

## EXTERNAL EMAIL

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Hello!

CaptainU is the official recruiting software partner for the Varsity Spirit The Quest Recreational Championship.

College coaches will be using CaptainU before, during, and after the event to discover athletes participating at Varsity Spirit The Quest Recreational Championship.

[Upload your roster here](#) to give your 13-19-year-old athletes a head start in recruiting with a free CaptainU profile. Here is a quick ["how-to"](#) guide to assist with the process.

You may also fill out this [spreadsheet](#), email it to [rosters@captainu.com](mailto:rosters@captainu.com), and CaptainU will take care of the upload for you.

We do need the athlete's **first name, last name, grad year, and parent email**.

**Please feel free to share the following link with your athletes' parents so that they can complete their profiles on their own as well.**

[COACHES](#)

[ATHLETES](#)

Thank you and we can't wait to see you soon!

