

## What was your college golf recruiting experience like?

“My college golf recruiting experience was initially overwhelming, but I had an older brother who went through the same thing, which helped. Golf recruiting is different because unless you’re pretty good at a younger age, most of the recruiting starts with the players reaching out to the coaches first.” – **Claire Berquist – UNK Women’s Golf**

### Women’s Golf

“My college golf recruiting experience was very positive and eye-opening. Early in high school, I attended several college golf camps, which played a crucial role in the process. These camps provided valuable exposure and allowed me to interact with coaches before they could start recruiting. This experience helped me get noticed and made the recruiting process smoother by putting a name to my face. Based on my experience, I highly recommend that high school players attend these camps, as they can be an essential step in getting on a coach’s radar and opening up future opportunities. Communicating with coaches on what tournaments you are going to play in helped them out as it’s easier to plan what tournaments they will come watch.” – **Ty Adkins – Wichita State Men’s Golf**

### State Men’s Golf

## When did you start reaching out to colleges? Or did they reach out to you?

“I started reaching out to colleges a couple months before they could start responding to my emails. Even though they couldn’t respond, I felt that there was a chance that I could get on some coaches’ radars ahead of time. I had to do most of the reaching out to schools myself. From my experience, unless you’re the best of the best, coaches will not go out of their way to reach out to you.” – **Noah Holtzman – KU Men’s Golf**

“I first started reaching out to coaches in the summer before my junior year of high school. The main things I looked for when deciding between colleges was who the coach was, what the practice facilities were like, how competitive the team’s tournament schedules were, and offered scholarship opportunities. I felt prepared for my first year of college. This is mainly because I had made sure to tailor my summer tournament schedule to match the qualities of college golf, particularly in yardage played and competitiveness of field.

The first mistake that comes to mind for me is how I used recruiting platforms. I believe they are great for when coaches are seeking a way to contact you, but when you are trying to contact coaches, not so much. Finding a coach’s contact information on their team’s website and contacting them through those means is going to be your best bet when trying to get their attention. Therefore, try not to solely rely on those recruiting platforms as a means of communication. Another aspect to consider: some platforms provide recruitment coaching if paid for. I think hiring a consultant can definitely be beneficial if they have connections to coaches, which can provide good networking opportunities, but do not underestimate the power of doing a thorough Google search when it comes to seeking advice. Sometimes, just doing a deep dive of research can be extremely helpful, especially since there are plenty of people giving out credible recruiting advice *for free*.” – **Maya McVey – UCM Women’s Golf**

“I started playing golf competitively during my freshman year of high school, so I didn’t reach out to coaches until the beginning of my junior year. Throughout my junior year, I emailed back and forth most frequently with

coaches. Since our season is in the fall, I could talk to them about my season while it was going on and right after it was over.” – **Claire Berquist – UNK Women’s Golf**

“I started reaching out to colleges freshman year of high school. It is important to reach out to college coaches a couple of years in advance because most times they are recruiting a year or two ahead so it’s crucial to get your name out there early.” – **Ty Adkins – Wichita State Men’s Golf**

### **What were you looking for in your college of choice? What were the important factors that mattered to you when making a decision?**

“The main couple of things I looked for in a college were facilities and coaches. It was very important to me to find the place where I felt like I could improve my game the most. Even if the college I was looking at didn’t have warm weather, I was looking for the schools with the best indoor facilities. I also think it is very important to find coaches that you connect with, and you feel will make you into the best version of yourself. Finding coaches that would put me in the best possible position to be the best golfer I could played a very large role in my decision.” – **Noah Holtzman – KU Men’s Golf**

“In my college of choice, I was looking for more of a family environment where the whole team supports each other no matter what. Along with this, I wanted to be coached by someone who cares about who we are as people and not just the athletes we are on the course. Another huge factor that influenced my decision was that I wanted to go somewhere I knew I had a chance to play. I didn’t want to go to a higher level and never get playing time. I also have a demanding major (Psychobiology Pre-Med), so choosing a college with a highly rated science program was essential to me.” – **Claire Berquist – UNK Women’s Golf**

