

The 'Ideal' College Recruiting Timeline

It's not where you go it's what you do with that opportunity

Freshman Year- Start planning NOW. *The higher the level, the earlier you need start.*

- Start to collect a database of colleges which interest you
 - Think about location, size, academic status, and the level of the field hockey program
- Become familiar with the NCAA website- review the website and take note of the specific eligibility requirements in order to participate in a D1, D2, or a D3 program.
 - Doing well in school from this point on, can open up many more doors for you.

Sophomore Year- Be Productive getting your name out there. **EXPOSURE.**

- Begin to contact those coaches NOW.
84% of D1 prospects are identified by the end of their sophomore year
- Start to create a 'sports resume'
 - "Cover Letter" (E-mail)- one or two paragraphs about yourself and your reason/interest regarding that particular school/field hockey program
 - E-mail those coaches in which you have an interest- attached with your brief sports resume and your 'cover letter'- GET YOUR NAME OUT THERE.
- Become familiar with the NCAA eligibility requirements- consider registering with the clearinghouse now!
- Start to rank your top 10-12 schools you are interested in and be HONEST with yourself while doing this- start to think about what level you CAN/WANT to play at.
- Attend any camps/clinics that those schools are holding and also recruiting showcases/tournaments- again, where you can be SEEN.
*Just in this area alone- NE Premier, College Connection, Cape Cod Classic, etc.
- Register and take your PSAT- your school guidance counselor can help you with this

Junior Year- Start to narrow down your search- you should have your top 5-8 schools ranked.

there are over 1,800 colleges and universities that sponsor college athletics- have CLEAR expectations based on both academics and athletics- Be REALISTIC

- **July 1st** of your junior year (rising seniors)- you can be contacted by college coaches
- Sign up with the NCAA clearinghouse- if you haven't done so yet!
- Make sure you continue to remain in contact with those coaches and you are updating them with any academic or athletic information they need to know and any possible events they can evaluate you at!
- Put together a SHORT video of yourself (something that can be easily distributed- YouTube, mobile me, flip, etc)
- Set up Unofficial visits with those schools- a chance to SEE the school, campus tour, etc.
 - Attend any JR Day and/or clinic/tournament that school is putting on
- Register and take your SAT/ACT exams

Senior Year- Continue to do well in school AND on the field. You are not FINISHED yet.

- **September 1st** of your senior year- you can take your 5 official visits
 - Make sure you have provided that school with a copy of your HS transcript, SAT/ACT scores, and you NEED to be registered with the NCAA clearinghouse.
- Applying- Early Decision/ Regular Decision
- National Letter of Intent

RESOURCES:

www.ncaa.org
www.ncaa.com/sports/fieldhockey/d1
www.eligibilitycenter.org
www.collegeboard.com