



FC Arizona College Recruitment



COLLEGE RECRUITMENT TIMELINE – FRESHMAN YEAR

4-Year Academic Plan

Create a personalized four-year plan with your academic advisor. Consider what the school has to offer academically throughout the four years. Begin to prioritize what you'd like to learn more about/ explore with the school's academic offerings.

Meet with your Academic Advisor and Counselor

Introduce yourself to your school's college advisor and / or academic counselor. They should know about your post-secondary ambitions, both academically and athletically.

Monitor your Grades Regularly

Use study groups, tutors, and/or teacher office hours to seek academic assistance. Freshman year grades are your foundation for your GPA. Take your freshman year grades seriously!

Develop Good Academic Habits

Practice effective time management and study skills. Use study groups, tutors, and office hours as needed. **Make sure you prioritize sleep!**

Explore & Participate

Think about what careers interest you. Talk to other people about careers you might find interesting. Participate in academic enrichment programs that interest you.

R-E-A-D!!

Read as much as possible. Read anything you're interested in such as newspapers, magazine articles, novels... whatever you enjoy most. This will improve your reading skills, vocabulary, and comprehension, which will help you in school and on admissions tests.

Explore more about Playing in College

Complete the basic information on **College Fit Finder** profile online with our club. Begin to look at schools and learn more about their academic and soccer programs.

Look at summer camps for the schools you'd like to attend. Please note that some college coaches also coach at **other school's camps**. Please ask the coaches at the schools you're interested in attending which camps they'll be at over the summer



Your Summer Recruiting Checklist

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

JUNE

- **Commit to your sport.**

Before you start the recruiting process, think about if you're ready to make the commitment to competing at the college level. Check out the key differences between high school and college sports and make sure you're ready to balance being a student and an athlete.

- **Start building your College Fit Finder profile.**

It's never too early to get on college coaches' radars. Once you create your NCSA profile, make sure you're regularly updating it, so coaches only see your most current athletic and academic stats, achievements and more. [Start building your College Fit Finder profile.](#)

- **Explore the College Profiles.**

Student-athletes should cast a wide net when searching for and narrowing down a list of potential schools. If you're not sure where to start, check out [College Fit Finder's](#) best colleges for student-athletes.

JULY

- **See how you measure up.**

Even though you still have some time to develop your physical and athletic measurables, it's never too early to start exploring college rosters.

- **Specialize in one sport or more?**

No matter what sport—or how many—you're a part of, CFF can help you throughout the recruiting process as you specialize in one sport or concentrate on being a multisport athlete. There's no right or wrong answer; it's up to you to determine the best route to take (but we're happy to help!)

- **Evaluate if club sports are right for you.**

Club sports are becoming more popular in the recruiting process—but do you have to play club sports to get recruited? We break down what it means to be on a club team, and the benefits of playing both high school and club sports.

AUGUST

- **Don't overlook your location preferences.**

Are you from a recruiting hotbed for your sport? Do you live in a large city or a small town? What are the most popular states that athletes choose to go to college? Even though much of the recruiting process happens online, geographic location still plays a big role.

- **International Student-Athlete Tip:**

No matter where you live in the world, CFF can help you maximize your recruiting opportunities. Learn more about when international student-athletes can start the recruiting process.

- **Take some time off.**

Make sure you build in some time to rest up and recharge before your freshman year of high school officially begins, especially if you're starting your season in the fall.



Your Fall Recruiting Checklist

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START OF FRESHMEN YEAR

- **Check in with your high school guidance counselor.**
Find your high school's list of [NCAA core courses](#), figure out which classes you can take this year and make sure you have a plan to maintain your NCAA eligibility.
- **Let your high school and/or club coach know you're interested in competing at the college level.**
They can help support your recruiting efforts, from evaluations and recommendations to reaching out to college coaches in their network. You can also add them to your College Fit Finder Profile.
- **Off Season Tip:**
If your high school sport is not in season, canceled or postponed, create—and stick to—a regular workout/training schedule. When practice starts up again, you'll be prepared physically and mentally!

SEPTEMBER

- **Check out the College Fit Finder – College Profiles**
Don't count out schools based on their "sticker price." We ranked the best colleges for student-athletes and broke down their average cost *after* athletic, academic and financial aid.
- **Jot down 5 dream schools.**
What do you like—and not like—about them? Out of those qualities, what's most and least important to you?
- **Start adding colleges to your CFF – Favorite Colleges**
Keep track of schools you're interested in and rank them by your top picks.

