



YCH has prepared this Recruiting Checklist document to help you stay on track in the recruiting process.

For more information on all of the items in the checklist please visit www.your-college-hockey.com

Age and Grade	Academics	Hockey	Social
14-16 yrs. / grades 9-11	<ul style="list-style-type: none"> • Get help in subject areas of concern. • Prepare for SAT/ACT. • Concentrate on increasing your GPA. • Find out how to register with the Eligibility Center. • Schedule unofficial campus visits. • Consider writing the SAT/ACT. 	<ul style="list-style-type: none"> • Compete at highest level possible. • Prepare hockey resume. • Develop a plan to improve your on-ice skills. • Develop a plan to increase your strength and conditioning. • Develop a plan to communicate with college coaches. 	<ul style="list-style-type: none"> • Understand the dos and don'ts of social media. • Develop an effective online presence. • Live a clean and balanced life of a student-athlete.
17-18 yrs. / grade 12	<ul style="list-style-type: none"> • Get help in subject areas of concern. • Write the SAT/ACT. • Register with the Eligibility Center. • Schedule unofficial and official campus visits. • Apply to schools you are interested 	<ul style="list-style-type: none"> • Compete at highest level possible. • Continue to add to your hockey resume. • Find out what areas of your game need improvement and work on them. • Train off-ice with 	<ul style="list-style-type: none"> • Respect the power of the Internet. • Live a clean and balanced life of a student-athlete.

	<p>in.</p> <ul style="list-style-type: none"> • Parents complete the FAFSA online. 	<p>anticipation of playing against older, stronger players.</p> <ul style="list-style-type: none"> • Communicate with college coaches. 	
19-20 yrs. / post-graduation	<ul style="list-style-type: none"> • Upgrade one course on your high-school transcript. • Enroll part-time at a 4 year University or College. • Re-write SAT/ACT. • Complete all requirements for the Eligibility Center. 	<ul style="list-style-type: none"> • Compete at highest level possible. • Approach your on-ice and off-ice training as if it is your job. • Pay attention to your on-ice skills and conditioning. • Get on the ice every day. 	<ul style="list-style-type: none"> • Work part-time. • Volunteer in your community. • Live a clean and balanced life of a student-athlete.