

The 10th Grade Recruiting & NIL Checklist

What every parent should have in place by the end of sophomore year.

Praxis

ATHLETE
ADVISORY

June 15

AFTER SOPHOMORE YEAR

In most Division I sports, this is when college coaches can begin recruiting conversations with your athlete. Families who are ready that day have options. Use this checklist to get there.

Academics & eligibility

- ☐ Ask the school counselor for the school's list of NCAA-approved core courses and check your athlete's schedule against it.
- ☐ Plan for 16 NCAA-approved core courses. For Division I, 10 of them must be finished before senior year.
- ☐ Protect the GPA. Core-course grades count toward NCAA eligibility and toward admission.
- ☐ Register with the NCAA Eligibility Center at the start of sophomore year: a free Profile Page, or a Certification Account if Division I or II is the goal.

Division I and II no longer require SAT or ACT scores for eligibility, but many colleges still consider them for admission. Check each school on your list.

Athletic profile

- ☐ Keep a simple record of stats, times or measurables, updated every season.
- ☐ Build a 3–5 minute highlight video with the best plays first.
- ☐ Ask your athlete's coach for an honest read on level: Division I, II, III or NAIA.
- ☐ Choose camps and showcases on purpose: ones that coaches from your target schools attend.

Recruiting communication

- ☐ Learn your sport's recruiting calendar. A few Division I examples:

Most sports, including football and men's basketball	June 15 after 10th
Women's basketball	June 1 after 10th
Baseball	Aug. 1 before 11th
Softball	Sept. 1 before 11th

- ☐ Set up a dedicated, professional email address for recruiting.
- ☐ Draft a short introduction your athlete sends to coaches, with a profile and a video link. Coaches want to hear from the athlete, not the parent.
- ☐ Track every school, contact and conversation in one shared spreadsheet.

Online presence & NIL readiness

- ☐ Review social media together. Coaches and sponsors look, so remove anything you wouldn't want them to see.
- ☐ Learn your state's and school's high school NIL rules before any deal. D.C., Maryland and Virginia differ, and private schools may have their own policies.
- ☐ Remember that NIL payments are taxable income.
- ☐ Never sign an NIL, agency or marketing agreement without an independent review.

Family plan

- ☐ Agree on roles: your athlete talks to coaches; parents handle logistics and questions.
- ☐ Set a budget for camps, travel, video and any recruiting services.
- ☐ Talk about what matters most to your athlete beyond the sport: academics, distance, campus life.

NIL agreement red flags

- Exclusive terms that block other deals
- Long terms or automatic renewals
- A percentage of future earnings, including college NIL or revenue-sharing money
- Vague deliverables or unclear payment dates
- Pressure to sign quickly, before you can get advice
- Anything that conflicts with school or state rules

Questions to ask every coach

- How does my athlete fit your program, this year and in three years?
- How many athletes at this position are you recruiting this year?
- How long do you expect to stay, and what happens to an offer if you leave?
- What NIL support or revenue sharing does the program offer, and will that be in writing?
- What academic support do athletes get, and what do your players major in?
- What does a typical day look like, in season and out?

11th

Build relationships

- Keep coaches updated with new results and video
- Take visits and compare programs side by side
- Expect first offers in many sports
- Keep your NCAA Eligibility Center account current

12th

Decide and transition

- Compare offers on more than athletics: coach stability, NIL support, academics, distance and fit
- Read every scholarship and NIL document before signing
- Request final transcripts and complete eligibility steps
- Prepare your athlete for life as a college student-athlete

Want a plan built around your athlete?

Book a free 20-minute family call. We'll talk through where your athlete is and what to do next.

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This checklist is general information for families, not legal or financial advice. NCAA, state and school rules change and vary by sport and division; confirm current rules with NCAA.org, your state athletic association and your athlete's school. Recruiting dates shown are for NCAA Division I. Praxis Athlete Advisory is a service of Praxis Momentum Partners. © 2026.