OCTOBER

- **Begin researching college rosters.**
They provide insights on the type of athletes coaches want to recruit, where they recruit and if they're recruiting your position—size up your competition to see what measurables and stats you need to achieve to get recruited.
- **Build (and regularly update!) your CFF profile.**
This is your athletic recruiting resume, so make sure coaches are seeing and evaluating your most recent info.
- **Brush up on your financial literacy.**
It's a good idea to understand the types of academic, athletic and financial aid, what types of aid are offered at each division, and the differences between equivalency and head-count sports.

NOVEMBER

- **Visit a local campus or check out online campus tours.**
This will help you start to narrow down your preferences—school size, location and more!
- **Keep Track of Important Dates:**
 1. Stay up to date with the [D1 and D2 Recruiting Calendars](#).
 2. Learn more about how the [NCAA Recruiting Rules and Updates](#) affect underclassmen.



Your Winter Recruiting Checklist

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DECEMBER

- **Think like a college coach.**

Landing a roster spot means understanding the basics of the recruiting funnel. Knowing what coaches look for, how they find recruits and common traits successful student-athletes share will give you a leg up throughout the process.

- **Learn the ropes from a recruiting expert.**

Talk to someone who's familiar with the recruiting process: an upperclassmen teammate going through the process, a current or former college athlete, your high school coach or club coach.

- **Review the [NCAA Guide](#) for the College Bound Student Athlete.**

This guide answers questions for student-athletes and parents navigating the initial eligibility process. Remember, this information only applies to NCAA schools. [The NAIA](#) has its own guidelines.

JANUARY

- **Make—and stick to—recruiting resolutions.**

This is a great time to focus on setting SMART goals for the upcoming year. No matter what you want to accomplish, from making the varsity team next season, bringing up your GPA to developing healthier habits, setting goals will help you stay motivated, focused and committed.

- **Download the CFF App.**

Never miss a moment—or a coach view, follow or message—by staying on top of your recruiting at home or on the go. Available on the App Store or get it on Google Play.

FEBRUARY

- **Update your profile with your transcript and grades.**

By now, you should have wrapped up your first semester of high school—**congrats!** Get into the habit of updating your transcript and GPA after each semester so coaches always have your most recent academic stats.

- **Maintain a balanced routine.**

Whether you're juggling activities outside of your sport or you're a multisport athlete, set aside some time to rest and recharge and focus on your schoolwork.

- **Keep track of important dates:**

1. Regularly check the [D1 and D2 recruiting calendars](#).
2. Learn more about how the [NCAA Recruiting Rules](#) and Updates affect underclassmen.



Your Spring Recruiting Checklist

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MARCH

- **Work on your time management skills.**

It's never too early to start learning [how to manage your time](#). Between sports, schoolwork and extracurriculars, time management is one of the most important skills a student-athlete can have.

- **Continue adding colleges to your CFF Favorite Colleges**

Keep track of schools you're interested in—remember to cast a wide net first and narrow down your options as your preferences and interests change. If you're unsure where to start, check out the most popular schools among CFF recruits.

- **Add a few financial aid terms to your vocabulary.**

Paying for college is still years away but getting a grasp on a few key terms will lessen your stress down the road—trust us. Our financial aid glossary breaks down all the terms you need to know.

APRIL

- **Research upcoming college camps and recruiting events.**

Summer is just around the corner, and recruiting events will likely start to pick up again with additional COVID-19 safety protocols. You should focus on finding camps that target skills or technique development. Save larger combines and showcases for the summers after sophomore and junior year, as you develop athletically and start building relationships with coaches.

- **Stary focused on College Fit Finder.**

Explore all the steps you need to take on your path to college and celebrate major recruiting milestones with a series of drills designed to give you a competitive recruiting advantage.

MAY

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COLLEGE RECRUITMENT TIMELINE – SOPHOMORE YEAR

Outline a 4-Year Plan

Review where you are in your four-year plan with your academic advisor. If you do not have a 4-year high school plan, then review your GPA and subjects against the criteria for the schools you're considering attending.

Weighted and Unweighted GPA Goals

Review your transcript and understand the difference between your weighted and unweighted GPA.

