



Athletic Recruiting Checklist

Class 9/Class 10

- Starting in **Class 9 or Class 10** 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.
- Begin researching college rosters. They provide insights on the type of athlete's 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.
- 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!
- Stay up to date with the DI, D2, D3 Recruiting Calendars.
- Learn more about how the new NCAA Recruiting Rules affect underclassmen.
- Create an athletic resume using the template we provide and create a video showcasing your play.
- Begin filling out online questionnaires (many use the site *Recruit Spot*) for individual college teams.



Use **Recruit Spot** to get your information to coaches.

- Fill out questionnaires at lightning speed
- Upload and share videos with coaches
- Access and update questionnaires at any time
- Confirm your event information

[SIGN UP](#)

[SIGN IN](#)

Already have a code? [Click here.](#)

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- Recommended website to join -- Recruit Talk, (other examples?)
- Check in with your high school guidance counselor.

CLASS 11

- Register with the NCAA Clearinghouse in Class 11. If you're unsure of which division level you want to compete in, or are set on DIII schools, create a free profile—you can always upgrade to a paid account later. Receiving interest from DI and DII coaches? You may be better suited for an NCAA Certification Account.
- Reach out to coaches.
- Create a game plan for the ACT and SAT. Stay current on testing dates for the ACT and SAT—including when you have to register for each test. Consider taking the test in the fall/winter, so you have some time to prepare if you need to retake it in the spring to meet NCAA eligibility requirements.
- 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 unofficial or official visits. They 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. For many student-athletes, this is the moment everything "clicks", and they know where they want to go to school.
- If necessary, retake the ACT or SAT. Whether you're trying to maximize your scholarship opportunities, improve your admissions chances at highly selective schools or ensure you're NCAA eligible, consider retaking the test in the fall.
- For most sports—excluding football and basketball—November 13 is the first (not the only!) day you can officially sign with DI and DII schools.

Other important information

What is the Academic Index? A standard value for a college team. Different standards for different sports, depending on the college. Every student who applies is assigned a number using the class rank conversion using school profile, grade point average and SAT/ACT score, and Subject Tests may

be used in place of an absent SAT/ACT, approximately between 60-240 and generally 220 is for admits.

What are Likely letters and Bands? Division 1 schools provide an early likely letter indicating a favorable outcome. Division 3 schools use an internal ranking system based on academics called Bands. A Band-A range with 1500+ SAT/33 ACT, B Band-A-/B+ with 1400+SAT/32 ACT, C Band-B with 1300+SAT/30 ACT.

Why is notetaking so important? If you are having a call with a college coach, it's very important to take copious notes on what they say as there's quite a difference in the admissions realm between a coach who talks about giving you one of their "spots" and whether they will "support" your application with admissions.

Things a coach may request:

- 1) A copy of your unofficial transcript as of now and then again through the end of Junior year (request from Ms. Predovan, Chapin's registrar.)
- 2) A list of the classes you plan to take in your senior year
- 3) Chapin's School Profile (request from College Guidance office)
- 4) Screenshots of your SAT or ACT grade reports
- 5) Your academic resume, listing all of your activities and interests
- 6) A highlight reel showing your strengths. You should open with an introduction of yourself and be sure to showcase the skills most desired by your sport.
- 7) Your updated sport resume - listing coaches and significant competition results

Sample Email:

SUBJECT LINE: NAME, Graduating Class, Position

Dear Coach Jones,

I hope your year is going well and your team is enjoyed success this season.

I am writing to introduce myself and invite you to watch me play at XX this February. I am very interested in staying in contact with you as it is a passion and priority for me to play college SPORT at a high level. I am currently attending practices with my travel club, CLUB NAME. We are gearing up for our first tournament, which is XX. I also plan to attend SPORT camps and do private training during the summer.

I know some about COLLEGE X, and I look forward to learning more about your SPORT program and the school. I will keep you updated as my club season unfolds along with my high school season. If you would like me to complete the recruit questionnaire, I'd be happy to do so.

Sincerely,

