

# Your Fall Recruiting Checklist

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

## Start of Junior Year – August/September

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

Are you on track to graduate on time with [the required number of NCAA core courses](#)? 10 of your core courses will be locked in at the end of your junior year. If you failed or got a low grade in an important class early in high school, make sure you retake that class before the end of your junior year.

### Talk to your high school/club coach or an NCSA recruiting expert.

By now, you should have a clear game plan for your athletic recruiting to-do's. What areas can you improve in—both athletically and academically? What types of schools do you want to apply to, and how do you compare to current team rosters?

### Keep Track of Important Dates:

1. Stay up to date with the [D1 and D2 Recruiting Calendars](#).
2. Learn more about [how the new NCAA Recruiting Rules and Updates](#) affect juniors.

## September

### Register with the NCAA.

If you're unsure of which division level you want to compete in, or are set on D3 schools, create a free profile—you can always upgrade to a paid account later. Receiving interest from D1 and D2 coaches? You may be better suited for an NCAA Certification Account.

### Narrow down your list of target schools—and reach out to coaches.

Whether you're checking out [your Top Matches](#) or [Coach Activity Report](#), make sure you have at least 30-40 schools—a mix of safety, target and dream schools—added to your [NCSA Favorites](#). Then, make sure you've reached out to each coach on your list.

### Regularly update your NCSA profile.

This is your athletic recruiting resume, so make sure coaches are seeing and evaluating your most recent info—including your transcript, verified stats and in some cases, your highlight footage.

## October

### Create a game plan for the ACT and SAT.

While the NCAA is no longer requiring student-athletes to take these tests to be eligible to compete in the 2022-2023 academic year, many colleges—including those at the NCAA D1 and D2 level—may still want students to complete these tests for admissions or scholarship purposes. Stay current on testing dates for [the ACT](#) and [SAT](#)—including when you have to register for each test.

### Remember to consider all the costs associated with the ACT and SAT tests.

There are fees—and fee waivers—for each test, but don't forget about the costs of tutoring or test prep resources like online classes and guides.

## November

### Follow your top choices on Twitter and Instagram.

Following a team or coach on social media is a unique way to set yourself apart from other recruits. You'll get a behind-the-scenes look at a team's dynamics, stay up-to-date on their accomplishments, and show coaches that you're genuinely interested in their program.

### Go on a college visit or take a virtual campus tour.

[Unofficial](#) and [official visits](#) provide a great opportunity to get some one-on-one time with a college coach, meet your potential team and tour the campus/athletic facilities, while virtual visits offer a safe, cost-effective option to get a good feel of the school.

# Your Winter Recruiting Checklist

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

## December

### Estimate your financial aid.

The [FAFSA4caster](#) gives you a free early estimate of your eligibility for federal student aid, so you can get a general idea of how much you'll receive from the U.S. Department of Education, as well as what you have to make up in athletic/academic awards and loans.

### Register for your first ACT or SAT.

This will give you enough time to retake the test to increase your scores and your chances of landing an academic scholarship. Don't forget to [add your scores](#) to your NCSA Profile.

### Start tracking your [NCAA eligibility](#).

If you're interested in D1 or D2 colleges, make sure you have a good understanding of the [NCAA Sliding Scale](#), including [GPA](#) and [test score](#) requirements. While the NCAA is no longer requiring the SAT/ACT for 2022 or 2023 grads, they [have not made any changes to other grad years](#).

## January

### Come up with a list of [recruiting resolutions](#).

Planning ahead and setting [SMART goals](#) will help you stay on track throughout the recruiting process. Focus on what you want to accomplish, and what steps you need to take to get you there.

### [Pick up the phone](#).

The average college coach gets **less than seven phone calls a week** from recruits, so you're guaranteed to make an impression. Plan what you're going to say ahead of time, jot down a few questions and key facts and practice with a parent or teammate.

## February

### Get organized.

Keep track of where you are in the recruiting process for each school on your target list, [top matches](#) and [favorites](#). NCSA's Progress Cards help you visualize your to-do's and [next action steps](#).

### Insider Tip:

NCSA's Progress Cards also show you what you should be doing next—and when, so you're guaranteed to never miss a deadline, even if you're at different points in the recruiting process with multiple colleges.

### Review your transcript.

After you finish the semester, review your transcript to ensure that [you're on track](#) to meet the NCAA [core course requirements](#). Remember, you should have 10 completed core courses before the end of the year, and seven of those will be locked in.

