COLLEGE RECRUITING CHECKLIST

A step-by-step roadmap for getting recruited — from building your profile to signing day. Start no later than your junior year, ideally earlier.

BUILD YOUR PROFILE

- ☐ Create an athletic resume: position, stats, awards, measurables (height, weight, times), and academic info.
- ☐ Film a 3-5 minute highlight video with clear, quality footage and your best plays first.
- ☐ Collect references: club coach, high school coach, and one teacher or counselor.
- ☐ Set up a clean, appropriate email address and voicemail for recruiting communication.

RESEARCH SCHOOLS

- ☐ Build a target list: reach schools, realistic schools, and safety schools (athletically and academically).
- ☐ Check each program's roster size, graduating players, and positional needs.
- ☐ Verify your GPA and test scores fit each school's admissions standards.

My target schools:

CONTACT COACHES

- ☐ Email coaches directly with a personalized message, your resume, and your highlight link.
- ☐ Follow up every 2-3 weeks with new stats, grades, or film.
- ☐ Attend prospect camps, combines, and showcases where your target coaches will be.
- ☐ Respond to every coach communication within 24-48 hours, even if you're not interested.

VISITS & OFFERS

- ☐ Schedule unofficial visits to your top schools and meet the team.
- ☐ Prepare questions: playing time philosophy, roster needs, academic support, summer obligations.
- ☐ Understand offer types: a verbal offer is non-binding; a National Letter of Intent is binding.
- ☐ Make the final decision with your family — fit matters more than logo.

FINAL STEPS

- ☐ Apply for admission to each school you're considering.
- ☐ Complete the FAFSA as soon as it opens in the fall of senior year.
- ☐ Sign your National Letter of Intent within the signing period for your sport.
- ☐ Send your final high school transcript to the NCAA Eligibility Center and your college.