

SOPHOMORE YEAR RECRUITING CHECKLIST

When	Category	Item	Complete?	Notes
ALL YEAR				
All Year	All	Keep your Binder updated with Worksheets, Checklists, School Info, Athletic Stats, Maps and any other information regarding Academics, Athletics, Standardized Testing, Colleges, etc. ***Stay Organized!		
All Year	Academics	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 curriculars by participating in clubs, community and leadership activities		
All Year	Recruiting	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	If you have not already done so, 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.		
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 "nice 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	Make sure your profile is complete and updated 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				
Fall	All	Set goals for the year in both academics and athletics.		

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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 – look for changes		
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	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		
Fall	Recruiting	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		
Fall	Recruiting	Begin your NCAA Eligibility Quest officially through the amateur certification process. Register at the NCAA Eligibility Center. This is an excellent resource and will provide you with a wealth of information.		
Fall	Recruiting	Download and learn your recruiting timeline. You can find the NCAA College Recruiting Timelines and Calendars here.		
Fall	Recruiting	Gather clips and begin to formulate your highlight video		
Fall	Recruiting	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.		
Fall	Recruiting	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.		
Fall	Recruiting	Update the Comparing Colleges that you used to gather info and comparisons on your Top Colleges.		
Fall	Recruiting	Review and update the College Comparison Worksheet for your Top 5 Targeted Colleges		
Fall	Recruiting	Update priority list and re-rank Target list. Consider how interested the coaches seem in you.		
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	Begin preparing for the SAT or ACT. Sign up for a focused prep course. These tests are critical! Start preparing NOW!!		
Fall	Academics	Examine your target list, and see which tests they require: SAT, ACT, SAT Subject Tests.		
Fall	Academics	Examine the SAT/ACT test dates and decide when you will take them. Plan to take the SAT in the early Spring for the first time. The ACT is curriculum based, so the later you take it (Late Spring/Summer) the better.		
Fall	Athletics	Look for Prospect Days at Colleges of interest and register for those you will attend.		

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Fall	Athletics	Discuss your Top Schools with Coaches, get contact information from them and ask them to be references.		
Fall	Athletics	Stay in communication with Coaches about upcoming showcases for the year.		
WINTER				
Winter	Academics	Make sure you are scheduled to take the SATs and ACTs		
Winter	Recruiting	Start to plan travel for unofficial visits during Spring Break and Summer.		
SPRING				
Spring	Athletics	Make sure you keep a log of all your stats, collect all photos and video clips and any newspaper clippings. You will want to look back on these memories! Consider a photo album.		
Spring	Athletics	Coaches look for good athletes, but also want leadership and good sportsmanship. Make sure you rise to the occasion.		
Spring	Athletics	Evaluate your performance pre, during and post season, and perform a reality check (do you make the cut?)		
Spring	Athletics	Utilize your social media and send periodic updates on new records, milestones, pics, etc.		
Spring	Recruiting	Make sure your Athletic Profile is complete and updated on AllStarRecruits.com.		
Spring	Recruiting	Keep your Athletic Profile updated online and on paper.		
Spring	Recruiting	Take at least two unofficial visits. Target schools where coaches are interested in you.		
Spring	Recruiting	Finish highlight or skills video and highlight or spot shadow if possible. Upload to YouTube and include links to video in your email correspondence to Coaches.		
Spring	Recruiting	Establish contact with your Target Schools via email and filling out the Prospective Student or Recruit Questionnaires (if you have not already done so)		
Spring	Recruiting	Send an email to Coaches introducing yourself. You should include links to your Athletic Profile. Some would rather put it all out there online for all to see, while others prefer to keep some information private.		
Spring	Recruiting	Organize your email folders with one for each school. Make sure you place all messages for that school into the folder.		
Spring	Recruiting	Create a log of all communications with School Representatives. Log dates, calls, emails, tweets.		
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. Continue to train!		

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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	Determine your Expected Family Contribution (EFC) to familiarize yourself with the collegiate financial aid process. You can use the Expected Family Contribution Calculator at Bigfuture.collegeboard.org.		
Summer	All	Continue to take Unofficial Visits to Colleges to learn and familiarize yourself with the schools.		

