

# COLLEGE-BOUND STUDENT-ATHLETE CHECKLIST

You may utilize this list to get you started with your journey toward playing collegiate athletics.  
Make sure you are checking with your school counselor about academic requirements for college athletics.

## FRESHMAN YEAR

- ☐ Learn which courses count for HS graduation and which count for [NCAA core course calculation](#) (copy 6-digit code into NCAA HS code).
  - East HS (501150)
  - LaFollette HS (501163)
  - Memorial (501157)
  - West (501165)
- ☐ Review the [NCAA's College-Bound Student-Athlete Guide](#)
- ☐ Create Athletic Resume ([see sample](#))
- ☐ Retake any courses that may be needed for NCAA calculation in Summer School, if Necessary

Freshman year is super important to academically qualifying for NCAA since students typically take 4-5 courses that count toward their calculation

## SOPHOMORE YEAR

- ☐ Register for courses that count for HS graduation and for [NCAA core course calculation](#)
- ☐ Register with the [NCAA](#) and [NAIA](#) Eligibility Centers
- ☐ Retake any courses that may be needed for NCAA calculation in Summer School, if Necessary
- ☐ Make a [Potential College List](#)
- ☐ Submit Online Questionnaires for College Teams ([see sample](#))
- ☐ Contact College Coaches
  - ☐ Email ([see sample](#))
  - ☐ Phone Call

Sophomore year is super important to academically qualifying for NCAA since students typically take 4-5 courses that count toward their calculation

## JUNIOR YEAR

- ☐ Register for courses that count for HS graduation and for [NCAA core course calculation](#)
- ☐ Complete [NCAA 10/7 Requirement](#)
- ☐ Update College List
- ☐ Contact College Coaches
  - ☐ Email ([see sample](#))
  - ☐ Phone Call
- ☐ Schedule Campus Visits
  - ☐ Unofficial or Official
- ☐ Confirm Transcript Has Been Submitted to NCAA
- ☐ Ask for Teacher Recommendations
- ☐ Write Personal Statement

Junior year is important to make sure you have more than enough qualifying grades and courses for the 10/7 academic rule

## SENIOR YEAR

- ☐ Complete College Applications (as early as August 1)
- ☐ Sign up for [FSA ID](#)
- ☐ Complete Your [Free Application for Federal Student Aid \(FAFSA\)](#) - usually opens October 1st
- ☐ Contact College Coaches
  - Email ([see sample](#))
  - Phone Call
- ☐ Request NCAA Amateurism Certification
- ☐ Confirm School Decision
- ☐ Pay School Deposits (Tuition, Housing, etc)
- ☐ Confirm Final HS Transcript Has Been Submitted

Senior year should be finalizing the college you want to attend and play for. Checking to make sure you have all college information completed.