



## SUNNYSLOPE FOOTBALL

### Freshman Class of Playing College Football Checklist

Recommended Start Date	Estimated Finish Date	Completion Date	Action Item
<b>January</b>			
1-1-XX	1-31-XX		Develop an <b>Athlete Profile Packet</b> (transcript, update profile, articles, anything else that set you apart from other). E-mail Coach Mayfield and he will E-mail you back the Athlete Profile Packet. <a href="mailto:tmayfield@sunnyslopefootball.com">tmayfield@sunnyslopefootball.com</a>
1-1-XX	1-31-XX	N/A	Focus on School and Weight Room workouts
1-1-XX	1-31-XX		Get cleared for a Spring Sport Baseball or Track & Field (All Football Players NOT playing Baseball are highly encouraged to do Track & Field. This will help you to get FASTER!)
<b>February</b>			
2-1-XX	2-1-XX		Go out for either Baseball or Track & Field (Mandatory for all Football Players) Get involved. In Track & Field we lift 4 out of 5 days a week and you get in condition by running.
2-1-XX	2-29-XX	N/A	Focus on School and your spring sport, continue to lift weights.
<b>March</b>			
3-1-XX	3-31-XX		<b>Finalize your Athlete Profile Packet and show to Coach Mayfield.</b>
3-5-XX	3-31-XX		Make changes to Athlete Profile Packet as requested by Coach Mayfield.
3-1-XX	3-31-XX	N/A	Focus on School and your spring sport, continue to lift weights.
<b>April</b>			
4-1-XX	4-30-XX	N/A	Focus on School and your spring sport, continue to lift weights.
<b>May</b>			
5-11-XX	5-22-XX		<b>Spring Football:</b> Work hard to establish the best times and lifting weights possible. Having good times and lifts can help the recruiting process and enhance your scholarship offers. Learn the Offensive and Defensive Playbooks
5-1-XX	5-31-XX	N/A	Focus on School and Weight Room workouts
<b>June</b>			
6-1-XX	6-31-XX	N/A	Focus on Passing League/Big Man Competitions; continue to work as <b>HARD</b> as you can in conditioning and lifting weights.





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July			
7-1-XX	7-31-XX	N/A	Take a vacation with your family it may be the last one you get! Try to get away for no more than a week.
7-1-XX	7-31-XX	N/A	Focus getting as <b>STRONG</b> and as <b>FAST</b> as you can to improve not only your football skills but your chances of earning a athletic scholarship.
August			
8-1-XX	8-5-XX	N/A	Focus getting as <b>STRONG</b> and as <b>FAST</b> as you can to improve not only your football skills but your chances of earning a athletic scholarship.
8-10-XX	8-21-XX		<b>Viking Weeks Your 20XX Season has begun!</b> <b>You need to practice hard and improve your football skills!</b>
8-21-XX	8-31-XX	N/A	Focus on school and football!
September & October			
9-1-XX	10-31-XX	N/A	Focus on school and football!
9-1-XX	10-31-XX		Begin researching your top 10 colleges and 10 alternative colleges in the Division that you can play in. For example: If you are Div II player don't research colleges that are Div I unless you don't plan on playing college football. Discuss with Coach Mayfield which level he thinks you can play at.
November & December			
11-1-XX	11-30-XX	N/A	Focus on school and football!
11-1-XX	11-15-XX		Copy your best two football games from your Sophomore year on one DVD. Contact Coach Mayfield
11-15-XX	11-30-XX		Contact Coach Mayfield to create a highlight film.
11-15-XX	11-30-XX		Make changes to Athlete Profile Packet as requested by Coach Mayfield. Prepare 10-20 packets to be mailed out to colleges of your choice.
11-15-XX	12-15-XX		Begin mailing out updated Athlete Profile Packet along with updated film to your top 10 and alternate 10. You want to keep your options open.

