

Hamilton Township High School Department of Athletics



Year by Year Timeline/Checklist for an Athlete from High School to College

- Check off each of the following items as you complete them. Successfully making the move from high school athlete to college athlete will depend upon how you complete each of the tasks on the timeline.

FRESHMAN YEAR

SEPTEMBER

- Division III coaches are now allowed to send you recruiting materials and call on the phone.
- Introduce yourself to the training staff and your school's athletic director.

OCTOBER

- Make sure to check out www.eligibilitycenter.org to find out what constitutes a core course.
- Meet with guidance counselor to set up a long-term class plan; verify your core courses.

DECEMBER

- Get to know all the coaches at your school in the sports you plan on playing.

FEBRUARY

- Seek teacher recommendations for you to take at least two Honors classes in your strongest subjects for your sophomore year .

MARCH

- Start researching colleges online (especially in OCIS) and in books.

SUMMER

- Take summer school classes or credit recovery classes to catch up on any missed credits.



SOPHOMORE YEAR

SEPTEMBER

- Ask friends or family members to videotape you at games or meets. Keep a file of your stats, newspaper clippings, and awards.

OCTOBER

- Join a couple of extra-curricular activities or clubs.
- Check out online college exam questions (sat.collegeboard.com and www.actstudent.org).
- Take PSAT (refer to October section of the junior year schedule).



DECEMBER

- Research summer camps held at colleges you're interested in attending.
- Sign up for the PLAN test with your guidance counselor.

JANUARY

- Registration for most summer camps open; they fill up fast.
- Volunteer work always looks great on a college application, so find a place to donate your time.

MARCH

- If you haven't already, start making informal college visits.

MAY

- Calculate your current core GPA.

JUNE

- D1 men's basketball and men's ice hockey coaches are allowed to send you recruiting materials and call on the phone starting June 15.

SUMMER

- Attend on-campus camps at colleges.
- If you have enough highlights from your sophomore year, have a DVD put together to send out. (A highlight film sent from your coach is much better than one sent from you or your parents.)
- Take summer school classes to catch up on missed work.

JUNIOR YEAR

SEPTEMBER

- All other D1 and D2 college coaches are now allowed to send you recruiting materials. D1 coaches can now call on the phone. Make sure your high school coach has copies of your highlights. Verify your coach and the school's AD have your contact info, and let them know it's okay to give out to college recruiters. **Register with the NCAA Eligibility Center at www.eligibilitycenter.org and the NAIA Eligibility Center at www.playnaia.org/.**

OCTOBER

- Meet with the guidance counselor to update your class plan.
- Take the PSAT usually held the third Saturday of the month, or sign up to take it on the second Wednesday of October at HTHS.

NOVEMBER

- Scan college websites, looking for athletic department questionnaires to fill out.

DECEMBER

- Ask your coach to assess your athletic talent. Ask him or her to recommend showcases and camps for you to attend.

JANUARY

- SAT exams held in January, March, May and June; ACTs in February, April and June. Register and take one test twice or both once before the end of the term. Remember to list the NCAA Eligibility Center as a score recipient (code "9999").

FEBRUARY

- Have your coach create or update your highlights DVD to send to college coaches.

MARCH

- Start thinking about and lining up teachers, coaches and counselors to write recommendation letters for you.

APRIL

- Keep up with volunteering and extracurricular activities.

JUNE

- Beginning June 15, D2 coaches can call you on the phone once a week.



SUMMER

- Ask the guidance counselor to send an up-to-date copy of your transcript to the Eligibility Center.
- College coaches (except for D1 basketball and football) are allowed off-campus contacts with you starting in July.
- Attend showcases or camps.
- The Common Application becomes available on August 1 at www.commonapp.org.
- Have your highlight DVD updated by your coach.



SENIOR YEAR

AUGUST

- This month is the deadline to sign up for September ACT testing.

SEPTEMBER

- As of the first day of classes, you're allowed to go on official visits.
- Narrow the list of schools you're interested in to, at most, 10 with the help of the guidance counselor, coach and family.
- Throughout the fall, visit or revisit as many colleges as possible. Meet with your guidance counselor to check the number of courses you need for graduation and to fulfill the NCAA's core course requirements.
- Take the SAT (Oct., Nov., Dec.) or ACT (Sept., Oct., Dec.) at least once during the fall term.

NOVEMBER

- The early period for signing national letters of intent (for those receiving athletic financial aid) for basketball and many sports begins second Wednesday of the Month (11/10/2010).
- Applications for early admission are due at many colleges by the middle of the month.

DECEMBER

- Last chance to take SAT or ACT and have it count toward regular admission; scores from exams taken during the spring term may affect freshman eligibility.
- Early admission decisions for many colleges are mailed and posted online during the middle of the month.

JANUARY

- Completed applications for regular admission are due at many colleges.
- January is the reply deadline at many colleges for students offered early admission.
- Apply to FAFSA.

FEBRUARY

- The regular period for signing letters of intent for football, field hockey, soccer, track and field, cross country and men's water polo begins first Wednesday of the month (2/2/2011).
- Mid-year transcript supplements are due at some colleges for either early or regular admission.

MARCH

- March is the deadline at many schools for financial aid applications.

APRIL

- Admission decisions for many colleges are mailed and posted online.
- The regular period for signing letters of intent for basketball and any sport not listed in February begins the Wednesday of the week following the NCAA men's and women's basketball championship (4/13/2011).

MAY

- May is the deadline at many colleges for students offered admission.

JUNE

- Graduate from high school on time (in eight academic semesters).
- Ask guidance counselor to send final transcripts to the college you're attending and the NCAA Eligibility Center.

