

High School → D1 — 10 Mistakes That Cost Offers (and How to Fix Them)

Your season ends, recruiting doesn't. Clean these up to improve your shot at D1 interest.

1) Film Too Long or Unclear

Fix: 3–4 minutes, 6–8 best plays first, label position/grad year/height■weight, pin link everywhere.

2) No Verified Measurables

Fix: list height/weight/40/pro■agility/bench/squat; include Hudl/YouTube and camp testing when you have it.

3) Grades & Core Classes Missing

Fix: upload unofficial transcript; bold GPA and NCAA core class progress; add counselor contact.

4) Weak Coach References

Fix: include HC/DC/position coach phone + best time to call. Let them know colleges may reach out.

5) Wrong Camp Strategy

Fix: target camps where your measurables are competitive and where colleges recruiting your area will be.

6) Position Fit Confusion

Fix: lead with what the tape proves; add secondary positions only if truly viable.

7) Sloppy Outreach

Fix: subject 'HS WR — 4.55/40 — 2026 — 3.6 GPA — Film'; 5■line email + film + schedule; follow up 2x.

8) Social Hurting You

Fix: clean bio, pin film, no drama. Coaches check receipts.

9) Off■Field Habits

Fix: sleep, nutrition, study hall, lifting. Availability is a skill.

10) Getting Discouraged Too Early

Fix: expand levels (FCS/D2/NAIA), keep improving every 2 weeks, and communicate the updates.

Quick Templates

- Subject: "HS CB — 6'0 180 — 4.48/40 — 2026 — Film + Spring Schedule"
- DM: "Coach, short tape + schedule here — appreciate any redirect."

Keywords (for search)

- high school to D1
- how to get a D1 offer
- football recruiting mistakes
- recruiting email template
- highlight film tips

Want a quick tape + outreach audit? Book a free 20■minute Clarity Call
d1expectation.com/book.html