“When choosing my college, I prioritized finding a school that offered my desired major and a strong connection with the coaching staff. Team culture was also crucial, as I knew I’d be spending a lot of time with my teammates and wanted to build good relationships. In the end, my decision wasn’t just about golf—it was about finding an environment where I could thrive academically, athletically, and socially.” – **Ty Adkins – Wichita State Men’s Golf**

### **How does the life of a college golfer differ from what you expected? Can you share insight into the first year as a collegiate golfer?**

“Life as a college golfer was similar to what I expected in a lot of ways but also different. One thing that was a lot different than I expected was the team aspect of the game. In junior golf, there aren’t many opportunities to experience true team golf. Learning to balance my personal goals with the team goals was a big adjustment. I would best describe the first year as a collegiate golfer as a big adjustment period. Learning how to balance school, golf, and your social life is a challenge that takes a lot of getting used to.” – **Noah Holtzman – KU Men’s Golf**

“Personally, college golf ended up being exactly how I pictured. I feel this is why I felt so prepared. If anything, missing so much of class was a new thing for me. In the summer, you have no school, so there’s no stress there.

During high school, you never missed more than a day, so catching up on coursework was never an issue. However, in college, you're playing either two or three rounds with a practice round beforehand. This takes away a lot of the available time you have to catch up on coursework from days missed. It can be a challenge, but eventually it becomes second nature.” – **Maya McVey – UCM Women’s Golf**

“The life of a college golfer is similar to what I expected, but there are also parts that I did not expect. I knew we would have weights, practice, and tournaments, but I didn’t realize how many other events/meetings we would have to attend over time. I also thought that I would be so tied down to golf all the time that I wouldn’t be able to have a life outside of being an athlete. Luckily, at my school, that wasn’t true. I was able to join a sorority and be involved in other organizations on campus as well. The first year of being a collegiate golfer fine-tunes your time-management skills. Depending on qualifying, practice times, and where tournaments are, we learn to maximize the time we have to do homework and anything else we need to get done. For some tournaments, we may be gone for 4 days depending on the location, which is a huge change from high school.” – **Claire Berquist – UNK Women’s Golf**

“College golf was much more demanding and time-consuming than I expected. During my first year, it felt like there was little time for anything besides school and golf. This taught me the importance of time management and planning to create more free time during the week. Balancing classes from 9:30-12:15, then rushing to the course for qualifying rounds, took time to adjust to. Sleep also became a key priority, as getting enough rest made a big difference in the classroom, weight room, and on the golf course.” – **Ty Adkins – Wichita State Men’s Golf**

### **Did you feel prepared for college golf during your first year?**

“I felt prepared for my first year, which I can mostly credit to my older brother playing college golf. I watched him play and manage being a student-athlete throughout high school. I also met a few of my (future) teammates over the years when playing in CLG tournaments, which also helped me feel more prepared because I could see what my next few years would look like.” – **Claire Berquist – UNK Women’s Golf**

“College golf is difficult to prepare for because it’s very different from high school golf. With more free time, strong time management skills are essential. Balancing early workouts, classes, and qualifying rounds can be stressful, often making it feel like there’s little time for homework or socializing. However, this demanding schedule is simply part of being a student-athlete.” – **Ty Adkins – Wichita State Men’s Golf**

### **What are the biggest challenges you faced during your first year?**

“Some challenges I faced during my first year were the adjustment from junior golf to collegiate golf, trying to play my way onto the traveling team, and balancing my schoolwork with my golf schedule. College golf is very different from junior golf because it is much more structured. In junior golf, you practice and workout on your own time and at your own pace. In college you will have scheduled workouts, practice, and academic time such as tutoring or study table. Having the extra pressure of trying to qualify for the traveling team is another large obstacle college

golf brings. Not playing well enough to make the team can be exhausting and can really affect your motivation but can also be very rewarding when you finally get the opportunity.” – **Noah Holtzman – KU Men’s Golf**

“The biggest challenge I faced freshman year was getting accustomed to being surrounded by many good players and the competition within our team. I know all high school teams are different, and some are more competitive than others, but in college, you constantly compete with others around your skill level. This was a challenge at first, but it worked to my benefit and pushed me to be the best I could be.” – **Claire Berquist – UNK Women’s Golf**

