

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.

Your Fall Recruiting Checklist

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

Start of Sophomore 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

[Upload your freshman year transcript to your profile.](#)

Profiles with a recent transcript get 17x more views from college coaches than profiles without one.

[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.

[Determine your family's EFC.](#)

Calculating your [Estimated Financial Contribution](#) can help estimate your federal student aid eligibility and then establish college funding strategies.

[Regularly update your NCSA 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 you 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.

We always recommend that you cast a wide net when searching for schools. [Check out your top matches](#), see what [the most popular schools are](#) with other NCSA recruits and [explore schools](#) where college coaches are viewing, following or searching for athletes like you.

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

Keep track of schools you're interested in and rank them by your top picks or next action steps. By now, you should have 5-10 safety schools, 10-15 target schools and 5-10 dream schools on your list.

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

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December

Get on a coach's radar.

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 update them regularly.](#)

Craft a compelling [personal statement](#).

Personal statements are a great opportunity to [show college coaches your character](#). Reflect on your athletic and academic achievements and identify what experiences or people have motivated and inspired you to pursue your sport at the next level.

[Check your PSAT score.](#)

PSAT scores are generally released beginning mid-December. Your scores are a good indicator of what you've learned so far, and pinpoint areas of improvement ahead of the ACT/SAT.

January 1

[Recruiting Kickoff \(Men's Ice Hockey Only\)](#)

D1 college coaches can start sending men's ice hockey student-athletes emails, DM's, texts and letters. Recruits can also make calls to and receive calls from D1 coaches and set up [unofficial visits](#).

January

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

Setting [SMART goals](#) and planning your year ahead will help you stay motivated throughout the recruiting process. Focus on what you want to accomplish—from developing athletically, maintaining your NCAA eligibility to implementing healthier habits, set goals to stay focused and committed.

[Review our financial aid glossary.](#)

We'll walk you through [the differences between a CSS Profile and the FAFSA](#), the types of loans and grants awarded to student-athletes, and what your [Estimated Family Contribution \(EFC\)](#) might be.

February

Gauge your talent level.

Whether it's by [uploading your most recent highlight/skills video](#) or [verified stats](#) to your profile, [comparing your athletic talents](#) to recruits currently on your favorite schools' team rosters, or getting evaluated by an NCSA Recruiting Coach, get a better understanding of your talent to kick off your college search.

Compare your favorites.

By now, you should have at least 30 schools on [your NCSA Favorites](#). Start considering how they're similar or different from one another, whether it's [by division level](#), [size and location](#), or [general rankings](#).

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

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March

Register for an online recruiting class.

Whether you have specific questions about the recruiting process, need help making quality connections with college coaches or want to explore the benefits of an NCSA membership, [there's a recruiting class that's right for you.](#)

Learn how to communicate with coaches.

Depending on your sport, [most D1 and D2 college coaches](#) will be able to contact recruits beginning June 15 or September 1 this year. Make sure you know [how to communicate effectively](#) to maximize your recruiting opportunities.

Clean up your social media accounts.

Social media is a great way to connect with college coaches and learn more about athletic programs you're interested in. Check out our guide on [how to use social media for recruiting.](#)

April

Start researching summer camps and recruiting events.

Once you figure out [what type of recruiting event is right for you](#), make a list of camps you're interested in attending. Don't forget to reach out to college coaches once you register for their events!

Learn from our Recruiting Coaches.

NCSA's team of recruiting experts answer thousands of questions a year to help families get the most of their college recruiting journey. [Check out the most common questions](#) (and answers!) that our Recruiting Coaches receive throughout the year.

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](#). Don't forget to [check out the best schools for student athletes](#).

May

Start getting ready for June 15.

Remember, starting June 15 after sophomore year, most D1 college coaches—excluding women's basketball, football, lacrosse, softball and baseball—[will be able to communicate freely with recruits](#) via email, DMs, texts and phone calls (and vice versa).

Create your highlight or skills video.

[Highlight and skills videos](#) play a crucial role in the recruiting process, especially because not all coaches will get a chance to evaluate you in person. [Follow these tips for a better skills video.](#)

[Post your summer schedule.](#)

Not only does it help keep you organized if you're participating in multiple camps or showcases, but it also makes it easier for college coaches to add you to their lists of potential recruits to evaluate if they attend.

Your Summer Recruiting Checklist

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June

Take advantage of your free time.

