



COACHEDUP



THE RECRUITING READINESS CHECKLIST

A CLEAR BREAKDOWN OF WHAT TO FOCUS ON — AND WHAT MOST ATHLETES MISS

2026 / 2027

“RECRUITING ISN’T ABOUT DOING EVERYTHING AT ONCE.

IT’S ABOUT DOING THE RIGHT THINGS IN THE RIGHT ORDER.

THIS CHECKLIST HELPS YOU SEE WHAT’S ALREADY IN PLACE, WHAT’S MISSING, AND WHERE TO FOCUS NEXT SO YOU’RE NOT GUESSING OR WASTING TIME.”

-COACH JB

#KEEPGRINDING.



YOUR RECRUITING CHECKLIST

ELIGIBILITY & ACADEMICS

WHAT THIS IS:

MEETING THE ACADEMIC REQUIREMENTS COLLEGES NEED BEFORE THEY CAN RECRUIT YOU.

WHY IT MATTERS:

IF YOU'RE NOT ELIGIBLE, RECRUITING STOPS – NO MATTER HOW GOOD YOU ARE.

1 NCAA or NAIA eligibility account created

2 GPA and core courses tracked

3 Eligibility requirements understood

HIGHLIGHT FILM

WHAT THIS IS:

A SHORT VIDEO THAT SHOWS COACHES WHAT THEY NEED TO SEE – FAST.

WHY IT MATTERS:

FILM IS HOW COACHES DECIDE WHETHER TO KEEP WATCHING OR MOVE ON.

1 Highlight video is under 2–3 minutes

2 Film is recent and clearly labeled

3 Best clips are first

EXPOSURE STRATEGY

WHAT THIS IS:

CHOOSING CAMPS, SHOWCASES, AND EVENTS THAT ACTUALLY MAKE SENSE FOR YOU.

WHY IT MATTERS:

MORE EXPOSURE DOESN'T HELP IF THE RIGHT COACHES AREN'T THERE.

1 Events match my target schools

2 I know why I'm attending each event

3 Exposure fits my timeline

NOTES:

YOUR RECRUITING CHECKLIST

LEVEL FIT

WHAT THIS IS:

KNOWING WHAT LEVEL (D1, D2, D3, NAIA) YOU REALISTICALLY FIT RIGHT NOW.

WHY IT MATTERS:

TARGETING THE WRONG LEVEL WASTES TIME AND CLOSES DOORS.

1 I've compared my film to college athletes at my level

2 I've received honest coach feedback

3 I know where I realistically fit today

COACH OUTREACH

WHAT THIS IS:

HOW YOU INTRODUCE YOURSELF AND STAY ON A COACH'S RADAR.

WHY IT MATTERS:

MOST ATHLETES AREN'T DISCOVERED – THEY'RE EVALUATED AFTER REACHING OUT.

1 I have a basic email template

2 I know which coaches to contact

3 I follow up consistently

TIMING & CONSISTENCY

WHAT THIS IS:

TAKING RECRUITING ACTIONS AT THE RIGHT TIME AND DOING THEM REGULARLY.

WHY IT MATTERS:

RECRUITING REWARDS CONSISTENCY, NOT LAST-MINUTE EFFORT.

1 I know what to focus on this year

2 I take recruiting actions weekly

3 I'm not waiting until senior year

NOTES:

WHAT THIS CHECKLIST DOESN'T DO...

This checklist shows you **what** matters.

It doesn't show you **how to put it all together** or **what to do first** based on your situation.

That's where having a step-by-step recruiting plan makes the difference.

Most athletes need 60–90 days of focused action to close these gaps — if they know what to do first.

[**START MY EVALUATION**](#)

