

# Sophomore Athlete

## Fall Recruiting Checklist & Reminders

### July-October

#### Check in with your high school guidance counselor

Find your high school's list of NCAA core courses (ask your school counselor), figure out which classes you can take this year and make sure you have a plan to maintain your NCAA eligibility (NCAA.org).

#### Let your school coach, club coach & school athletic director know you're interested in competing at the college level.

They can help support your recruiting efforts, from evaluations and recommendations to reaching out to college coaches in their network. You can also add them to your NCAA References.

#### Training Tip:

When your high school sport is not in season, create a training schedule so you stay physically & mentally competitive during the off season.

### September

#### Create a game plan for the PSAT

The PSAT is great practice for the ACT/SAT not only does it establish a baseline for how you should prepare for those tests, but it also identifies National Merit Scholars and awards merit scholarships to top performers.

### October

#### Create a free profile page with the NCAA

This is your best bet if you're keeping your options open or if you're interested in D3 schools. You can always upgrade to a Certification Account if you start receiving interest (or offers) from D1 or D2 college coaches.

#### Regularly update your NCAA profile

This is your athletic recruiting resume so make sure coaches are seeing and evaluating your most recent info.

### November

#### Size up the competition

How do you compare to your dream schools' team rosters? Are your academics on par with the average player GPA? How about your measurables and athletic stats? Where are the players from? Does it seem like the coach recruits in a certain area?

#### Broaden your horizons

Apply to a diverse number of schools so you expand your options.

#### Continue adding colleges to your NCAA roster of schools

Keep track of schools you're interested in and rank them by your top picks or next action steps. By now, you should have 5 safe schools, 5 match schools and 5 reach dream schools on your list.

#### Keep Track of Important Dates

Stay up to date with the D1 & D2 Recruiting Calendars (NCAA.org)  
Learn more about how the NCAA recruiting rules and updates affect undersclassmen.