

# MANAGING YOUR RECRUITING DURING A DEAD PERIOD

Use this guide to help you stay on track athletically and academically during a dead period.

-  **[Update your NCSA recruiting profile.](#)**  
Give your profile a fresh look by uploading a new highlight/skills video and a recent transcript. You can also add your GPA, test scores and key athletic stats to make sure coaches see and evaluate your most recent accomplishments.
-  **[Draft a new personal statement.](#)**  
This is a great time to show college coaches your character. Stand out from the crowd by demonstrating your commitment to your sport and that you're taking on this new challenge head-on.
-  **[Research college rosters.](#)**  
College rosters provide insights on the types of athletes coaches want to recruit, where they recruit and if they're recruiting your position soon.
-  **[Add colleges to your target list.](#)**  
Make sure you have a good mix of safety, target and dream schools. If you're not sure where to start, check out [your Coach Activity Report](#) or [your Top Matches](#) for schools that may be a good fit.
-  **[Take a virtual college tour.](#)**  
The best way to narrow down your preferences and figure out what you want your college experience to be like is by checking out a college campus—and it's easy to do online!
-  **[Connect with coaches on social media.](#)**  
Following a coach or athletic program on Twitter or Instagram is a great way to get regular updates and a behind-the-scenes look at what competing on a college team is really like.
-  **[Email college coaches.](#)**  
Coaches are relying on digital communication more than ever, and messaging coaches is one of the best ways to stay in touch during this time. Check out our email tips to see how you can stand out in a crowded inbox.
-  **[Maximize your academic scholarship opportunities.](#)**  
With schools closed and test dates pushed back, dedicate some time each week for online learning and extra test prep. A high GPA and ACT/SAT scores can improve your admissions chances and [ensure you're NCAA eligible](#).
-  **[Maintain a regular workout schedule.](#)**  
Sticking to your regular training routine can be difficult if you're stuck at home, but make sure you're getting some exercise in each day. Try walking/running, online or app-based video classes and even some creative workouts so you'll be prepared once practice starts again!
-  **[Rest and recharge.](#)**  
Whether it's connecting with friends and family via video chat, getting creative with your workouts or just streaming your favorite show (we won't judge!), set aside some time each day to help manage your stress and avoid burnout.