

THE LEGACY LIBRARY™ · TOOLS FOR WHAT COMES NEXT

The Legacy Library

Student-Athlete Edition

Eight one-page tools to help student-athletes navigate academics, recruiting, opportunities, and life beyond the game — built to be printed, filled in, and used.

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|----|-------------------------------------|---|
| 01 | Scholarship Game Plan | Build your hub and apply every week |
| 02 | Recruiting Timeline by Grade | What to do in 9th through 12th grade |
| 03 | Game-Day Routine | Stay calm and ready under pressure |
| 04 | Conversations That Matter | Talk with coaches, parents, teammates, teachers |
| 05 | 30-Day Growth Challenge | Keep one promise for 30 days |
| 06 | Opportunity Tracker | Track the opportunities worth your time |
| 07 | Weekly Game Plan | Balance school, sport, and life each week |
| 08 | Senior Year Checklist | Season-by-season senior to-do list |

HOW TO USE IT

Work through one tool a week, in order.
Each one takes 15 minutes or less.

TAKE IT FURTHER

Start with your free S.O.U.L. Profile, then
go deeper with The Playbook and The
Action Kit.

PRINT IT, FILL IT, KEEP IT

Keep finished pages in one folder.
They're your plan and your proof of
progress.

Scholarship Game Plan

Find the money. Stay organized. Apply before the pressure hits.

TIME 15 minutes

COMPLETE THIS AFTER What's Your Scholarship Personality?

WHY THIS MATTERS

Scholarship money rarely goes to the student who waits. It goes to the student who has a list, a system, and the discipline to apply every week, starting before senior year.

COACH'S TIP

Local scholarships get fewer applicants. Start close to home, apply often, and treat every “no” as practice.

1 · BUILD YOUR HUB
ONE-TIME SETUP

- ☐ Scholarship-only email address
- ☐ Folder (Google Drive or paper) for every document
- ☐ Transcript and test scores saved as PDFs
- ☐ One-page brag sheet: activities, service, awards, jobs
- ☐ One strong core essay you can adapt
- ☐ 2–3 recommenders asked with 3+ weeks’ notice
- ☐ Highlight film link and athletic résumé

2 · KNOW LOUISIANA MONEY
CHECK MYLOSFA.LA.GOV

- ☐ **TOPS Opportunity:** 2.50 TOPS core GPA, 19 core units, ACT 20+ (higher awards need more)
- ☐ Apply through the FAFSA or the TOPS Online Application
- ☐ Add the LOSFA code when you register for the ACT or SAT
- ☐ FAFSA opens every fall and unlocks Pell, GO Grant, and college aid

3 · WHERE TO LOOK
START LOCAL, THEN GO WIDE

- ☐ Your counselor’s scholarship list
- ☐ Local businesses, civic clubs, and churches
- ☐ A parent’s employer, or your own job
- ☐ Each college’s own scholarship page
- ☐ Booster clubs, coaches’ associations, sport foundations
- ☐ Free databases like BigFuture and Fastweb

MY SCHOLARSHIP SCOREBOARD

SCHOLARSHIP	AMOUNT	DEADLINE	ESSAY?	SUBMITTED	RESULT

Scam check: Real scholarships never charge a fee to apply and never ask for a bank account or Social Security number up front. If it contacted you first and wants money, walk away.

GO DEEPER → Track every FAFSA, TOPS, and school deadline in **The Action Kit**, Sections 09 and 11. Read **The Playbook**, Sections 07 and 11, first.

Build Your Legacy

My weekly application day: _____

First scholarship I'll apply for: _____

Applications this month: _____

Accountability partner: _____

Recruiting Timeline by Grade

Know what to do now so you're ready when opportunity comes.

TIME 10 minutes

COMPLETE THIS AFTER What's Your Recruiting Style?

WHY THIS MATTERS

Recruiting doesn't start when coaches call. It starts when you prepare. The athletes with options were ready before the opportunity arrived.

COACH'S TIP

Don't try to impress every coach. Become the student-athlete the right coach can't ignore.

9th

EXPLORE

☐ Map core courses with your counselor

☐ Learn the NCAA rule: 16 core courses for DI and DII

☐ Save clips from every game

☐ Build study habits: GPA counts now

10th

DEVELOP

☐ First highlight video: best plays first

☐ One camp or showcase at your target level

☐ Research schools across every level

☐ Take the PreACT or PSAT

11th

PREPARE

☐ Register with the NCAA Eligibility Center or PlayNAIA

☐ Take the ACT/SAT; send scores to NCAA (code 9999)

