

Questions to Ask a College Wrestling Coach

24 questions for calls, campus visits and prospect days — for NCAA Division II and III recruits and families. From WrestlingColleges.com, the independent, sourced directory of every D2/D3 men's wrestling program.

How to use this: pick 6–8 that matter most to you before each conversation, write the answers down the same day, and compare programs side by side. Coaches respect specific questions; families regret the ones they didn't ask.

Roster & opportunity

- 1 How many wrestlers — including incoming recruits — do you expect at my projected weight next season?
- 2 How should I read the published roster after redshirts, transfers and weight changes? Which weights are genuinely open?
- 3 How are varsity, reserve and open-tournament spots decided, and how many matches do non-starters typically get?
- 4 Do you use roster limits or cuts? When do you make those decisions?
- 5 Where do you see me fitting in year one, and what would have to be true for me to start by year two?

Academics & majors

- 1 How do wrestlers in my intended major (labs, clinicals, studio, engineering) handle practice and travel conflicts?
- 2 What academic support is available to athletes — tutoring, study hall, advising — and is any of it required?
- 3 What is the team's typical GPA, and how many wrestlers earn NWCA Scholar All-American?
- 4 Can wrestlers study abroad or take a co-op/internship semester without losing their place?

Cost & financial aid

- 1 What is the realistic net price for a family like mine after merit and need-based aid? (D3: no athletic aid; D2: partial equivalency awards.)
- 2 For D2 programs: what does a typical scholarship look like, how is it split, and how are renewals decided?
- 3 What team-related expenses are not covered — gear, travel, camps, summer training, medical?
- 4 When can we get an admissions pre-read and a written financial-aid estimate?
- 5 What are the priority deadlines for early action/decision and for aid?

Program, culture & time

- 1 What is the normal in-season week — practices, morning lifts, weekend travel — and what does the off-season look like?
- 2 How does the program support injured athletes academically, medically, and in returning to competition?
- 3 How long have you and your staff been here, and what are your plans for the next four years?
- 4 How do current wrestlers describe the room? Can I talk to a current athlete and a recent graduate?
- 5 What do wrestlers who leave the program usually cite as the reason?

Process & next steps

- 1 Have you seen my video? What would you need to see from me this season?
- 2 What is your recruiting timeline — when do you make offers or roster commitments for my class?
- 3 Should I complete the recruiting questionnaire, and who is my point of contact on staff?
- 4 Is there a prospect day, camp or overnight visit that makes sense for me, and what does it cost?
- 5 How should I follow up, and how often do you want updates from recruits?

Before you email a coach: use only the official contact printed on the athletics staff page; include your graduation year, GPA, projected college weight, hometown/high school, record and placements, a working video link, and your upcoming schedule; follow up in 10–14 days.

Every D2/D3 program's official coach contact, recruiting questionnaire link, roster and costs — with sources and a verified date — is at wrestlingcolleges.com. Not affiliated with the NCAA or any institution. Free to share with your team.