Make goals for academic success. Concentrate on improving your academics. Stay involved with school clubs and other extracurricular activities.

Grades

Know your grades and monitor your GPA regularly. Use study groups, tutors, and/or office hours to seek academic advice from teachers.

Explore your Interests / Explore Career Avenues

Take assessments, such as Career Interest Profiler, Do What You Are, Career Cluster in order to align your interests with possible college majors/careers.

Take the PSAT or PreACT

Begin to understand these tests and when you can take these tests. National merit scholarships are not linked with these tests until students are Juniors.

Playing in College

Read the NCAA Guide for the College Bound Student Athlete. Familiarize yourself with eligibility information from the NCAA, NAIA, and NJCAA.

Make initial contact with college coaches and schools you'd be interested in attending.

Complete your **College Fit Finder** profile online with our club. Make sure to like specific schools and connect with coaches through the platform so they can view your profile. Be sure to upload video and edit it in College Fit Finder so you have a short highlight reel demonstrating your various strengths as a player. Be sure to keep this no longer than 6-8 minutes.

Look at summer camps for the schools you'd like to attend. Please note that some college coaches also coach at **other school's camps**. Please ask the coaches at the schools you're interested in attending which camps they'll be at over the summer.



Your Summer Recruiting Checklist

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

JUNE

- **Take advantage of your free time.**

As the end of the school year approaches, make the most of it—but dedicate a few hours a week to managing your recruiting. College coaches are still evaluating athletes during the summer months!

- **Prepare for college camps and recruiting events.**

With in-person recruiting activity having officially resumed on June 1, 2021, there will be plenty of recruiting events to choose from throughout the summer. Find college camps, tournaments, showcases and combines near you.

- **Insider Tip – Athlete Messaging:**

The best way to maximize your recruiting opportunities? Even if you are unable to attend camps this summer, you can still build a relationship with the coach. Always respond back to their camp invites, even if you're not interested in learning more about their current program.

JULY

- **Create and stick to a summer training schedule.**

After a period of recovery from your regular seasonal training or workouts, create a summer training plan to stay in shape and boost your athletic performance for your upcoming season.

- **Update your CFF profile.**

Make sure your athletic and academic stats are current, update your contact information and add any new coach references so you're prepared come fall.

- **Fill out recruiting questionnaires.**

Whether you receive a request directly from the coach or track down recruiting questionnaires for your top schools on your own, this is an important first step to get on a coach's radar and receive more information about an athletics program.

- **Build your target list of colleges.**

Before school starts up again, revisit your CFF Favorite Colleges, explore your Matching and see what's new on your Activity Log. If your preferences have changed, let us know so we can continue to provide you with the best college options!

AUGUST

- **Discover your "athlete type".**

Procrastinating on your summer reading lists? We're here to help. In between chapters (or books) take some time to learn about the [eight different types of athletes](#). Then, take the TAP Assessment to discover yours.

- **Rest and recharge.**

As summer winds down, don't forget to give yourself a break before school starts up again. You'll come back as a better student-athlete!



Your Fall Recruiting Checklist

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

START OF SOPHOMORE YEAR

- **Check in with your high school guidance counselor.**

Find your high school's list of [NCAA core courses](#), figure out which classes you can take this year and make sure you have a plan to maintain your NCAA eligibility.

- **Let your high school / club coach know you're interested in competing at the college level.**

They can help support your recruiting efforts, from evaluations and recommendations to reaching out to college coaches in their network. You can also add them to your CFF Favorite Colleges.

- **Offseason Tip:**

If your high school sport is not in season, canceled or postponed, create—and stick to—a regular workout/training schedule. When practice starts up again, you'll be prepared physically and mentally!

SEPTEMBER

- **Upload your freshman year transcript to your profile.**

Profiles with a recent transcript get 17x more views from college coaches than profiles without one.

- **Create a game plan for the PSAT.**

The PSAT is great practice for the ACT/SAT—not only does it establish a baseline for how you should prepare for those tests, but it also identifies National Merit Scholars and awards merit scholarships to top performers.

OCTOBER

- **Create a [Free Profile Page with the NCAA](#).**

This is your best bet if you're keeping your options open or if you're interested in D3 schools. You can always upgrade to a Certification Account if you start receiving interest (or offers!) from D1 or D2 college coaches.

