

** Steps to College Athletics: A Quick Overview of the Recruiting Timeline **



Sophomore Year HS

* Register with NCAA & NAIA Eligibility Centers, complete recruiting questionnaires for *all* schools on your list.

* Begin compiling highlight & game videos, upload to your YouTube Channel.

* Keep your Profile updated on AllStarRecruits.com

* Continue to research and update your list and write coaches & schools. Send videos and/or links to videos. Take unofficial visits.

* Contact players on your short list of schools, get their direct feedback on the school and program.

* Consider working with a speech coach to develop and improve communications skills - make a good first impression when you talk to coaches

* Begin emailing updates to coaches, let them know your game / taimey schedules - stay on their radars!

* Take SAT / ACT practice tests and/or test prep courses, keep your grades up.

* Pick a good attitude and show it. Recognize that nothing is owed to you just because you're a good athlete.

Freshman Year HS

* Continue your research & compile an initial list of 10-15 schools you're interested in. Rank schools based on the attributes that are most important to you.

* Create your Profile on AllStarRecruits.com

* Create/Clean up your Social Media Accounts.

* Begin writing coaches of schools you're interested in, get on their radar and get your name out there!

* Play at the highest level of club/HS team you can. Ask your coaches where you need improvement and set goals.

* Look for College camps and clinics to attend.

* Good grades are critical ALL 4 years of HS - hit the ground running freshman year!

* Consider working with a personal trainer to improve speed, strength and overall athleticism.



Senior Year HS

* Quickly let coaches know if you're no longer interested.

* Take official visits to schools on your short list, meet coaches and players.

Junior Year HS

* Continue to research schools but narrow your list to 5 schools.

* Stay in contact with coaches on a weekly basis, ask for the timeline they will make offers.

* Keep in contact with coaches often, let them know of your continued interest and also if you're no longer interested.

* Keep your Profile updated on AllStarRecruits.com

* Continue to send videos & grades to schools you are interested in. Be your own advocate & keep your name out there!

* Ask coaches where you stand on their recruiting list and their timeline.

* Take SAT/ACT Tests early

* Re-take SAT/ACT Tests if necessary.

* Look to attend Showcase games and tournaments and let coaches know your schedule.

* Continue to play at the highest level of club/HS team you can. Get feedback on where you can improve skills.

* Take AP courses, challenge yourself academically!

8th Grade

* Research & start to build your targeted list of colleges you're interested in. Aim to begin writing college coaches freshman year of HS.

* Work on study and time management skills, important to get good grades beginning Freshman year of HS.

* Character matters, make good choices ... every day. Learn to be very careful of what you put on social media

* Play at the highest level of club team you can. Ask your coach what you need to do athletically to compete well at the HS level.

