

# AMHS Student-Athlete Checklist

Everyone begins the recruiting process at different times and under different circumstances, however, below are some standard guidelines for athletes navigating the recruiting process. Use this as a checklist to help organize your process.

## When beginning the recruiting process:

- \_\_\_\_\_ Download and familiarize yourself with the NCAA Guide for the College-Bound Student-Athlete to have a clear understanding of the recruiting process
- \_\_\_\_\_ Develop a list of qualities you desire in a university
- \_\_\_\_\_ Develop a list of qualities you desire in an athletic program
- \_\_\_\_\_ Realistically assess your abilities and determine at what level you can play, or what you need to improve on to reach the next level
- \_\_\_\_\_ Create an Athletic Resume and continue to edit/add to it as you progress through your sport seasons

## As you move through the process:

- \_\_\_\_\_ Re-read the NCAA Guide for the College-Bound Student-Athlete
- \_\_\_\_\_ Meet with your counselor to discuss your goals, NCAA Core Course completion, and GPA and test score requirements
- \_\_\_\_\_ Compile a list of schools with contact information you are interested in
- \_\_\_\_\_ Talk to your club or high school coach for sport specific ways of contacting and what to send college coaches (some may require a video)
- \_\_\_\_\_ Begin contacting coaches; do not wait for colleges to find you!
- \_\_\_\_\_ Track contact with coaches and organize any information you discuss

## Junior Year Specific:

- \_\_\_\_\_ In fall register with the NCAA Eligibility Center
- \_\_\_\_\_ Complete the NCAA Amateurism Questionnaire
- \_\_\_\_\_ Submit the AMHS Transcript Release form to the Counseling Office
- \_\_\_\_\_ Register for the SAT Reasoning test or ACT and have your official scores sent to the NCAA Eligibility Center (code 9999)
- \_\_\_\_\_ Meet with your counselor to discuss your list of perspective colleges and admission requirements

## Senior Year Specific:

- \_\_\_\_\_ Apply to Colleges
- \_\_\_\_\_ Go on Official Visits

\_\_\_\_\_Graduate!