✦ HIGH SCHOOL & CLUB ATHLETES · PARENTS ✦

ATHLETIC RESUME (RECRUITING ONE-SHEET) TEMPLATE

A one-page summary to attach to emails and bring to camps and showcases.

ATHLETE

Full name

Grad year

Position(s)

Height / weight / key measurables (if relevant)

High school · jersey #

Club team · jersey #

Email · phone

Recruiting profile / highlight link

ACADEMICS

GPA (unweighted / weighted)

Test scores (optional)

Intended major or interests

Academic honors

ATHLETICS

Season	Team / level	Key stats or role	Honors

UPCOMING SCHEDULE

Event	Date	Location	Jersey #

CHARACTER & LEADERSHIP

REFERENCES

Name	Role	Email	Phone

Tip · Ask permission before listing anyone as a reference. Keep the resume to one page, update it each season, and save it as a PDF named Firstname-Lastname-GradYear-Position.pdf.

General guidance only. Not legal, tax, financial or compliance advice. NIL, recruiting and eligibility rules vary by state, school, conference and association and change often, so always check the current rules that apply to you.