

A CHECK LIST FOR SOPHOMORE STUDENT-ATHLETES

- Meet with your Riverdale coach and athletic director to have an honest discussion about your hopes and their thoughts on your playing ability.
- Email or mail a letter and a resume to prospective college coaches based on discussions you have had with your coach. Make sure that the athletic director reviews your initial letter before you send it (see sample on RCS website).
- Visit the website of every school in which you are interested and complete any online questionnaires that are available.
- Start working on your athletic resume. Make sure that the athletic director and college office review your resume before you send it (see sample on RCS website). Keep accurate records of all of your in-school and out-of-school activities.
- Return any college questionnaires that are mailed to you by coaches if you have some interest in that school.
- When you take any SAT Reasoning Test or Subject Test in the future have a score report sent to the NCAA for free by filling out 9999 in the score report box when you register.
- Send a video, if applicable, to all coaches on your college list. Be sure your RCS coach has previewed this with you. You want to make a strong first impression. Remember that spring sport athletes do not have the option of having a video during their senior year, the college process will be completed by the spring season of senior year.
- Send a game schedule to all coaches and list any summer camps or tournaments with which you may be involved over the summer.

CHECK LIST FOR JUNIOR STUDENT-ATHLETES

- Meet with your college counselor to find schools that meet your academic and athletic needs.
- Meet with your RCS coach and athletic director to have an honest discussion about your hopes and their thoughts on your playing ability. Have things changed since sophomore year?
- Register with the NCAA Initial Eligibility Center in the summer going into your junior year if you are interested in any DI or DII university or school.
- When you take any SAT Reasoning Test or Subject Test in the future, have a

score report sent to the NCAA for free by filling out 9999 in the score report box when you register.

- Send an updated video, if applicable, to all coaches on your college list.
- Follow up with college coaches with game schedules.
- Update your athletic resume.

- ✓ Keep in contact with your college counselor and RCS coach. If you need your RCS coaches to call college coaches on your behalf, let them know with which coaches you are involved and hand them a list of schools and coaches.

- ✓ DO NOT COMMIT TO A COACH UNTIL YOU HAVE DISCUSSED YOUR OPTIONS WITH YOUR PARENTS, YOUR COLLEGE COUNSELOR AND/OR YOUR RCS COACH.