

KeepPlayingBaseball.org – Sophomore Year Checklist

Fall

- 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.
- Check with your high school guidance counselor to make sure that you are taking the right classes to be eligible for your top-choice schools. 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.
- If possible, play competitive fall ball. Work hard to improve your skills.
- Study hard and take the PSAT.
- Watch professional baseball on TV. Pay attention to the details and the decisions pros make.

Winter

- Continue to ask questions and learn about careers that interest you.
- Make a list of your top-choice schools. Go to the websites of all the schools and learn as much as you can about what you have to do to get in. Don't rely on minimum requirements. Find the average GPA and test scores of successful applicants, and do your best to exceed these averages.
- Make a list of coaches that you want to contact. Send emails or letters to coaches on your list.
- Stay in shape and learn all you can to protect yourself from injury.

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Spring

- Check with your guidance counselor to make sure that you are taking the right classes. Continue to work hard in the classroom.
- Ask your coaches for a realistic evaluation of your playing ability. Get tips on how you can improve your game.
- If possible, attend college games in your area. Ask yourself how you match up to the competition. Think about what you need to do to get to that level. Learn about the mental side of the 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.
- If possible, attend camps and showcases in your area.
- 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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