

# RECRUIT FIT

## Recruiting Check List

### 9th grade

- This is a transition year. Start early in looking for the college that fits you best.
- Grades, Grades, Grades! Every year counts, and the top academic schools want strong RIGOR and a good balance of classes all four years.
- Clearly understand the NCAA core classes for DI and DII.
- Be professional when using social media, email, snapchat and with voicemail.
- Write a list of important elements in your college selection.
- Plan your tournaments wisely, and play at least 25 matches per year.
- Understand the NCAA rules. Go to [ncaa.org/compliance](http://ncaa.org/compliance).

### 10th grade

- Grades, Grades, Grades! Every year counts!
- Meet with your coach and college advisor and explain the attributes you want for the college of your choice and make a list of 25 colleges that really appeal to you.
- Take the PSAT.
- Follow the teams where you can realistically play, and keep an eye on openings and possible scholarships.
- Start to prepare for the SAT/ACT. If you want to achieve a good score, you will need 100 hours of preparation.
- Look into financial aid options. Start with FAFSA and [collegeboard.org](http://collegeboard.org)
- Create an athletic resume and post it online.
- Set up a meeting with your coach to work on your tournament schedule, and continue to talk about college tennis options.
- Visit local colleges to gain an understanding for college campuses, facilities and the tennis teams.

### 11th grade

- Rewrite the list of important elements in your college selection.
- Take the PSAT, organize and schedule your SAT/ACT dates and continue to study for these standardized tests.
- In November, start to have weekly meetings with your college advisor.
- Create a college video that shows your skills as an athlete and is no longer than 5 minutes.

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- Ask your registrar for an unofficial copy of your transcript so you can send it to coaches.
- In January, write a four to six-line email and send it to 40-50 coaches stating your interest in their college and the athletic team.
- Start taking unofficial visits to colleges on your list.
- Participate in college admissions visits to your high school.
- Determine the number of credits needed for graduation and choose solid RIGOR for your senior year.
- Set up phone calls with college coaches that are interested. In this process you are trying get to build a relationship a relationship with the coaching staff.
- Set up a meeting with your coach before summer to make sure you have the schedule you need for the best possible exposure.

## **12th Grade**

- Update your profile and make a new college video if necessary.
- Continue to research and contact college coaches.
- Fill out the common application.
- Write your college essays (this can be done in the summer too).
- Retake the SAT/ACT if necessary.
- Take Official and Unofficial visits.
- Identify and confirm teachers who will write you a letter of recommendation.
- Organize in advance to have your transcripts send to colleges.
- Fill out college applications (Early Decision and Early Action is November 1 and Regular decision is January 1. There are exceptions to these dates!).
- Determine which schools are the best fit and start to narrow your list.
- Start to review scholarships options with your family, coach and college advisor
- Make your decision!! Notify and thank the coaches and college were you visited.
- Graduate!! Keep up your grades and continue to train an play tournaments