



# Student-Athlete Checklist

Free Profile with Free Exposure @ [www.eScout4u.com](http://www.eScout4u.com)

F	So	J	Sr	When	Done?	Academics
●				Fall		Begin ACT/SAT preparation
		●		Fall		Register with NCAA Eligibility Center and NAIA
			●	Spring		Begin "amateurism certification process" at the NCAA Eligibility Center.
●	●	●	●	All		Take ACT and/or SAT. Request scores to be sent to NCAA Eligibility Center. Mark "9999" in code box. <b>Tip!</b> You can take the ACT over and over and ACT will only keep the best score per section.
●	●	●	●	Fall		Download/print and read current NCAA Guide for the College-Bound Student-Athlete. Look for any rule changes.
●	●	●	●	Fall		From NCAA guide, use the D1 core course worksheet. Core course requirements must be fulfilled.
●	●	●	●	Fall		Meet with high school counselor and review core course worksheet.
			●	Spring		Make sure your high school counselor send your transcript to NCAA at end of school year.
●	●	●	●	All		Maintain a 3.0 GPA (minimum)
●	●	●	●	All		If you are struggling with any subject get help from a tutor or teacher. A must.
●	●	●	●	All		Review and update your "Schools of Interest" list. Continue to research colleges so you can get a feel for what your desires are. "Schools of Interest" list should contain 25-40 schools across all divisions (D1, D2, D3, NAIA, Junior colleges). Build a relationship with each coach.
F	So	J	Sr	When	Done?	Athletics
	●	●	●	Fall		Ask a qualified third-party (club coach, coach) to review film or in person for honest feedback on your strengths and weaknesses. Find out what you need to focus on.
	●	●	●	In season		Remind coaches of your future division scholarship goals. Constantly seek their help to sharpen your skills to prepare for the next level. Always give 110% and keep on the good side of coaches.
		●	●	In season		If you are a stand out player, notify your local press and invite them to games.
	●	●	●	All		If applicable in your sport, join a club or team (outside of high school) you feel will provide more competition and that has quality coaching. Look for a team that competes at major tournaments and has the highest level of players.
●	●	●	●	All		Maintain a year around strength and speed program
F	So	J	Sr	When	Done?	Your online information @ eScout4u
●	●	●	●	All		Ask coaches and others for references (clergy included). Get information (name, phone, email) and enter into <b>eScout4u</b> .
●	●	●	●			Keep information up to date after every athletic testing and "Schools of Interest" section.
●	●	●	●	All		Email your Web Page Profile™ to college coaches.
F	So	J	Sr	When	Done?	You the Student-Athlete
●	●	●	●	All		Write your goals down in the following areas; academics, strength and conditioning, athletic skills, year end awards and summer camps. Detail you plan and tape it to your mirror.
●	●	●	●	All		Stupid mistakes can cost you future scholarship offers.
●	●	●	●	All		Enlist the help of other especially your parents. Be respectful to all.
●	●	●	●	All		Never wait, time is only on your side if you prepare early.
F	So	J	Sr	When	Done?	Recruiting
	●	●	●	All		Know the important recruiting dates for your sport. Especially calls allowed dates and rules.



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F	So	J	Sr	When	Done?	Recruiting (cont.)
●	●	●	●	All		Review your voicemail and social networking sites (Facebook, MySpace, etc.). This is your character on public display. Keep it appropriate for prospective coaches. They will research how you really are.
●	●	●	●	After season		Keep your online information and Web Page Profile™ @ <a href="http://eScout4u.com">eScout4u</a> current.
●	●	●	●			Start sending emails via our “You Pick Search” (by division, conference, and position).
●	●	●	●	All		Review and update your “Schools of Interest” list. How interested are the coaches?
●	●	●	●	Fall		Review recruiting guideline for all divisions. Make sure you are and stay on track.
●	●	●	●	Fall		If applicable in your sport, schedule prospective visits to your games or school.
●	●	●	●	Pre season		Where are you high light videos going to come from. See eScout4u guidelines for tips and tricks.
★	★	●	●	After Season		Finish your highlight videos. Send videos via Web Page Profile™ to ensure coach can view them form any location and can forward them on if necessary. Follow up; see if they watched them and what they thought. ★ Under some circumstances coaches may want to see your videos.
●	●	●	●	Spring		Start planning for unofficial visits.
	●	●	●	Spring		Take 2-3 unofficial visits to schools of interest or those recruiting you.
	●	●	●	Spring		If a coach wants you to call then call. If they text then text back. If they give you their phone number they did it because they want you to contact them. Keep them in your “Schools of Interest”.
	●	●	●			Always respond. If you don’t they believe you lost interest.
	●	●	●			Ask prospective coaches where you stand. Have a list of questions ready.
	●	●	●			Maintain relationship with coaches, notifying them of updates to your Web Page Profile™ (including stats, video, accolades, press releases, etc.)
●	●	●	●			Keep “Schools of Interest”, stats, references and your “Web Page Profile™” current @ <a href="http://eScout4u.com">eScout4u</a> . Be prepared for those looking.
●	●	●	●	Spring		Think National not just local. The “You Pick Search” lets you market yourself when you want to coaches on a National basis if you desire.
●	●	●	●	All		Good sportsmanship is a must win or lose. Look people in the eye when you shake hands. Bad sportsmanship stands out; coaches may dismiss you before the see your talents.
F	So	J	Sr	When	Done?	The summer before school starts
●	●	●	●	Summer		Ask your coach and others which camps and combines they recommend?
●	●	●	●	Summer		If applicable in your sport, consider playing club sports or showcases.
●	●	●	●	Summer		Attend events (camps and combines, spring games, etc.) if invited by a coach that is recruiting you.
	●	●	●	Summer		Schedule unofficial visits to meet coaches at the schools you are serious about.
●	●	●	●	Summer		If needed, continue to take the ACT or SAT test or re-take to better your score.
●	●	●	●	Summer		Call all coaches who have not responded to you. Don’t be afraid to ask where you stand on being recruited.
●	●	●	●	Summer		Line out finances with parents, accountants, or and entity that offers financial assistance.
●	●	●	●	Summer		Continue strength and conditioning. Coaches usually test the first 3 days after arrival.
		●	●	Summer		If you haven’t been contacted by any college coaches then contact <a href="http://eScout4u.com">eScout4u</a> for a quick review and help.
			●	Summer		If you don’t have a scholarship by signing day of your senior year. Don’t give up yet. Contact <a href="http://eScout4u.com">eScout4u</a> .