



# A Junior Recruiting Checklist

Academics	When	Completed
Begin ACT/SAT preparation. Take <a href="#">ACT</a> and <a href="#">SAT</a> practice tests to determine which test is best for you.	Fall	
Use NCAA Division I core <a href="#">course worksheet</a> to review and update specific academic goals and track core course progress. Be sure core requirements are being fulfilled.	Fall	
Meet with high school guidance counselor to review your academic progress, core course requirements, and get national ACT and SAT testing dates.	Fall	
Review and update Initial Target List using <a href="#">TGS</a> and continue to research colleges to get a feel of different types of institutions. Target List should include at least forty schools across all divisions you are qualified for. Maintain relationships with coaches at each school. If school is not in your Correspondence Log, reevaluate if it should remain on your Target List.	Fall	
Register with the <a href="#">NCAA Eligibility Center</a> and make sure your high school counselor sends your transcripts at the end of junior year.	Winter	
Take the ACT and/or SAT. Request the test scores be sent to the NCAA Eligibility Center.	Winter	
Begin the " <a href="#">amateurism certification process</a> " questionnaire on the NCAA Eligibility Center's website.	Spring	
Maintain a minimum of a 3.0 grade-point average. Take honors classes only if an A or B average is possible.	All	
Seek help from your teacher or a tutor if you are struggling in any subject area.	All	

Athletic Competition	When	Completed
Review athletic benchmarks and reevaluate specific athletic goals. If you have achieved some of your goals, set new ones.	Fall	
Ask your coach for honest feedback about your strengths and weaknesses. Ask if you have progressed since sophomore year. Remind coaches of goal to play in college and be sure to maintain positive relationships with all coaches.	In Season	
Rank schools on your <a href="#">TGS Profile Target List</a> and make sure to inform your coaches of your top choices prior to any showcase or other major tournaments.	In Season	

Recruiting	When	Completed
Update your <a href="#">EFC player profile</a> . Add any new coaches as references.	Fall	
Do a spot check of personal outgoing voicemail messages and any social media sites to which you subscribe (e.g., Instagram, X, Facebook, etc.). Make sure you always appear mature and that no inappropriate information is on public display.	Fall	

Manage folders in inbox to organize emails from college coaches. Organize folders by division, recruiting category and college.	Fall	
Schedule game-day visits to your top schools if possible.	Fall	
Update priority list and re-rank Initial Target List. Consider how interested the coaches seem in you.	Fall	
Start to plan travel for unofficial visits during winter and spring breaks, and summer.	Fall	
Take at least two unofficial visits. Target schools where the coaches are recruiting you.	Spring	
Look for invitations from coaches to call in their letters and emails. If a coach gives you a home or cell phone number, use it!	All	
Demonstrate good sportsmanship after every contest/game/match. Win or lose, shake hands with all opposing coaches and officials.	In Season	
Meet with coaches to assess progress toward goals. Implement their suggestions. Remember, it is important to keep these key people involved in your recruiting process.	In Season	
Send highlight video to coaches via a <a href="#">Trace playlist</a> . Send full-game footage to coaches who ask for it. Follow up to see if they have watched it. Once you know they have viewed your video, ask what they thought.	In Season	
Maintain your Correspondence Log and call every coach in the log to continue to maintain relationships. Your Correspondence Log should include every school from your Initial Target List at this point. You may keep up to five schools on the Initial Target List who you have not communicated with. Consider these your "reach" schools academically and/or athletically. Maintain consistent email contact with every coach, notifying them of updates, tournament play, etc.	All	
Respond to all communication from college coaches at all levels.	All	
Ask coaches where you stand and always be prepared with a list of questions.	All	
Be aware of all important recruiting dates (including call dates) for your sport.	All	
Keep all coaches up to date on your progress through email.	All	
Create a log to track application deadlines of your top 10 to 30 schools.	Summer	
Attend college ID camps if invited by a coach who is heavily recruiting you or if you've received at least some interest from one of your top five schools.	Summer	
Take at least five unofficial visits to meet coaches at schools you are seriously considering.	Summer	
Register to retake ACT/SAT if necessary.	Summer	
Consider whether or not you want to accept any verbal offers you may receive.	All	

Call any coaches you have not communicated with. Ask all coaches where you stand on their recruiting list and what their recruiting timeline is.	Summer	
Get a head start on applications and write first draft of all application essays (if necessary).	Summer	
Meet with family accountant/specialist to make adjustments and maximize EFC.	Summer	
Steer clear of situations that could jeopardize your goals. Always make responsible choices.	All	