### Keep track of important dates:

- Regularly check the [D1 and D2 recruiting calendars](#).
- Make sure you understand [how the NCAA Recruiting Rules and Updates](#) affect juniors.

# Your Spring Recruiting Checklist

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

## March

### Compare colleges on your target list.

From college costs and types of scholarships offered to national rankings and more, comparing colleges can be a time-consuming process. See what types of criteria you should be looking for by downloading our [college comparison chart](#).

### Schedule a college visit.

Both virtual and in-person [unofficial](#) and [official visits](#) provide a great opportunity to check out a college's campus, meet the coach and take a tour of a program's athletic facilities—and maybe even catch a game or team practice.

### Insider Tip:

Between paying for your travel, accommodations, meals and more, visits can get expensive. [Check out our money-saving tips](#) for your college visit or consider [taking tours online](#) before choosing a select few to visit in person.

## April

### Take—or retake—the ACT or SAT.

By now, you should have already taken your first ACT or SAT or completed a practice test. Don't forget to [add your best score to your profile](#). Keep in mind that [the ACT changed its testing experience](#) in September 2020 and [the SAT is transitioning to digital testing](#) in March 2023.

### Meet with your high school guidance counselor.

Map out how many core courses you have left to take to [meet NCAA eligibility requirements](#) and ask them to send your transcript to the NCAA Eligibility Center at the end of the school year.

### Attend a college camp or recruiting event this summer.

Make sure you know [what type of camp is best for you](#) by doing your research ahead of time. Narrow down your options by reaching out to coaches on your target list of schools to see if they're hosting or attending any upcoming camps, combines or showcases.

### Insider Tip:

Even if you're not attending camps this summer, you can still [build a relationship with the coach](#). Not interested in a camp or the coach's program? Always respond back to a coach and politely decline their invite—making a good impression matters!

## May

### Learn how to navigate the college application process.

You'll be [applying to schools](#) in just a few months—which means it's time to start preparing now. Staying focused and knowing the steps you'll have to take will make going through the process less stressful and overwhelming come fall.

### Update your NCSA profile.

From your most recent transcript, grades and ACT/SAT test scores to a new highlight video or skills footage, [updating your profile now](#) will give you more time to focus on college application prep this summer.

# Your Summer Recruiting Checklist

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

## June

### Find [last-minute camp opportunities](#).

There are plenty of recruiting events to choose from throughout the summer, even in July and August.

### Insider Tip:

The best way to maximize your recruiting opportunities? Even if you are unable to attend camps this summer, you can still [build a relationship with the coach](#). Always respond back to their camp invites, even if you're not interested in learning more about their current program.

### Show coaches your character and coachability.

By now, you should know the basics of [building relationships with college coaches](#). Make sure you're prepared to reach out to and follow up with college coaches—the majority of D1 and D2 programs will be able to reach out to recruits directly starting this summer.

### Keep track of important dates.

As you approach the start of your junior year, make sure you have a good understanding of the [NCAA recruiting rules](#) and [D1 and D2 recruiting calendars](#).

## June 15

### Coach communication kicks off—for most D1 sports.

This is the first time D1 college coaches can [communicate privately with recruits](#) via email, phone calls and texts, and social DMs. Some sports—like football, baseball, softball, lacrosse and women's basketball—[will have to wait until September 1](#).

## July

### Take a [virtual college tour](#).

The best way to narrow down your preferences and figure out what you want your college experience to be like is by checking out a college campus—and it's easy to do online!

### Regularly update [your NCSA profile](#).

Make sure your contact information, [athletic stats](#) and [academic stats](#) are up-to-date and [add any new coach references](#). That way, college coaches will see your best—and most recent—accomplishments.

### Keep track of your coach activity.

NCSA's [Coach Activity Report](#) shows you coaches and programs who are searching for athletes like you, viewing or following your profile, and opening your email messages—and when they're doing it, [so you can follow up ASAP](#). Plus, you can [see your match percentage](#) for each school along with your next action steps.

## August

### Create a list of upcoming expenses.

Whether it's ACT/SAT testing, [sending your test scores to the NCAA](#), or travel and accommodations for unofficial visits, start planning for these costs now. Looking to make the most of your budget? Check out our [money-saving tips](#) and [fee waivers for the ACT](#) and [SAT tests](#).

### Take a break.

Make sure you take some time to rest and recharge before the new school year begins. You'll come back to school ready to take on your sport, studies and recruiting!