



College Information Players Guide

**Presented by
Coastal Valley Soccer Club**

This document is designed to help familiarize you with the college recruiting process. While it contains a lot of helpful information, you still have a lot of research and work to do on your own. It is important that you choose the school that is appropriate for you, not only athletically, but also academically and socially. It won't be of much use to choose a school based solely on its soccer program and ability to provide scholarships, if they don't offer the major you intend to study. You want to attend a school where you would be completely happy and fulfilled, should you decide not to play soccer or you are no longer able to play soccer. If you don't yet know which area of focus you wish to study, spending some time together on that topic will prove to be very helpful.

Put emphasis on your GPA and take the SAT, ACT and AP tests offered throughout the year. Be prepared to take the SAT twice (or more if needed). Remember that your GPA and test scores are the foundation for your ultimate success. Maintain your highest academic standards. Understand the academic requirements of the schools that you're interested in. Determine where your soccer and academic abilities stand, and approach the schools that are consistent with your level of achievement.

Go online to find all current and up to date information: www.ncaa.org

- Division I Toolkit
- Eligibility Center
- NCAA Guide for the College-Bound Student Athlete
- Be sure to check out the top thirty Div I, II, III and NAIA schools previous seasons at www.ncaa.com



Contacting College Coaches

1. College coaches like to hear directly from you and not your parents. Begin by emailing and express your interest in a brief letter. Share your club soccer competition schedule and inquire about ID camps and on campus unofficial visits.
2. NCAA regulations do not allow college coaches to send out any information about their programs until September 1st of your junior year. If you mail or email something prior, they can only send you a questionnaire and a soccer camp brochure in return.
3. You may call college coaches as much as you like, but they cannot respond by phone until July 1st, following your junior year. One call per week is allowed. If you call a coach, and he or she picks up, they may speak with you.
4. NCAA regulations do not provide college coaches any off-campus contact with you during your sophomore and junior years. When college coaches see athletes or their parents at soccer tournaments and high school games, they are only allowed a "formal greeting".
5. College coaches are allowed to speak with you about soccer programming, opportunities at their school and academic standards, during on campus visits and ID camps.
6. You are allowed to play on a club team, for a college coach, only if you live within fifty miles of the coach's home campus. Because you play directly for that college coach, as with myself and all of you the coach is allowed to share information with you from the club standpoint.

Research online the colleges that are going to be represented at the tournament(s). If you are considering a school, visit their soccer program webpage and find contact information for the coaches. If a school or coach is not listed as attending, contact them to let them know your level of interest and ask them to come see you play.

Reach out to college coaches 1-2 weeks prior to the tournament when possible. Create a personalized email to send to coaches. Do not send mass emails or copy multiple programs in the same email. Do not have your parents send emails, or contact coaches.

One week prior to the tournament, email the coach with your games times and fields and confirm you jersey number and position and that you will in fact be playing. For those of you attending the Santa Clara Showcase, the schedule is out ... send it now to any schools you may be interested in.

Remember that the best way to start the recruiting process is to simply initiate contact. Tell the coach "I am interested in your program. Please evaluate me". Remember college coaches



have a limited amount of time to spend evaluating talent. Be as transparent as possible, and make a coach's life easier. Coaches will be more likely to watch you play if they know you are seriously interested in their program.

Many collegiate coaches have standard information packets about their soccer programs for high school players and will be happy to send you their materials. Some coaches have information packets for prospective athletes to fill out and return to the coaching staff. This is a way for the coaches to keep a record of you.

Not only can you request information about the soccer program and the school when you write a letter, you can take advantage of this opportunity to introduce yourself as a prospective collegiate soccer player. This way, you and the coaching staff are exchanging information and learning about each other in the process. The college admissions and recruitment process is a two-way street. Admissions officials and soccer coaches will be selecting you just as seriously as you are making decisions between schools. Therefore, it is essential for you to acknowledge your active participation in the process.

The letter you compose should be short and straightforward. The objective of the letter is to request information and to briefly introduce yourself as a prospective student-athlete. You may include a more extensive soccer resume if you have one, however, there will be plenty of time in the future for this as well. If you keep your initial letters short, college coaches will be grateful and more apt to read your materials carefully.

High School Academic Preparation

Keep your grade point average (GPA) as high as possible beginning with your freshman year. Good grades are very important. It is important to know that college scholarships awarded for being a good soccer player, are very few in number.

Your grades and test scores can make the difference in being selected for a scholarship, and obviously for admittance in general. Maintain excellent grades throughout high school and show admissions officers and potential coaches that you are able to handle the academic demands of college life.

