

College Athlete Recruiting Planner & Decision Worksheet

A free printable college athlete recruiting planner and decision worksheet for comparing programs, mapping tradeoffs and choosing the next verified action.

What it is

A decision map and weekly planning sheet for a college-bound athlete. It keeps athletic level, academics, cost, daily life and uncertainty in the same view. It is not an eligibility guide or a promise of recruitment; verify current rules and deadlines with each governing body and institution.

Who it is for

High-school athletes and families who need to build a first list, compare real options or reassess a plan after new information. The athlete should complete the first draft; adults can add facts, limits and questions.

When to use it

Use it before outreach, before visits, after a coach conversation, and at a scheduled monthly review. Do not redesign the plan immediately after one poor result.

Step-by-step instructions

Write the decision in one sentence and set a review date.

Define five non-negotiables: academic path, realistic athletic level, maximum net cost, location/life constraints and health or workload needs.

Build three lanes: Reach, Realistic and Secure. Put at least three programs in each; a secure option must work academically and financially even if sport changes.

Score evidence, not reputation. For each program, record verified facts and open questions across sport, academics, finances, daily life and fallback value.

Map the next action. Give every active program one owner, one action and one date.

Review the whole project monthly: what changed, what still fits, and what should stop?

The actual tool

1. Decision statement

I am deciding whether / where / when to: _____

Review date: _____

2. Non-negotiables

- Academic path: _____
- Realistic athletic level: _____
- Maximum net annual cost: _____
- Location and daily life: _____
- Health, recovery and workload: _____

3. Three-lane list

Reach

1. ____ 2. ____ 3. ____

Realistic

1. ____ 2. ____ 3. ____

Secure

1. ____ 2. ____ 3. ____

4. Program comparison

Program	Sport fit / role	Academic fit	Net cost	Daily life	If sport changes	Evidence / question
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

5. Action map

Program	Next verified action	Owner	Due	Result
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

6. Monthly review

Changed: _____ Still fits: _____ Stop / pause: _____ Next review: _____

Example

Maya is comparing nine programs. A famous program moves from “Realistic” to “Reach” after she verifies the likely roster role and net cost. A less famous school stays “Secure” because it fits her course, budget and life even if an injury ends competition. Her next action is not “get recruited”; it is “ask the coach what role is actually being recruited, by Friday.”

What to do next

Complete the first draft in 30 minutes. Then verify the three facts that could most change your decision. Schedule the monthly review now.

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