

KeepPlayingBaseball.org – Freshman Year Checklist

Fall

- Tell your high school guidance counselor that you want to play college baseball. Get a list of classes at your school that are approved by the NCAA, and make a plan to meet the NCAA requirements at the *highest level* you hope to play. The rules can change quickly. Be sure you check in with your counselor at least twice a year to make sure you stay on track.
- Set goals for yourself—both on the field and in the classroom. Set a goal to keep your grades *above* what you need to play at the *highest level* you hope to play.
- Work hard on the field and in the classroom. Take responsibility for your own performance. Find and use resources (parents, teachers, coaches) if you struggle with grades or your baseball skills.
- Watch professional baseball on TV. Pay attention to the details and the decisions pros make.

Winter

- Take care of your body. Stay in shape. Ask your coaches for off-season routines that are appropriate for your age and position. Learn all you can about how you can protect yourself from injury.
- Get to know the influential coaches in your league and community.
- Continue to work hard in the classroom. Get help if your grades are not as good as you need them to be to get into your top-choice schools.

Spring

- Check with your guidance counselor to make sure that you are taking the right classes. Continue to work hard in the classroom.

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- Ask a lot of questions of coaches, older players, family members, or friends who can help you decide what you might want to study and where you might want to go to school.
- Ask your coaches for a realistic evaluation of your playing ability. Get tips on how you can improve your game.
- Be the kind of player who is remembered for the right reasons every time you step onto the field. Hustle: be mentally and physically prepared for every game and practice. Be the first one on and off the field. Be the first guy to show up and the last guy to leave. You *never* know who might be watching you on the field or in the dugout.

Summer

- Play competitive summer ball if you can. Stay in shape and work to improve your skills.
- Take summer school if you did not complete all of the NCAA required courses on your plan.
- Make sure you are a good prospect online as well as on the field. Make sure that everything on Facebook, Twitter, Tumblr, or any other online service supports the fact that you are a good teammate and a dedicated athlete.

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