



A Sophomore Recruiting Checklist

Academics	When	Completed
Meet with high school guidance counselor to review your academic progress, core course requirements, and get target <u>ACT</u> and <u>SAT</u> testing dates.	Fall	
Review and update Initial TGS My Favorites Target List and continue to research colleges to get a feel for different types of institutions. The <u>Initial Target List</u> should include at least 40 schools across all divisions you are qualified for.	Fall	
Schedule and take the <u>Pre-ACT</u> and/or <u>Pre-SAT</u> .	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
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 freshman year. Remind coach(es) of goal to play in college and be sure to maintain positive relationships with all coaches.	In Season	
Begin to create priority list and rank your Initial Target List.	Spring	

Recruiting	When	Completed
Update <u>EFC player profile</u> . Add any new coaches as references.	Fall	
Do a spot check of personal outgoing voicemail messages and any social networking 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	
Introduce yourself to five to ten new college coaches at levels you realistically qualify for. Be sure to add these contacts to your Correspondence Log and fill out the recruiting questionnaires on the college team's website.	Fall	
Call five to ten new college coaches from your Initial Target List. If coaches send letters or emails via <u>TGS</u> , inviting you to call their cell phones, do it!	Spring	
Continue to prepare for phone conversations by role-playing. Review the questions the coach is likely to ask.	Spring	

Demonstrate good sportsmanship after every contest/game/match. Win or lose, shake hands with all opposing coaches and officials.	In Season	
Schedule a follow-up meeting with your coaches to discuss your recruiting progress and ask if there is anything specific, they think you should be doing to improve your chances of playing at the next level. Remember, it is important to keep these key people involved in your recruiting process.	In Season	
Start to create a highlight and continue to collect footage via a Trace playlist . Keep all links to full-game footage. Send to coaches who ask for full games.	In Season	
Maintain your Correspondence Log.	All	
Respond to all communication from college coaches at all levels.	All	
Email all coaches from your Initial Target List via TGS and update the coaches on your progress. Remember to establish relationships. Always have your emails proofread.	Spring	
Determine your Estimated Family Contribution (the other EFC) to familiarize yourself with the collegiate financial aid process.	Spring	
Visit at least four college campuses at levels you realistically qualify for. Always contact coaches in advance to schedule a meeting.	Summer	
Steer clear of situations that could jeopardize your goals. Always make responsible choices.	All	