

NCSA's Parent Checklist for Junior Year

- Support your athlete in creating and updating their [NCSA profile](#) regularly.**
 - This will help boost your athlete's visibility to college coaches in the network and provide accurate information for evaluation.
- Enroll in an informative [NCSA recruiting workshop](#).**
 - Gain valuable recruiting insights, trends and strategies to make informed decisions throughout the recruiting process for you and your athlete.
- Assist your athlete in researching schools and athletic programs.**
 - [Discover colleges](#) that align with your athlete's interests and goals, providing a supportive environment to pursue their academic and athletic dreams.
- Stay informed about [NCAA recruiting rules](#).**
 - Stay updated on important dates and deadlines in the [D1 and D2 Recruiting Calendars](#) to avoid any eligibility issues.
- Keep track of [NCAA eligibility requirements](#).**
 - Encourage your athlete to have regular meetings with their high school guidance counselor and get registered with the [NCAA](#) to keep them eligible for college sports.
 - Keep in mind that by the end of junior year, they need to have completed 10 core courses.
- Get your athlete ready to [communicate with college coaches](#).**
 - During junior year, [D1 coaches can start privately reaching out to recruits](#) through emails, phone calls, texts and social media DMs.
 - Help them prepare by assisting them in developing communication skills, suggesting questions to ask and practicing conversations, so they can feel confident and make a positive first impression.
- Go on college visits with your athlete.**
 - Join them on [unofficial](#) and [official](#) visits to meet coaches, explore campuses and get a feel for the potential team.
 - Your presence offers them support and allows you to ask important questions during the visit.
- Help your athlete create a game plan for the [ACT and SAT](#).**
 - Access study materials, practice exams, and expert guidance from our partner, [Method Learning](#) to help improve their test performance and reach their target scores.
- Create a camp schedule with your athlete.**
 - Taking your athlete to [college camps, showcases, and tournaments](#) helps them develop skills and gain exposure to college coaches.
 - By actively participating in these events, you demonstrate your commitment to their goals and recruiting journey.
- Explore [scholarship and financial aid](#) opportunities.**
 - [FAFSA4caster](#): Estimate your athlete's eligibility for federal student aid, providing insights into potential funding from the U.S. Department of Education.
 - [SMARTTRACK® College Funding](#): NCSA's collaboration with SMARTTRACK® empowers families to maximize eligibility for college grants, scholarships and financial aid to cover college expenses.
- Unlock your athlete's full potential with [IMG+ Coaching](#).**
 - Give your athlete the guidance and resources they need to excel. From mental performance training to personalized nutrition plans, IMG+ empowers your athlete to reach new heights in their athletic journey.
 - [NCSA MVP Members](#) have the advantage of accessing IMG+ workshops. These workshops provide valuable tools and support for your athlete to enhance their performance, achieve their goals and unlock their full potential.
- Encourage your athlete to actively participate in extracurricular activities, take on leadership roles and engage with their community.**
 - Active involvement in these activities can significantly enhance their [personal statements](#) and [college applications](#).
 - These experiences highlight their well-rounded qualities to college coaches, as well as [demonstrate coachability](#) and their dedication to personal growth.