As the end of the school year approaches, make the most of it—but dedicate a few hours a week to [managing your recruiting](#). College coaches are still evaluating athletes during the summer months!

Prepare for college camps and recruiting events.

There are plenty of recruiting events to choose from throughout the summer. [Find college camps, tournaments, showcases and combines near you](#).

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.

July

Create and stick to a summer training schedule.

After a period of recovery from your regular seasonal training or workouts, [create a summer training plan](#) to stay in shape and boost your athletic performance for your upcoming season.

Update [your NCSA profile](#).

Make sure your athletic and academic stats are current, update your contact information and [add any new coach references](#) so you're prepared come fall.

[Fill out recruiting questionnaires](#).

Whether you receive a request directly from the coach or track down recruiting questionnaires for your top schools on your own, this is an important first step to get on a coach's radar and receive more information about an athletic program.

Build your target list of colleges.

Before school starts up again, [revisit your NCSA Favorites](#), [explore your Top Matches](#) and see what's new on your [Coach Activity Report](#). If your preferences have changed, [let us know](#) so we can continue to provide you with the best college options!

August

Rest and recharge.

As summer winds down, don't forget to give yourself a break before school starts up again. You'll come back as a better student-athlete!

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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

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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

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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!

Your Fall Recruiting Checklist

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

Start of Senior Year – August/September

Check in with your high school guidance counselor.

[Confirm your NCAA eligibility](#)—once you start your senior year (seventh semester of high school), ten of your core courses are “locked in”—you can’t retake or replace any of these courses to improve your GPA.

If necessary, [retake the ACT or 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, it’s still a good idea to take these exams, whether you’re trying to [maximize your scholarship opportunities](#) or improve your admissions chances at highly selective schools.

Make sure [your NCSA profile](#) is up-to-date.

As you reach the home stretch of your recruiting, your profile should be 100% complete—make sure you uploaded your most recent transcript and update your highlight footage and verified measurables/stats from summer recruiting events, camps or combines.

September

Keep Track of Important Dates

1. Stay up to date with the D1 and D2 Recruiting Calendars.
2. Learn more about [how the NCAA's response to COVID-19](#) affect seniors.

[Go on a campus visit or take a virtual campus tour](#).

[Unofficial](#) or [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.

October 1

[Complete your FAFSA](#) starting October 1.

[The FAFSA determines your eligibility](#) for federal grants, loans and work-study funds [administered by the U.S. Department of Education](#). Try to complete it ASAP—aid is awarded on a first-come, first-serve basis. Our partner [Frank Financial Aid](#) can help you file your FAFSA in 3 easy steps.

October

Refine and finalize your target schools.

Be realistic with your safety, target and dream schools—if you haven’t received an offer or much attention from college coaches, [expand your search](#) to include schools at all division levels.

Insider Tip:

Don’t stress! You can still find competitive programs outside of the D1 level. Maximize your options by [considering D2, D3 and NAIA schools](#)—some of these coaches recruit well into senior year.

Start applying to schools.

Keeping up with [admissions standards and deadlines can be tough](#)—make sure you know which schools have set applications deadlines, offer rolling admissions and whether they have their own application process or [use the Common App](#).

Keep track of college application costs.

While some colleges allow students to apply for free, [the average college application fee](#) was \$44 in 2020. If you’re applying to multiple schools, these costs can add up. The College Board allows you to [search for college application fee waivers](#)—whether you’re an in-state resident, first-year student or meet certain income criteria.

November 9

[Initial Signing Date](#)

For most sports—excluding football and basketball—this is the first (not the only!) day you can officially sign with D1 and D2 schools. [Learn more about National Signing Day](#).

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

December

- Continue applying to schools.**
Keeping up with [admissions standards and deadlines can be tough](#)—by now, you should know which of the schools on your target list offer rolling admissions vs. set admissions deadlines and whether they [use the Common App](#).
- Register with the NAIA Eligibility Center.**
Are you applying to NAIA programs? Every student-athlete has to [create an account with PlayNAIA.org](#) in order to play sports at an NAIA college or university.
- Compare college offers.**
From knowing the difference between [verbal offers and commitments](#) to [preferred and recruited walk-on offers](#), review these terms now so you have a better understanding of the offers you may receive.

December 21

- D1 football early signing period**
Football recruits can sign with D1 schools between December 21-23, 2022 ahead of the regular signing period beginning February 1, 2023.

