



Checklist for Athletes

9th Grade

- Discuss your curriculum with your counselor. Discuss athletic goals also.
- Get to know coaches in your sport closely. Discuss your goals with them also.
- Keep your grades up. Gone are the days when athletics will guarantee you into college.
- Research and attend sports camps. Are there any at colleges you are interested in?
- Be realistic about your abilities. Candidly discuss if you have NCAA potential.
- Start thinking about your goals and where you'd like to go to college.
- Start a rough draft of your sports resume and keep it updated.
- Keep all news clippings, honors, awards etc. that you obtain.
- Visit the NCAA website and familiarize yourself with requirements (see below)
- www.ncaaclearinghouse.net – check it out! The rules change from time to time.

10th Grade

- Grades, grades, grades. Keep focused on your academics.
- Take a practice PSAT and PLAN test.
- Talk to coaches and ask for honest feedback about your abilities.
- Double check NCAA requirements against your curriculum.
- Research colleges that might interest you. Visit if possible. Research your sport.
- Keep your sports resume updated.

11th Grade

- Revisit your goals and progress with your counselor.
- Ask your coach for a realistic assessment of your changes at various levels.
- Attend all college meetings, fairs etc.
- Take the PSAT and the SAT or ACT. *Scores must now be sent directly from the testing agency!*
- Refine your list of target schools and realistically evaluate your chances.
- Stay organized and keep your resume updated.
- Do you need a skills video? Work with your coach on this.
- Send letters of interest to colleges with an unofficial transcript of your grades.
- Return questionnaires and/or other paperwork to the college coaches.
- Obtain letters of recommendation as needed.
- At the end of your junior year, register with the NCAA Clearinghouse.
- Last change at sports camps. Attend and get yourself noticed.

12th Grade

- Have you registered with the NCAA Clearinghouse?
- Are you taking the SAT or ACT again? Watch dates and register. *Remember that scores must now be sent directly from the testing agency!*
- Are all your core classes/graduation requirements met?
- Keep up your grades. No Senioritis!
- Print and read the NCAA “Guide for College-Bound Student-Athletes” on their website
- Attend all college related meetings at your high school.
- Narrow your target list down to a manageable number of schools and rank them.
- Download applications and practice filling them out. Work on essays.
- Watch deadlines. Submit test scores, transcripts, letters etc.
- Be aware of recruiting rules regarding campus visits etc. Follow them.
- Make copies of everything. Get applications in on time.
- Fill out FAFSA form (federal financial aid) as soon as possible after January 1.
- Discuss your decisions, pros and cons of each school, etc. with parents and coaches.
- Send letters of interest to coaches along with your final resume and season schedule.
- Keep your high school counselor and coaches updated.
- Don't sign any paperwork without careful review.
- Let all schools/coaches know of your final decision. Thank them.
- Send thank you notes to anyone who helped you through the process.