

# SOPHOMORE RECRUITING CHECKLIST

## FALL

- ☐ Download and review the "NCAA Guide for College Bound Student Athlete"
- ☐ Register with the NCAA Eligibility Center
- ☐ Set reachable goals to focus on for fall and winter training
- ☐ Schedule an unofficial visit at a local target college through the Admissions Office
- ☐ Schedule and take the PreACT and/or PSAT
- ☐ 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

## WINTER

- ☐ Expand your college opportunities and start researching regional colleges and athletic programs
- ☐ 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
- ☐ Continue to monitor social media accounts and follow your target colleges, athletic programs you're interested in and college coaches
- ☐ Take a two-week break from your sport-specific training to allow your body to recover and prep for the upcoming season(s)
- ☐ 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
- ☐ Post your high school schedule to your NCSA profile and email it directly to your target colleges
- ☐ Attend a game at a local target college 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

## SUMMER

- ☐ NCAA D2 - Calls, emails, texts, private messaging via social media and official visits are allowed beginning June 15th
- ☐ Upload your transcript to the NCAA Eligibility Center
- ☐ NCAA D3 - Off-campus contact is allowed after your sophomore year
- ☐ 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
- ☐ High academic prospects: Start preparing for the ACT and/or SAT