



Senior Year Checklist

Research

- Select the colleges to which you will apply based upon your academic/athletic goals
- There is no limit on the number of applications you can submit. (Keep in mind there is a fee associated with each application).
- You should have narrowed your preferred list to approximately 5 plus “sure things”.
- Keep up to date on the local news, and college team results for those schools you are considering
- Continue to research and apply for scholarships and financial aid
- Research FAFSA deadlines prior to start of school year

Contacts

- Update your free University Athlete account
- Prepare or update Highlight Film and Profile – send to schools of interest
- Send College Coaches a schedule
- Continue to show interest in the programs on your list
- Make official visits and continue unofficial visits if needed.
- Apply to your selected colleges (work on your applications early).
- Submit your financial aid forms as soon as possible after January 1st
- National Letter of Intent signing dates

Academic

- If you haven't taken the SAT and/or ACT, GET IT DONE AS SOON AS POSSIBLE
- Sign up with the NCAA Eligibility Clearinghouse if you intend to participate in Division I or Division II - <https://web3.ncaa.org/ecwr3/>
- Sign up with the NAIA Eligibility Clearinghouse if you intend to participate in NAIA - <https://play.mynaia.org/>
- Maintain a strong high school schedule and GPA

Sport

- Continue advancing your skills with your club team
- Maintain strong practice schedule and work ethic
- Work toward achieving your goals
- Talk with your coach about how best to achieve your goals
- Share your communications with college coaches with your recruiting coordinator
- Regularly update your recruiting coordinator on the recruiting process

NCAA Rules

- ✓ After July 1st before your senior year, you can be contacted by Division I colleges by phone once per week
- ✓ Division II colleges can begin contacting you after July 15th phone calls are limited to one per week
- ✓ Division III can meet with you after the end of your junior year
- ✓ You may be contacted in person, off campus, three times. (Subject to recruiting calendar restrictions)
- ✓ Parents (or you) can talk with coaches at competition or other events, but this will count as one of the three contacts allowed, no matter how limited the conversation.
- ✓ From the first day of classes your senior year, you may make up to 5 official visits. (Paid by the college)