A logo for a girls academy

Description automatically generated**Navigating the College Recruiting Process**

*Athlete To-Do List*

* Talk to Coaches/Trainers/Counselors/Teammates about your potential level of play.
* Study team rosters to determine the needs of the team and compare your statistics.
* Clean up social media (use it as a force of good, not evil). Follow coaches/programs.
* Create an easy/clean email that the entire family can monitor.
* Build a Big & Varied List – Use NCAA Membership Map to research programs and ask your coaches, counselor, and older players/parents on your team. Consider all aspects of college: athletics, academics, cost, location, size, and vibe! Vary your list with programs from different divisions and conferences.
* Build Resume – ask your references if it’s okay to list them.
* Create Email Cover Letter Template
* Make Initial Contact with coaches.
* Create Tracking sheet. Track communications, contacts, responses/non-responses.
* Understand the recruiting rules specific to each division/association. (EX. DI/DII coaches cannot contact you until June 15th prior to junior year. DIII & NAIA coaches can make contact earlier).
* Fill out Prospective Athlete Questionnaires on college athletic websites. Use Recruitspot.com
* Make Highlight Video (IMovie + Clipgrab.org or Hudl)
* Register for NCAA/NAIA Eligibility Center (DIII & JUCO player do not need to register).
* Earn the highest GPA possible in the most rigorous courses possible.
* Take standardized tests early (PSAT/SAT/ACT).
* Exposure: Ask coaches where they will be recruiting!
  + Attend ID Camps/Combines/Clinics/Top Tournaments & Showcases.
  + Play for the best team/coach possible.
  + Have your coach make contact with college coaches on your behalf.
  + Attend/watch local college games to see where you stand.
  + Visit campuses, programs, and coaches (unofficially & officially).
* Continue to Contact Coaches/ Email Campaign – send video, test scores, transcripts and keep them updated on your most recent athletic accomplishments to show interest. MVP, personal best, All Star Selection, new video, clips from event, etc.
* ID Camp Tip - email the coach before, make contact during, and send a specific thank you after the camp. NCSA website has updated ID camp lists.
* Keep your high school counselor in the loop to help you with the process (taking calls from coaches and sending transcripts to NCAA/coaches/admissions offices).
* BE YOUR OWN AGENT!!!

\*Timelines will vary depending on sport, gender, division, conference, college and coach. The top athletes in most sports will tend to verbally commit early to the top conferences and teams (Power Five Conferences). Women’s sports tend to have earlier verbal commitments than the men. Many athletes don’t commit until their senior year.