



THE RECRUITING TIMELINE

Here is a generalized timeline for a high-level baseball recruit to follow. It is, of course, general, and not the same for all athletes. This timeline was developed with input from former college players, parents, college coaches and high school and college academic advisors.

To the Player:

You will get very tired of hearing this ... but if you do not take care of your academics (grades) it will not matter how good you are on the baseball field, if your dream is to play college baseball academics are a part of the package!

FRESHMAN (9th grade)

- Settle into the high school environment ... get to work developing good classroom and home study habits. Learn to manage your time

AUGUST-OCTOBER

- Play fall baseball, if not in another sport
- Long toss after school
- Run sprints and medium distance
- Identify areas of improvement to focus on during winter

NOVEMBER

- Plan your winter baseball schedule
- Start planning your training: 1) weights 2) hitting instruction 3) pitching instruction
- If possible target and attend one (1) college Christmas camp
- Map out your winter conditioning program, put it in a calendar, set goals
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NOVEMBER - JANUARY

- Continue winter workouts / get ready high school team try-outs
- Keep working hard on those grades