FREE CHECKLIST · RURAL & SMALL-SCHOOL ATHLETES

The Small-School Recruiting Checklist

No scouts needed. Check off one box a week.

- [ ] **1. Be honest about level**
  Ask the coach where your athlete could realistically play: D1, D2, D3, NAIA or JUCO.
- [ ] **2. Build a list of 15–20 programs**
  Across every level. Include schools within driving distance.
- [ ] **3. Check core courses**
  Ask the counselor for your school's NCAA-approved core course list. D1: 16 core, 2.3 core GPA. D2: 16 core, 2.2 core GPA.
- [ ] **4. Register when it's time**
  NCAA Eligibility Center (D1/D2) and/or PlayNAIA (NAIA).
- [ ] **5. Film it yourself**
  Tripod, high spot, 2–3 minutes, best clips first, name and grad year on screen.
- [ ] **6. Send the first email, from the athlete**
  Grad year, position, school and town, GPA, why this program, video link.
- [ ] **7. Fill out recruiting questionnaires**
  Every program on your list has one on its athletics site.
- [ ] **8. Pick camps on purpose**
  Ask your list's coaches which camps they'll attend before you pay or drive.
- [ ] **9. Follow up after news**
  New film, big games, new grades. Not every week.
- [ ] **10. Compare offers on total cost**
  Then decide calmly, together.

Good to know: Athletes may email college coaches at any time. Rules limit when *coaches* can reach out (in most NCAA D1 sports, June 15 after sophomore year).

Want every step laid out, grade by grade, with coach email scripts? The Recruiting Roadmap, $47 · buy.stripe.com/00wdR39Di15L7c756H3gk06

MCM Consulting · Margaretrose Cox, college-readiness and mindset coach · Tallahassee, FL · yourjoymatters.com · General guidance, not a guarantee of recruitment. Rules change; confirm at ncaa.org, playnaia.org and njcaa.org.