

FRESHMAN YEAR RECRUITING CHECKLIST

When	Category	Item	Complete?	Notes
ALL YEAR				
All Year	All	Buy a Binder (3") and Tabs to keep your Worksheets, Checklists, School Info, Athletic Stats, Maps and any other information regarding Academics, Athletics, Standardized Testing, Colleges, etc. ***Stay Organized!		
All Year	Academics	Hit the ground running in School and give 100% in all areas. Good grades plus stellar athletic stats = More Options		
All Year	Academics	Take challenging classes, AP and Honors Classes		
All Year	Academics	Identify any problem areas immediately and seek teacher or tutor assistance to make sure you have a solid foundation for future classes		
All Year	Athletics	Ask for evaluations from high school and club coaches for a reality check		
All Year	Athletics	Define strength, benchmark and competitive goals with coaches for the year		
All Year	Athletics	Work with outside strength / agility programs and outside coaches / clinics to enhance skills		
All Year	Recruiting	Record playing time. Coaches will need highlight videos.		
All Year	Activities	Round out your overall resume by participating in clubs, community and leadership activities		
All Year	Social Media	Make sure you use Facebook, Twitter, Instagram, Musically, Snapchat and all other internet accessible sites in a mature manner. Coaches look!!!		
All Year	Social Media	Establish a Twitter Account, YouTube Account, Acceptable Email Address (no inappropriate words) and setup a BLOG. If you don't have Facebook, do that as well.		
All Year	All	Go on unofficial visits to colleges (if possible) as much as possible to learn about the school and familiarize yourself with the school.		
All Year	All	Steer clear of situations that could jeopardize your goals. Always make responsible choices!		
IN SEASON/POST SEASON				
In Season	Athletics	Make sure you keep a log of all your stats, collect all photos and video clips and any newspaper clippings.		
In Season	Athletics	Demonstrate good sportsmanship after every game. Shake hands with opposing coaches and officials. Look them in the eye and say "good game".		
In Season	Athletics	Coaches look for good athletes, but also want leadership and good sportsmanship. Make sure you rise to the occasion.		
In Season	Athletics	Evaluate your performance pre, during and post season, and perform a reality check (do you make the cut)		
In Season	Athletics	Utilize your social media and send periodic updates on new records, milestones, pics, etc.		
In / Post Season	Recruiting	If you have not already done so, create your online profile on AllStarRecruits.com.		
In / Post Season	Recruiting	Step it up a notch with an Athletic Profile to attach to emails and Player Cards to hand out at events.		
FALL				

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Fall	All	Set goals for the year in both academics and athletics.		
Fall	Recruiting	Download or Purchase the latest version of the NCAA Guide for the College Bound Student Athlete, check for changes		
Fall	Recruiting	Review the NCAA Academic Quick Reference Guide - Div I & II		
Fall	Recruiting	Review the latest NCAA Academic Requirements to make sure you are taking the correct courses: NCAA Student Athlete Core Course Worksheet		
Fall	Recruiting	Introduce yourself to 3-5 College Coaches at levels you realistically qualify based on your Athletic Assessment and Recruiting Guidelines.		
Fall	Academics	Begin to build a target list of schools that offer your sport, and meet your criteria. 10 is a good starting point. The College Board has a great tool that lets you enter your criteria (size, location, etc.) and gives you a list: College Board School Selector.		
Fall	Academics	Start researching your Targeted Schools' academics and testing requirements and compare to your curriculum and path. Use the College Information Worksheet to gather and record info on Colleges you are interested in.		
Fall	Academics	Use the Comparing Colleges to gather info and comparisons on Top Colleges you are interested in.		
Fall	Academics	Use the College Comparison Worksheet to compare your Top 5 Targeted Colleges		
Fall	Academics	Meet with your High School Guidance Counselor to ensure your courses will meet your goals and you are on the right track. Make adjustments if necessary.		
Fall	Athletics	Look for Prospect Days at Colleges of interest and register for those you will attend.		
Fall	Athletics	Use the Internet to research your sport and find out what type of marks, times and benchmarks are required to be considered for athletic scholarship		
SUMMER				
Summer	Academics	If available, take advantage of summer school to knock an additional class out, especially one that may require additional focus.		
Summer	Athletics	Attend Nationally recognized camps and events for exposure. If possible, attend a camp at a target school. Talk to the Coach and Staff. Ask questions.		
Summer	Athletics	Enroll in strength and agility training specific for your sport.		

