

# COLLEGE-BOUND STUDENT-ATHLETE CHECKLIST



Start the process early and feel free to ask questions.....

## FRESHMAN YEAR CHECKLIST

- Start planning now; take the right courses and earn the best grades possible
- Find your high school's list of NCAA-approved courses at [NCAA.org/courselist](https://www.ncaa.org/courselist) (see below for QR code). If you have any questions after reviewing this list, please contact your school counselor.
- To start, make your list large

## SOPHOMORE YEAR CHECKLIST

- Register with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org)
  - Sign up for the free option if you are not sure if you will be furthering your athletic career in college.* Division 3 only needs the free option.
- Make your list of colleges using [Naviance](https://www.naviance.com) – make the list as large as you desire
- Involve your parents/guardians in your decision-making process.
- Write and/or email coaches; be sure to personalize each letter, as they will know if it is a form letter
- Return questionnaires sent by college coaches ASAP. Delay indicates lack of interest.
- Send high school and summer league athletic schedules to college coaches.
- Be conscious of your high school grades – email your counselor to request a copy of your transcript in June
  - If you fall behind, ask your counselor for help with finding approved courses you can take. Communication is key!
- Utilize Social Media - Instagram, X, etc. as a means of communication too.
- Attend University clinics & camps, you can get a lot out of that, such as coaching style, work with team members, facilities, etc

## JUNIOR YEAR CHECKLIST

- Continue to involve your parents/guardians in your decision-making process.
- Decide how close you want to be to your home.
- Decide on what level (Division I, II, III) you can compete in college. Ask your high school/summer league coaches for an evaluation of your ability. **BE HONEST WITH YOURSELF!**
- Continue correspondence by writing or emailing coaches.
- Return questionnaires sent by college coaches ASAP. Delay indicates lack of interest.
- Make a highlight video – Many college coaches will request a video of your athletic skills.
- Keep updating coaches with high school and summer league athletic schedules
- Check with your school counselor to make sure you are on track to complete the required NCAA-approved courses. Use this [GPA Calculation Worksheet](https://www.ncaa.org/docs/eligibility_center/di_and_dii_worksheet.pdf) to check your credits. An NCAA Worksheet can also be found online at: [http://fs.ncaa.org/Docs/eligibility\\_center/DI\\_and\\_DII\\_Worksheet.pdf](https://fs.ncaa.org/Docs/eligibility_center/DI_and_DII_Worksheet.pdf).
- Be conscious of your grades, the level of courses you take, the correct number of courses.... are you on track to graduate?
- Schedule yourself to take the SAT's (using [collegeboard.org](https://collegeboard.org)) and ACT's (using [ACT.org](https://act.org)) and submit your scores to the NCAA Eligibility Center

## COLLEGE-BOUND STUDENT-ATHLETE CHECKLIST



- Decide on which colleges have your area of study or interest. Be aware of "college nights / "college fairs" in your area. EHS provides college visit opportunities as well as the annual College Fair each spring to help you make informed choices.
- Start visiting colleges unofficially, watch the college play or practice
- If you took classes at more than one high school or program, request an official transcript for each school.
- Watch games of any potential interested schools – go to clinics hosted on campus
- Work on financials by using SAI (student-aid index) number and individual College cost calculators (<https://studentaid.gov/aid-estimator/>)

### SENIOR YEAR CHECKLIST

- Follow up with the NCAA Eligibility Center.
- Complete your final NCAA core courses as you prepare for graduation
- If you are unhappy with your score, register to retake your SAT's and ACT's.
- Start completing college applications, and be sure to request transcripts in Naviance when you are ready.
- Be aware of deadlines!!**
- Let coaches know you have applied.
- Follow up on your contact with college coaches.
- Narrow your choice of colleges.
- Decide on what colleges to visit (**remember - you may only make five official {paid} visits**). Do not make a final decision unless you have visited the campus and met the coach.
- Only students on an NCAA Division I or II school's certification request list will receive a certification.

Here is the QR Code you can use to visit the HS Portal and view NCAA-approved coursework for EHS, using the code **391250**

