# TO-DO'S
## FOR HIGH SCHOOL FRESHMEN

### Start of Freshman Year

- ☐ Let your high school and club coaches know you're interested in competing at the college level. You can also add them to your SportsRecruits profile as a reference.
- ☐ Write a list of 5-10 "dream schools" and put a note next to each one about why you like them - what quality is most important to you?
- ☐ Add those colleges to your school favorites list on your SportsRecruits profile.
- ☐ Visit some local colleges to see what you like in terms of size, location, etc.

- ☐ Download your high school's list of NCAA-approved core courses—and the NCAA Core Course GPA Calculator worksheet—before you meet with your guidance counselor. These can be found at https://web3.ncaa.org/hsportal/exec/hsAction?hsActionSubmit=searchHighSchool
- ☐ **Note**: The academic eligibility requirements vary by division, NAIA and Division 3 schools are responsible for setting their own academic eligibility rules.
- ☐ Review the NCAA core course requirements with your counselor. You will need to take and pass a minimum of 16 core courses before graduation. Take at least one approved core course in each of the following: Math, English, Natural/Physical Science, and Social Science or Foreign Language.

### During Freshman Year

- ☐ Create your Premium SportsRecruits profile through LAVA (included as a LAVA athlete) using the steps outlined in this packet, or available on the LAVA recruiting homepage of the website, www.lavacademy.org/recruiting.
- ☐ Create and maintain an Instagram Recruiting profile - separate from your personal profile - information about what to include on your profile can be found on the Lava recruiting website.
- ☐ Create your free NCAA profile account. Give yourself at least 15-20 minutes to complete the initial registration. You can create an account here: https://web3.ncaa.org/ecwr3/

# TO-DO'S
## FOR HIGH SCHOOL SOPHOMORES

### Start of Sophomore Year

- ☐ Let your high school and club coaches know you're interested in competing at the college level. You can also add them to your SportsRecruits profile as a reference.
- ☐ Download your high school's list of NCAA-approved core courses—and the NCAA Core Course GPA Calculator worksheet—before you meet with your guidance counselor. These can be found at https://web3.ncaa.org/hsportal/exec/hsAction?hsActionSubmit=searchHighSchool
- ☐ **Note**: The academic eligibility requirements vary by division, NAIA and Division 3 schools are responsible for setting their own academic eligibility rules.
- ☐ Review your transcript with your guidance counselor to ensure you're on track to meet the NCAA core course requirements. Take at least one approved core course in each of the following: Math, English, Natural/Physical Science, and Social Science or Foreign Language.
- ☐ Upload your FRESHMAN YEAR transcript to your SportsRecruits profile as a PDF.

### During Sophomore Year:

- ☐ Create and/or maintain your Premium SportsRecruits profile through LAVA (included as a LAVA athlete) using the steps outlined in this packet, or available on the LAVA recruiting homepage of the website, www.lavacademy.org/recruiting.
- ☐ Create and maintain an Instagram Recruiting profile - separate from your personal profile - information about what to include on your profile can be found on the Lava recruiting website.
- ☐ If you haven't done so already, create your free NCAA profile account. Give yourself at least 15-20 minutes to complete the initial registration. You can create an account here: https://web3.ncaa.org/ecwr3/. If you get interest or offers from Division I and II schools, you can upgrade to a Certification Account.
- ☐ Check out the ROSTERS on your dream school's volleyball teams, and check how you "measure up" when compared to their current athletes. How many athletes do they carry in your position, how tall are they, do they run a 6-2 or 5-1, where are the players from?
- ☐ Remember to cast a WIDE NET when searching for schools, use the SportsRecruits school search tool, and select filters that are meaningful to YOU!
- ☐ OPTIONAL: Take the PSAT to familiarize yourself with standardized tests like the ACT and SAT (Not required for NCAA eligibility).
- ☐ Continue to add current film to your recruiting profiles.
- ☐ Send updates via email to your top 10 schools of interest with links to your profiles.
- ☐ Update your awards and accolades after high school season (if applicable) on your recruiting profiles.
- ☐ Follow your top schools on Instagram and Twitter with your RECRUITING profile (not personal).

