

Recruiting Playbook

A practical guide for high school athletes and families navigating the collegiate flag football pathway.

1. Eligibility

The Gulf Coast Girls Flag Football League is a high school-only league for athletes in grades 9–12. College coaches evaluate athletes based on grade level, academic standing, and eligibility rules set by each governing body.

- NCAA: Maintain core-course GPA and meet NCAA eligibility center requirements.
- NAIA: Register with the NAIA Eligibility Center before senior year.
- NJCAA: Two-year programs offer immediate eligibility with fewer initial requirements.

2. Build Your Recruiting Profile

College coaches want a clear picture of who you are as an athlete and student before offering a roster spot.

- Create a one-page athletic resume with position, height, weight, GPA, and contact information.
- List your high school, club, and league experience.
- Keep social media clean and professional — coaches review it.

3. Film and Hudl

Every Gulf Coast game is filmed and tagged for Hudl. Use that footage to build a highlight reel that sells your skill set.

- Keep highlights under 4 minutes and front-load your best plays.
- Include your jersey number and position in the first 10 seconds.
- Show multiple skills: routes, throws, coverage, flag pulls, and football IQ.
- Add full-game film for coaches who want to evaluate consistency.

4. Contacting College Coaches

Reaching out the right way separates interested athletes from committed recruits.

- Email the head coach and position coach with a short, specific introduction.
- Attach your resume and a link to your Hudl film.
- Follow up every 4–6 weeks with new film or updated stats.
- Be responsive and polite in every interaction.

5. Camps, Showcases, and Visits

Live reps in front of college coaches are the fastest way to move from unknown to on the radar.

- Attend college-hosted camps for direct coach interaction.
- Use regional showcases to compare yourself against other recruits.
- Schedule unofficial visits to learn about the program and campus.
- Ask current players about practice structure, travel, and team culture.

6. Scholarship Timeline

Opportunities expand each cycle as more schools add women's flag football. The earlier you start, the more options you create.

Grade	Focus
9th	Build fundamentals, join the league, and learn multiple positions.
10th	Create a Hudl account and begin filming every game.
11th	Email coaches, attend camps, and narrow your target schools.
12th	Finalize film, apply to schools, and commit to the best fit.

7. Next Steps

- Register for the Gulf Coast spring season.
- Commit to every practice and game.
- Work with your coach to identify your best collegiate fit.
- Start your recruiting profile and Hudl highlight reel today.

Questions? Email info@gulfcoastgirlsflag.com
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