January

- Complete your FAFSA ASAP.**
If you haven't submitted your FAFSA, now is the time. [Financial aid](#) is awarded on a first-come, first-serve basis. This form determines your eligibility for federal grants, loans and work-study funds.
- Become a master negotiator.**
What happens if you receive [multiple scholarship offers](#)? Not all offers are the same, so it's a good idea to [learn how to negotiate](#) to maximize your total financial aid packages.

February 1

- D1 and D2 football regular signing period begins**
This is just the first (not the only!) day in the regular period football student-athletes can officially sign with D1 and D2 schools. This period ends on April 1 (D1) and August 1 (D2).

February

- Complete your amateurism questionnaire.**
 - Whether you're signing with an NCAA D1 or D2 college or still narrowing down your options, make sure you've [completed your amateurism questionnaire](#) within your NCAA Certification Account.

Your Spring Recruiting Checklist

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

March



Come up with a backup plan.

Got wait-listed at your dream school? Didn't get any athletic scholarship offers? Whether you decide to develop athletically and academically at a [junior college](#), [explore other types of financial aid](#) or join the [46% of D1 athletes who are walk-ons](#), always keep your options open.

April



Explore all your options.

[College coaches recruit well into senior year](#)—yes, even in the spring—especially at NCAA D3, NAIA and junior colleges. Opportunities may be limited, [but they still exist](#). Still eyeing a spot on an NCAA D1 or D2 roster? Decommittments and coaching changes have been known to happen, but your best bet would be to ask a college coach if walk-on spots are available or if they host open tryouts during the school year.

April 1



Request your final Amateurism Certification.

Enrolling and competing at a D1 or D2 college this fall? April 1 is the first—not the only—day you can log in to your NCAA Certification Account and [request your final amateurism certification](#).

April 13



D1 Basketball Regular Signing Period Begins.

This is the first day D1 basketball recruits can sign the National Letter of Intent if they're enrolling in college during the 2022–2023 academic year. The Final Signing Date for D1 basketball is May 18.

May



Let NCSA know where you're going to school.

[Completing your College Decision Survey](#) lets other college coaches know that you are officially off the market and allows us to help the next class of college student athletes!



Humble brag—we'll allow it.

Let your friends and family know where you're going to school by posting on your social media channels. Tag [#NCSACommit](#) for your chance to be featured on our [Facebook](#), [Twitter](#) or [Instagram pages](#)!



[Celebrate your college commitment!](#)

Take a step back and reflect on what you've accomplished on your recruiting journey. Pick up some swag from your new school and wear it with pride! You achieved your dream of becoming the next college student athlete, and we can't wait to see where you go next.

End of Senior Year



Check in with your high school guidance counselor.

Have them send your final transcript to [the NCAA Eligibility Center](#) at the end of the school year.



D1 and D2 Signing Period ends on August 1.

For all sports other than D1 football (April 1) and D1 basketball (May 18), August 1 is the final day you can sign the National Letter of Intent if you are enrolling in college during the 2022–23 academic year.

Your Summer Recruiting Checklist

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

June

Manage your recruiting.

Make the most of your free time this summer by [managing your recruiting](#). It only takes a few hours a week, and you'll thank yourself later for not waiting until school starts again in the fall.

Sign up for a recruiting event.

There are plenty of recruiting events to choose from throughout the summer. [Find college camps, tournaments, showcases and combines near you](#).

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.

July

Stay on top of the [application process](#).

There's going to be a lot of deadlines and due dates to keep track of these next few months. Don't forget to write down important dates and check in regularly to ensure that you never miss an opportunity because you forgot about a deadline.

Brainstorm [your college essay](#).

If you start thinking of ideas now, you'll be better prepared to write (and rewrite!) one of the most important parts of your college applications. A good essay will [demonstrate your best qualities and your character](#) to college coaches and admissions officers.

August

Make a budget.

Applying to college isn't just stressful—it's [expensive, too](#). Make sure you're applying to your top target, safety and dream schools and [see if you qualify for fee waivers](#) or reduced fees to cut down costs.

Act quickly.

Whether you're just getting started with the recruiting process or you haven't received as much interest from college coaches as you would like, don't stress—it's [never too late to get recruited](#). Check out all your options—[roster spots are still open](#) at every college division level.

Rest up.

Don't forget to let yourself relax and recharge before school starts up again. Taking a quick break now will help you juggle your final year of being a high-school student-athlete!