

# 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