



Athlete's Checklist/Timeline

Senior Year

Research

- Select the colleges to which you will apply.
- There is no limit on the number of applications you can submit. (Keep in mind there is a fee associated with each application).
- You should have narrowed your preferred list to approximately 5, plus "sure things".
- Keep up to date on the local news, and college team results for those schools you are considering.
- Continue to research and apply for scholarships and financial aid.

Contacts

- Prepare or update Highlight Film and Profile – send to schools of interest.
- Send College Coaches a Schedule.
- Continue to show interest in the programs on your list.
- Make official visits, and continue unofficial visits if needed.
- Apply to your selected colleges (work on your applications early).
- Submit your financial aid forms as soon as possible after January 1st.
- National Letter of Intent signing dates.

Academic

- If you haven't taken the SAT and/or ACT, GET IT DONE AS SOON AS POSSIBLE!
- Sign up with the NCAA Eligibility Clearinghouse if you intend to participate in Division I or Division II.
- Maintain a strong high school schedule and GPA.

NCAA Rules

- After July 1st before your Senior Year, you can be contacted by Division I Colleges by phone once per week.
- Division II Colleges can begin contacting you after July 15th, phone calls are limited to one per week.
- Division III can meet with you after the end of your Junior Year.
- You may be contacted in person, off campus, three times. (Subject to Recruiting Calendar Restrictions).
- Parents (or you) can talk with coaches at competition or other events, but this will count as one of the three contacts allowed, no matter how limited the conversation.
- From the first day of classes your senior year, you may make up to 5 official visits. (Paid by the college).
- You may not make more than one official visit to the same school.

Sport

- Continue playing with club team.
- Maintain strong practice schedule and work ethic.
- Work toward achieving your goals.
- Talk with your coach about how best to achieve your goals.
- Share your narrowed list of prospective schools with your coach.
- Regularly update your coach on the recruiting process.

Athlete's Checklist/Timeline

Junior Year

Research

- Start thinking about what is important to you in your college choice.
- Narrow your list of colleges of interest to approximately 10.
- Make sure you have a good mix of colleges on your list.
- Include at least two that will be "sure things". (Confident of being accepted).
- Research schools program, coaching staff, academic strengths, culture and location.
- Research financial aid opportunities generally, and at each school on your list. (Particularly important if you don't believe that you will be able to secure a full scholarship).

Contacts

- Prepare a highlight video and profile of yourself and send it to your schools of interest.
- Try to develop a steady dialog with Coaching Staff.
- Take unofficial trips to the colleges on your narrowed list.
- Take a tour of the campus.
- Set up meetings with the coaches.
- Talk with athletes if you can.
- Ask a lot of questions.
- Send thank you note to coach.

Academic

- Take a SAT or ACT class, if necessary.
- Start meeting regularly with high school counselor.
- Continue to maintain a strong GPA.
- Make sure you are continuing to meet all NCAA core courses.
- Take the SAT and ACT, and the SAT 2 if required for your selected colleges.
- Take these tests early and often.
- Possibly determine whether you have a specific interest in an area of study in college.
- Evaluate potential colleges based upon whether they offer this area of study.
- Closely review the requirements for the schools on your list.
- Which require which test?
- Are essays needed with the application?
- Obtain the applications and requirements of the schools on your list.

NCAA Rules

- Familiarize yourself with the Rules and follow them.
- September 1st – you can receive recruiting materials from Division I and II Schools.
- Division I and II coaches still cannot talk with you if you do not initiate the call.
- Parents cannot talk with coaches at competitions, or any time off campus, no matter who made the contact.
- Coaches can E-mail you, as this has been ruled printed material.
- You can continue to make unofficial visits to colleges, at your expense.
- Coaches can talk with you at length during these visits to the campus.
- You can be given a tour of the campus, watch practice and attend meetings.
- Verbal commitments can be made on both sides.

Sport

- Play year round with your club.
- Maintain a strong practice schedule and work ethic.
- Continue to work toward achieving the goals – revisit those goals and adjust if needed.
- Continue talking with your coach about how best to achieve your goals.
- Share your narrowed list of prospective schools with your coach.

Athlete's Checklist/Timeline

Sophomore Year

Research

- Learn about the difference between Division I, II and III schools.
- Become familiar with NCAA Recruiting Rules.
- Get a copy of the NCAA Guide to College Bound Athletes @ www.ncaa.org.
- Ask parents, coach and guidance counselor to make a list of schools that they believe might be a good fit.
- Begin collecting information on: school's profile, student body composition, GPA and test scores for incoming freshmen.

Contacts

- When traveling, check out schools on your 10-15 list.
- E-mail or write each coach on your top 10-15 colleges.

Academic

- Become familiar with NCAA academic requirements for core courses.
- (Eligibility Button – Clearinghouse Division I and II. None for Division III).
- Maintain a strong GPA in as rigorous a schedule as you can manage.
- Sign up for PSAT and ACT tests. Use as practice run.
- If your school offers practice SAT/ACT testing, take advantage of it.

NCAA Rules

- Division I and II schools cannot contact you in any way.
- Division III schools can contact you but not in person.
- You may write, E-mail or call Division I and II coaches and talk to them, but they cannot return your call.
- The only written responses allowed from them are brochures, generic letters and questionnaires.
- Unofficial visits to the college, initiated by you, are not limited.
- You can meet with the college coaches on campus.

Sport

- Find a good club team with coaching and competition that you need to develop.
- Maintain a strong practice schedule and work ethic.
- Set goals for the upcoming three years.
- Ask your coach if your goals and college choices are realistic (Adjust if necessary).
- Talk with your coach about your interest/desire regarding your sport.