

# High School Gymnast Timeline for Pursuing a College Scholarship

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## Freshman Year

- Study, study, study! (Freshman through Senior Year)
- Build your gymnastics skills resumes (Freshman through Senior Year)
- Begin development of your gymnastics resume

## Sophomore Year

- Film your gymnastics practice sessions & competitions; post on U-Tube; update throughout the season
- Review the list of institutions that sponsor collegiate gymnastics
- Begin the conversation about school location/size/level of gymnastics program/ major degree, etc.
- Send your YouTube link to selected college coaches (remember: coaches cannot respond to you until September 1st after your sophomore year)
- Begin taking your unofficial visits to college campuses – those of interest and those for comparison

## Junior Year

- Take your initial ACT and/or SAT exams
- NCAA Eligibility Center: register during the fall; submit your high school transcript at the end of the year
- Update your YouTube videos throughout the season
- Narrow and/or redefine your initially selected colleges upon receipt of materials from each institution
- Initiate and/or maintain e-mail communication with selected college coaches
- Continue taking unofficial visits to college campuses – especially to those that have shown a sincere interest in you
- Carefully consider any verbal scholarship offers prior to making a verbal commitment to an institution

## Senior Year

- Retake your ACT and/or SAT exams if you would like to improve your test scores
- Update your YouTube videos throughout the season
- If you verbally accepted a scholarship during your junior year (congratulations!): Maintain contact with your new college coach; arrange to take an NCAA Official Visit (paid by the college) to your selected college
- If you have not as yet accepted a scholarship: maintain contact with all college coaches who have shown an interest in you; take the NCAA maximum of five (5) Official Visits; be persistent!
- Make sure your final high school transcript (with graduation date!) is sent to the NCAA Eligibility Center