



YEAR TO YEAR CHECK LIST



Freshman Year

- Meet with your high school counselor and inform them that you want to play college athletics. They will then make sure you are taking the proper courses.
- Look up information regarding information on eligibility and recruiting. We suggest that you download a copy of the "NCAA Guide for the College-Bound Student-Athlete."
- Prepare yourself to attend any one of the collegiate athletics programs offered by the governing bodies of NCAA, NAIA and NJCAA. Prepare yourself for multiple options by studying up on the requirements of each program and level.
- Build a "Freshman" highlight video.



Sophomore Year

- Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- Look up national testing dates to take Pre-ACT (PLAN) and/or Pre-SAT (PSAT).
- Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.) Check NAIA and NJCAA eligibility as well.
- Build a "Sophomore" highlight video.
- Start to research potential schools of interest.
- Start the recruiting process by formulating emails of interest.
- Start the recruiting process by planning calls and direct coach contact.



Stay on task



Junior Year

- Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.)
- Register with the NCAA Eligibility Center. Do so with the NAIA as well.
- Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center by the end of your Junior Year.
- Look up national testing dates to take ACT and/or PSAT.
- Prepare for the ACT and/or SAT by taking a prep class.
- When you take the ACT and/or SAT, make sure you request that your scores are sent directly to the NCAA Eligibility Center.
- Take the SAT II, if you are considering a school that requires it.
- Build a "Junior" highlight video.
- Build your Player Profile (see Player Profile template example).
- Start to narrow and create a "schools of interest" shortlist.
- Look into unofficial visits of schools of interest.
- Develop template emails and start to send initial statements of interest and personal details.
- Start to make recruiting calls.
- Look at potential college ID Camps.
- Research college application deadlines and plan ahead.



Building your pathway to become a student-athlete requires you to stay on course with the details of preparing and meeting eligibility requirements.



Senior Year

- Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.)
- If you have not already done so, register with the NCAA Eligibility Center (formerly known as NCAA Clearinghouse).
- Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center and at the end of your Junior Year.
- At the end of your Senior Year, make sure your high school counselor sends your Final Transcript and Proof of Graduation to the NCAA Eligibility Center.
- If needed, re-take the ACT and/or SAT. Make sure you request that your scores are sent directly to the NCAA Eligibility Center.
- Ask your college coach/potential colleges where you are considering attending, about applications, application deadlines, application waivers and anything else on how to apply to the school and for financial aid.
- Submit all applications to all colleges that you are considering.
- Research and apply for financial aid at all colleges that you are considering attending.
- Complete and submit FAFSA (Free Application for Federal Student Aid; <http://www.fafsa.ed.gov/>). Even if you do not think you will qualify, submit an application because many other scholarships require that you have filled this out as a starting point.
- Research and apply for outside scholarships. The internet is a great tool for this research.
- Build a "Senior" highlight video of game footage.
- Include video footage of a full game.
- Finalize and continue to add to your Player Profile.
- Finalize your "schools of interest" shortlist.
- Look into unofficial visits of schools of interest.
- Request official visits from schools of interest.
- Develop template emails and start to send initial statements of interest and personal details.
- Make recruiting calls.
- Look at potential college ID Camps.