

Your Recruiting Checklist

Follow these steps to ensure you're supporting your student-athlete in their dream to play their sport in college.

Academic:

- Familiarize yourself with the [NCAA Eligibility Requirements](#), so you and our athlete both know the rules.
- Use the Division I and II [core course worksheet](#) to set specific academic goals and plan a [core course](#) schedule for your athlete.
- Stay aware of your athlete's grades. The better their grades the more opportunities they will have.
- Begin researching SAT/ACT test preparation for your athlete and familiarize yourself with test dates and registration deadlines.
- [Register](#) with the NCAA Eligibility Center and make sure your athlete's high school counselor sends his or her transcript at the end of junior year.
- Help your athlete figure out what they may be interested in studying in college. This will help determine if a school is right for them.

Recruiting:

- Start a correspondence log to keep track of your communications with college coaches or use the [NCSA Messaging Center](#).
- Help your athlete build their recruiting profile, but don't do it for them – this is their journey.
- Help your athlete plan official and unofficial visits to local college campuses. They should be [contacting the coaches](#) beforehand to arrange a meeting.
- [Create a highlight or skills video](#) using sport-specific video guidelines.
- Help your athlete compile a list of target schools based on their qualifications.
- Help your athlete understand the importance of staying responsible with [social media](#).
- Determine your Estimated Family Contribution (EFC) to familiarize yourself with the collegiate financial aid process and discuss cost with your athlete.

New to the college recruiting process? [Create a free NCSA College Recruiting profile](#) to explore the college programs your student might qualify for or review our [College Recruiting 101 for Parents](#) guide for expert advice.

