

## Athletic Summer Focus

**Rising college Freshman:** You should be actively communicating with your soon to be coach making sure you are staying fit and starting to get on their workout schedule if they have one for summer conditioning. Participate in summer track if you choose, but remember that you will have a long college season ahead of you so try not to go too deep into the summer with competition because most practices will start early September.

**Rising high school Senior:** You should be continuing to gain strength in the weight room and on the track. Sprinters, Hurlers, Jumpers should focus on weight room and keeping fitness over the summer. Mid-Distance and Distance runners should keep logging mileage in preparation for Cross Country. Join or continue running summer track, either on the AAU or the USATF level. This will help with recruiting, but also open you up to new competition levels. Participate in camps or clinics, but make sure you will get technical instruction and it's not just a money maker for schools.

**Rising high school Junior:** You should start focusing on your strongest events in preparation for the Junior season. Sprinters/Hurlers/Jumpers should continue to gain strength in the weight room and keep fitness over the summer. Mid –Distance and Distance runners should keep logging mileage in preparation for Cross Country. Join or continue running summer track, either on the AAU or USATF level. This will help with recruiting but will also open you up to new completion levels.

**Rising high school Sophomore/Freshman:** Continue exploring multiple events, don't worry about focusing until around the Junior year. If you've been running summer track keep it up, If you are interested in running summer track give it a shot, it will be a bit more competitive than high school. Keep your fitness over the summer and if you play other sports, keep playing them.



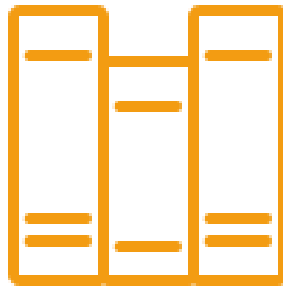
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## Your Go-To Guide for Calling College Coaches:

We at NCSA have worked on a guide to call college coaches. At this point in time if you are a Junior, Sophomore, or Freshman college coaches cannot initiate a call. So why not go old school and call them? Simply click on the phone in the left corner to take you to the step by step directions!



## Preparing for Freshman Year of College

- Register for Freshman Orientation
- Finalize all housing/roommate needs and deposits
- Communicate with coach regarding track and weight workouts
- Register for all classes for Fall Semester/Quarter
- Purchase books if your scholarship doesn't cover them.

## Preparing for Senior year of High School- Recruiting

- Start making unofficial visits/campus tours, make sure you reach out to the coaches before making these visits. *(reference the visit drills under NCSA University)*
- Communicate (Email & Phone Call) with schools of interest, college coaches at the DI and DII level can start contacting you on July 1 and June 15 respectively. *(reference Coach Communication Recruiting Classes or Talk to Coaches Drills)*
- Make sure courses are meeting NCAA Initial Eligibility Standards. *(reference eligibility drills under NCSA University.)*

## Summer visit checklist.

- Establish Academic and Athletic Requirements.
- Find out the academic support available to student-athletes.
- Find out how well the program is doing in competition and recruiting (www.tfrrs.org)
- Find out the commitments that are required of student-athletes during the holidays.
- Explore living arrangements
- Find out coaching style used
- Meet current student-athletes
- Check out the Training Facilities



## Contact Us

Give us a call 7 days a week!

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Visit us on the web at  
www.ncsasports.org

## Preparing for Junior Year of High School-Recruiting

- Begin identifying regions, states, or schools that interest you and make sure they have your potential major. Most student-athletes end up going no more than 12 hours from home. *(Use the Find Colleges Tab or reference your match list schools)*
- Look into potential track camps, which you would like to attend. Be aware that some camps are strictly money makers for the program. Make sure camps feature technical and drill instruction.
- Check with guidance counselor and make sure your classes are meeting NCAA Eligibility requirements.
- Sprints/Hurdles/Jumps continue working on strength in weight room and on track. Distance & Mid-Distance keep logging miles in preparation for Cross Country.
- Begin reaching out to college coaches, gathering information regarding the recruiting and scholarship standards. *(reference the Coach Communications Course in the Recruiting Classes as well as Talk to Coaches Drills)*



## Preparing for Sophomore & Freshman Year of High School-Recruiting

- Check with guidance counselor and make sure your classes are meeting NCAA Eligibility requirements.
- Begin chatting with mom and dad about how far away they feel comfortable with you venturing away from home, and start looking at schools that fall within that radius. Most student-athletes end up no more than 12 hours from home.