






# Your Winter Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.





## December

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**Estimate your financial aid.**  
 The [FAFSA4caster](#) gives you a free early estimate of your eligibility for federal student aid, so you can get a general idea of how much you'll receive from the U.S. Department of Education, as well as what you have to make up in athletic/academic awards and loans.
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**Register for your first ACT or SAT.**  
 This will give you enough time to retake the test to increase your scores and your chances of landing an academic scholarship. Don't forget to [add your scores](#) to your NCSA Profile.
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**Start tracking your [NCAA eligibility](#).**  
 If you're interested in D1 or D2 colleges, make sure you understand the NCAA's eligibility requirements. In 2023, the NCAA permanently removed SAT/ACT from the eligibility requirements for student-athletes.

## January

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**Come up with a list of [recruiting resolutions](#).**  
 Planning ahead and setting [SMART goals](#) will help you stay on track throughout the recruiting process. Focus on what you want to accomplish, and what steps you need to take to get you there.
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**[Pick up the phone](#).**  
 The average college coach gets **less than seven phone calls a week** from recruits, so you're guaranteed to make an impression. Plan what you're going to say ahead of time, jot down a few questions and key facts and practice with a parent or teammate.

## February

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**Get organized.**  
 Keep track of where you are in the recruiting process for each school on your target list, [top matches](#) and [favorites](#). NCSA's Progress Cards help you visualize your to-do's and [next action steps](#).
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**Insider Tip:**  
 NCSA's Progress Cards also show you what you should be doing next—and when, so you're guaranteed to never miss a deadline, even if you're at different points in the recruiting process with multiple colleges.
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**Review your transcript.**  
 After you finish the semester, review your transcript to ensure that [you're on track](#) to meet the NCAA [core course requirements](#). Remember, you should have 10 completed core courses before the end of the year, and seven of those will be locked in.
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**Keep track of important dates:**
  - Regularly check the [D1 and D2 recruiting calendars](#).
  - Make sure you understand [how the NCAA Recruiting Rules and Updates](#) affect juniors.