☐ Start emailing coaches at fit schools

☐ Ask your coach for an honest level check

12th

EXECUTE

☐ Request final amateurism certification

☐ Official visits and applications

☐ FAFSA and TOPS as soon as possible

☐ Compare offers on total cost, not hype

DON'T FORGET

• Contact rules differ by sport and division; check your sport's NCAA calendar

• Clean social media is part of your recruiting film

• When a coach replies, answer within 24 hours

• Before any NIL deal, check school and state association rules

KNOW THE LEVELS — EVERY ONE IS A REAL OPPORTUNITY

LEVEL	ATHLETIC SCHOLARSHIPS?	GOOD TO KNOW
NCAA Division I	Yes	Most competitive; 16 core courses and Eligibility Center certification
NCAA Division II	Yes, often partial	16 core courses; strong balance of sport and school
NCAA Division III	No	Academic and need-based aid can still make it affordable
NAIA	Yes	Separate from the NCAA; register at PlayNAIA
Junior college (NJCAA)	Yes, at DI and DII	Two-year path; many players transfer on to four-year programs

WHERE AM I RIGHT NOW?

My grade: _____ Steps above I've finished: _____ Steps I'm behind on: _____

GO DEEPER → Build your profile sheet, write coach emails, and track every school and coach in **The Action Kit**, Sections 03, 04, 06, and 07.

Build Your Legacy

My next recruiting step: _____ By: _____

Accountability partner: _____

Game-Day Routine

Confidence isn't created on game day. It's revealed.

TIME 5–10 minutes

COMPLETE THIS AFTER Are You Game-Day Ready?

WHY THIS MATTERS

Great performances rarely happen by accident. Athletes who stay calm under pressure practiced their routine long before the game began.

COACH'S TIP

Let preparation set the tone. Your emotions can come along, but they don't get to drive.

NIGHT BEFORE

- ☐ Pack uniform, shoes, gear, water
- ☐ Eat a familiar dinner
- ☐ Hydrate all day
- ☐ Screens off 30 minutes before bed
- ☐ Picture 3 plays you'll make

GAME DAY

- ☐ Eat your planned meal early
- ☐ Arrive early
- ☐ Same warm-up every time
- ☐ Review 2 keys from the game plan
- ☐ Cut the noise: phone away

DURING

- ☐ Mistake? Stop, reset, respond
- ☐ Next-play mindset
- ☐ Talk to teammates
- ☐ Sip water at every break

AFTER

- ☐ Cool down and stretch
- ☐ Refuel within an hour
- ☐ Name one win, one fix
- ☐ Let it go by bedtime

Stop • Reset • Respond

Breathe in for 4, out for 6. Say your cue word. Give your best effort to the next play.

My cue word: _____ My reset move: _____ One goal for this game: _____

MY ROUTINE, MY WAY — WRITE IT ONCE, THEN REPEAT IT EVERY TIME

WHEN	WHAT I DO	WHY IT HELPS ME

GO DEEPER → Build the mindset behind the routine with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

The part of my routine I'll practice this week: _____

Conversations That Matter

The right conversation can change a season, or a life.

TIME 10 minutes

COMPLETE THIS AFTER What Kind of Teammate Are You?

WHY THIS MATTERS

Strong teams aren't built on talent alone. They're built on trust, and trust grows when people stop assuming and start talking.

COACH'S TIP

Don't assume. Ask. Listen first, then lead with respect.

ATHLETE → COACH

- "What's one thing I can improve this week?"
- "What do I need to do to earn more minutes?"
- "Where do you honestly see me at the next level?"

When: _____

☐ I had this conversation

ATHLETE → PARENT

- "Here's what support looks like for me right now."
- "Can we talk about my goals, not just my stats?"
- "After games, can we wait until I'm ready to talk?"

When: _____

☐ I had this conversation

ATHLETE → TEAMMATE

- "How can I be a better teammate for you?"
- "I was proud of the way you played."
- "Want to put in extra work after practice?"

When: _____

☐ I had this conversation

ATHLETE → TEACHER

- "I'll miss class for a game on _____. Can we plan ahead?"
- "Can you help me understand what I missed?"
- "What should I finish first?"

When: _____

☐ I had this conversation

BUILD YOUR OWN SCRIPT

When a conversation feels hard, use three parts: what you noticed, what you need, and what you're asking for.

I noticed... _____

I need... _____

Can we... _____

What they said: _____ What I'll do next: _____

Respect • Listen • Encourage • Follow Through

GO DEEPER → Writing to a college coach? Use the Coach Email Draft Template in **The Action Kit**, Section 04.

Build Your Legacy

Conversation I need to have: _____ With: _____

By (date): _____ How I'll open it: _____

30-Day Growth Challenge

Small daily actions create extraordinary results.

TIME Under 2 minutes a day

COMPLETE THIS AFTER What's Your Legacy Score?

WHY THIS MATTERS

You don't build confidence, leadership, or legacy in one day. You build it one choice at a time, then repeat that choice until it becomes part of who you are.

