

complete when? academics

- FALL ⏪ Ask coaches when and how you should apply. Decide if you will submit any early applications. Obtain application waivers from coaches.
- FALL ⏪ Complete FAFSA form.
- FALL ⏪ Re-take the ACT and/or SAT. Request the test scores be sent to the NCAA Eligibility Center by marking "9999" in the code box where indicated. Take the SAT II test if considering highly selective schools. Update improved test scores and grades with the NCAA Eligibility Center.
- FALL ⏪ Order or download and print a new copy of the NCAA Guide for the College -Bound Student-Athlete and read it thoroughly. Look for any new rule changes
- FALL ⏪ Use Division I core course worksheet to review and update specific academic goals and track core course progress. Be sure core course requirements will be fulfilled by the end of the school year.
- FALL ⏪ Meet with high school guidance counselor to review your academic progress and core course requirements.
- FALL ⏪ Review and update Target List and Final Selection Log. Narrow down Target List to 10-20 schools you are seriously considering. Do not include more than five schools where the coach is not heavily recruiting you. Target List should include at least five schools where you know you will be accepted and the coach has offered you a scholarship and/or spot on the team (depending on Division and personal situation).
- WINTER ⏪ Finalize and submit all applications
- WINTER ⏪ Discuss financial aid with college coaches and fill out aid applications with direction from coaches.
- WINTER ⏪ Submit FAFSA form on January 1st!
- SPRING ⏪ Review Student Aid Reports (SAR) to determine best package. Consider appealing through financial aid office.
- SPRING ⏪ At the end of the school year ask the high school guidance counselor to send a copy of your final transcript and proof of graduation to the NCAA Eligibility Center.
- ALL ⏪ Apply for outside scholarships.
- ALL ⏪ Maintain a minimum of a 3.0 GPA. First semester of senior year grades are critical!
- ALL ⏪ Take honors or AP classes only if an A or B average is possible. Finish off your high school career on a high note!
- ALL ⏪ Seek help from your teacher or tutor if you are struggling in any subject area.

complete when? athletic competition

- FALL ⏪ Update references if necessary.
- FALL ⏪ Review athletic benchmarks and use Recruiting Guidelines to re-evaluate specific athletic goals. If you have achieved some of your goals cross them off and set new ones.
- IN SEASON ⏪ Ask an objective qualified third-party (such as a high school or club coach) for honest feedback about your strengths and weaknesses. Remind them that they are your list of references for college coaches.
- IN SEASON ⏪ If you have under ten legitimate coach relationships ask college coaches where you can compete to showcase yourself. Seek out any opportunity to play at the highest level possible and look for a team that competes at major tournaments and showcases (if applicable for your sport).
- IN SEASON ⏪ Remind high school and/or club coach(es) of goal to play in and be sure to inform any new coaches. Maintain positive relationships with all coaches.

complete when? recruiting

- FALL ⏪ Schedule official visits (5 DI, DII; Unlimited DIII, NAIA, Junior College), unofficial visits and game day visits. If coach has not offered an official visit call coaches at the top of your Target List and Correspondence Log and ask if official visit will be extended.
- FALL ⏪ Consider what you will say if offer is extended during official visit.
- FALL ⏪ Prior to signing day, ask top coaches where you stand on their recruiting list. Revise search to include more realistic schools if necessary.
- FALL ⏪ Begin scholarship negotiation early in senior year.
- FALL ⏪ If you are not comfortable with your options or your Correspondence Log includes less than 15 schools, call at least ten new coaches at levels where you are receiving attention. Introduce yourself and ask if they are still recruiting.
- FALL ⏪ Review the recruiting timeline for each division in your sport and see where you stand.
- FALL ⏪ Schedule game day visits (if applicable for your sport)
- FALL ⏪ Review college Power Rankings and cross reference against Initial Target List.
- FALL ⏪ Update priority list and re-rank Initial Target list. Consider how interested the coaches seem in you.
- FALL ⏪ Update scouting report
- FALL ⏪ Screen personal voicemails and any social networking sites (e.g. MySpace, Facebook, TAKKLE, etc.). Make sure you always appear mature and there is no inappropriate information on public display.
- FALL ⏪ Manage folders in inbox to organize emails from college coaches. Organize folders by division, recruiting category and college
- SPRING ⏪ Look for invitations from coaches to call in their letters and emails. If they give you their cell phone number, use it!
- IN SEASON ⏪ Continue to prepare for phone conversations by role-playing with your parents or a recruiting coach. Review the questions the coach is likely to ask.
- IN SEASON ⏪ Ask coaches if they'd like you to create a new highlight or skills video or if they want you to send game footage. Always notify coaches prior to sending video and follow up to see if they have watched it. Once you know they have viewed your video, ask what they thought.
- IN SEASON ⏪ Meet with coaches and athletic director to assess progress towards goals. Remember, it is important to keep these key people involved in your recruiting process but they may not have all the answers.
- IN SEASON ⏪ Demonstrate good sportsmanship after every contest/game/match and win or lose shake hands with all opposing coaches and officials. Look them in the eye and say "nice game".
- ALL ⏪ Be aware of all important recruiting dates (including call dates) for your sport.
- ALL ⏪ Ask coaches where you stand and always be prepared with a list of questions.
- ALL ⏪ Maintain your Correspondence Log and call every coach in the log to continue to maintain relationships. Your Correspondence Log should include every school from your Initial Target List at this point. You may keep up to five schools on the Initial Target list who you have not communicated with. Consider these your "reach" schools academically and/or athletically. Maintain consistent email contact with every coach, notifying them of updates, tournament play, etc. If your correspondence Log includes more than 50 schools at this point you may start to trim down but not initiating contact with schools you are not interested in or graciously declining offers from coaches at schools you are 100% positive you will not consider.
- ALL ⏪ Respond to all communication from college coaches at all levels. Add all contacts to your Correspondence Log. Even if you are not interested in a school, never ignore any correspondence.
- ALL ⏪ If interested in a specific college who did not send recruitment information, contact the coach, introduce yourself and fill out a questionnaire if you meet the minimum academic and athletic qualifications. Ask if they are still looking for prospects at this stage.
- ALL ⏪ Keep coaches up to date on your progress through email.

complete when? summer activities

- SUMMER ⏪ CONGRATULATIONS! You are now ready to prepare for your collegiate athletic career! Follow your summer workout schedule closely and meet with a trainer if you need help.
- SUMMER ⏪ If you do not have contact with any college coaches, contact NCSA immediately!
- SUMMER ⏪ Ask Coach for playbook and film if possible.
- SUMMER ⏪ Contact your new teammates if you have any questions.
- SUMMER ⏪ Set collegiate academic and athletic goals.
- SUMMER ⏪ Schedule orientation and meet new guidance counselor and prepare schedule if possible.
- SUMMER ⏪ Contact roommate and coordinate dorm room necessities.
- SUMMER ⏪ Set up bank account.
- SUMMER ⏪ Get campus map and study key points.
- SUMMER ⏪ Save athletic resume or scouting report and continue to add to it throughout collegiate career. This will become your professional resume, and as a collegiate athlete you already are ahead of your peers.
- SUMMER ⏪ Volunteer over summer break, if possible.
- ALL ⏪ Remember where you came from and those who helped you achieve your goals. Be sure to thank your coaches and guidance counselor and keep them informed as to your progress throughout your college career.
- ALL ⏪ Stay involved in your community, give back and encourage younger student-athletes to reach their goals. Tell your story to inspire others!
- ALL ⏪ Steer clear of situations that could jeopardize your goals. Always make responsible choices.