



A Freshman Recruiting Checklist

Academics	When	Completed
Inform high-school counselor of your goal to play college athletics and to review your core-course curriculum to make sure it matches with the NCAA-approved core courses .	Fall	
Fill out the Initial Target List using TGS under the My Favorites section, with at least 20 colleges you want to pursue. Fill out player questionnaires on the college team's website.	Fall	
Maintain a minimum of a 3.0 grade-point average. Take honors classes where an A or B average is realistic.	All	
Seek help from your teacher or a tutor if you are struggling in any subject area.	All	

Athletic Competition	When	Completed
Set your soccer goals—for the fall season, for the year, and for your next four years.	Fall	
Speak to your club coach about an honest evaluation of your abilities; note suggested areas of improvement and ask about long-term prospects. Inform coach of your desire to play in college.	Fall	

Recruiting	When	Completed
Create an EFC player profile using the link provided. Get phone numbers and email addresses of all prior EFC coaches and ask them to be references.	Fall	
Do a spot check of personal outgoing voicemail messages and any social media sites you use (e.g., Instagram, X, Facebook, etc.). Make sure you always appear mature, and that no inappropriate information is on public display.	Fall	
Add folders to Inbox to organize emails from college coaches. Organize folders by division, recruiting category and college. Utilize TGS wherever possible for your communication.	Fall	
Send introductory emails via TGS to three to five college coaches at levels you realistically qualify for. If you start at NAIA or Division III levels, remember you can always move up to other divisions.	Fall	
Prepare for phone conversations by role-playing with your parents. Review the questions the coach is likely to ask at the back of this manual.	Spring	
Call two college coaches from your Initial Target List. Once you are comfortable on the phone, call at least two coaches from top-choice programs where you qualify academically and athletically.	Spring	
Demonstrate good sportsmanship after every contest/game/match. Win or lose, shake hands with all opposing coaches and officials.	In Season	
Continue accumulating game video footage utilizing Trace .	In Season	

Create and update a log of correspondence with college coaches.	All	
Respond to all communication from college coaches at all levels.	All	
Email at least ten college coaches from your Initial Target List. Start with two coaches from schools in the Northwest, and make sure to spread your contacts across all levels and all regions of the country. Always have your emails proofread.	Spring	
Plan at least one unofficial visit to a college campus from your Target List. Contact coaches in advance to schedule a meeting.	Summer	
Steer clear of situations that could jeopardize your goals. Always make responsible choices.	All	