



## ATHLETE DEVELOPMENT PLAN

### ATHLETE INFORMATION

Name: \_\_\_\_\_ | Graduation Year: \_\_\_\_\_ | Position: \_\_\_\_\_

High School: \_\_\_\_\_ | Travel Team: \_\_\_\_\_

Plan Created: \_\_\_\_\_ | Next Review Date: \_\_\_\_\_

Coach: \_\_\_\_\_

### CURRENT ASSESSMENT

Division Target (Realistic): \_\_\_\_\_

Honest summary of current level (2-3 sentences — be specific):

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Current GPA (unweighted): \_\_\_\_\_ | NCAA Eligibility Center Registered: Y / N

Current recruiting status: \_\_\_\_\_

### ATHLETIC DEVELOPMENT GOALS

Top 3 physical/skills priorities for this development period:

Priority 1: \_\_\_\_\_

Current status: \_\_\_\_\_ | Target: \_\_\_\_\_ | By when: \_\_\_\_\_

Priority 2: \_\_\_\_\_

Current status: \_\_\_\_\_ | Target: \_\_\_\_\_ | By when: \_\_\_\_\_

Priority 3: \_\_\_\_\_

Current status: \_\_\_\_\_ | Target: \_\_\_\_\_ | By when: \_\_\_\_\_

What would need to change athletically to move up one division level?

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**ACADEMIC GOALS**

Current unweighted GPA: \_\_\_\_\_ | Target GPA this semester: \_\_\_\_\_

Core courses still needed (list): \_\_\_\_\_

ACT/SAT status: \_\_\_\_\_ | Target score if not yet achieved: \_\_\_\_\_

NCAA eligibility status: On track / Needs attention / At risk

Specific academic action needed this semester:

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**RECRUITING GOALS**

Schools contacted to date: \_\_\_\_\_ | Schools showing interest: \_\_\_\_\_

Profile complete? Y / N | Video current? Y / N | YouTube link working? Y / N

Recruiting actions due this period:

Action 1: \_\_\_\_\_ | Due: \_\_\_\_\_

Action 2: \_\_\_\_\_ | Due: \_\_\_\_\_

Action 3: \_\_\_\_\_ | Due: \_\_\_\_\_

Action 4: \_\_\_\_\_ | Due: \_\_\_\_\_

Action 5: \_\_\_\_\_ | Due: \_\_\_\_\_

Upcoming events where coach outreach is needed:

Event: \_\_\_\_\_ | Date: \_\_\_\_\_ | Pre-event email needed by: \_\_\_\_\_

Event: \_\_\_\_\_ | Date: \_\_\_\_\_ | Pre-event email needed by: \_\_\_\_\_



**PERSONAL AND CHARACTER DEVELOPMENT**

Current strengths (be specific):

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One area of personal growth to focus on this period:

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What does growth look like specifically in that area?

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**NOTES FROM COACH**

Anything else the athlete and family should know — observations, opportunities, concerns:

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**ACKNOWLEDGMENT**

By signing below, the athlete acknowledges that she has read and understood this plan, agrees to the goals and actions outlined, and understands that her coach’s honest assessment of her level is intended to help her make the best possible recruiting decisions.

Coach signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_