

## Timeline for NCAA Division I and II recruiting

### Sophomore Year:

A prospective student athlete can only receive questionnaires, camp brochures and NCAA educational materials from a college coach

A prospective student athlete and his/her family may:

- Make an unofficial visit to a college or university
- Make telephone calls to coaches at the prospect's expense

### Junior Year:

Beginning September 1<sup>st</sup>, a prospective student athlete may receive printed recruiting materials by mail and be contacted by fax, text messaging or email

NCAA Division II coaches may call once a week in all sports beginning June 15<sup>th</sup> after your junior year.

Official (paid) visits to colleges not permitted except for men's basketball players.

Unofficial visits and phone calls at the prospective student athlete's expense are permitted anytime.

### Senior Year:

A coach may send a prospective student athlete printed recruiting materials anytime.

A Division I coach may phone a prospective student athlete once a week after July 1<sup>st</sup> prior to their senior year.

A Division I coach may meet with a prospective student athlete off the college campus subject to contact rules in their specific rules

Official (paid) visits permitted beginning the first day of class of a prospective student athlete's senior year. Only 5 official visits per prospective student athlete.

Unofficial visits and phone calls at the prospective student athlete's expense permitted anytime.

## College Admissions Checklist

### Sophomore Year:

- Start thinking about college choices
- Visit college campuses summer after completing your sophomore year
- Consider attending summer camps of those schools that interest you
- Begin to prepare for SAT and/or ACT
- Consider taking courses that will count towards college degree

### Junior Year:

- Start thinking about college choices
- Make an appointment to talk with your high school guidance counselor
- Register to find the money you need for college
- Plan to take your PSAT during your junior year and start studying for the SAT or ACT
- Register for the fall SAT or ACT tests
- Request applications and brochures from top college choices
- Recruiting: Make sure you are in contact with top 10 schools that you want to compete at athletically. (calling and emailing coaches)

- Recruiting: Make sure coaches know when and where you are playing so they can come watch you, if possible.
- Get started on college application essays and writing sample drafts
- Study and prepare for SAT or ACT tests
- A prospective student athlete can contact a coach as often as they would like.
- Recruiting: Make sure you have a recruiting video complete and ready to give to a coach if they request it.

#### Senior Year:

##### September

- Get your applications organized by creating folders for your top schools. Make a list of application requirements and deadlines
- Request letters of recommendation from teachers and community leaders
- Some schools require to apply for admission by certain dates, be sure to know when you need to have applied for admission in order to qualify for certain awards (academic, etc)

##### October

- Take to your parents about the cost of college. Decide how much you can afford and explore other funding options
- Learn more about financial aid
- Start applying for scholarships from private organizations
- Search web for other grant and scholarship options

##### November

- If you are expecting early action or early decision make sure you turn in your completed application and have transcripts sent to university

##### December

- If you are not expecting early action or early decision, work on completing your application by January

##### January

- File the free application for Federal Student Aid (FAFSA) as soon as possible after January 1<sup>st</sup> ([www.fafsa.ed.gov](http://www.fafsa.ed.gov))
- Check with prospective colleges about additional financial aid application forms and requirements

##### March/April

- Expect admissions letters and financial aid packages
- Compare your admissions offers with your parents and guidance counselors
- Pay close attention to when you have to make your decisions. Most schools require a decision by May 1<sup>st</sup>!

##### May

- Notify schools you have decided NOT to attend
- Double-check any final deadlines for housing, financial aid, etc.

##### June

- Have your final transcripts sent to your new school

### Selecting the Right Schools

Substantial planning is important when identifying the appropriate schools to which a student should apply. Students need to discuss their interests and needs with their parents, peers and admissions professionals to help determine the right schools for them. College criteria to be considered in the formulation of the short lists should include the following:

Location of School

Size of School

Majors offered

Admission requirements

Private or State School

## Post Graduate Options

### Sports or extra-curricular activities offered

In conjunction with these general criteria, students and parents should conduct a base needs analysis (what is necessary to get into a desired college/university) and an evaluation of the student's grades, SAT or ACT scores and activities. Consider grades more important than test scores or activities. By matching the student's profile with those of many different institutions, the student will begin with a strong set of educational options to choose from.

This information should narrow down the students' choices from about 4000 possible schools to fewer than 25 likely schools. Based on the criteria listed above, this initial screening should be further honed to six target schools to which the students would ultimately like to apply. These six target schools should fall into three categories: Dream Schools, Just Right Schools and No Problem Schools. The central criteria that should be used to place target schools into these three categories is personal academic history.

#### Dream Schools:

A school where the average student's academics are better than the prospective student athletes. Apply to at least one dream school – be aggressive, take some risks, have fun!!

#### Just Right Schools:

A school where the average student has similar credentials to the prospective student athlete. Some students are still unable to get into their Just Right Schools, but solid preparation can really make a difference in the success of your application!

#### No Problem Schools:

A school where the average student is academically less qualified than the prospective student athlete. A No Problem School should be just that – No Problem! If time and care are taken in putting the application together, you will be assured of admittance.

### IMPORTANT POINTS TO REMEMBER WHEN DECIDING TO PURSUE COLLEGE SOCCER:

1. Be realistic.
2. Match school academically. This is the primary reason for attending college.
3. Coaches will look for:
  - a. not only good players, but good position players
  - b. level of play you are accustomed to
  - c. your personal character and integrity
  - d. your chance to succeed academically
4. Be proactive - recruiting is a two-way street.

### WHAT'S IMPORTANT IF I PLAN TO PLAY COLLEGE SOCCER?

1. CLUB  
Find a club program which has a good reputation for developing top players and participates in a number of state, regional, national and even international tournaments.
2. ODP  
The Olympic Development Program can be an important part of pursuing a college soccer career. Give yourself the most exposure you can by attending ODP camps and having a chance to be on a Regional or National team. This is where many of the top Division I players are recruited.
3. CAMPS

During your high school years choose some schools that you might be interested in or a camp that a coach you are interested in having see you will be participating.

4. **HIGH SCHOOL**

The level of high school programs varies greatly. Include a copy of your high school schedule with other information you send to college coaches if you believe that to be a good forum to showcase your talent.

**IF PURSUING A SOCCER SCHOLARSHIP:**

1. Evaluate early.
2. Market yourself:
  - \* a one page resume is best
  - \* schedule that includes any major tournaments (this enables a coach to see you in more than one game situation).

**IF PURSUING A WALK-ON STATUS:**

1. Find a match academically.
2. Find realistic soccer level match.
3. Write coach that you want to pursue walk-on possibility.
4. Have a coach call before preseason that will be a good reference.
5. Be in great shape so that you can show your best.
6. Keep in mind, some walk-ons have become great players.