

KeepPlayingBaseball.org – Senior Year Checklist

Fall

Academics

Remind your high school guidance counselor that you still want to play college baseball and repeat the following steps like the prior semesters. Get a list of classes at your school that are approved by the NCAA, and make a plan to meet the NCAA requirements at the *highest level*. The rules can change quickly. Be sure you check in with your counselor at least twice a year to make sure you stay on track.

Be your counselor's second set of eyes.

Visit <https://web3.ncaa.org/hsportal/exec/homeAction> and navigate to the "List of NCAA Courses" tab at the top. Enter your high school and double check that you are enrolled in the correct number of Core Courses for eligibility at the highest level.

Double check with your high school guidance counselor to make sure that you will have completed ALL of the core courses by the end of the school year.

Continue to set high academic goals and hold yourself to a high academic standard. Don't let all your hard work slip away because of senioritis. Set a goal to keep your grades *above* what you need to play at the *highest level* you hope to play/

If you have already committed, make sure you are clear on the academic expectations for maintaining good standing with admissions and ensuring that you will be admitted to the school.

Continue to work hard in the classroom and take responsibility for your own performance. Find and use resources (parents, teachers, coaches, tutors) if you struggle with a class or subject. Your grades as a senior are important for eligibility and admissions teams who want to see you finish strong.

Re-take the SAT or ACT again if you did not get the scores you need.

Make a list of the deadlines for applications and other requirements and keep it in a place where you can see it every day.

Early in the fall, remind your parents or guardians about the information and forms that you need to finish your applications.

Get together with your parents or guardians and file your FAFSA application as early as possible!

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- Early in the fall, find out about local, regional, and national scholarships that you might qualify for. Get the information you need to apply for these scholarships. Put all deadlines on your schedule.
- Early in the fall, ask for academic letters of recommendation if you need them. Find out how to request transcripts for your applications and how long it takes to send them out.

Development

- Play Fall Ball, another sport, or develop a training program to improve your strength and conditioning and on-field skills.
- Seek honest and objective feedback about your playing abilities and use the feedback to set measurable on-field goals to improve on your weaknesses and strengths. This pattern should be a part of your normal routine by now. That's a good thing! Objective feedback will not only help you get better, but at this stage it will also help you zero in on the level(s) you should be targeting in recruitment.
- Watch professional baseball on TV. Pay attention to the details and the decisions pros make.
- Continue to use the Think the Game section and think about the mental game requirements of college baseball. At the college level, your ability to think like a ballplayer is as important as your physical skills.

Recruiting

- Review the NCAA rules about eligibility, recruitment, and maintaining your amateur status.
- Continue to spend time each day reading, researching, and learning about the recruiting process and what it will take to get recruited to play college baseball.
- Continue to explore the different college baseball options that are available to you and narrow your list to the schools you are applying to and schools that are recruiting you. Understand that it's still possible for a school to come into the picture during your senior year, so keep an open mind and be receptive to all interest!
- Talk to trusted friends and family to help finalize your list of schools. Complete and submit your applications on time.

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- Keep your skills video updated so that you can make it available to college coaches. Share your video with social media and email to help create free exposure to college coaches.
- Stay on top of your eligibility status through your account with the NCAA eligibility center.
- Continue taking both informal and formal campus visits.
- Keep trying to make contact with any coaches from your top schools that have not responded. Respond respectfully and honestly to all coaches who may contact you even if you don't plan to attend their programs. With over 1600+ college baseball programs, there's a good chance that schools you have never heard of could be exactly what you are looking for!
- Continue to put yourself out there and reach out to schools of interest. There's no reason to hold back now.

Winter

Academics

- Attend any college preparation or financial aid workshops that may be offered at your school.
- If you haven't done so already, complete the FAFSA forms early in the year. Ask your parents or guardians for help.
- Continue to work hard in the classroom and maintain satisfactory academic standing for your top schools. Don't let up now that you are close to your goal.
- Continue to improve your study habits. Understanding how to study and balance your workload will be an important skill to help you transition to life as a collegiate student-athlete.
- Send thank you notes to the teachers who wrote your letters of recommendation and be sure to inform them of your final decision in the spring.
- Continue to ask questions and learn about careers that interest you.
- Be open to adding a new school late in the process. Even after normal application deadlines pass, college coaches can help get applications to admissions if they are interested in you as a recruit.

Development

- Get your coaches, trainers, and/or health professionals to help you maintain a good strength and conditioning plan. Make sure you are making the weight room a priority.

