



Your Checklist to Becoming A College Student-Athlete!

Take Your Game and Your Future to the
Next Level



Timeline for Recruitment

- ◇ D1 and D2 — can't contact before June 15th of Sophomore year (upcoming High School Juniors)
- ◇ D3, NAIA, Junior & Community College — no restraint on when they can contact recruits
- ◇ The “higher” the division, the earlier they sign
 - ⇒ D1 — by Senior Year
 - ⇒ D2 — by Spring of Senior Year
 - ⇒ D3, NAIA, Community & Junior College — later recruitment process, might have until the summer to commit
 - ⇒ But remember, these are rough guidelines. There are always exceptions!
- ◇ SO — Just Because You Haven't Decided By 9th or 10th Grade, does NOT mean it is too late to be recruited!

Reminders

- Be Persistent with Emails, even if you're not getting responses.
- Sports are only *part* of Your College Experience.
 - * Aim for what will Make You Happy both On AND Off the field
 - * Could you see yourself at this school Even if You Weren't an Athlete?
- SCHOOL FIRST
 - * Remember, you are a Student-Athlete
 - * Without good grades, you can't play
- And, Remember the Fun of Football . . . It can be easy to stress over all the work, but always Remember Why We Play The Beautiful Game 😊

9th Grade

- ◇ You've Set Your Goal, Now Make It Happen
 - ⇒ Strengthen Legs, Lungs, and Core
 - ⇒ Watch the Pros, Watch your own film, Make Adjustments
 - ⇒ Scrimmage and Play as much as possible
 - ⇒ Connect with Other Players, Train Together
 - ⇒ *More Importantly:* Train When No One's Watching

◇ And *MOST Importantly* — Commit To Your Schoolwork

◇ Begin thinking about Careers — What do I enjoy outside of sports?

◇ Begin Emailing Coaches. It's never too early to get seen!

10th Grade

- ◇ Take PSAT — See what areas need studying
- ◇ Talk with Counselor — Am I on track to get to college? Stay in Contact and Stay on Track.
- ◇ Begin Researching Colleges — check out Campuses, Speak with Students and Professors. What makes each school different? What majors and programs are offered?
- ◇ Keep Emailing Coaches!

11th Grade

- ◇ Take the SAT Early — Leave Time to Retake
- ◇ Continue Visits, Keep Emailing, Begin Narrowing Down Options
- ◇ Understand the Application Process and Timeline For Schools Your Interested In
 - ⇒ Apply Early and Often!

12th Grade

- ◇ Choose The School That Fits Your LIFE Vision.
 - ⇒ What do I want out of my college experience?
 - ⇒ What do I want *after* college?
 - ⇒ What is best for my family and I (*not* just my athletic career)?
- ◇ Decide Early, and Enjoy Your Senior Year!



Emails

- ◇ Basic Intro — Name, Position, Age, Location
- ◇ Highlight Video
- ◇ GPA (If you have good grades)
- ◇ Awards & Accomplishments (Athletic and Academic)
- ◇ Some info about yourself — You're unique, so Stand Out!

Before 9th Grade

- ◇ Decide if you want to be a College Student-Athlete. Do you Love The Game enough to make it a Commitment?
- ◇ If you *Know* that you want to be a College Student-Athlete:
 - ⇒ Write It Down!
 - ⇒ Set Your Goals — Long and Short Term
 - ⇒ Get to Work