



Next Phase Rugby

Player Best Practices Guide

Maximize Your Recruiting Potential and Get Noticed by College Coaches

1. Always Respond to College Coaches

Whether it's a contact request through Next Phase Rugby or an email directly from a coach, always reply — even if you're not familiar with the school or think it might not be a fit at first glance.

Why? You never know what a program has to offer: scholarships, unique majors, elite coaching, or a campus culture that fits you better than expected.

Coaches talk and coaches change schools. Responding shows professionalism, maturity, and respect — traits every coach values

Opportunities sometimes come from unexpected places. Keep every door open.

Even a short “Thank you for reaching out — I’m still exploring my options and will be in touch soon” shows you’re engaged.

You’re building your future — treat every connection like it matters.

2. Profile Photo & Personal Info

Your profile photo is your first impression — use a clear, high-quality picture of just you, ideally in uniform or team gear.

Fill out all personal info fields completely and accurately: name, email, phone, date of birth, graduation year, gender, address.

Do not leave any fields blank unless they truly do not apply to you.

3. Academic Snapshot

List your most recent GPA and update it regularly — coaches filter by GPA and are notified when it changes.

If you’ve taken the SAT or ACT, list your best scores.



Be specific when listing majors of interest. Many schools recruit based on academic fit — listing nursing, engineering, business, or education can increase your visibility.

Avoid putting 'undecided' unless you truly are. If you're unsure, list general areas of interest like health sciences, communications, or social sciences.

4. Athletic Profile

Include your height, weight, primary and secondary positions in both 15s and 7s formats.

List your high school and club teams, and be sure to include any academy or all-star programs you've participated in.

Include all additional sports you play — multi-sport athletes are viewed as more well-rounded and versatile.

Don't forget to list honors and awards like MVPs, team captain roles, all-conference, state or national team selections.

5. Eligibility & Compliance

If you're interested in playing NCAA women's rugby (NIRA programs), apply for your NCAA Eligibility Number and include it in your profile.

NCAA coaches cannot begin active recruiting until after your sophomore year. If you contact them earlier, you may only receive a generic reply — this is due to compliance rules, not lack of interest.

This restriction does not apply to varsity club or club teams.

6. Media (Photos + Videos)

Photos add personality — action shots, team photos, or training images are great.

Video is one of the most important parts of your profile. Post links to highlight reels and full-game footage when possible.

In every video, identify yourself clearly — include your name, jersey number, color, position, and any unique identifiers like headgear.

If possible, use video editing software or services to highlight yourself visually during plays (spot shadows, arrows, etc.).



7. Social Media & Digital Branding

You can add Instagram, Facebook, and Twitter/X links to your profile.

Create a dedicated rugby account (e.g., @Joe_Smith_Rugby) to keep content professional and focused.

Share updates, highlights, and rugby accomplishments on that account.

Before sharing any account with schools, review your posts and remove anything inappropriate or immature.

8. About Me & Bio Section

Use this section to introduce yourself as a person and player. Include your position, playing style, academic interests, character traits, and extracurricular accomplishments.

Write this section outside of the app — check your grammar, punctuation, and structure.

Use full sentences and break it into short paragraphs for easy reading.

Example: 'Hard-working tighthead prop with a focus on scrummaging and physical play. 3.6 GPA and interested in studying kinesiology. I lead community service efforts in my school and volunteer at local youth rugby clinics.'

9. References Section

Include full name, title, email, and phone number for each reference.

Good references include rugby coaches, academy directors, teachers, guidance counselors, or strength & conditioning coaches.

Make sure your references know you're listing them and that they are comfortable speaking on your behalf.

Coaches are looking for insight into your rugby ability, academics, leadership, and overall character.