie position to four goalies in all four took and they were only expecting, you know, to Dick's up to those stories happen

A

Amy Bryant 30:43

All the time. Really? Yes, all the time. But you know, and it's hard. I know, it's hard, because, you know, the student athletes aren't getting what they expected. They're not getting what they want. But I always liken these situations to real life job situations, if you're going to a job interview, you know, all signs could be pointing to Yes, yes, I'm going to be getting this job. And then in the final hour, a new candidate could walk in the room that just has more experience than you or you know, it has the right connection or, you know, whatever the case may be. So this is a real life issue, that everything doesn't always happen as it should, and until you sign or pay your deposit or are enrolled, and until it's announced by the school because there's different rules on how not everyone signs a National Letter of Intent. Okay, so if you're not signing the National Letter of Intent, there is, you know, another process for you to know this is a done deal. You know, we can get into all the specifics. That's a whole nother conversation. But until it's a done deal, you got to have backups do not lose have to have backups, they have to have, here's my order, or preferences. And yes, you can really want this but as we know, in life, what you really want doesn't always happen. So what are we going to do if that falls through,

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Moira McCullough 31:51

I'm a planner, I'm a plan, ABC, I've got them all lined up just in case.

A

Amy Bryant 31:55

Well, that's what I do with my student athletes too, is we make sure that we've got different plans in place for certain circumstances. And we I also really pushed getting something in writing from the coach or from the admissions office, depending how each school operates, which is totally different. But we try to get something as sure as we can possibly get it in writing as early on as possible.

M Moira McCullough 32:15

You provided so much great advice for students or families. And we always like to ask our guest two questions. What do you wish you knew before attending college?

A Amy Bryant 32:24

Ooh, I was not prepared for that when I was prepared for the desert question. So I hope that definitely is I think what I wish I knew before I went to college is that where I decided to go, or what I decided to study is not going to define who I'm going to be later on. That's what I wish I had known because I feel like and I see this so much with the student athletes that I work with, too. I mean, there's so much pressure on these kids these days, you know, getting into the best school getting onto the best team making the right choices, with their majors taking the right classes, you know, getting that a versus the be all this pressure. And at the end of the day, none of that defines who you're going to be, or how successful you're going to be. And this is what I wish for all my student athletes is just relax a little bit, keep things in perspective.

M Moira McCullough 33:13

Absolutely. It's great advice. And I will also say my greatest joy in my college journey was realizing that the swim team was not right for me. And it actually had to do with a coach. And it was like, okay, that's not a right fit, right. And I went and did water polo. And I had so much fun. And I think the other thing is that some schools, you know, some of the club teams are as good as the varsity at other schools. So keep that as an option, too. You may say that particular college, I'm not able to play varsity, but maybe there are club or intramural, that may be as rewarding and give you the opportunity to continue to grow and develop.

A Amy Bryant 33:49

And may have the commitment level that you're really looking at absolutely college, at the varsity level tend to have a really high commitment level, regardless of what division you're playing. And the club sports might have a better commitment level for

M Moira McCullough 34:05

So keep that option. So dessert you were all over that. I love that. Is there a dessert on a college campus that you would go back for recommend people stop by?

A

Amy Bryant 34:16

I just love banana pudding or bread pudding. So for me anywhere in the south, I'm not you know, a southern girl by any means or stretch of the imagination, but I love Southern food, banana pudding, bread pudding wherever you can find it. Best barbecue places, you know, down south get it you can't go wrong with with some some good old fashioned banana pudding.

M

Moira McCullough 34:38

That's why we work out all the time because that type of journey and excursion and eating our way around campuses. I always have to carry a cap and goggles wherever I go so I can eat. Barbecue. Yeah. Yeah. Thank you so much, Amy for joining us today with a host of information that I hope puts a lot of people's fears and anxiety at ease in terms of knowing You had to start the process and the different steps along the way.

A

Amy Bryant 35:03

Absolutely enjoyed it. Thanks for having me.

M

Moira McCullough 35:06

Thank you, Amy for helping us better understand the college recruiting process. Through your experiences both an athlete and head coach, you shared a host of information on how to not only navigate the recruiting process, but also how to determine which program is the right fit for student athlete. You can find all of our show notes and links to the helpful resources mentioned throughout our conversation on our website at collegescoops.com/podcast You can learn more about Amy and Bryant College Coaching on her website at BryantCollegeCoaching.com. Please take a couple of minutes to rate review and subscribe to College Scoops. Thank you for listening to our College Scoops podcast. Our entire College Scoops team strives to make the college journey a little bit easier, less stressful, fun and tasty by sharing all the inside scoops we have curated along the way. We would love to hear from you about topics to cover and your ideas and everything college related. Reach out to us at collegescoop.com or follow us on Instagram, Twitter and Facebook.