

MIDDLE SCHOOL

1. Practice good study habits: turn assignments in on-time, communicate with teachers, develop strong reading and analytical skills.
 - Straight C's in high school means you will be *ineligible* to compete at the NCAA Division I level.
 - NCAA DI is the highest standard for academic eligibility, and I can play in NCAA DII, DIII, NAIA or NJCAA, if DI doesn't happen for me.

FRESHMAN YEAR

1. Start off right. Grades count from Day 1. Hand things in on-time. Be on-time. Participate. Stay after practice for tutorials. You must make grades higher than all Cs.
2. Find Miss Sigler if you need help or don't understand a class.
3. Talk to club and high school coaches about your potential
4. If you fail any core courses, you will have to retake the class next year. You can not take online classes to be eligible for NCAA.

SOPHOMORE YEAR

1. Continue to commit time and effort to school. Hand things in on-time and be on-time. Stay after practice for tutorials. You must make grades higher than all Cs.
2. Find Miss Sigler if you need help or don't understand a class.
3. Start prep for the SAT/ACT. Grades/Scores are equally important for eligibility and in most cases admission to college, your first test should be at the beginning of your junior year.
4. Start researching colleges and their athletic programs
5. Reach out to college coaches
 - Attend camps, fill out questionnaires, email stats/highlight reel and follow up with a phone call, visit campuses and alert coaches in advance to set up meeting
6. If you fail any core courses, or if my core GPA is below a 2.3, you will have to retake the class next year.

JUNIOR YEAR

1. Continue to improve on your efforts at school
2. Find Miss Sigler if you need help or don't understand a class, to confirm eligibility and to begin talking about recruiting
3. NCAA DI/DII and NAIA athletes register with the NCAA Eligibility Center or NAIA Eligibility Center. Requires Transcript/Fee Waiver Request by end of Junior year.
4. Prep for SAT/ACT with free online resources or tutor. You don't play the championship game without first practicing focused drills, fitness training, & competition.
5. Tutorials for each will help throughout the year after school and after practice.
6. Take SAT/ACT before March and when we all take it on the SAT school day!
7. Initiate/continue conversations with college coaches and consider NAIA, NJCAA and NCAA in my search
 - Attend camps, fill out questionnaires, email stats/highlight reel and follow up with a phone call, visit campuses and alert coach to set up a meeting.
8. Consult with my counselor/Miss Sigler to confirm I'm registered for the right courses senior year
9. If failed any core courses, this is my last chance to take summer school to correct D/F's before 20 grades are locked in and can't be changed later to raise my core GPA

SENIOR YEAR

1. End senior year with your best efforts at school
2. Fill out FAFSA and CSS Profile to understand how much need-based aid you can receive (October 1)
3. See Miss Sigler to confirm eligibility and talk recruiting
4. Prep for SAT/ACT with free online resources or tutors. You don't play the championship game without first practicing focused drills, fitness training, & competition
5. Take SAT/ACT more than once! Register NCAA (#9999) or NAIA (#9876) as score recipient before test day to save on extra fees later
6. APPLY to college(s) - know the application deadlines - communicate with college coach re: when you are applying
7. NCAA DI/DII and NAIA athletes register with the [NCAA Eligibility Center](#) or [NAIA Eligibility Center](#). Requires Transcript/Fee Waiver Request.
8. Research/narrow down my college list
9. Initiate/continue conversations with college coaches. Don't wait for coaches to contact me
10. Consider NAIA, NJCAA and NCAA in my search
 - Consult with counselor re: college choices
11. NCAA EC requires final transcript upon graduation