

# Student Athlete's High School Four-Year Plan

College & Retirement Solutions  
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www.college-retirement.com

## A. Freshman Year

1. Talk to your counselor about core class requirements.
2. Get to know all the coaches in your sport.
3. Work on your grades.
4. Attend sports camps.
5. Start thinking about a realistic analysis of your ability.
6. Start thinking about your academic and career goals.
7. Start a sports résumé.
8. Know the NCAA rules, regulations, and academic requirements for playing sports.
9. Check out the internet for information. We like [www.quietember.com](http://www.quietember.com). They are free and can identify schools that may be interested in you.

## B. Sophomore Year

1. Keep your grades up.
2. Take the PSAT/NMSQT.
3. Talk to your coaches about your ability and your ambitions.
4. Check on NCAA requirements and admissions requirements and plan your high school academic schedule accordingly.
5. Research and make preliminary inquiries about colleges that interest you.
6. Update your sports résumé.

## C. Junior Year

1. Talk with your counselor about career goals and core course requirements.
2. Ask your coach for a realistic assessment of which college level you can play.
3. Attend college and career fairs.
4. Take the PSAT/NMSQT and the SAT or ACT.
5. Refine your list of possible college choices. Know the colleges' entrance requirements.
6. Update your sports résumé.
7. Produce a skills video with the assistance of your coach.
8. Send a letter of interest to college coaches with an unofficial transcript of your grades.
9. Return completed questionnaires to college coaches.
10. Obtain letters of recommendation.
11. Register with the NCAA Clearinghouse at the end of your junior year.
12. Attend sports camps (your last chance).

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## D. Senior Year

1. Make sure you will complete all graduation requirements and core courses.
2. Make sure you have registered with the NCAA Clearinghouse.
3. Read the NCAA *Guide for the College-Bound Student-Athlete* available at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).
4. Retake the ACT/SAT in the fall, if necessary, either to satisfy NCAA eligibility or to improve your chances of receiving an academic scholarship.
5. Attend college/career center nights and financial aid workshops.
6. Narrow your college choices to a manageable list.
7. Make sure your applications for admission and transcripts are sent to the colleges in which you are interested.
8. Apply to at least one school that will meet your needs if you don't participate in athletics.
9. Follow recruiting rules regarding campus visits.
10. Send in the Free Application for Federal Student Aid form (FAFSA) for analysis.
11. Make copies of all forms.
12. Sit down with your parents or guardian and coach and list the pros and cons of each school you are considering.
13. Send an updated letter of interest (with your athletic résumé and the season schedule) to coaches.
14. Be sure of your final choice before signing any papers.
15. Let coaches know when their school is no longer in the running. Thank them for their help.

Source: College Counseling Sourcebook, 4th Edition