

SOPHOMORE YEAR CHECKLIST

Summer Before School Starts

Have fun. It's still summer and you're still a kid. Don't forget to have fun! But also don't forget to put in some work. The recruiting process requires effort. Try to get that initial list of schools in order. This is a great time to just visit those school's websites and fill out their recruiting questionnaires so you are on their radar.

Hopefully you're able to attend a camp or two. This is a great way to check out schools and really see what you like or dislike about a school or program. If you can't, don't worry. There is plenty of time for those later on.

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.

Fall of Sophomore Year

Check in with your guidance counselor. Be sure your class schedule is where it needs to be.

Create your NCAA profile and upload your Freshman transcripts. You don't have to pay for the Certification account just yet, but at least get started with the NCAA Eligibility Center. Doesn't hurt to do the NAIA as well.

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.

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

Plan for taking the PSAT. This will help you figure out where you stand with the SAT. It can also lead to good things like the National Merit Scholar program.

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Winter of Sophomore Year

If you are pondering NAIA or D3 schools, feel free to reach out to them after their seasons end. Start getting an idea of schools to add or cross off your list.

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. Summer is huge, but some will do several camps throughout the year.

Start reaching out to schools with an introductory email. Remember, D1 and D2 can't talk to you, but that doesn't mean you can't talk to them. Let them know where you will be for winter and spring tournaments they might be attending.

Practice talking to coaches and figuring out how you would answer questions if you had a phone call. Preparation is key.

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 Sophomore Year

Update that recruiting profile. Share it so that perhaps it helps you get ready for potential June 15th calls.

Make sure your social media accounts are cleaned up and ready for coaches. Consider a soccer only account that is public if your family is more comfortable with that. Be sure to follow schools you are interested in. Follow, like and comment when it makes sense.

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. It's even better if it can be schools on your list.

Look at possible summer camps. This summer is a good time to be at ID camps of schools you are interested in.