

# 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.