- **Determine your family's EFC.**

Calculating your [Estimated Financial Contribution](#) can help estimate your federal student aid eligibility and then establish college funding strategies.

- **Regularly update your CFF profile.**

This is your athletic recruiting resume, so make sure coaches are seeing and evaluating your most recent info.

NOVEMBER

- **Size up the competition.**

[How do you compare](#) to your dream schools' team rosters? Are you academics on par with the average player GPA? How about your measurables and athletic stats? Where are the players from? Does it seem like the coach recruits in a certain area?

- **Broaden your horizons.**

We always recommend that you cast a wide net when searching for schools. Check out your top matches, see what the most popular schools are with other CFF recruits and explore schools where college coaches are viewing, following or searching for athletes like you.

- **Continue adding colleges to your CFF Favorites.**

Keep track of schools you're interested in and rank them by your top picks or next action steps. By now, you should have 5-10 safety schools, 10-15 target schools and 5-10 dream schools on your list.

- **Keep Track of Important Dates:**

1. Stay up to date with the [D1 and D2 Recruiting Calendars](#).
2. Learn more about how the [NCAA Recruiting Rules and Updates](#) affect underclassmen.



Your Winter Recruiting Checklist

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DECEMBER

- ***Get on a coach's radar.***

For most sports, there is zero communication allowed between a D1 coach and a recruit before June 15 after sophomore year. The best way to let them know you're interested? Fill out recruiting questionnaires and update them regularly.

- ***Craft a compelling personal statement.***

Personal statements are a great opportunity to show college coaches your character. Reflect on your athletic and academic achievements and identify what experiences or people have motivated and inspired you to pursue your sport at the next level.

- ***Check your PSAT score.***

PSAT scores are generally released beginning mid-December. Your scores are a good indicator of what you've learned so far, and pinpoint areas of improvement ahead of the ACT/SAT.

JANUARY

- ***Make—and stick to—recruiting resolutions.***

Setting SMART goals and planning your year ahead will help you stay motivated throughout the recruiting process. Focus on what you want to accomplish—from developing athletically, maintaining your NCAA eligibility to implementing healthier habits, set goals to stay focused and committed.

- ***Review our financial aid glossary.***

We'll walk you through the differences between a CSS Profile and the FAFSA. We'll walk you through the differences between a CSS Profile and the FAFSA, the types of loans and grants awarded to student-athletes, and what your Estimated Family Contribution (EFC) might be.

FEBRUARY

- ***Gauge your talent level.***

Whether it's by uploading your most recent highlight/skills video or verified stats to your profile, comparing your athletic talents to recruits currently on your favorite schools' team rosters, or getting evaluated by an CFF Recruiting Coach, get a better understanding of your talent to kick off your college search.

- ***Compare your favorites.***

By now, you should have at least 30 schools on your CFF Favorite Colleges. Start considering how they're similar or different from one another, whether it's by division level, size and location, or general rankings.

- ***Keep track of important dates:***

1. Regularly check the D1 and D2 recruiting calendars.
2. Learn more about how the NCAA Recruiting Rules and Updates affect underclassmen.



Your Spring Recruiting Checklist

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MARCH

- **Register for an online recruiting class.**

Whether you have specific questions about the recruiting process, need help making quality connections with college coaches or want to explore the benefits of an CFF membership, there's a recruiting class that's right for you.

- **Learn how to communicate with coaches.**

Depending on your sport, most D1 and D2 college coaches will be able to contact recruits beginning June 15 or September 1 this year. Make sure you know how to communicate effectively to maximize your recruiting opportunities.

- **Clean up your social media accounts.**

Social media is a great way to connect with college coaches and learn more about athletic programs you're interested in.

APRIL

- **Start researching summer camps and recruiting events.**

Once you figure out what type of recruiting event is right for you, make a list of camps you're interested in attending. Don't forget to reach out to college coaches once you register for their events!

- **Learn from our Recruiting Coaches.**

CFF's team of recruiting experts answer thousands of questions a year to help families get the most of their college recruiting journey. Check out the most common questions (and answers!) that our Recruiting Coaches receive throughout the year.

- **Continue adding colleges to your CFF Favorites.**

Keep track of schools you're interested in—remember to cast a wide net first and narrow down your options as your preferences and interests change. Don't forget to check out the best schools for student athletes.

