



chaos is a scheduling problem

The Recruiting-Season Family Planner

One shared calendar, one fueling standard, and one 15-minute meeting on Sunday night. The parent-run system that stops recruiting, the season, training, and school from colliding into the same unmanageable week.

SHARED CALENDAR · THE FUELING ANCHOR · THE SUNDAY SYNC

the parent mission

Four Seasons Are Running At the Same Time.

Recruiting season, the high school season, off-season training, and the academic year do not take turns. They stack. By October most families are reacting to whatever got loud that morning: the hotel nobody booked, the exam nobody flagged, the dinner that turned into a concession stand hot dog at 9pm between games. That is not a discipline problem. It is a problem of four schedules living in four different heads. This planner puts them in one place, on both phones, and gives the parent the two jobs the athlete cannot do while training: run the logistics, and run the fuel.

WHO RUNS WHAT The athlete owns the work: the reps, the film, the grades, the emails to coaches. The parent owns the backbone: travel, meals, deadlines, and protected sleep. Both of you look at the identical screen, so nobody is guessing what Saturday costs.

1

SHARED CALENDAR

5COLOR-CODED
CATEGORIES**15**

MINUTE SUNDAY SYNC

8.5HOURS OF PROTECTED
SLEEP

THREE SYSTEMS, AND WHAT EACH ONE IS FOR

SYSTEM ONE

The Calendar

one screen, five colors

Every game, lift, visit, exam, and rest day lives in one shared calendar on both phones, sorted by color so a whole week reads in three seconds.

SYSTEM TWO

The Fuel

the anchor

A daily protein number, a calorie baseline, and a travel plan, so the athlete grows on purpose instead of eating whatever the tournament sells.

SYSTEM THREE

The Sync

sunday, 15 minutes

The weekly meeting where the other two get updated. Skip it and the calendar goes stale in nine days and the family is reacting again.

FOUR THINGS THIS PLANNER IS BUILT TO PREVENT

01

THE COLLISION NOBODY SAW COMING

An AP exam on the Monday after a three-state tournament weekend. It is on both schedules already. It only becomes a crisis because nobody put them on the same screen.

02

THE SEASON THE BODY NEVER RECOVERS FROM

Under-fueled and under-slept for four months is not toughness. It is a stalled bench press, a slower 40, and an athlete who plays the last month smaller than they started.

03

THE PROGRAM THAT WENT QUIET FIRST

A two-month update was due to a coach who had been answering. Nobody was tracking it, so it never went out, and the thread died on your side of the inbox.

04

THE PARENT WHO BECOMES THE ENFORCER

With no meeting on the calendar, every logistics conversation happens at the worst possible moment. A scheduled 15 minutes turns nagging into a standing agenda.

system one

One Calendar. Five Colors. Both Phones.

Set up a single shared calendar in Google Calendar or Apple Calendar, with edit access for the athlete and every parent who drives, pays, or books. Not a group text. Not a note on the fridge. One calendar, so an entry added by anyone shows up for everyone. Then every single entry gets one of these five colors, and never more than one.

SETUP, ONCE Create the calendar, name it with the athlete's grad year, share it with edit rights, and turn on notifications for all five categories on both phones. Ten minutes on a Sunday buys back the rest of the season.

Red · Games & Travel PARENT BOOKS, ATHLETE CONFIRMS

High school games, club tournaments, departure times, hotel check-ins, and the full flight or driving itinerary. If it moves the family, it is red.

Blue · Training & Lifts ATHLETE OWNS

Team practices, individual skill sessions, speed and agility work, and every weight room lift. Blue blocks are appointments, not intentions.

Green · Showcases, Camps & Visits SHARED

On-campus prospect camps, academic showcases, unofficial and official visits, and scheduled coach calls. Green is the recruiting calendar itself.

Yellow · Academics & Schoolwork ATHLETE OWNS, PARENT AUDITS

Exam dates, major project deadlines, SAT and ACT test dates, and dedicated study blocks. Yellow goes on the calendar the day it is assigned, not the week it is due.

Purple · Recovery & Fueling Anchor PARENT OWNS

Scheduled rest days, meal prep windows, and the daily protein target. Purple is the only color that protects the athlete instead of spending them, and it is the first one families delete. Do not delete it.

*what a real entry contains***EVERY EVENT, EVERY COLOR**

- Departure time, not just start time. The drive is the event.
- The full address in the location field, so it opens in maps.
- What to pack, in the notes. Cleats, transcript, cooler, dress clothes.
- Who is driving and who is paying.
- A reminder set the night before, not an hour before.

*how it breaks***THE FOUR FAILURE MODES**

- Two calendars. One for the family, one on the athlete's phone.
- Entries with no color, which means they get read as optional.
- Recruiting deadlines living in an inbox instead of in green.
- Purple blocks quietly overwritten every time something runs long.

system two

The Fueling Anchor.

