

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

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

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

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

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!