

# FRESHMAN

## Student Athletes



### ACADEMICS

#### Complete When?

- **FALL** - Use Division I core course worksheet inside NCAA Guide to set specific academic goals and plan core course schedule. Even if you do not expect to play Division I athletics it is still smart to use the Division I worksheet so you are prepared in case things change.
- **FALL** - Meet with high school guidance counselor to inform him/her 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 Initial Target List with 25 colleges you want to pursue (5 DI, 5 DII, 5 DIII, 5 NAIA, 5 Junior College (if applicable)).
- **ALL** - Maintain a minimum of a 3.0 grade point average.
- **ALL** - 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.

### ATHLETIC COMPETITION

#### Complete When?

- **FALL** - Research athletic benchmarks and use Recruiting Guidelines to set specific athletic goals.
- **IN SEASON** - Ask an objective qualified third-party (such as a high school or club coach) for honest feedback about your strengths and weaknesses.
- **IN SEASON** - Join a club or team outside of the high school that will provide more competition and better coaching (if applicable for your sport).
- **IN SEASON** - Alert high school and/or club coach(es) of goal to play in college.

### RECRUITING

#### Complete When?

- **FALL** - Begin building scouting report to present to college coaches.
- **FALL** - Introduce yourself to 3-5 college coaches at levels you realistically qualify for based on recruiting guidelines. Start low and you can always move up through the divisions.
- **FALL** - Do spot check of personal voicemails and any social networking sites (e.g. MySpace, Facebook, Instagram, etc.). Make sure you always appear mature and there is no inappropriate information on public display.
- **FALL** - Add folders in inbox to organize emails from college coaches. Organize folders by division, recruiting category and college.
- **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.
- **SUMMER** - 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.
- **IN SEASON** - Start to accumulate game or skills footage according to sport specific video guidelines.
- **IN SEASON** - Demonstrate good sportsmanship after every contest/game/match and win or lose shake hands with all opposing coaches and officials. Look them int eh eye and say "nice game".
- **ALL** - Begin and update Correspondence Log.
- **ALL** - Respond to all communication from college coaches at all levels. Add all contacts to your Correspondence Log.
- **ALL** - If interested in a specific college who did not send recruitment information, contact the coach, introduce yourself and fill out a questionnaire if you meet the minimum academic and athletic qualifications (remember, academic requirements might be different because you are an athlete).
- **ALL** - Email at least ten college coaches from your Initial Target List. Start with two coaches from local colleges, followed by four coaches from Division III, NAIA or junior colleges. Always have your emails proofread by a recruiting coach.

## SUMMER ACTIVITIES

### Complete When?

- **SUMMER** - Plan at least one unofficial visit to a local college campus. Contact coaches in advance to schedule a meeting.
- **SUMMER** - Plan at least two unofficial visits to a Division I or II campus, if interested in attending a Division I or II program, and visit at least two Division III, NAIA or junior college campuses. Regardless of division, always contact coaches in advance to schedule a meeting.
- **SUMMER** - Attend local camps to see how you compare with other high school athletes.
- **ALL** - Steer clear of situations that could jeopardize your goals. Always make responsible choices.