



# JUNIOR RECRUITING CHECKLIST

## FALL

- Download and review the "NCAA Guide for College Bound Student Athlete"
- NCAA D1 - On September 1, coaches can start calling, emailing, texting and contacting you on social media
- High academic prospects: Take the ACT/SAT and submit your scores to the NCAA Eligibility Center
- Set reachable goals to focus on for fall and winter training
- Begin placing phone calls to your target programs as coaches at all levels can now call you back
- Determine your Expected Family Contribution (EFC)
- Continue competing on your previous club or travel team, or find a new organization with off-season training and additional competition outside of your high school schedule
- Identify top target programs where you'd like to take an unofficial visit while class is still in session

## WINTER

- NCAA D3 - Official visits are allowed starting January 1 of your junior year
- Find specific college camps or prospect showcases where you can obtain a third-party evaluation of your skills, update your key stats, and perform in front of college coaches
- Continue to monitor social media accounts and follow your target colleges, athletic programs you're interested in and college coaches
- Talk with your coach references about personally reaching out to your target colleges if you haven't completed a call or visited the college yet
- Complete/update 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
- Take (or retake) the ACT/SAT and submit your scores to the NCAA Eligibility Center
- Post your high school schedule to your NCSA profile and email it directly to your target colleges
- Attend a game at one of your target colleges to get an idea of the competition level
- Confirm you can list your high school coaches (and club/travel coaches) as references on your NCSA profile
- Send your target colleges an email highlighting your success in the spring season
- Determine which "Game Day" visits to attend if you receive invites

## SUMMER

- Download and review the "NAIA Guide for College Bound Student Athlete"
- Verify you are on track with NAIA Eligibility Requirements
- NCAA D1 - Off-campus contact is allowed starting July 1 after your junior year
- Upload your transcript to the NCAA Eligibility Center
- Post your summer schedule to your NCSA profile and email it directly to your target colleges
- Send your target colleges an email highlighting your success over the summer season
- Find time to volunteer and be involved in your community
- Create a list of schools you want to evaluate in the fall