



College Recruiting Outline

Prospective Student-Athlete Timeline: Be proactive throughout this entire process; own it and enjoy it! Being a collegiate-student athlete is an exceptional opportunity and experience that can open many doors in the future!

Freshman Year (High School):

- Attend college games and watch them on TV or online. Start to get a feel for what the differing levels of play are and what you want in a college from school (major, grades, classroom size), soccer (level of program, conference and division) and social (location, size of campus, common interests) perspectives. Understand that different divisions can be but are not necessarily a distinction in competitive level, but more of a distinction in financial resources.
- Know that this is when grades become really important. A bad start here can put you behind for the next three years.
- Register with the NCAA Eligibility Center and inform your HS Counselor of your desire to play collegiate soccer. Make sure you are on track to fulfill the requirements (different for various divisions).
- Set up an e-mail account to be able to communicate with college coaches. Communication is best received directly from the student-athlete, not from parents. Include your name and even HS graduation class in your email address if possible.
- Start preparing player resume: Create TGS College profile page sponsored by RAGE.

Sophomore Year:

- Start preparations for taking your SAT/ACT college tests.
- Put together a list of your top thirty schools. Include schools from multiple divisions.
- Keep your grades up.
- Communicate with college coaches monthly and invite them to your games/events 1 and 2 weeks prior to event. Understand that they cannot respond, but this proactive communication will get you on their radar before they can communicate with you.

- Prepare a video to send to coaches along with resume (highlight and full game). Utilize TRACE video and functionality, provided by RAGE. This footage automatically populates into your TGS College player profile.
- Start visiting campuses to get a feel for what you want in a school. Visit different kinds of schools to see what feels right. (No face-to-face contact with DI athletic staff yet on campus visits). Can couple this with ID camps.

Junior Year:

- Keep working hard in school.
- Update your list of schools that you are interested in. Keep communicating with those schools/coaches.
- Keep your coaches updated as to which schools you are interested in. Your coaches will be helpful in contacting respective college coaches.
- Keep updating your resume and videos.
- Take your SAT and/or ACT tests.
- Fill out FAFSA4caster.
- DI Coaches can call and email you on June 15th preceding Junior year and have face-to-face recruiting discussions (unofficial & official) on August 1st preceding your Junior year.
- Division II Coaches can call and email you, have off campus contact and begin conducting official visits on June 15 PRECEDING your Junior year. Unofficial visits can happen at any time in this division.

Senior Year:

- Make sure you are on track to be cleared for eligibility.
- Take the ACT/SAT test until you get the score that you need. You can take it as often as you want to.
- Continue to keep in contact with college coaches.
- If you aren't getting attention from your list of schools, you may need to re-evaluate your school choices and make sure your expectations are realistic.
- Parents need to fill out FAFSA. October 1st is the first day that you can and remember that is first come-first served money.

Additional Timeline Info:

- A student becomes a prospect at the start of their freshman year in high school.
- A college can send any student information about the college and camps, but no soccer recruiting info until your June 15 before your Junior year (NCAA DI and II). However, while no recruiting communication is allowed at all until this time with DI coaches, as long as the prospective-student athlete makes the call to DII coaches, they can accept the call and discuss recruiting information at any time. DII coaches can also have face-to-face contact on campus at any time.
- Student-athletes may initiate emails to any coach at any time, just can't get a recruiting response until June 15 before Junior year with NCAA DI and DII programs.
- Before communicating, research schools and soccer programs (cost, scholarships, roster, positions needed).

- Difference between Unofficial and Official Visits:
 - Unofficial: no expenses paid by the university (on-campus meal and game exception)
 - Official: expenses can be paid by the university (partial or in-full for food, lodging, travel, entertainment). Limit of 5 DI and DII and an unlimited number of unofficial visits. Unlimited official visits for DIII.

WHAT to include on your email, resume:

- Subject line: Name, Grad Year, Position, Jersey # (repeat later in email)
- Custom intro: Make sure that your emails are personal and highlight some of your research (Example: Dear XXX, Congratulations on your win vs. XXX last week and good luck against XXX this weekend; I will be watching online! I am very interested in your engineering and soccer programs and hope to have the opportunity to be a (mascot) one day. Below are details about me as a student and player. Thank you for your consideration!)
- Club Team, High School, GPA, Test Scores
- Club Coach and Director Name and Contact Info
- Signature line to include contact info
- Link to TGS profile
 - Resume: team accomplishments, individual accomplishments
 - video link: highlight (5-7 minutes max)
- Event and game schedule

WHEN to write?

INTRODUCTION

- Intro & expressing interest (ONCE)

REMINDER

- Before competition (2 weeks & 1 week before)

FOLLOW-UP

- Monthly w/ game schedule & check-In
- After competition (2-3 days after)

WHAT to Call About?

- Follow-up with information in your email
- Be prepared to share your strengths as a player
- Show that you've done your homework on the program's season, achievements, and university details (academics, campus life, etc.)
- Balance phone call with academic related questions
- Examples of GOOD questions to ask:
 - ❖ What is the academic support for your athletic program?
 - ❖ What are the positional needs or characteristics of a player needed for my recruiting class?
 - ❖ What is the typical roster size of your program?
 - ❖ How connected is the program to the surrounding community?

WHEN to Call? – Monthly: Typically as a follow-up to your email

IMPORTANT REMINDERS:

- You can call DII coaches any time before Jr. year hits, but there is a fine line between being PROACTIVE and being OBNOXIOUS. They cannot call you until June 15 before Jr. year. DI coaches cannot talk to you before June 15 preceding Jr. year, regardless of who initiates the call
- Leave a voicemail every time you call if you cannot reach them for both Divisions

Camps

Attending camps more critical now with later recruiting timeline to allow for earlier interaction with coaches (particularly DI coaches who are not allowed any other correspondence until Summer before Junior year). Great opportunity to get to know a coach and their coaching style. Target camps that incorporate 11v11 play and discuss attendance with your RAGE coach in advance to confirm that respective programs are a good fit, have respective needs in your graduating class, etc. Many players will receive camp invites without truly being identified first, so this dialogue in advance can be beneficial.

Scholarships: Biggest Myth of College Soccer

You are going to get a “full-ride” – Fully funded D1 women’s programs are allowed 14 scholarships, while fully funded D2 programs are allowed 9.9 scholarships. Not all programs are fully funded. This means that coaches of fully funded are putting together a team of 25+ players with less than half that many scholarships. NCAA Division III schools have no athletic scholarship money. The NAIA has up to 12 athletic scholarships, but fewer recruiting regulations and the NJCAA has up to 24 scholarships. Academic and other scholarships can be combined with athletic scholarships at most schools in soccer.

College Resources:

- www.ncaa.org
- www.eligibilitycenter.org
- www.nscaa.com (Rankings will give you an idea of levels)
- <https://admin.totalglobalsports.com> > College Platform (profile login details linked to your RAGE club account). You can ALSO search for college programs based upon specific parameters including division, enrollment, tuition costs, academic disciplines, etc.)
- <https://www.gotSPORT.com/asp/players/register.asp> > College search software
- <https://play.mynaia.org/>
- <https://fafsa.ed.gov/>, FAFSA4caster here too
- NCAA rules and regulations can and often do change every year (new legislation passed sometime between June and August annually). Most info online is outdated and varies between sports; must go straight to the source: <http://www.ncaapublications.com/> > NCAA Manuals