



College Guidance Network

Big Picture Guidance for Student-Athletes and College Recruiting

- Think about your academic and career goals, and determine what level of athletic training and competition is best for you. The thrill of being part of a team as well as competing and winning is undeniable, but you also need to be aware of the hard work and occasional sacrifice. Make a list of the pluses and minuses of being a student-athlete.
- High school students wishing to continue their athletic career in college tend to start the college search process sooner than most other types of students. Do your homework and research academic programs at particular colleges. It is important to present yourself as a good academic match for the school, as well as a match athletically. Don't assume that your athletic talent alone will result in an offer of admission to a college.
- Know your sport's recruiting calendar. For most sports, coaches can begin reaching out to athletes starting June 15 after sophomore year, or September 1 of their junior year of high school. Coach contact depends on your sport and divisional level so find out about the recruiting calendar and rules for your sport.
- If you have aspirations to compete at the NCAA Division I or Division II levels, you must register through the [NCAA Eligibility Center](#) to establish initial eligibility in two areas: academics & amateurism. If you are undecided or plan to compete at the Division III level are encouraged to create a free Profile Page through the [NCAA Eligibility Center](#) to obtain an NCAA ID.
- Communication with coaching staff at colleges and universities is critical. Coaching contact info can be found on each institution's athletic department website. Regularly check and respond to your email (check daily and commit to a 24- to 48-hour turnaround).