



fifty names, not four

The 5-Minute Dream-School List Builder

One prompt that interviews you across the six filters, then hands back a tiered list of 50 programs built on your real metrics.

WORKS IN CHATGPT · CLAUDE · GEMINI

the system

Four Schools Is Not a List. It Is a Wish.

Emailing three or four programs and waiting on a reply is not a recruiting strategy. It is luck. Coaches answer roughly 5 percent of the athlete emails that hit their inbox, which means 50 targeted programs is what it takes to produce 2 to 3 real conversations. This prompt turns any AI into a recruiting advisor, interviews you one question at a time across the 6 Core Filters from Chapter 3.1, and returns those 50 programs already sorted by how likely they are to say yes.

BEFORE YOU START Have your numbers in front of you. Current metrics, GPA, test scores if you have them, and an honest read on distance and cost. The list is only as good as what you feed it, and a list built on the times you wish you ran will send you 50 emails nobody answers.

50

PROGRAMS ON THE LIST

5%
TYPICAL COACH REPLY
RATE
2–3

REAL CONVERSATIONS

6
CORE FILTERS
INTERVIEWED

HOW THE 50 SPLIT

20 PERCENT

Reach

10 schools

Sitting just above your current athletic and academic numbers. Where you stretch, and where a jump in one metric changes the answer.

60 PERCENT

Target

30 schools

Direct alignment with your metrics, your major, and your preferences. This is the block that actually produces the conversations.

20 PERCENT

Safety

10 schools

Programs your numbers reliably clear. Not a consolation prize. This is how you make sure you are choosing in April instead of hoping.

THE 6 CORE FILTERS IT WILL ASK YOU ABOUT

01

DIVISION AND CURRENT METRICS

Sport, position, your real numbers, GPA and test scores, and the levels you are aiming at.

03

PROGRAM HISTORY AND DEVELOPMENT

Staff stability and the coaching track record for developing players at your position.

05

COST AND FINANCIAL AID

Athletic money, academic and need-based aid, D3 academic packages, JUCO cost efficiency.

02

DEGREE PATHS AND MAJORS

What you want to study, and what you intend to do with it once the sport ends.

04

LOCATION AND DISTANCE

How far from home you will actually go, plus region and climate.

06

CAMPUS AND SCHOOL SIZE

Large state school, mid-sized, small college town, or a major city.

the guided master prompt

Paste This. Answer Six Questions. Get 50 Schools.

Copy everything inside the card into ChatGPT, Claude, or Gemini and send it. It will ask you one question at a time. Answer honestly, in your own numbers, and it builds the list at the end.

copy and paste this

Act as an expert college athletic recruiting consultant. You are going to help me build my targeted list of 50 college programs based on the Champion's Voice recruiting system.

Your task is to interview me ONE question at a time to gather my preferences across the 6 Core Recruiting Filters. Do NOT ask all the questions at once. Ask one question, wait for my answer, and then move to the next.

Here are the 6 filters you will systematically gather from me:

1. **Division and current metrics.** What sport and position do I play, what are my current athletic metrics (60-time, exit velo, vertical, 40-yard dash), my current GPA, my test scores if available, and which division levels am I aiming for (D1, D2, D3, NAIA, JUCO)?
2. **Degree paths and majors.** What major or career path am I interested in studying after sports?
3. **Program history and player development.** What type of program stability or coaching development track record am I looking for at my position?
4. **Location and distance.** How far am I willing to be from home, and do I have regional or climate preferences?
5. **Cost and financial aid.** What are my financial preferences, such as relying on athletic scholarships, academic or need-based aid, D3 academic money, or JUCO cost efficiency?
6. **Campus environment and school size.** What campus atmosphere fits me best: large state school, mid-sized, small college town, or major city?

INTERVIEW RULES

- Ask ONE concise question at a time.
- After receiving my response for each step, acknowledge it briefly and ask the next question.
- Once all 6 filters are collected, analyze my inputs against real college program data.

OUTPUT REQUIREMENT

Generate a structured, formatted table of EXACTLY 50 college programs divided into three distinct tiers:

1. **Reach Schools (10 schools, 20 percent).** Programs slightly above my current athletic and academic metrics, where I can stretch.
2. **Target Schools (30 schools, 60 percent).** Programs that directly align with my athletic metrics, academic profile, and personal preferences.
3. **Safety Schools (10 schools, 20 percent).** Programs where my metrics reliably clear the bar, so I have guaranteed landing spots.

For each school in the list, provide:

- School name and division (D1, D2, D3, NAIA, JUCO)
- Primary major match, confirming they offer my desired degree
- Location (city, state)
- Strategic reason: one sentence on why this school fits my specific profile

Start by asking me Question 1 now.

what lands back in the chat

Four Columns. Fifty Rows. One Working List.

Every school comes back with the same four pieces, because those four are what you need to write the email and defend the choice to your parents.

WHAT YOU GET	WHY IT IS ON THE LIST
School name and division	Tells you which rulebook you are playing under. D1, D2, D3, NAIA, and JUCO run on different contact rules, roster math, and money.
Primary major match	Confirms the school actually offers what you want to study. A perfect athletic fit at a school without your degree is not a fit.
Location, city and state	Turns the distance filter into something real, and tells you which programs your family can drive to on a fall Saturday.
Strategic reason	One sentence on why this program fits your profile. That sentence is the seed of the first line of your email to that coach.

RULES OF USE

- **Verify every school before you email it.** AI generates from patterns, not from a live database. Confirm the program exists at that division and that the coach on the staff page is still there.
- **Cross-check the roster.** Pull up your position group. If they carry six of you and none are graduating, that is a target school on paper and a safety school nowhere.
- **Give it your real numbers.** A list built on the 40 time you want runs you 50 emails nobody answers. A list built on the 40 time you have gets you three coaches on the phone.
- **Run it again when the numbers move.** New PR, new GPA, new test score. The tiers shift, and schools that were reaches become targets.
- **Move it into a tracker the same day.** A list living in a chat window disappears. Put it in a sheet with columns for coach name, email, date contacted, and reply.

Volume is not desperation.

Nobody gets recruited by the school they pictured at 14. They get recruited by the program three states away that needed exactly what they do, and the only way you ever find that program is by putting enough real names on the page for the odds to land somewhere. Fifty is not spraying. Fifty is what 5 percent costs.



The 5 percent response figure is a planning benchmark, not a guarantee. Reply rates vary by sport, division, timing in the recruiting calendar, and the quality of the email you send. Program details generated by an AI must be verified against the school's official athletics site before you contact anyone, and all outreach must follow current NCAA, NAIA, and NJCAA contact rules for your sport and graduation year.