# TO-DO'S
## FOR HIGH SCHOOL JUNIORS

As you enter your Junior year, you should have a clear game plan for your athletic recruiting to-do's. What areas can you improve in - scholastically and athletically - what schools you want to apply to, and how you compare to current team rosters…

### Start of Junior Year:

- ☐ Receiving D1 or D2 interest? Create an NCAA Certification Account at https://web3.ncaa.org/ecwr3/register/CERTIFICATION (cost: $100 for athletes in the U.S., Canada, and U.S. Territories and $160 for international athletes)
- ☐ Have your counselor send your current transcript to the NCAA Eligibility Center.
- ☐ Review your transcript using the NCAA core course calculator, available at http://fs.ncaa.org/Docs/eligibility_center/DI_and_DII_Worksheet.pdf with your guidance counselor to ensure you're on track to meet the NCAA core course requirements. Take at least one approved core course in the following: Math, English, Natural/Physical Science, and Social Science or Foreign Language.
- ☐ **REMINDER**: You need to complete 10 of the 16 required core courses by the end of your junior year (before the start of your seventh semester). Seven of the 10 core courses need to be in English, Math, or Natural/Physical Science. The grades in these seven courses will be "locked in,"—you will not be able to retake them to improve your grades.
- ☐ Update your awards and accolades after high school season (if applicable) on your recruiting profiles.
- ☐ Your list of schools should now include 30-40 schools (dream, target, safety), and you should reach out to every coach on your list with a personalized email and a link to your recruiting profiles so the coaches can follow your progress throughout the year, and potentially schedule you for an official visit.

### During Junior Year:

- ☐ Continue to add current film and any updates to your Instagram and SportsRecruits profiles.
- ☐ OPTIONAL: Take your first ACT and/or SAT—this will give you time to retake it if needed (Not required for NCAA eligibility).
- ☐ Review your transcript using the core course calculator (link above) with your counselor to ensure you're on track to meet the NCAA core course requirements. Focus on the 10-core course rule—make sure you are on track to complete 10 of the courses by the end of the year and remember that seven of these courses will be "locked in."
- ☐ Schedule college visits or take virtual campus tours. You should try and get as much of a "feel" for your target schools as possible.

### End of Junior Year:

- ☐ Have your counselor send your transcript to the NCAA Eligibility Center after completing your sixth semester.

# TO-DO'S
## FOR HIGH SCHOOL SENIORS

### Start of Senior Year:

☐ Make sure your recruiting profiles are up-to-date.

☐ October 1st - complete your FAFSA. The FAFSA determines your eligibility for federal grants, loans, and work-study funds. For the 2024-25 academic year, it opened on December 1st, 2023. Do this ASAP, as aid is awarded on a first-come, first-serve basis.

☐ Review your transcript using the core course calculator, available at http://fs.ncaa.org/Docs/eligibility_center/DI_and_DII_Worksheet.pdf with your counselor to ensure you're on track to meet the NCAA core course requirements. You should know the exact courses you will need to take to hit eligibility based on your meeting at the end of your junior year.

☐ OPTIONAL: Take your second (or third) ACT and/or SAT if necessary (Not required for NCAA eligibility).

☐ If you have not received offers, or much attention, from colleges, consider expanding your search to include schools at all division levels.

### During Senior Year:

☐ Continue to add current film and any updates to your Instagram and SportsRecruits profiles.

☐ Start applying to schools - make sure you keep up with schools' application deadlines! Typically, application fees range from $25-$75, but sometimes waivers are available. NOTE: MOST APPLICATIONS ARE DUE BY JANUARY.

☐ Complete your amateurism questionnaire within your NCAA Certification Account if you are planning on competing at any NCAA institution at any time.

☐ If you're enrolling in the Fall semester, you can request your final Amateurism Certification within your NCAA Certification Account on or after April 1, and if you're enrolling in the Winter/Spring semester, on or after October 1. Remember, April 1 (Fall semester) and October 1 (Winter/Spring semester) are just the first—not the only—days you can request Amateurism Certification.

☐ Steps to Request Your Final Amateurism Certification
   ○ Login at eligibilitycenter.org to view your dashboard
   ○ Check your progress on your Dashboard. The first Account Creation circle must be completed before requesting your final amateurism certification.
   ○ Ensure all sports participation questions are up-to-date and answered.
   ○ In the third box on your Dashboard, select the green "Submit Request Now" button.
   ○ Select each sport for which you want to request your final amateurism certification.
   ○ You may request your final amateurism certification even if you are not being recruited by an NCAA school. However, the Eligibility Center may wait to begin your certification until after an NCAA school adds you to their institutional request list. Please provide school(s) recruiting you with your NCAA ID

### End of Senior Year:

☐ Have your counselor send your final high school transcripts and proof of graduation to the NCAA Eligibility Center.