

FRESHMAN YEAR CHECKLIST

Summer Before School Starts

Have fun. It's still summer and you're still a kid. Don't forget to have fun!

Starting thinking about what you might want in a college. You don't have to know for sure yet, but start thinking about what you might like.

Don't fall behind with your sport. We want you to have fun, but that also doesn't mean you have permission to be lazy. Get some workouts in and stay in shape, and keep your skills up

Fall of Freshman Year

Be sure your guidance counselor knows you plan to play in college. You need to be sure you're class schedule is on track to be eligible. Start that 4 year plan now.

Make sure your high school and club coaches know you want to play at the next level as well. They don't need to do anything just yet, but it's good that they know ahead of time.

Keep thinking about that list of criteria you want in a school. If you already know those things, start doing research to start your list of target, safety and reach schools.

If you can go watch college games in-person, go for it. At least check out a few livestreamed games.

Look at college rosters too. Start to see what colleges are looking for in players. This will also help your individual school research down the line.

Start learning about all the financial aid types. Talk to your parents about what your financial situation for college will look like.

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Winter of Freshman Year

Start putting together highlights if you can. Coaches will want more recent film, but showing your progress as a player is never bad.

Keep track of important recruiting dates. Read the NCAA and NAIA guides to get an idea of the overall process and deadlines for that year.

Do a few virtual tours of colleges to help get a sense of what you may or may not like about a school. This will get your target list in order.

Make sure your time management skills are up to par. Starting high school and being dedicated to your sport can be daunting. Try to get into a routine. Ask for help if you need it. It only gets harder if you wait.

Be sure you are staying on track in school, and on the field. Dedicate time to your studies and keep up with your sport training.

Spring of Freshman Year

Start building that recruiting profile. Nothing you need to publish, but start getting things in order. You should have one semester of grades and perhaps a few highlights.

Hopefully your list of criteria you want in a school is coming together. You need to start listing out some schools that meet that criteria.

Visit some schools if you can. Nothing official (or unofficial), just see some schools. This is especially important if you still aren't sure about your criteria.

Look at possible summer camps. Check out a few near you. No need to spend big money traveling right now. Get a feel for how a college camp is. It's also a chance to check out some schools in a different way.