



FRESHMAN RECRUITING CHECKLIST

FALL

- Download and review the "NCAA Guide for College Bound Student Athlete"
- Review the NCAA Quick Reference Guide for eligibility requirements
- Meet with your high school guidance counselor to talk about your goals around playing college sports
- Set reachable goals to focus on for fall and winter training
- Join a club or travel team with off-season training and additional competition outside of your high school schedule
- Add an updated skills video to your NCSA profile at the end of your fall season or training

WINTER

- Begin researching in-state colleges and athletic programs
- Start sending out introduction emails to your target colleges
- Attend a local camp or showcase to obtain a third-party evaluation of your skills, update your key stats, and potentially perform in front of college coaches
- Begin monitoring social media accounts and follow your target colleges, athletic programs you're interested in, and college coaches
- Add an updated skills video to your NCSA profile before your high school season starts
- Take a two-week break from your sport-specific training to allow your body to recover and prep for the upcoming season(s)
- Complete on-line questionnaires for your target programs
- Find time to volunteer and be involved in your community

SPRING

- Verify NCAA Core Courses for next year and stay on track to be a Qualifier
- Talk to your high school coach about your goals around playing college sports
- Confirm you can list your high school coaches (and club/travel coaches) as references on your NCSA profile
- Add an updated skills video to your NCSA profile at the end of your high school season
- Post your high school schedule to your NCSA profile and email it directly to your target colleges
- Attend a game for a local target college to get an idea of the competition level
- Send your target colleges an email highlighting your success in the spring season

SUMMER

- Post your summer schedule to your NCSA profile and email it directly to your target colleges
- Add an updated skills video to your NCSA profile at the end of your summer season
- Send your target colleges an email highlighting your success over the summer season
- Find time to volunteer and be involved in your community