“My biggest challenge during my first year was traveling. Tournaments are the heart of college golf, where the best experiences happen, but struggling to make the lineup was tough and made me question my game. However, I reminded myself to stay persistent and keep pushing forward, knowing that better golf was ahead—and that proved true in my second year.” – **Ty Adkins – Wichita State Men’s Golf**

### **What is your biggest piece of advice for junior golfers who don’t know where to start?**

“The biggest piece of advice I could give a junior golfer struggling to figure out where to start is that you can never put yourself out there too much. You can never reach out to too many coaches and you should never limit yourself on what schools you reach out to. Do not hesitate to reach out to coaches with your schedule before they can officially respond to your email. The biggest thing is just getting your name on the radar of as many coaches as possible. I think another very important thing is to set realistic goals and keep an open mind during recruiting. You may not receive interest from your top choices of schools right away but stay persistent in communication.” – **Noah Holtzman – KU Men’s Golf**

“My biggest piece of advice would be to first clearly identify your goals. At what level of competitive golf are you wanting to reach? Once you know the answer to that question, you can begin to tailor your tournament schedule to your goals. In general, if you are wanting to play for a more competitive school, you're going to have to play in more competitive tournaments. This might seem obvious, but I do think that some players veer away from higher competition because of their current skill level. They stick to events they know they'll likely perform well in. While tailoring your schedule to your skill level is important, I think it more important to challenge yourself every now and then with tournaments outside of your comfort zone. This will only better help build yourself up and prepare you for when you do finally get to college, no matter what level you end up at.” – **Maya McVey – UCM Women’s Golf**

“My biggest advice to junior golfers is to get as much exposure as possible. Play in quite a few tournaments during the summers because that is when you will continue to improve. It also gives coaches something to go off of and see your growth and improvement over time. Coaches look at potential when recruiting, so an upward trend over time should be to your benefit.” – **Claire Berquist – UNK Women’s Golf**

“My biggest advice to junior golfers is to start by defining their goals, whether short-term or long-term. If the goal is college golf, assess your game and determine the right level of competition, whether Division 1, Division 2, or

Juco. Once you have a target, begin reaching out to coaches with emails, tournament schedules, and scores to get on their radar.” – **Ty Adkins – Wichita State Men’s Golf**

### **If you went through the process again would you take a different approach?**

“Overall, my recruiting process went pretty well. I think this is evident with my satisfaction being at UCM. I have thoroughly enjoyed my first two years, and I am excited to see how my game continues to grow the next two years. If I were to go through the process again, I wouldn’t change much other than skipping out on recruiting platforms. I remember being very open-minded during my process, and I feel that helped keep away the stress of getting recruited - so much so that I was able to better focus on just simply practicing my game and trying to get a little better each day, which, ultimately, is always going to help in getting recruited to your desired school. If you’re communicating to coaches - and you’re communicating often enough - then you’ll have no problem finding the perfect fit.” – **Maya McVey – UCM Women’s Golf**

“If I went through this experience again, I would choose to stay exactly where I ended up. I got so lucky in the college I decided on, with a great coach, a family-like environment, a competitive conference, great academics, and it’s somewhere that I can play. The only downside is the cold weather during the winter months, but that wasn’t a deal breaker for me, as we still have resources when we can’t play outside.” – **Claire Berquist – UNK Women’s Golf**

“Looking back, I would have taken a different approach to recruiting by putting myself out there more, especially on social media. Many players now post their scores online, which is beneficial since coaches often use social media to track results and evaluate potential recruits.” – **Ty Adkins – Wichita State Men’s Golf**

### **What mistakes did you make during the recruiting process you would share with other juniors trying to navigate the process?**

“During the recruiting process, a mistake I made was initially reaching out to coaches at a higher level than I could play at. I wished I had started at a lower level and worked my way up, especially because when I reached out to these coaches, I still had a lot of growth to make over the next year. I also did not reach out to many coaches out of the Midwest, which I wish I had done due to weather challenges.” – **Claire Berquist – UNK Women’s Golf**

“When reaching out to college coaches, it’s important to personalize your emails rather than sending the same generic message to multiple coaches. Research the team’s schedule, learn about the program, and show genuine interest in the school. Instead of making the email solely about yourself, ask thoughtful questions about college life and the daily routines of the players. This demonstrates genuine interest and can help build a stronger connection with the coach.” – **Ty Adkins – Wichita State Men’s Golf**