

RECRUITING OVERVIEW

So, you want to be a collegiate athlete? It takes work!

You need to look within yourself and decide what is really important to you and where you can see yourself reaching your full potential. Ask yourself some of the following questions:

- Does the school offer not only my athletic, but my academic interests?
- How competitive is the athletic program?
- Would I attend this school even if I was not an athlete?

Freshman Year

Your first year as a prospective college athlete begins your first year of high school. Your focus should be on the following:

- Growing your skills as a player
- Choosing the best club program for your growth
- Adjusting to high school and being studious
- College coaches are interested in seeing you play at the club level because there is a larger range and intensity in competition

Sophomore Year

Coaches will be reaching out and really tracking your progress this year:

- Use your resources to find out more about schools
 - Former collegiate athletes
 - Current coaches
 - Internet sources
- Be realistic in your searches

First Recruiting Steps as a Freshman/Sophomore

- FOCUS ON YOUR ACADEMICS!
- Registrations
 - NCAA Eligibility Center
- Make a list of schools that you could be interested in
- Introductory Email
- Communicating
- Summer Camps

Creating Your List of Schools

- Aim for at least 20 options
 - This will narrow down as your search progresses
- Never keep more than 5 schools on your "marriage list"

- THINK about these answers:
 - How far away from home do I want to be?
 - What size school do I want to attend?
 - What do I want to major in?
 - What level do I want to play?
 - What traits would I like this school to have outside of soccer?
 - Do my work ethic and skill-talent level match my goals and aspirations?

When Looking at a Specific School

- Confirm numbers and grade level of your position
- Does this school satisfy my academic needs?
- Understand EXACTLY what your offer is
 - Don't be afraid to ask questions
 - Be on the same page
- Get to know the head coach - athlete communication

Your Email to a school/coach

- Name/Number
- Graduation Year
- Position
- Club/Team
- Footage
- Tournament Schedule
- Contact Information (Coaches, etc.)
- Why you are interested
 - Personalize it!

More About Communication

Have you received an email from a college?

- D1: ZERO communication with a coach until June 15 after sophomore year. NO official visits, unofficial visits, or off-campus contact until August 1 before junior year. NO recruiting conversations or verbal offers until June 15 after sophomore year.
- Colleges can email and/or write you one time and send a questionnaire and camp info.
- Colleges can contact through your coach or Recruiting Director.
- Coaches cannot directly contact you
 - You can reach out to them
 - You and your parents may not talk to a coach in person at any time!

Camps

- Attend camps of programs that you have been in contact with
- Schools that have clearly shown interest
- Schools that are at the top of your list
- Find camps with a good ratio of campers to coaches
- Find quality camps that will improve your skills as well as continue the interest of the college

Junior Year

This year will be the bulk of your recruiting process

- Academics:
 - Prepare and take the SAT/ACT
 - Keep your GPA strong
 - Speak to your school advisors about scholarship opportunities
- Athletics:
 - Make sure you have registered with NCAA Eligibility
 - Have your most up-to-date highlight tape sent out to the schools that you are interested in
- Make some unofficial visits
 - Interested coaches will reach out to you to check out the campus, the team, a match
 - Get an idea of what life is like on campus as a student-athlete
 - Take an academic admissions tour
- Start narrowing down your options

Senior Year

Finally! Your hard work pays off!

- Make an official visit to a school that you are highly interested in or continue making unofficial visits
- Make your final decision
 - A Pros & Cons list can help narrow this down to your final school
 - Submit all necessary paperwork (financial aid, test scores and transcripts, etc.)
 - Begin preparing for life as a collegiate athlete
 - Ask your coach for any summer workouts
 - Ask future teammates for advice
- Understand that your Letter of Intent is only a 1 year contract!
- If you are just now starting the recruiting process:
 - Have a solid highlight tape with all of your athletic and academic information
 - Explore walk-on or club options

Scholarship Breakdown by Division

Each classification of college soccer has unique scholarship levels:

- Division I funds 14 scholarships for women, 9.9 for men (if a school fully funds the program), an unlimited number of players can be on scholarship. (equivalency vs head counter)
- Division II can fund 9.9/9 scholarships for women/men.
- Division III schools only provide academic scholarships for players
 - Financial and academic aid is plentiful
- NAIA can fund 12 scholarships;
- Junior Colleges are funded at the discretion of the school

Recruiting Key Terms

Contact Period: During this time, a college coach may have in person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead Period: A college coach may not have any in-person contact with you or your parents on or off campus at any time during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation Period: During this time a college coach may watch you play or visit your high school, but cannot have any in-person conversations with you or your parents of the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

Official Visit: Any visits to a college campus by you and/or your parents paid for by the college. The college may pay all or some of the following expenses: • Your transportation to and from the college • Room and Meals • Reasonable entertainment expenses including complimentary admissions to a home athletics contest. Before your official visit, you will have to provide the college with a copy of your high school transcript and SAT/ACT scores and register with the eligibility center.

Quiet Period: During this time, a college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this time. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial Visit: Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletic contest. You may make as many unofficial visits as you like and make take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal Commitment: A college bound student-athlete's commitment to a school before she signs (or is able to sign) a National Letter of Intent. She can announce a verbal commitment at any time. While verbal commitments have become very popular for both college bound students and coaches, this "commitment" is not binding on either the student athlete or institution. Only the signing of the National Letter of Intent accompanied by financial aid agreement is binding on both parties.

National Letter of Intent: A voluntary program administered by the eligibility center. By signing an NLI, the student athlete agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year. Restrictions are contained within the NLI so read them carefully. If you have questions visit www.national-letter.org.