



FRESHMAN YEAR RECRUITING CHECKLIST

ALL YEAR

Category	Status	Item	Notes
Academics		Hit the ground running in School, and give 100% in all areas. Good grades plus stellar athletic stats = More Options	
Academics		Continue to take challenging classes, AP and Honors	
Academics		Identify any problem areas immediately and seek teacher or tutor assistance to make sure you have a solid foundation for future classes	
Activities		Round out your overall resume by participating in clubs, community and leadership activities	
Athletics		Do your Self Assessments and ask for evaluations from high school and club coaches for a reality check	
Athletics		Define strength, benchmark and competitive goals with coaches for the year	
Athletics		Work with outside strength / agility programs and outside coaches / clinics to enhance skills	
Social Media		Make sure you use Facebook, Twitter, Instagram, Musically, and all other internet accessible sites in a mature manner. Coaches look!!!	
Social Media		Establish a Twitter Account, YouTube Account, and acceptable Email Address (no inappropriate words). If you don't have Facebook, do that as well.	
Recruiting		Create and keep your Athletic Profile on AllStarLAX.com complete and updated.	

FALL

Category	Status	Item	Notes
All		Set goals for the year in both academics and athletics.	
Academics		Meet with High School Guidance Counselor to ensure you are on track for all requirements.	
Academics		Start researching your target schools academic and testing requirement and compare to your curriculum and Guidance Counselor's path.	
Academics		Begin to build a target list of schools that offer your sport, and meet your criteria. The College Board has a great tool that lets you enter your criteria (size, location, etc.) and gives you a list: College Board School Selector	
Athletics		Use the Internet to research your sport and find out what type of marks, times and benchmarks are required to be considered for athletic scholarship	
Recruiting		Download or Purchase the latest version of the NCAA Guide for the College Bound Student Athlete.	
Recruiting		Review the NCAA Academic Quick Reference Guide	
Recruiting		Review the latest NCAA Academic Requirements to make sure you are taking the correct courses: NCAA Student Athlete Worksheet	

WINTER

Category	Status	Item	Notes
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WINTER

Academics		Start preparing for SATs and ACTs. Look at testing dates and consider taking at the beginning of your Sophomore year.	

SPRING (IN-SEASON)

Category	Status	Item	Notes
Athletics		Make sure you keep a log of all your stats, collect all photos and video clips and any newspaper clippings.	
Athletics		Coaches look for good athletes, but also want leadership and good sportsmanship. Make sure you rise to the occasion.	
Athletics		Evaluate your performance pre, during and post season, and perform a reality check (do you make the cut)	
Athletics		Utilize your social media and send periodic updates on new records, milestones, pics, etc.	
Recruiting		Keep your Athletic Profile on AllStarLAX.com complete and updated.	

SPRING (POST-SEASON)

Category	Status	Item	Notes
Recruiting		Keep your Athletic Profile on AllStarLAX.com complete and updated.	

SUMMER

Category	Status	Item	Notes
Academics		If available, take advantage of summer school to knock an additional class out, especially one that may require additional focus.	
Athletics		Attend Nationally recognized camps and events for exposure. If possible, attend a camp at a target school.	
Athletics		Enroll in strength and agility training specific for your sport	
Recruiting		Contact schools from your target list and visit campuses. Coordinate with Athletic Staff, and inform of your desire to attend. Send them a link to your AllStarLAX Profile, or leave a Player Trading Card with them. Keep in mind that NCAA regulations require Coaches to refrain from contact until Sept 1 of your Junior Year, so you may not get a response. You can however, ask Coaches to make the connection for you.	