



HigherStride

Football Recruiting & Student-Athlete Advising

Your talent. A greater purpose.

GRADE 11 | JUNIOR | FAMILY GUIDE

Junior Fit List

Match the evidence to the right colleges.

Use verified academic information and qualified football feedback to build a balanced list and prepare purposeful, athlete-led communication.

Start with these priorities

1. Review the transcript, approved core courses and applicable eligibility steps with the counselor.
2. Build a list across academic, football, cost and personal fit rather than logo recognition.
3. Prepare accurate film, a concise profile and individualized questions.
4. Track athlete-led outreach, responses and next steps only within verified rules.

A private family readiness check

Mark what is true today. An unchecked item is a useful question, not a failure.

- ☐ Our academic and eligibility questions have a named person to verify them.
- ☐ Every college on the shortlist has a stated reason for fit.
- ☐ Family affordability is considered without assumed athletics aid.
- ☐ The profile and film are accurate and up to date.
- ☐ The athlete can explain and draft the next communication.
- ☐ We verify rules before contact and distinguish interest from an offer.

Choose the right amount of help

A one-time planning need may suit a Roadmap. Recurring list maintenance and accountability may justify a longer scope, but only when the athlete is ready to participate. A separate Roadmap purchase is not required.

Independent education and planning. No school endorsement or recruiting outcome is implied. Preview resource, reviewed 20 October 2026.

Your next seven days

Choose a manageable pace. The athlete leads; adults help with logistics and questions. These are planning suggestions, not recruiting contact dates.

Day 1 List academic and football evidence with dates and sources.

Day 2 Arrange counselor review of applicable eligibility milestones.

Day 3 Define four non-negotiable college-fit criteria.

Day 4 Research six plausible colleges using official sources.

Day 5 Verify rules before choosing an outreach or visit action.

Day 6 Draft one tailored athlete introduction for review, not automatic sending.

Day 7 Choose three next actions and record the owner and review date.

Our first fit-list comparison

Complete privately. Do not post student records or identifying information.

College and official source

Academic fit and what remains unknown

Football evidence and who assessed it

Estimated family cost and assumptions

Personal fit and the athlete's next question

When to pause and verify

If the list depends on unverified eligibility, inflated measurements or a scholarship assumption, resolve those gaps before expanding outreach.

Rules depend on the pathway

For NCAA Division I, the core-course timeline deserves attention before senior year. Requirements and exceptions must be checked for the athlete; a grade label never authorizes coach contact.

Grade is a planning stage, not permission for coach contact. Verify the current association, division, football, activity and calendar rules with the college compliance office. Admission, athletics eligibility, aid and roster decisions are separate.

Official starting points: [NCAA recruiting](#) | [NCAA eligibility](#) | [NAIA](#) | [NJCAA](#). Consult the current rules for the student, not a universal grade checklist.