Guided Recruit

QUESTION 1

The high-school timeline, year by year.

No dates here on purpose. Dates differ by sport and division and change every year, so the official calendars are linked where they belong. What follows is the order of things, and the small habits that make junior year calm instead of frantic.

The one idea

Recruiting is mostly a collecting problem. Film, facts, grades, a short list of schools, and a way for a coach to reach the athlete. The families who are relaxed in junior year are the ones who collected a little each season. Nothing below takes more than an hour or two a season until the athlete decides to pursue it.

The NCAA's own advice on roles is worth knowing from the start: parents tend to lead in ninth and tenth grade, and by eleventh and twelfth the athlete should own the communication. Source (https://www.ncaa.org/eligibility-center/recruiting/).

Freshman year: keep the door open

- **Play, and enjoy it.** Nothing about recruiting should make a fourteen-year-old's season worse.
- **Start the game-notes habit.** During games, one parent jots the half, the clock, five words about the play, and the position. Afterwards the clips find themselves. The method is one page: Mark the Moment.
- **One folder per season.** Photos, the schedule, stats from the coach, any awards. Drop things in as they happen. Do not organize yet.
- **Grades count from day one.** Academics are part of every recruiting decision, and freshman grades are on the transcript a coach eventually sees.
- **Find out where the film lives.** Team HudL, club Veo, a parent's phone, a school stream. Just know which, and whether you can log in.

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- **Start the clip library now.** Three to six clips a game, unedited, in the season folder. By junior year there is a reel waiting to be cut instead of nine full games to search.
- **Learn the core-course idea.** Division I and II eligibility depends on specific high-school courses. Read the requirements once with the school counselor so the schedule is right from the start: Division I (https://www.ncaa.org/eligibility-center/initial-eligibility-requirements/division-i/), Division II (https://www.ncaa.org/eligibility-center/initial-eligibility-requirements/division-ii/).
- **Ask the club how its players get seen.** Which showcases, which leagues, which platforms coaches in your sport actually use. Clubs know; most never volunteer it.
- **Watch one college game at each level** if you can, in person or streamed. It makes the words D1, D2, D3 and NAIA mean something.

Sophomore year: film with purpose

- **One highlight set from the season.** Not polished, just the best clips from the library in one place.
- **Get access to the film.** If the club or team controls the recording, ask now for a player login or clip export. It can take weeks, and the slow part is never the editing.
- **Create the free Eligibility Center account.** The NCAA offers a free profile account and a paid certification account. Their page explains which to choose and when (https://www.ncaa.org/eligibility-center/register/). The free one is enough until Division I or II is a real possibility.
- **Start a working list of schools.** Ten to twenty, across levels, chosen on academics and fit first. How to build it is its own page.
- **Visit campuses you are near anyway.** A walk around a campus on a family trip teaches a sophomore more than any website.

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- **Make the first recruiting profile** on whichever platform coaches in your sport actually use. Ask the club coach which one; do not make five. Profiles explains the options.
- **Learn the contact rules for your sport.** In many sports and divisions the athlete may write to a coach, but rules limit when and how the coach can answer. Find your sport's calendar on the NCAA recruiting page (https://www.ncaa.org/eligibility-center/recruiting/) so silence is never misread.
- **Attend one camp at a school you are curious about,** mostly to learn the format. Camps covers how to find them.
- **The athlete writes a short introduction** in their own words. Who they are, how they play, what they want to study. It becomes the email, the profile bio and the website story.

Junior year: the athlete takes the lead

- **Finish a real highlight reel** from the library. Position-specific, best material first.
- **The athlete sends the first emails,** from their own address, with one link. The template is one page: The First Coach Email. The rest is in Coaches.
- **Fill out the recruiting questionnaire** on each target program's athletics website. The email does not replace it.

- **Go where the coaches on your list will be.** An ID camp at a school on the list, or a showcase whose coach list includes them.
- **Tell the high-school and club coaches your list.** Coaches talk to coaches. They cannot help with a list they have not seen.
- **Transcript and testing plan with the counselor.** The athletic side never replaces the admissions side.
- **If Division I or II is in play,** move to the certification account and follow the Eligibility Center's instructions for transcripts: Eligibility Center (https://www.ncaa.org/eligibility-center/).

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- **Keep a contact log.** Date, coach, what was said, what is next. It fits on one sheet and it prevents every awkward repeat.
- **Follow up only with news.** New film, an award, a result, a schedule. Never "just checking in."
- **Visit rules differ by division and sport.** Before planning official visits, read your sport's rules on the NCAA recruiting page (https://www.ncaa.org/eligibility-center/recruiting/).
- **Understand what a coach can offer at each level.** Athletics aid exists in Division I and II and in the NAIA; Division III does not award athletic scholarships, though academic and need-based aid can be substantial. Every school's website has a net price calculator. Use it before falling in love.
- **Ask coaches direct questions.** Are you recruiting my position for my class year? Where would I fit? When do you decide? Coaches respect the questions and answer them.

Senior year: finish it

- **Fall film, updated quickly.** The reel and the page should show this season by the time the season is half over.
- **Applications on the admissions timeline,** whatever the athletic conversation looks like. Admission comes from the school, not the coach.
- **Keep communicating with news.** Results, grades, honors, the final schedule.
- **Eligibility Center final steps** if Division I or II: final transcript and the amateurism questions, per their instructions.
- **Get the important things in writing from the school.** Roster spot, any aid, what it covers and for how long. Ask plainly.

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- **Compare total cost, not the athletic number.** An academic award at one school can beat a partial athletic award at another. The financial aid office, not the coach, has the final figures.
- **If it does not come together,** that is not the end. Junior college, a walk-on tryout, club sports, a gap year, or simply playing for fun are all real paths, and the materials you collected still have value.
- **Say thank you** to the coaches who answered, including the ones who said no. Your athlete will see some of them again.

Starting late?

A junior or senior who just decided is not out of time; they are out of slack. The order is: get film this week, even phone clips; put one page or profile together so there is a link; build a short list with the counselor and the coaches you already have; and

send the first emails before the next showcase or camp. We help families do exactly this, and we never tell a family what level their athlete belongs at. Ask your coaches for that honest read.

This guide is general information drawn from one family’s experience and public sources. It is not eligibility, legal or admissions advice. Rules differ by sport and division and change each year, so check the official links before acting on a date. Guided Recruit prepares and presents a student-athlete’s materials. It does not guarantee admission, scholarships, coach responses, recruitment or roster placement, and it never evaluates an athlete’s competitive level.