Continue your emphasis on receiving the best grades possible. If you are pursuing a top level academic school, take honors and AP courses when manageable. Meet with your counselor to make sure you are on track to take the 14-16 core courses. Admission officers generally agree that receiving a 'B' in a tough course is often more significant than an 'A' in a frivolous one. Take the PSAT and Practice ACT tests, as they are offered to insure that you are prepared for the actual tests in future years.

Be sure that you begin to take courses that will ultimately fulfill the requirements of the NCAA. Speak with your counselor about classes meeting the NCAA requirements. Visit the NCAA website to learn which courses are required for Division I, Division II and Division III schools. In



addition, consider NAIA schools, and start to design your course work accordingly. Begin a personal resumé of community service activities, achievements, awards and academic results.

- *Realistically consider your level of talent and the school that you might like to attend.*
- *Be honest in your personal assessment.*
- *Research colleges to determine which schools fit your academic and athletic abilities.*
- *Visit various campuses and request literature from each*

Soccer Profile/Resume

Complete a soccer profile / resume and introduction letter. Keep it simple and to the point. Start sending emails or letters to the coaches of schools that interest you, anywhere from ten to fifteen. The more contacts you create, the more options you will have. You are getting the message across that you are interested and that they should make a strong effort to find out more about you. Make sure to follow up with a phone call to reinforce your interest after you send the coach a soccer profile/resume.

- *Be visible to college coaches*
- *Attend College Showcases and attend College soccer ID camps*
- *Invite coaches to attend and watch you play during tournaments*

Unofficial and Official School Visits

Take “unofficial” visits (no limit on unofficial visits) to the schools of your choice. Talk to Students, admissions offices, academic advisors and soccer coaches. Take campus tours and begin to narrow your list of schools. Observe a team training session, if possible, while on campus.

Begin to gather applications to your schools of choice at the beginning of the summer. You may begin receiving recruiting materials on September 1st of your junior year.

As you go through the process of researching schools, continue corresponding through emails or letters of introduction (include soccer profile/resume to the coaches of the schools that interest you) ... begin to narrow your college choices to 4 or 5.

Coaches are allowed to visit the home of a recruit on or after July 1st following your junior year. This will count as one (1) of three (3) contacts allowable by coaches. On-campus visits do not count toward this total.

Please Note: You will have to send transcripts, test scores and your NCAA Clearinghouse eligibility number to the schools of your choice, before you can officially visit a school.

You can make up to 5 official visits where the school hosts you (and can pay) to come visit (for a maximum 48 hours). You will tour the campus, meet the team, see a game, and stay overnight. This is a good opportunity to get to know the school and coach, and the team’s style of play. If a school is offering you an official visit, they are seriously interested in you and may



look to seal the deal. Most colleges will usually only set up official visits with players that have verbally committed, or for those players we are trying to get committed.

The official signing date for National Letter of Intent (NLI) is in February. All commitments up until then are considered “verbal commitments”.

Questions to ask while visiting or attending an ID Camp

The College

- Does the college offer the area of study you wish to pursue?
- What are the average test scores and GPA's for acceptance into my major?
- Does the college prefer SAT or ACT scores?
- Are the athletes given preference in scheduling?
- What is the expected enrollment of undergraduates and graduates?
- What are the standard class sizes?
- What are the student housing options?
- What transportation is available?
- What is campus-life like?
- Is tutoring offered to student-athletes?

The Soccer Program

- What is the coach looking for in a player?
- What are the coach's goals for the team?
- What is their style of play?
- How many players will be on the roster and how many will travel with the team?
- What does the pre-season entail?
- What does the regular season entail (i.e., practice days and times, games, etc)?
- What happens during the off-season (i.e., winter)? Is there a break?
- What is the spring season like?
- Which positions is the coach looking for and how many current players are already playing that position?
- Is there a weight-training program? How much does the coach value that?
- Does the team offer walk-on tryouts?

Things you should know about the school before visiting or attending an ID Camp

- Which division and conference does the team compete?
- What are the team's previous results for the last two seasons?
- Did the team qualify for the NCAA Tournament in the previous season?

Make a list of colleges

Draft a tentative list of colleges that interest you. Your list may include schools in your area, schools that have a particular major of interest to you, or schools you know very little about.

Your list may be long but in the early stages you don't want to eliminate any school you are curious about. It is very important that you look at the school for its academic programs as well as athletic programs. Your academic experience in college is what will provide an important foundation for your chosen career path after college. Not many players plan to be professional



athletes. In addition, it's not uncommon for an injury to happen that could end your college soccer career. You want to end up at a place that you will enjoy attending even if you never play athletics there.

