



## A Senior Recruiting Checklist

Academics	When	Completed
Ask coaches when and how you should apply. Decide if you will submit any early applications. Obtain application waivers from coaches.	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 course requirements will be fulfilled by the end of the school year.	Fall	
Meet with high school guidance counselor to review your academic progress and core course requirements.	Fall	
Complete <a href="#">FAFSA</a> form.	Fall	
Re-take the <a href="#">ACT</a> and/or <a href="#">SAT</a> if necessary. Request the test scores be sent to the NCAA Eligibility Center. Update improved test scores and grades with the <a href="#">NCAA Eligibility Center</a> .	Fall	
Review and update Initial Target List. Narrow down Target List to 10 to 20 schools you are seriously considering using <a href="#">TGS</a> . Do not include more than five schools where the coach is not heavily recruiting you. Target List should include at least five schools where you know you will be accepted and the coach has offered you a scholarship and/or spot on the team (depending on division and personal situation).	Fall	
Finalize and submit all applications.	Fall	
Discuss financial aid with college coaches and fill out aid applications with direction from coaches.	Winter	
Submit FAFSA form on January 1.	Winter	
Review Student Aid Reports (SAR) to determine best package. Consider appealing through financial aid office.	Spring	
At the end of the school year, ask the high school guidance counselor to send a copy of your final transcript and proof of graduation to the NCAA Eligibility Center.	Spring	
Apply for outside scholarships.	All	
Maintain a minimum of a 3.0 grade point average. First semester of senior year grades are critical. Take honors or AP classes only if an A or B average is possible. Finish off your high school career on a high note!	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 junior 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. Remind coaches they are listed as references on your player profile.	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 visits, including game-day visits. If a coach at the top of your Target List and Correspondence Log has not asked you to visit, call and ask where you stand.	Fall	
Consider what you will say if offer is extended during visit.	Fall	
Prior to Signing Day, ask top coaches where you stand on their recruiting list. Revise search to include more realistic schools if necessary.	Fall	
Begin scholarship negotiation early in senior year.	Fall	
If you are not comfortable with your options, or if your Correspondence Log includes fewer than 15 schools, call at least 10 new coaches at levels where you are receiving attention. Introduce yourself and ask if they are still recruiting.	Fall	
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. At this point, you may start	All	

to trim down by not initiating contact with schools you are not interested in or graciously declining offers from coaches at schools you are 100 percent positive you will not consider.		
Respond to all communication from college coaches at all levels. Even if you are not interested in a school, never ignore any correspondence.	All	
Ask coaches where you stand and always be prepared with a list of questions.	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.	All	

Senior Summer	When	Completed
Congratulations! You are now ready to prepare for your collegiate soccer career! Follow your summer workout schedule closely and meet with a trainer if you need help.	Summer	
Contact your new teammates, particularly other incoming freshman, and start to build relationships.	Summer	
Set collegiate academic and athletic goals for college.	Summer	
Schedule orientation and meet new guidance counselor and prepare schedule if possible.	Summer	
Remember where you came from and those who helped you achieve your goals. Be sure to thank your coaches and guidance counselor and keep them informed of your progress throughout your college career.	Summer	
Stay involved in your club and your community; give back and encourage younger players to reach their goals.	Summer	
Steer clear of situations that could jeopardize your goals. Always make responsible choices.	Summer	