

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.