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- Play another sport if you are interested.
- Reflect back on your fall season and evaluate how you did with your goal setting. Use that information to set new goals for the winter off-season. What skills can you work on for the upcoming season or your transition to college?
- Continue to take care of your body. Stay in shape. Ask your coaches for off-season routines that are appropriate for your age and position. Learn all you can about how you can protect yourself from injury during the coming season.
- Get to know the influential coaches in your league, community, and online. Continue learning how to filter information that you can use and think critically about instruction and information given to you.
- Use the off-season to balance rest with preparation. Your success for the coming season is created during the off-season. Make sure you are giving yourself plenty of time to prepare to return to the field in the spring. Make it a point to hit the ground running when high school ball starts.

Recruiting

- Continue to have important recruiting and college search conversations with your parents/guardians so that everyone is on the same page.
- Continue to add more coaches to your social media follows so you can get insight and information into the college game.
- Continue to do a great job of communicating with college coaches. Reach out to coaches you haven't heard from or new schools of interest.
- Keep your skills video updated so that you can make it available to college coaches. Share your video with social media and email to help create free exposure to college coaches.
- Stay on top of your eligibility status through your account with the NCAA eligibility center.
- Continue taking both informal and formal campus visits.
- Continue to spend time each day reading, researching, and learning about the recruiting process and what it will take to get recruited to play college baseball. Use www.KPBrecruiting101.org to help you understand each new phase (Committing, Post-Commitment Responsibilities, etc.) of the recruiting process as you get to it.

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Spring

Academics

- Check with your guidance counselor again to make sure that you are still taking the right classes. Check the NCAA website again to make sure any new classes are NCAA approved courses. This is your last chance to make sure you will be a full NCAA qualifier.
- Finish strong in the classroom!

Development

- Ask your coaches for an honest and objective evaluation of your playing ability. Are you getting the same feedback you got last year? Have you improved in the areas where you were weak? Continue to get tips on how you can improve your game, but most importantly implement strategies that will eliminate any weaknesses!
- Committed or not, keep development a focus! The hard work is just beginning and you want to show up to campus ready to compete and in great shape.
- Share your knowledge and successes with younger players at your high school.

Recruiting

- If you haven't had much success with college coaches, it's time to put the pedal to the metal. Explore all opportunities for creating exposure (Emails, social media, camps, showcases, etc.) and consider reaching out to different types of programs than you have in the past.
- If you haven't had much luck getting recruited, now's not the time to give up. Continue to pursue opportunities but also start to formulate some backup plans. Local community college and gap year training are two routes that have worked well for many players who didn't get the interest they hoped for from 4 years schools. The bottom line is, if you want to keep playing baseball in some capacity, you can.
- Talk with your family to help you make a decision about which college is best for you. If you haven't already committed, choose the school where you will *Keep Playing Baseball!* Notify the coach and the school before any deadlines that may exist.
- Immediately after you commit or sign with a program, tell coaches at the schools you decide NOT to attend. Thank them for their time and interest by phone before putting anything up on social media about where you will be playing. Maintaining these relationships and showing respect for the time they have spent recruiting you is extremely important on a number of levels.

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- Continue to be a sponge for information and learn something new every single day! Ask a lot of questions of coaches, older players, family members, or friends who can help you decide what you might want to study and prepare for college.
- Understand that once you commit or choose a school, the recruiting process is not over! There is still a lot to do and the hard work has just begun.
- Attend college games in your area. Continue to evaluate how you match up to the competition. Think about what you need to do to get to that level. Learn about the mental side of the game.
- Be the kind of player who is remembered for the right reasons every time you step onto the field. Hustle: be mentally and physically prepared for every game and practice. Be the first one on and off the field. Be the first guy to show up and the last guy to leave. You *never* know who might be watching you on the field or in the dugout.
- Continue to do a good job of communicating with college coaches and following instructions.

Summer

Academics

- Complete all your admission requirements on time.
- Find out about your living arrangements and make lists of the things you will need when you move.
- Attend any student orientation days or events that are offered. Make sure that you know when you are supposed to register for classes or make any payments that are required.
- Stay informed about additional financial aid or scholarship opportunities that you might qualify for.

Development

- Development and showing up to campus ready to compete and hit the ground running is your main priority for the summer. Ask your coaches for weight lifting programs and throwing programs that will help you with the transition. Talk to them about whether you should play competitive summer ball or train. Your priority above all else should be getting to campus in the fall in the best shape of your life and in mid-season form!

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Recruiting

- Complete all of the NCAA requirements for clearance and to verify your amateur status. Make sure your final transcripts are sent to the NCAA and your chosen school.

- Complete your pre-enrollment to-do list quickly and accurately (Immunization records, housing forms/applications, placements tests, transcripts, eligibility stuff, etc.). This is a big help to your future college coaches and a great way to get the coach-player relationship started on a positive note!

- Stay in touch with your future coaches over the summer and make sure you are doing the things that they ask (throwing programs, weight lifting programs, playing opportunities, etc.).

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