



TIMELINE

10th grade

July, August & September

- Meet with your guidance counselor. Be sure that you are on track to satisfy your NCAA Core Course requirements. Discuss possible alternatives to athletic scholarships for financial aid.
- Find out ACT, SAT, and PSAT registration deadlines. You can take the PSAT, which is a preliminary test, in your sophomore year, or you can take the regular SAT I, SAT II, or ACT. There is no limit to the number of times that you can take these tests, and you control to whom, if anyone, the results are sent. Your guidance counselor can tell which tests you should be preparing for. See www.collegeboard.com and www.act.org for more detailed information.
- Different schools prefer different admissions tests. Learn the differences between the ACT, SAT I, and SAT II. Find out which tests are preferred by the schools you are interested in.
- Obtain current *Guide for the College Bound Student Athlete* from the NCAA or your SportsWorx representative. This official NCAA publication offers a good analysis of your responsibilities as a prospective NCAA student/athlete.
- Complete a practice college admission application. This will give you an idea of what colleges are looking for, and the factors that might make you more desirable to different schools.
- Start working with your SportsWorx representative to make your marketing plan. SportsWorx offers hands-on assistance to help make yourself known to college coaches and can increase your chances of having coaches evaluate you.
- Continue with community service and extra-curricular activities. Do not underestimate the importance of a well-rounded high school resume.
- Register for the college admissions test you have decided to take. The registration deadline for the October tests is usually early September.

October, November & December

- Meet with your guidance counselor and parents. Again, it is important for the family to be involved in the process and to help you to achieve your academic goals.
- Verify that you are on track to satisfy NCAA Core Course requirements.
- Verify SAT, ACT & PSAT test dates.
- Take SAT, PSAT, and/or ACT.
- Begin to refine your possible target schools. Evaluate your initial list of 20 schools. Add those schools expressing an interest in you through your SportsWorx Athlete Portfolio. Begin to research these schools and the teams you are interested in.
- Take unofficial visits to schools. These visits do not count as official visits as defined by the NCAA and are arranged and paid for by you and your family. Your SportsWorx representative can explain the rules.
- Check on your athletic progress and make adjustments to your training regimen. Be sure that you are improving athletically and focus on areas where you need more work. Your coaches' input can be a huge benefit.
- Keep working on grades. You should have at least a 2.5 or better in core classes. If you need academic help, your SportsWorx representative can help with test assistance, tutoring, and more. Don't underestimate the importance of a good academic record. The higher your grade point average, the more options you will have.
- Talk to your coaches to see what they think you need to work on. Ask if they have any exercises or drills to help you athletically. SportsWorx can put you in touch with trainers, coaches, nutritionists, etc. to help improve your performance.
- Don't slack over the upcoming Christmas break. Maintain a solid workout program to continue your development over the holidays.

January, February & March

- Research and evaluate summer competition (camps, Premiere leagues, travel teams, AAU, etc.) Select camps where the coaches for schools you are interested in will be coaching.
- Continue researching colleges and evaluating those new schools hitting on you through the SportsWorx web site.
- Continue to update the information on your SportsWorx Athlete Portfolio so interested college coaches can track your progress athletically and academically.
- Obtain financial aid forms from your counselor. By understanding how financial aid works and what information you are expected to provide, you can get a jump on the competition. Many schools offering partial athletic scholarships will determine their scholarship offer

based on your financial aid eligibility. Spend time with your family becoming familiar with these forms.

- Work on becoming the perfect student-athlete.
- Select some colleges for unofficial visits. Often the family can work vacation plans around these visits.

April, May & June

- Review progress with your parents and guidance counselor. At the end of your sophomore year, you should be well into the completion of your core course requirements. Verify that you are track, that your core course GPA is acceptable, and that you will be able to complete the requirements before the end of your senior year.
- Begin a College Contact List. It is time to begin a proactive marketing campaign to those schools in which you have an interest. SportsWorx will help you with contact information for schools and coaches. This contact list will help you maintain records of which schools you have contacted, what responses you have gotten, and how to best follow up in your communications.
- Continue to update list of potential colleges. This ongoing process depends on your academic standing, athletic accomplishments, financial situation, social needs, and interest from schools. It should be a constantly evolving list based on a practical assessment of where you are.
- Attend at least one college camp. These week-long camps offer valuable exposure to college coaches and insight into their training techniques.
- Take unofficial visits to schools. During these visits, try to arrange an appointment with the coach. They are usually quite receptive to these visits and are anxious to learn more about you.