Here are some questions that may aid you in your college selection:

- Would I choose this college even if I am not playing on the team?
- Would I be happy sitting on the bench and not playing much?
- Would I still select this college if there is a different coach?
- Was I comfortable both academically and athletically?
- Did the staff and team seem to get along and care about each other?
- How does the coach motivate the team?
- Were the coaches, team and staff friendly? Enthusiastic? Honest? Supportive? Sincere?

After you have created your list of schools, research the schools. Read everything you can find on the school. Look at their web page, read their press releases on their web page, check college resource books, talk to your school counselor, read the team's homepage.

Make sure and talk to your club and high school coaches about various college programs.



Appendix A – Recruiting Timeline

FRESHMAN YEAR

- Attend high school orientation
- Set 4 Year Academic Plan with your high school counselor
- Set Academic goals with your family
- Wish List of colleges you would like to attend
- Be a part of school activities (student government, clubs, etc.)
- Community Service opportunities

SOPHOMORE YEAR

- Set 4 Year Academic Plan with your high school counselor (Review & Revise)
- Review grades and goals with parents
- Start listing 20 schools you are interested in
- Attend “College Night” events at high school
- Sign up for PSAT
- Club team attends College Showcase Tournaments
- Meet with your Club coach and/or the Club’s Director of Coaching to go over plan with parents
- Start gathering information to write your cover letter and resume
- Continue to visit college campuses
- Focus on getting GOOD GRADES!
- Review the [NCAA College-Bound Student-Athlete Guide](#)

JUNIOR YEAR

- Review & Revise your 4 year Academic Plan with your high school counselor
- Visit college nights and college fairs
- Verify SAT registration deadlines with high school counselor
- Get letters of recommendation
- Complete your Cover Letter and Resume with your Club coach
- Visit colleges to find size and climate you prefer
- Take SAT and ACT
- Attend Financial Aid workshops
- Start NCAA Clearinghouse Application
- Take AP classes and honor classes if possible
- Have your Top 10 Preferred College list
- Review college applications for admittance with your counselor
- Attend College Showcase tournaments with your club team
- Stay focused on GOOD GRADES!
- Beware of Scholarship scams



SENIOR YEAR

- Apply to the colleges of your choice (September, October, November)
- Finalize application essay topics
- Finalize your recommendation letters
- Review application essay with parents and teachers
- Get financial aid forms on January 1st
- Meet all application/scholarship/housing deadlines
- Parents and student meet with school counselor to finalize transcripts
- If necessary, re-take the SAT and ACT (last date in December)
- Send mid-year and final transcripts for Clearinghouse
- Meet with Club coach and/or DOC for assistance
- Follow up on all letters written to college coaches
- Have a strong soccer season
- Take recruiting visits to colleges
- Send final transcripts to the college/university you accepted
- Attend financial aid meeting

If possible, make a highlight video at the end of every soccer season and combine both high school and club highlights. Junior and Senior year you will combine all highlights to make one recruiting video to send out to coaches along with letter/email

Appendix B – Contents of Profile/Resume Cover Letter:

- Name, high school, current grade level
- Home address, email address, phone number
- High school soccer experience, years of varsity experience, team accomplishments (league champions, conference titles, etc), personal awards (All-League, MVP, Highest Scorer, etc),
- Current club team, recent team accomplishments (tournament champions, division champions, etc), personal awards
- Academic interests
- Community Service/Work
- List of upcoming club events/tournaments you'll be participating in



Appendix C - Player Profile and Resume:

PERSONAL DATA

Name
Gender:
Date of Birth:
Height: Weight:
Address (Street, City, State, Zip):
Phone:
Parent's Names:
Parent's Address (Street, City, State, Zip):
Parents Home/Work Phone:
Optional: Player Photograph (JPG format)

ACADEMIC DATA:

Graduation year and Class (Soph, Jr, Sr):
High School:
High School Address (Street, City, State, Zip) Phone::
GPA (also indicate scale, such as 3.85/4.0):
Class Rank (also indicate class size, 23/645):
SAT Scores: Math: Verbal: Composite:
ACT Scores: Math: English: Reading: Science: Composite:
Possible College Major(s):
Honors (list high school academic honors you have received and the year(s) received):

SOCCER BACKGROUND:

High School Team:
Coach:
Coach's Phone:
Coach's Email:
Position(s)Played:
Club Team:
Coach:
Coach's Phone:
Coach's Email:
Position(s) Played:
ODP/State Select (give years during which you participated at each level):
Level (District, State Pool, State Team, Regional Team):
Years:
Coach:
Honors (Varsity letters, All Area, All Conference, etc and year(s) received):