

JUNIOR YEAR CHECKLIST

Summer Before School Starts

As of June 15, you can now talk to D1 and D2 coaches directly.

Hopefully you're able to attend a camp or two. Some may only be 1-day ID camps. Look for ones at schools on your list and that you hopefully have a relationship with at this point. If you are invited to camps, be sure to communicate with the coaching staff, even if you aren't able to attend for whatever reason.

Be sure you are working on your skills and fitness. Get used to an off season workout program. You'll have one in college. Start learning that discipline now.

Have your calendar in order for the year. That means knowing dates for SAT/ACT, NCAA or NAIA recruiting related dates, camp dates, etc. You want to be as organized as possible.

Tour some schools if you are able. Get to know the campus. If you can't be there in person, most schools have excellent virtual tours you can do. Make sure if a school is on your list, it's a school you've at least had some exposure to and would feel comfortable attending.

Hopefully you are now able to hone in on your target list of schools. These should be the ones you think will be the best fit athletically, academically, socially, financially, etc.

Fall of Junior Year

Check in with your guidance counselor. Be sure your class schedule is where it needs to be. Let them know some of your top school choices as they may send reps to campus.

Make sure your NCAA and NAIA Profiles are updated. If you are leaning toward D1 or D2, be sure you have the certification account.

Update your recruiting profile with grades, etc. Add more highlights if you can to your video. It will be an ever changing video. Publish it live and make it public. You'll want to link to it when you contact coaches.

If you can go watch college games in-person, go for it. At least check out a few livestreamed games, especially from those schools that are now front runners on your list.

Look at college rosters of your target schools. Did they change a lot from last year?

Make sure you have a plan in place for the SAT and/or ACT. Know dates, costs and how you will prepare. Remember, high test scores can equal good academic scholarship money.

Be sure you are following and engaging with your target list of schools on social media. If a school is on the bubble for you, this may help tilt your decision depending on what you learn about them or how they choose to interact with you.

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Winter of Junior Year

- 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.
- Look at ID camp dates for the schools you are interested in. Some will run 1-2 day ID camps in the winter and/or spring. If you couldn't go in the summer, now is a great time.
- Make sure you are communicating with your target schools. Let them know where you will be for winter and spring tournaments they might be attending. If you know a school that hasn't been on your list will be at a tournament, do some research to see if it is worth contacting them. Your list is a fluid thing.
- You probably have already had at least 1-2 phone calls by now, but getting reps is always a good thing. Reach out to coaches via phone, not just email and social media.
- 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 Junior Year

- This is prime school visit time. Remember, some divisions allow for you to even practice with the team as a recruit. Check out schools when school is in session, and hopefully when off-season activities are happening. Communicate with coaches around official vs unofficial visit
- Start narrowing that list and doing the hard comparisons. List out pros and cons of schools based on your criteria. You want to be sure you are finding the right fit for you.
- Look at possible summer camps. This will be your last summer to lock in some good facetime and show what you can do. This may also be a good time to see a school or two you haven't been able to.
- Plan for the SAT/ACT. Do you need to retake it? If so, when? Make sure if you've already taken it, that your score is on your profile.
- Before school ends, meet with your guidance counselor to make sure your updated transcripts are being sent in to the eligibility center and that you are right on track for your core course eligibility requirements.