

# 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.