

Your Fall Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.

Start of Freshman Year – August/September

- **Check in with your high school guidance counselor.**
Find your high school's [list of NCAA core courses](#), figure out which classes you can take this year and make sure you have a plan to [maintain your NCAA eligibility](#).
- **Let your high school and/or club coach 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 NCSA References](#).
- **Offseason Tip:**
If your high school sport is not in season, canceled or postponed, create—and stick to—a regular workout/training schedule. When practice starts up again, you'll be prepared physically and mentally!

September

- **Check out the NCSA Power Rankings.**
Don't count out schools based on their "sticker price." [We ranked the best colleges for student-athletes](#) and broke down their average cost after athletic, academic and financial aid.
- **Jot down 5 dream schools.**
What do you like—and not like —about them? Out of those qualities, [what's most and least important to you?](#)
- **Start adding colleges to [your NCSA Favorites](#).**
Keep track of schools you're interested in and rank them by your top picks.

October

- **[Begin researching college rosters.](#)**
They provide insights on the type of athletes coaches want to recruit, where they recruit and if they're recruiting your position—size up your competition to see what measurables and stats you need to achieve to get recruited.
- **Build (and regularly update!) [your NCSA profile](#).**
This is your athletic recruiting resume, so make sure coaches are seeing and evaluating your most recent info.
- **Brush up on your financial literacy.**
It's a good idea to understand [the types of academic, athletic and financial aid](#), what types of aid are offered at each division, and [the differences between equivalency and head-count sports](#).

November

- **[Visit a local campus or check out \[online campus tours\]\(#\).](#)**
This will help you start to narrow down your preferences—school size, location and more!
- **Keep Track of Important Dates:**
 1. Stay up to date with the [D1 and D2 Recruiting Calendars](#).
 2. Learn more about [how the NCAA Recruiting Rules and Updates](#) affect underclassmen.

Your Winter Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.

December

Think like a college coach.

Landing a roster spot means understanding the basics of the [recruiting funnel](#). Knowing what coaches look for, [how they find recruits](#) and [common traits successful student-athletes share](#) will give you a leg up throughout the process.

Learn the ropes from a recruiting expert.

Talk to someone who's familiar with the recruiting process: an upperclassmen teammate going through the process, a current or [former college athlete](#), [your high school/club coach](#) or an [NCSA Recruiting Coach](#).

Review the [NCAA Guide for the College Bound Student Athlete](#).

This guide answers questions for student-athletes and parents navigating the initial eligibility process. Remember, this information only applies to NCAA schools. [The NAIA has its own guidelines](#).

January

Make—and stick to—[recruiting resolutions](#).

This is a great time to focus on setting [SMART goals](#) for the upcoming year. No matter what you want to accomplish, from making the varsity team next season, bringing up your GPA to developing healthier habits, setting goals will help you stay motivated, focused and committed.

Download the NCSA App.

Never miss a moment—or a coach view, follow or message—by staying on top of your recruiting at home or on the go. [Available on the App Store](#) or [get it on Google Play](#).

February

Update your profile with your transcript and grades.

By now, you should have wrapped up your first semester of high school—**congrats!** Get into the habit of [updating your transcript and GPA after each semester](#) so coaches always have your most recent academic stats.

Maintain a balanced routine.

Whether you're juggling [activities outside of your sport](#) or you're a [multisport athlete](#), set aside some time to rest and recharge and focus on your schoolwork.

Keep track of important dates:

- Regularly check the [D1 and D2 recruiting calendars](#).
- Learn more about how the [NCAA Recruiting Rules and Updates](#) affect underclassmen.

Your Spring Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.

March

Work on your time management skills.

It's never too early to start learning [how to manage your time](#). Between sports, schoolwork and extracurriculars, [time management](#) is one of the most important skills a student-athlete can have.

Continue adding colleges to [your NCSA Favorites](#).

Keep track of schools you're interested in—remember to cast a wide net first and narrow down your options as your preferences and interests change. If you're unsure where to start, check out [the most popular schools among NCSA recruits](#).

Add a few financial aid terms to your vocabulary.

Paying for college is still years away but getting a grasp on a few key terms will lessen your stress down the road—trust us. [Our financial aid guide](#) breaks down all the terms you need to know.

April

Research upcoming [college camps and recruiting events](#).

With summer just around the corner, focus on finding camps that target skills or technique development. Save combines and showcases for the summers after sophomore and junior year, as you develop athletically and start building relationships with coaches.

Enroll in NCSA University.

Explore all the steps you need to take on [your path to college](#) and celebrate major recruiting milestones with a series of drills designed to give you a competitive recruiting advantage.

May

Complete recruiting questionnaires.

For most sports, there is [zero communication allowed](#) between a D1 coach and a recruit before June 15 after sophomore year. The best way to let them know you're interested? [Fill out recruiting questionnaires](#)—and [follow up with the college program](#) within a few weeks, too. Remember, you can also contact college coaches at the NCAA D3, NAIA or junior college levels at any time.

Impress college coaches—[without saying a word](#).

What's the number one way to show coaches you're confident, coachable and would make a great addition to their team one day? Make sure you're focusing on your body language—[and parents, this one applies to you too!](#)

Keep Track of Important Dates:

- Review the [D1 and D2 Recruiting Calendars](#).
- Learn more about how the [NCAA Recruiting Rules and Updates](#) affect underclassmen.

Your Summer Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.

June

Commit to your sport.

Are you ready to make the commitment to compete at the college level? Check out [the key differences](#) between high school and college sports to make sure you're ready to balance being a student and an athlete.

Start [building your NCSA profile](#).

It's never too early to get on college coaches' radars. Once you create your NCSA profile, make sure you are regularly updating it, so coaches only see your most current athletic and academic stats, achievements and more. Consider it your athletic recruiting resume.

Explore the NCSA Power Rankings.

Student-athletes should cast a wide net when searching for and narrowing down a list of potential schools. If you're not sure where to start, check out [NCSA's best colleges for student-athletes](#).

July

See how you measure up.

Even though you still have some time to develop your physical and athletic measurables, it's never too early to [start exploring college rosters](#).

Specialize in one sport or more?

No matter what sport—or how many—you're a part of, NCSA can help you throughout the recruiting process as you [specialize in one sport](#) or concentrate on being a [multisport athlete](#). There's no right or wrong answer; it's up to you to [determine the best route to take](#) (but we're happy to help!)

Evaluate if club sports are right for you.

Club sports are becoming more popular in the recruiting process—but do you have to play club sports to get recruited? We break down what it means to be on a club team, and the [benefits of playing both high school and club sports](#).

August

Don't overlook your location preferences.

[Are you from a recruiting hotbed](#) for your sport? Do you live in a large city [or a small town](#)? What are the most popular states that athletes [choose to go to college](#)? Even though much of the recruiting process happens online, geographic location still plays a big role.

International Student-Athlete Tip:

No matter where you live in the world, NCSA can help you maximize your recruiting opportunities. Learn more about [when international student-athletes can start the recruiting process](#).

Take some time off.

Make sure you build in some time to rest up and recharge before your freshman year of high school officially begins, especially if you're starting your season in the fall.