

# JUNIOR YEAR RECRUITING CHECKLIST

| When                           | Category     | Item  | Complete? | Notes |
|--------------------------------|--------------|---|-----------|-------|
| <b>ALL YEAR</b>                |              |   |           |       |
| All Year                       | Academics    | Junior Year can be difficult academically. Continue to focus on studies and your grades. Contribute to that GPA!                                      |           |       |
| All Year                       | Academics    | Continue to 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 objective qualified (such as high school or club coach) for honest feedback about your strengths and weaknesses.                              |           |       |
| 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                       | Activities   | Continue to focus on extra curriculums by participating in clubs, community and leadership activities   |           |       |
| All Year                       | Recruiting   | Continue to record playing time. Coaches will need highlight videos.  |           |       |
| All Year                       | Social Media | Make sure you are using Facebook, Twitter, Instagram, Musically, Snapchat and all other internet accessible sites in a mature manner. Coaches look!!! |           |       |
| All Year                       | Social Media | Post responsible, regular updates on Social Media.  |           |       |
| 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.             |           |       |
| <b>IN SEASON / POST SEASON</b> |              |   |           |       |
| 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    | 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 Season                      | Recruiting   | Be prepared for phone calls from Coaches after Sept 1 of this year and know when they will come.  |           |       |
| In Season                      | Recruiting   | Look for invitations from coaches to call in the emails. If they give you their cell phone number, use it!  |           |       |
| In Season                      | Recruiting   | Continue to prepare for phone conversations by role playing with your parents. Review the questions the coach is likely to ask.                       |           |       |
| In Season/<br>Post<br>Season   | Recruiting   | <a href="#">Make sure your Athletic Profile is complete and updated on AllStarRecruits.com.</a>   |           |       |
| In / Post<br>Season            | Recruiting   | <a href="#">Step it up a notch with an Athletic Profile to attach to emails and Player Cards</a> to hand out at events.                               |           |       |

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|             |            |  |  |  |
|-------------|------------|--|--|--|
| Post Season | Recruiting | Create a log of all communications with School Representatives. Log dates, calls, emails, tweets.  |  |  |
| <b>FALL</b> |            |  |  |  |
| Fall        | All        | Set goals for the year in both academics and athletics.  |  |  |
| Fall        | All        | Obtain 3 letters of recommendations from Coaches/Counselors/Teachers/Community.  |  |  |
| Fall        | All        | For Financial Aid, fill out the FAFSA form ( <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a> ) and attend workshops.  |  |  |
| Fall        | Recruiting | <a href="#">Download or Purchase the latest version of the NCAA Guide for the College Bound Student Athlete, check for changes.</a>  |  |  |
| Fall        | Recruiting | <a href="#">Review the NCAA Academic Quick Reference Guide - Div I &amp; II – look for changes</a>   |  |  |
| Fall        | Recruiting | <a href="#">Review the latest NCAA Academic Requirements to make sure you are taking the correct courses: NCAA Student Athlete Core Course Worksheet</a>   |  |  |
| Fall        | Recruiting | <a href="#">Update your Targeted List of Colleges that offer your sport, and meet your criteria. Begin to prioritize and rank your list of 10. Resources: *College Board School Selector</a>   |  |  |
| Fall        | Recruiting | <a href="#">Fill out College Questionnaires for Prospective Recruits for the Colleges on your Targeted Colleges List. These Questionnaires can typically be found on the College Website under Prospective Students</a>  |  |  |
| Fall        | Recruiting | Reach out to Coaches of your Top 10 with regular updates and links to your Profile and highlight videos.   |  |  |
| Fall        | Recruiting | <a href="#">Begin your NCAA Eligibility Quest officially through the amateur certification process. Register at the NCAA Eligibility Center.</a> This is an excellent resource and will provide you with a wealth of information.  |  |  |
| Fall        | Recruiting | <a href="#">Review your recruiting timeline. You can find the NCAA College Recruiting Timelines and Calendars here.</a>  |  |  |
| Fall        | All        | Ask your high school counselor to send an official transcript to the NCAA Eligibility Center after completing your Junior Year.  |  |  |
| Fall        | Recruiting | Gather clips and update your highlight video   |  |  |
| Fall        | Recruiting | <a href="#">An Athletic Profile is easy for Coaches to glance over and a great way for you to introduce yourself and get on their radar if you are not already. Download one of our free templates here or make your own.</a>  |  |  |
| Fall        | Academics  | If you need to take (or re-take) SATs/ACTs, examine the test dates and decide when you will take them. Plan to take the SAT in the early Spring. Request the test scores be sent to the NCAA Eligibility Center by marking "9999" in the code box where indicated. <a href="https://collegereadiness.collegeboard.org/">https://collegereadiness.collegeboard.org/</a> |  |  |
| Fall        | Academics  | Once you have decided on a date to take SATs/ACTs, set up your Prep Goals and schedule.  |  |  |
| Fall        | Academics  | <a href="#">Continue to gather info on your Targeted Schools' academics and testing requirements and compare to your curriculum and path. Use the College Information Worksheet to update and record info on Colleges you are interested in.</a>   |  |  |

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|               |            |  |  |  |
|---------------|------------|--|--|--|
| Fall          | Academics  | Update the <a href="#">Comparing Colleges</a> that you used to gather info and comparisons on your Top Colleges.   |  |  |
| Fall          | Academics  | Review and update the <a href="#">College Comparison Worksheet</a> for your Top 5 Targeted Colleges.   |  |  |
| Fall          | Academics  | Meet with your High School Guidance Counselor throughout the year to ensure your courses will meet your goals and you are on the right track. Make adjustments if necessary. |  |  |
| Fall          | Academics  | Re-examine your target list and see which tests your Targeted List requires: SAT, ACT, SAT Subject Tests.  |  |  |
| Fall          | Athletics  | Look for Prospect Days at Colleges of interest and register for those you will attend.   |  |  |
| Fall          | Athletics  | Stay in communication with Coaches about upcoming showcases for the year.  |  |  |
| <b>WINTER</b> |            |  |  |  |
| Winter        | Academics  | Make sure you are scheduled to take the SATs and ACTs.   |  |  |
| <b>SPRING</b> |            |  |  |  |
| Post Season   | Recruiting | Continue to send updates to your Target Schools via email and be sure to fill out the Prospective Student or Recruit Questionnaires (if you have not already done so)        |  |  |
| Post Season   | Recruiting | Organize your email folders with one for each school. Make sure you place all messages for that school into the folder.  |  |  |
| <b>SUMMER</b> |            |  |  |  |
| 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. Continue to train!  |  |  |
| Summer        | Recruiting | Email Coaches of your Top 5 Targeted Schools expressing your desire to attend their school and be part of their team, as well as updates to your Athletic Profile.           |  |  |
| Summer        | All        | Continue to take Unofficial Visits to Colleges to learn and familiarize yourself with the schools and narrow your list.  |  |  |
|               |            |  |  |  |
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