




## Sophomore Year Checklist

### Research

- READ the  Recruiting 101 Guide
- Learn about the difference between Division I, II, III, NAIA, NJCAA schools
- Become familiar w/ NCAA recruiting rules (found below)
- Get a copy of the NCAA Guide to College Bound Athletes @ [www.ncaa.org](http://www.ncaa.org)
- Begin to make a list of schools that they believe might be a good fit for you academically
- Begin collecting information on school's profile, student body composition, GPA/test scores for incoming freshmen

### Contacts

- Update your free University Athlete account.
- Begin to build a target list of 10-15 schools
- Begin (if you are ready) to research these schools & begin communication
- Prepare a highlight video & profile of yourself and be prepared to send it to programs
- Begin to ask for info from college coaches on the type of student-athlete they look for (if permissible)
- Begin to develop a steady dialog with Coaching Staff (if permissible)
- Begin to take unofficial trips to the colleges, tour campus
- Talk with athletes if you can
- Ask a lot of questions
- Send thank you note to coach

### Academic

- Become familiar with NCAA academic requirements for core courses
- (Eligibility Button – Clearinghouse Division I & II. None for Division III)
- Maintain a strong GPA in as rigorous a schedule as you can manage
- Sign up for PSAT and ACT tests. Use as practice run
- If your school offers practice SAT/ACT testing, take advantage of it

### Sports

- Find a good club team with coaching and competition that you need to develop
- Maintain a strong practice schedule and work ethic
- Set goals for the upcoming three seasons
- Ask your coaches/recruiting coordinator if your goals and college choices are realistic (adjust if necessary)
- Talk with your coach/recruiting coordinator about your interest/desire regarding your sport
- 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 Sophomores (Quick Glance)

- ✓ Division I & II schools cannot contact you directly regarding recruiting. They are allowed to send you questionnaires and camp information
- ✓ Division III schools can contact you but not in person
- ✓ You may E-mail Division I and II coaches, but they cannot correspond back
- ✓ You may not ever call a Division I coach until June 15, after your sophomore year
- ✓ You may call Division II coaches, but they cannot return the call

- ✓ Parents/Athletes cannot talk with coaches at competitions, or any time off campus, no matter who made the contact
- ✓ The only written responses allowed from them are brochures, generic letters and questionnaires.
- ✓ Unofficial visits to the college, initiated by you, are not limited. DII can offer you official visits beginning June 15 of your sophomore year. Note: Only 5 official visits are allowed between DI/DII
- ✓ DI/II Colleges can initiate contact the day prior to an unofficial visit and while you are on campus via telephone/text
- ✓ You can meet with the college coaches on campus
- ✓ Verbal commitments can be made on both sides

### **Basic College Rules as it relates to Sophomores**

#### Recruiting Material:

DI, DII – You may receive brochures for camps and questionnaires, but no recruiting material

DIII, NAIA – You may receive recruiting material from college coaches

#### Email/Text Messaging:

DI – College coaches may not contact you until Sept. 1 of junior year, you may contact them

DII – College coaches may not contact you until June 15 after your sophomore year, you may contact them at any time

DIII, 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 not call you.

DII – You may call the coach at your own expense at any time. The college coach may not call you until June 15 after your sophomore year.

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

#### Off-campus Contact:

DI – Not Allowed

DII – Allowed after June 15 of your sophomore year

DIII, NAIA – Unlimited

#### Official Visits:

DI – Official visits are not allowed until September of junior year

DII – Allowed one visit per college starting after June 15 after 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 – Can be scheduled without the assistance of the coaching staff and not coordinated to meet with the coaching staff on campus. Athletic departments cannot participate in a prospect's unofficial visit until Sept 1 of junior year

DII, DIII, NAIA – Unlimited

#### **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.)

