

Checklist



Freshman Year – 9th Grade

- Develop your goals and objectives
- Review and understand the NCAA's academic eligibility requirements
- Participate on high school athletic teams Freshman/JV or Varsity
- Participate in off school season programs and camps in your sport
- Participate in high school extra-curricular activities
- Keep record of ALL academic and athletic achievements and statistics
- Develop resume including academic and athletic achievements
- Create first list of colleges you may be interested in
- Set academic goal that meets NCAA requirements
- Meet with your College Guidance Counselor to review your program
- Create a 4-year academic plan
- Begin to create a Student Player Profile / resume to send to coaches
- Begin to visit college campuses to get a feel for what you like and are comfortable with.
- Meet with your high school counselor to review your freshman year progress and results
- Over the summer, update your Profile and send out with a Cover letter to college coaches that you have an interest in.

Factors to consider as you make your course choices for your Sophomore year:

- Select classes that are both challenging and appropriate. You want to choose the most difficult classes applicable.
- Select elective classes that enhance your interests.
- Talk to others regarding classes that would be of interest.

Suggestions for Summer:

- Look for jobs that are available like lawn maintenance and babysitting.
- Look for volunteer positions. Check with Surf Soccer for jobs at camps, fields and other volunteer options. Also, check with local hospitals, nursing homes, animal shelters, community service, church, etc.