The biggest physical gap between athletes who hold up at the next level and athletes who do not is size, strength, and physical capacity. Muscle does not grow in the weight room. It grows on what the athlete eats after it. An athlete who trains six days a week and eats like a kid who does not is training to stay the same. This is the one system the parent can execute almost entirely alone, and it is the one that shows up on the tape.

PURPLE ON THE CALENDAR The daily protein target and the meal prep window are calendar entries, not good intentions. If it is not scheduled in purple, it is competing with everything that is.

ANCHOR ONE**The Daily Protein Target***goal weight in grams*

The athlete eats their goal body weight in grams of protein every single day. Target weight of 170 lbs means 170g of protein, today and tomorrow, in season and out.

ANCHOR TWO**The Calorie Baseline***bmr plus activity*

Start from Basal Metabolic Rate plus daily activity level. Add 500 calories a day to gain weight. Subtract 500 to lose it. Pick one direction and hold it long enough to measure.

ANCHOR THREE**The Travel Plan***the cooler goes with you*

Pack high-protein, calorie-dense food for tournament weekends and road trips, so the athlete never has to build a game-day meal out of what the concession stand is selling.

THE PROTEIN MATH · RUN IT ONCE, THEN STOP THINKING ABOUT IT

- 01 Goal body weight of [____] lbs means [____] grams of protein per day.**
- 02 Divided across [____] eating windows, that is [____] grams per meal. Worked example: 170 lbs across 5 windows is 34g each.**
- 03 Weekly grocery load: [daily grams × 7]. Buy that on Sunday or the week decides for you.**

the target is not a suggestion the athlete hits on good days. it is the floor.

*what lives in the travel cooler***PACKED THE NIGHT BEFORE, EVERY TRIP**

- Cooked protein that survives a cooler for eight hours.
- Shelf-stable protein for the bag: jerky, tuna packets, shakes.
- Calorie-dense carbs for between games, not just after them.
- Water for the whole day, counted out in bottles, not hoped for.

*how fueling fails on the road***THE PATTERN EVERY FAMILY REPEATS ONCE**

- One real meal by 4pm, then three games on an empty tank.
- Skipped breakfast on a 6am departure that never gets made up.
- Protein target hit Monday through Thursday, missed every weekend.
- Weight gain plan with nobody weighing in, so nobody knows it stalled.

system three

The 15-Minute Sunday Sync.

Sunday evening, parent and athlete, 15 minutes, phones open to the shared calendar. Run these five in order, every week, in season and out. This is the meeting that keeps the other two systems alive. Miss two Sundays in a row and the calendar is fiction again.

RUN IT THE SAME WAY Same time every Sunday. Calendar open on the table. Nothing gets discussed twice, and nothing leaves the meeting without a date attached to it.

☐ **Review upcoming games and travel** **RED**

Confirm driving times, departure locations, hotel bookings, and the game schedule for the week ahead. Every departure time goes on the calendar tonight, not the morning of.

☐ **Map academic deadlines** **YELLOW**

Check for exams, major projects, and any class the athlete will miss for travel. Anything that requires a teacher conversation gets emailed this week, not the day before the absence.

Exams and quizzes

Project due dates

SAT / ACT dates

Travel absences

Study blocks scheduled

☐ **Align nutrition and meal prep** **PURPLE**

Audit the protein inventory, plan the week's dinners around late practice nights, and prep the travel snacks now. Groceries bought Sunday are the only reason Thursday works.

☐ **Confirm recruiting outreach** **GREEN**

Check whether any two-month email updates or showcase follow-ups are due to college coaches this week. If one is due, it gets a day and a time on the calendar before this meeting ends.

☐ **Protect the sleep windows** **NON-NEGOTIABLE**

Look at the week as built and confirm it still leaves 8.5 hours of sleep every night. If it does not, something on the calendar comes off tonight. Recovery is not what is left over after the schedule. It is part of the schedule.

Fifteen minutes.

Nobody loses a recruiting season in one bad weekend. They lose it in October, one unplanned trip at a time, until the grades slip and the body stops growing and everyone in the house is exhausted and blaming each other for it. Fifteen minutes on a Sunday is the cheapest thing in this entire playbook, and it is the reason the other systems still work in March. Put it on the calendar in purple. Then keep it.



Nutrition guidance here is general education for healthy student-athletes and is not medical advice. Protein targets, calorie baselines, and any weight gain or loss plan should be reviewed with a physician, a registered dietitian, or your school's athletic trainer, especially for athletes under 18 or managing any medical condition. All recruiting contact, visits, and camps must follow current NCAA, NAIA, and NJCAA rules for your sport and graduation year.