COACH'S TIP

Don't try to change your whole life in 30 days. Keep one promise for 30 days.

CHOOSE ONE HABIT

- ☐ Read 20 minutes
 ☐ Study before scrolling
 ☐ Drink more water
 ☐ In bed on time
 ☐ Encourage one person
 ☐ No phone first 30 minutes
 ☐ Practice my sport 15 extra minutes
 ☐ Write one goal each morning

My habit (be specific: what, when, where): _____

DON'T BREAK THE STREAK — COLOR A CIRCLE EACH DAY YOU KEEP YOUR PROMISE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

WEEK 1 CHECK-IN

Days kept: ____ / 7

What helped: _____

WEEK 2 CHECK-IN

Days kept: ____ / 7

What helped: _____

WEEK 3 CHECK-IN

Days kept: ____ / 7

What helped: _____

WEEK 4 CHECK-IN

Days kept: ____ / 7

What helped: _____

Missed a day?

You don't quit, you restart tomorrow. The rule is simple: **never miss twice**. Consistency beats perfection.

GO DEEPER → Want your next 30 days aimed at recruiting? Use the 30-Day Action Plan in **The Action Kit**, Section 12.

Build Your Legacy

Why this habit matters to me: _____

Start date: _____ Finish date: _____ I'll tell: _____

Dream it. Build it. Own it.
Soul of the South Sports | soulofthesouthsports.org

Weekly Game Plan

Win your week before you try to win your season.

TIME 5–10 minutes every Sunday

COMPLETE THIS AFTER What’s Your Time-Management Style?

WHY THIS MATTERS

Big goals aren’t reached in one day. They’re built through consistent weeks, planned priorities, and protected time for rest.

COACH’S TIP

If everything is important, nothing is. Pick your top three before you fill in anything else.

MY TOP 3 WINS THIS WEEK

1. _____

2. _____

3. _____

RATE LAST WEEK (1–5)

School	☐	☐	☐	☐	☐
Sport	☐	☐	☐	☐	☐
Life	☐	☐	☐	☐	☐

Fill circles left to right. Any lane under 3 gets a win this week.

DAY	MUST DO (SCHOOL)	SPORT	LIFE / FAMILY / REST
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

PROTECT THIS

☐ Sleep

☐ Recovery

☐ Homework time

☐ Family and faith time

DISTRACTION PLAN

What might get in the way? _____

How I’ll handle it: _____

GO DEEPER → Keep growing week by week with **The Legacy Standard** (coming soon — join the waitlist).

Build Your Legacy

By this time next week, I’ll be proud that I: _____

Senior Year Checklist

Graduate prepared. Start what's next with confidence.

TIME 10 minutes

COMPLETE THIS AFTER How College-Ready Are You?

WHY THIS MATTERS

Senior year isn't just about graduation. It's about preparing for what comes next so avoidable details don't become unnecessary stress.

COACH'S TIP

Getting accepted is the first win. Being ready when you arrive is the next one.

FALL AUG – DEC

- ☐ Meet counselor: confirm graduation and TOPS core units
- ☐ Final ACT/SAT attempts (add the LOSFA code)
- ☐ StudentAid.gov accounts for you and a parent
- ☐ File the FAFSA as soon as it opens
- ☐ Submit applications and request transcripts
- ☐ Ask for recommendations early
- ☐ Official visits; check Eligibility Center status

WINTER JAN – MAR

- ☐ Scholarship push: one application a week
- ☐ Check email and college portals weekly
- ☐ Send any documents aid offices request
- ☐ Keep grades up: offers can be taken back
- ☐ Confirm signing timelines with each coach

SPRING APR – MAY

- ☐ Compare aid offers side by side
- ☐ Commit and pay deposit by the deadline (often May 1)
- ☐ Decline other offers respectfully
- ☐ Confirm housing and register for orientation
- ☐ Send thank-you notes to everyone who helped
- ☐ Request final amateurism certification

SUMMER JUN – AUG

- ☐ Request final transcript be sent
- ☐ Register for classes
- ☐ Complete medical and immunization forms
- ☐ Set up college email; check it weekly
- ☐ Build a simple monthly budget
- ☐ Learn campus resources: tutoring, advising, counseling

Don't miss: The final TOPS deadline is July 1 after graduation, but don't wait. The FAFSA is no longer a Louisiana graduation requirement; it's still the key to most aid.

Beyond the Diploma

Graduation is one day. The habits you build now shape the years that follow.

GO DEEPER → Run your aid numbers and check your TOPS tier in **The Action Kit**, Sections 08, 09, and 11.

Build Your Legacy

Before graduation, I will complete: _____

Deadline: _____ Accountability partner: _____