

College-Bound Student-Athlete Plan

Freshman and Sophomore Year

- Plan a challenging academic program that will meet NCAA requirements.
- Work to maintain a 3.000 Grade Point Average (GPA) out of 4.000 in core courses. .
- Participate on high school athletic teams.
- Participate in off-season conditioning and programs in your sport(s).
- Attend summer athletic camps at colleges that you might like to attend.
- Keep record of your athletic and academic achievements.
- Keep record of community service involvement and hours.
- Begin to send highlight video to college coaches -YouTube/email keep short (summer heading into junior year)

Junior Year

- Continue to focus on your core courses.
- Take ACT prep class.
- Take ACT in fall and spring.
- Register with NCAA Clearinghouse
- Develop a list of colleges with coach and counselor to find academic and athletic match.
- Get a realistic evaluation from your coach on what level you are currently at (Div I, II, III, Junior College)
- Continually update your athletic resume.
- Ask coaches for assistance in the recruiting process and to contact schools.
- Send a letter of interest to college coaches with your athletic resume
- Organize a filing system/spreadsheet on all colleges and coaches that respond to your inquiry.
- Participate in summer and offseason programs.
- Attend summer athletic camps at colleges that you might like to attend.
- Continue to send highlight video to college coaches.

Senior Year

- Meet with your counselor to make sure you meet current NCAA academic requirements.
- Complete all necessary items through the NCAA Clearinghouse.
- Send off college applications in fall.
- Fill out transcript request forms in Counselors Office.
- Complete Financial Aid forms early (before January).
- Retake ACT (if needed).
- Continue to send highlight video to college coaches.
- Provide your coach with your list of colleges, with coach's name, email, and phone number.
- Sign your athletic scholarship