




## Junior Year Checklist

### Research

- READ the  Recruiting 101 Guide
- Start thinking about what is important to you in your college choice
- Narrow your list of colleges of interest to approx. 10
- Include at least two schools that will be “sure things”. (Confident of being accepted)
- Research schools’ program, coaching staff, academic strengths, culture and location
- Research financial aid opportunities generally, and at each school on your list. (Particularly important if you don’t believe that you will be able to secure a full scholarship)

### Contacts

- Update your free University Athlete account
- Prepare a highlight video and profile of yourself and send it to your list of schools
- Try to develop a steady dialog with coaching staffs
- Take unofficial trips to the colleges
- Take a tour of the campus
- Set up meetings with the coaches
- Talk with athletes if you can
- Ask a lot of questions
- Send thank you notes to coaches

### Academic

- Take a SAT or ACT class, if necessary
- Start meeting regularly with high school guidance counselor
- Continue to maintain a strong GPA
- Make sure you are continuing to meet all NCAA core courses
- Register with the NCAA Clearinghouse to ensure academic eligibility heading into Senior Year - <https://web3.ncaa.org/ecwr3/>
- Register with the NAIA Clearinghouse to ensure academic eligibility heading into Senior Year - <https://play.mynaia.org/>
- Take the SAT and ACT, and the SAT 2 if required for your selected colleges
- Take these tests early and often
- Possibly determine whether you have specific interest in an area of study in college
- Evaluate potential colleges based upon whether they offer this area of study
- Closely review the requirements for the schools on your list
- Which require which test?
- Are essays needed with the application?
- Obtain the applications and requirements of the schools on your list

### Sport

- Play year round with your club
- Maintain a strong practice schedule and work ethic
- Continue to work toward achieving your goals – revisit those goals and adjust if needed
- Know where you can play (athletically) – seek input from club coaches / recruiting coordinator
- Continue talking with your coach about how best to achieve your goals

- Share your narrowed list of prospective schools with your coach / recruiting coordinator
- Share your communications with college coaches with your recruiting coordinator
- Regularly update your recruiting coordinator on the recruiting process

### **NCAA Rules as it relates to Juniors (Quick Glance)**

- ✓ June 15, prior to your Junior year, everything opens up as you can receive recruiting materials from Division I and II schools, they can initiate contact, texts, and return your phone calls
- ✓ Parents/Athletes cannot talk with coaches at competitions, or any time off campus, no matter who made the contact
- ✓ Coaches can e-mail you
- ✓ You can continue to make unofficial visits to colleges, at your expense.
- ✓ DII can offer you official visits beginning June 15, prior to your Junior year
- ✓ DI may offer official visits starting August 1 of your Junior year,
- ✓ Coaches can talk with you at length during these visits to the campus
- ✓ You can be given a tour of the campus, watch practice and attend meetings
- ✓ Verbal commitments can be made on both sides

#### Recruiting Material:

DI – You may begin receiving recruiting material and information from college coaches on September 1

DII, DIII – You may receive recruiting materials from college coaches

NAIA – You may receive recruiting material from college coaches at any time

#### Email/Text Messaging:

DI – All forms of electronic communication are allowed after September 1 of your junior year.

DII, DIII and NAIA – All forms of electronic communication are allowed

#### Phone Calls:

DI – You may call the coach at your own expense at any time. The coach may call you after June 15 of your junior year

DII, DIII, and NAIA – You may call the coach at your own expense, or the coach may call you

#### Off-campus Contact:

DI – Allowed after September 1 of your Junior year

DII, DIII, and NAIA – Unlimited

#### Official Visits:

DI – Allowed one visit per college, and max of 5 visits to DI schools, starting September 1 of junior year

DII – Allowed one visit per college starting after June 15 of your sophomore year

DIII – Allowed one visit per college, and an unlimited number of visits after January 1 of your junior year

NAIA – Unlimited

#### Unofficial Visits:

DI – Unlimited beginning September 1

DII, DIII, and NAIA – Unlimited

#### Other Things to Note:

Once “off-campus” contact is allowed, schools are still not allowed to speak with you or your family members until you have been dismissed from the event or practice by the proper authority (your coach)

### **2022-23 Division I Recruiting Calendar:**

Aug 1-Aug 31 – Quiet Period  
Sept 1-Nov 6 – Contact Period  
Nov 7-Nov 10 – Dead Period  
Nov 11-Nov 30 – Contact Period  
Dec 1-Feb 16 – Quiet Period  
Feb 17-Apr 30 – Contact Period  
May 1-June 1 – Quiet Period  
June 2-July 31 – Contact Period

\*(DII is always a contact period, with the exception of the November Dead Period which coincides with DI calendar; DIII and NAIA do not have a calendar to follow)