MAY

- **Start getting ready for June 15.**

Remember, starting June 15 after sophomore year, most D1 college coaches—excluding women's basketball, football, lacrosse, softball and baseball—will be able to communicate freely with recruits via email, DMs, texts and phone calls (and vice versa).

- **Create your highlight or skills video.**

Highlight and skills videos play a crucial role in the recruiting process, especially because not all coaches will get a chance to evaluate you in person.

- **Post your summer schedule.**

Not only does it help keep you organized if you're participating in multiple camps or showcases, but it also makes it easier for college coaches to add you to their lists of potential recruits to evaluate if they attend.

COLLEGE RECRUITMENT TIMELINE – JUNIOR YEAR

Your 4-Year Plan

Review where you are in your four-year plan with your academic advisor. If you do not have a 4-year high school plan, then review your GPA and subjects against the criteria for the schools you're considering attending.

Goals

Focus on key accomplishments for academic and other personal successes. Discuss your college and/or career post-secondary options with your parents and your college counselor.

Grades & GPA

Make the grades. Colleges and Universities place heavy emphasis on your grades during your junior year. Make sure your GPA is improved during this year. ***You must know and monitor your grades!***

Use study groups, tutors, and teacher office hours to seek academic assistance. Challenge yourself academically during this year.

College Visits

Go to college campuses, take virtual school tours, and attend college fairs or college information nights.

Academic Portfolio

Develop portfolios of your work. This could include leadership projects, music / drama auditions, science or other large / long term projects, writing samples, and other art.

Extracurricular Interests & Activities

Explore options such as scholastic clubs and community service. Remember colleges would much rather see a student passionate about a few worthwhile endeavors than marginally involved with too many clubs.

Demonstrate leadership and responsibility with these clubs. Be sure to keep a log of all activities and continue saving examples of work or projects.

College & Career Workshops

Attend any workshops hosted by your school.

Register for the SAT or ACT

Visit www.act.org or www.collegeboard.org

COLLEGE RECRUITMENT TIMELINE – JUNIOR YEAR

College List

Narrow your college list to 10-15 schools. Start by thinking about the type of college learning environment you would do best in and what are college characteristics that are important to you.

Attend Visits of College Representatives at School or College Fairs

Admission representatives from colleges may be at your school. Make sure to interact with them. ***Be prepared to engage by asking questions!***

Playing in College

Read the NCAA Guide for the College Bound Student Athlete. Register for eligibility from the NCAA or NAIA.

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COLLEGE RECRUITMENT TIMELINE – SENIOR YEAR

Review Your High School Transcript

Grades still matter so stay on top of all school assignments; taking challenging courses still looks great to an admissions office!

SAT or ACT - Register & Take or Re-Take

Last chance if you are not happy with your scores.

Draft Your College Essays

Express yourself. Read the questions, think of your own meaningful experiences, and tell your own story. Make sure a teacher or editor reads the essays.

Goals

Continue to challenge yourself in academics and other areas for success. Discuss post-secondary goals and career interests with counselors and/or parents.

Extracurricular Interests & Activities

Concentrate on what you are interested in most. Demonstrate your strong commitment, maturity, character, excellence, & leadership.

College Fair & Complete Campus Visits

Attend your school's college fair. Speak to schools at the fair to learn more about how colleges and universities approach academics and student life. Visit college campuses you're interested in attending. Many schools offer virtual tours as well.

College Applications

Establish your game plan and calendar for working/submitting applications. Request & confirm counselor and / or teacher letter of recommendations. Make sure to give 2 weeks for the recommendation to be completed.

Send Transcripts & Test Scores

Have your transcript(s) and official test scores sent to colleges that have requested them.

Financial Aid

Complete and submit **FAFSA** online at www.fafsa.ed.gov. Research merit and need-based scholarship opportunities. Start with your school's website + visit www.studentaid.gov/scholarships.

Continue Saving Money for College

Visit www.collegesavings.org to learn about tax advantages and links to plans. Visit www.studentaid.gov/parent for info on borrowing, aid, saving, and tax benefits.

Social Media Profiles

Review and revise your social media (Twitter, Facebook, Instagram, LinkedIn, etc.) and any other web material that a college could access. **Make sure the content on your social media is appropriate.**

College & Career Workshops

Go to any available college and career workshops hosted by your school, such as college application, essay, or financial aid workshops.