

Recruiting Timeline

Freshmen Year

- Research 2-3 schools per week
- Create a list of 100 prospective schools consider both athletics and academics
- Film highlight tape
- Send introduction letters to coaches
- Go on unofficial visits to colleges
- Build relationships by making phone calls, send letters and emails
- Attend summer camps with the goals of honing your skills and to gain exposure

Things to Consider:

- Coaches are watching your development throughout high school at camps, in school and on the field
- It is never too early for you to write a letter or make a call to coaches
- DI and DII coaches can't personally contact you until Junior year, but you can contact them
- DIII and NAIA coaches can contact you at anytime
- Important to be familiar with the school both athletically and academically

Sophomore Year

- Update your highlight tape
- Narrow your list of schools
- Continue to research prospective schools
- Continue to build relationships by making calls, sending letters, emails
- Fill out questionnaires
- Continue to take unofficial visits

Things to Consider:

- September 1st of Junior year marks the first day DI and DII coaches can send you personalized letters and emails
- DI and top DII programs will make offers to top recruits during Sophomore year

Junior Year

- Update your highlights tape
- Follow-up with coaches you've contacted in a timely manner
- Continue to call, email, send letters to coaches
- Ask coaches where you stand on their recruiting list
- Fill out questionnaires
- Respond to every coach
- Continue to take unofficial visits to schools
- Narrow down your prospective schools list

Things to Consider:

- DI and top DII programs will continue to make offers to top recruits during Junior year
- DIII, NAIA and Junior Colleges do most of their recruiting during Senior year

Senior Year

- Make official visits – only allowed 5
- Continue to follow-up with coaches and respond in a timely manner
- Apply to the schools- applications
- Apply for financial aid – FAFSA.ed.gov starting Jan. 1st
- Sign and Commit to a school and program (Signing period in April, last date is August 1st)
- Find out the summer workout schedule
- Get ready to enjoy the next four years