***Insert Your Head***

***Shot Picture Here***

**Your Name Here**

Address: 123 Your Street

Home Phone: (925) 253-1111

Cell Phone: (925) 285-1111

Email Address: youremail@gmail.com

Height/Weight: Height/Weight

40yd/100yd Dash: Optional Times if you’re fast….

Birth Date: B/D here

High School: Ex: **Miramonte High School, API 923,** 750 Moraga Road, Orinda, CA 94563

Academic Information:

Graduation Year: 2012

GPA: Your GPA (Also include your GPA for 1st Semester Senior Year if have it.)

Current Courses: List only the academic courses here

PSAT: Score here

SAT: 1234 (Math: 123, Verbal 123)

SAT Subject: List your tests and scores

AP Classes: List your AP classes and any test scores you received so far

Athletic Information:

Sport: Rugby (Have you played 7’s? List it!)

Position(s) Played: List your primary (best) position(s).

Team: Include Team name and website

Years Played: List years played if you’ve played more than 2 seasons.

\* Also list any football or other sports activity here that might tell them you are a top athlete.

Athletic Accomplishments:

* List all player elected positions such as captain, player president.
* List all selections to high performance teams in any sport (i.e. U17 Jr. Grizzlies).
* List team accomplishments such as “undefeated season 2011”, Bay Area Champions etc.
* List all sports camps/academies such as Cal Camp, SFGG Academy (fall).
* List all varsity starting positions and years. I.e, “Starting varsity fly-half 2011 season.”
* List any awards from any of your sports.
* List traveling squads that you were on, and any professional training you received on tour.
* List any regular training outside of practice that you do year round, such at working out at RAW.

Academic Accomplishments/Leadership/Awards:

* List all academic achievements, awards from 8th grade through current year.
* List all leadership experience…very important for UC’s!!!
* List anything you can think of that shows you are a good student of excellent character.

Coaching References:

List any head team coaches that will give you a positive review.

List coaches from camps that will remember you and give you a good review.

Make sure you contact these coaches first to ask them if you can use them as a reference.

Include their email and phone number and team association.