



## General Timeline for Recruitment

(Please note that the rules vary for the different collegiate governing bodies and the rules below are specific to NCAA Division 1)

### Freshman Year

(Coaches cannot call or write you yet; allowed to send general information and camp information)

- **Keep your grades up!**
- Begin to think about what schools might interest you from an athletic *and* academic standpoint.
- Improve your game. Get feedback from club/high school coaches on areas of strength and needed improvement.
- Attend different college soccer camps of schools you may be interested in or attend ID camps that have many different college coaches attending.
- Reach out (email) to college coaches of colleges that you may be interested in prior to any major tournaments or games to let them know of your interest and your game schedule (include game time(s), location(s)/field(s) and opponent(s)). Include a soccer resume in your email if you have one. They will not be able to respond to the emails, but it is good to let them know of your interest in them.

### Sophomore Year

(Coaches cannot call or write you yet; allowed to send general information and camp information)

- **Keep your grades up!**
- Begin compiling a list of possible colleges and universities that meet your interest criteria and research the academic and athletic programs at each.
- Take the PSAT test.
- Write a cover letter and create a soccer resume (if you do not have one yet). Email both documents out to schools of interest to you. If you have a highlight tape include that as well. Also, be sure to reach out (email) to college coaches of colleges that you may be interested in prior to any major tournaments or games to let them know of your interest and your game schedule (include game time(s), location(s)/field(s) and opponent(s)).
- Review NCAA Clearinghouse eligibility requirements. The summer before your Junior Year, register with the NCAA Clearinghouse.
- Review your academic plan with your school advisor/counselor to make sure you are meeting and will continue to meet NCAA Clearinghouse requirements.
- Attend different college soccer camps of schools you may be interested in or attend ID camps that have many different college coaches attending.
- Play at the highest level possible. Keep a record of athletic achievements.

## Junior Year

(As of *June 15* after your Sophomore Year, college coaches can email, text or call you directly)

- **Keep your grades up!**
- Send coaches an updated soccer resume and player profile. Include dates of tournaments and showcases for the year.
- Play in high-level showcase events through club or ODP. Prior to each event, contact the colleges you are interested in and provide them with your schedule (include game time(s), location(s)/field(s) and opponent(s)).
- Create a spreadsheet of colleges that respond to your inquiries and indicate interest. You will want to document coaches' names and phone numbers as well as when they indicated interest in you, a summary of the correspondence you had with them and how they contacted you.
- Make a list of all the colleges/universities you have been in contact with and rank them in order starting with your favorite school (based on what you know at this point) down to your least favorite school. Start by calling the coach at your least favorite school. You will probably be nervous when you talk to this coach however, by talking to a coach at your least favorite college/university, you will gain confidence for when you contact the coaches who are higher on your priority list.
- Often when calling a coach, you will get his or her voicemail. Practice leaving a message beforehand. It would be a good idea if you practice by calling yourself and leaving a voicemail on your cell phone. If you do get in touch with a coach, make sure you take notes on the conversation.
- Make a list of your *top five questions* to ask each coach. Try to make your questions specific, not something that could be answered by simply looking on the team's webpage.
- Attend recruitment seminars at events. Also, look into attending a college fair in your area to learn more information about various schools and to research potential options for schools you have not considered yet.
- Narrow your search to about 8-10 schools and engage in regular contact with the coaches at these schools.
- Make unofficial visits to selected schools. Meet the coach and see the team play, if possible. You want to make sure you are making the right choice related to academics at the school, the coaching staff, and the style of play of the team. Attend their ID camps if possible.
- Take ACT or SAT tests. Make sure scores are sent out to the schools of interest.
- Check your status with NCAA Clearinghouse.
- Review your academic plan with your high school advisor/counselor.
- Create a *Free Application for Federal Student Aid* (FAFSA) account to complete the FAFSA form.
- Please note: Some NCAA Division 1 and 2 schools will want a decision made during your Junior Year. If you are ready to commit then go for it!

## Senior Year

- **Finish school strong!**
- Narrow your search to 3-5 schools.
- Complete FAFSA form with most recent tax information.
- Respond immediately to any interest shown by colleges.
- Schedule and complete *official* visits if the schools allow them (if not, do an unofficial visit instead). Meet with coaches and team; stay overnight if possible to get a good feel for the college environment and the culture of the team. See the team play!
- Complete college applications to schools of high interest done as early as possible.
- Keep coaches updated on you. Include new achievements, send updated soccer profile, and provide an updated resume.
- Continue to play in high-level events as often as possible.
- Make a decision!