



Getting Started/General Timeline For Recruitment

(Some of these items pertain to NCAA schools only. It is always best to check with the umbrella organization (NCAA, NAIA, NJCAA) to verify recruitment rules. The governing organizations meet on a regular basis and can change rules)

Freshman Year

- **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 coaches on areas of strength and improvement.
- Attend a college soccer camp during the summer months

Sophomore Year

(Coaches cannot call or write you yet, only send general information and camp information)

- **Keep your grades up!**
- Begin compiling a list of possible colleges and universities that meet your interest and research their academic and athletic programs
- Take the PSAT test
- Write a cover letter and soccer resume and send it out to possible schools
- Review NCAA Clearinghouse eligibility requirements. The summer before your junior year, register with the NCAA Clearinghouse
- Review your academic plan with school advisor/counselor to make sure you are meeting NCAA Clearinghouse requirements
- Play at the highest level possible. Keep a record of athletic achievements

Junior Year

(As of September 1, coaches can return correspondence and write letters, but cannot call you first until July 1 before your senior year)

- **Keep your grades up!**
- Send coaches updated soccer resume and player profile. Include dates of tournaments and showcases for the year
- Organize a list of colleges that respond to your inquiries and indicate interest. You will need names and phone numbers as well as when they indicated interest.

- 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.
- Most likely, if you are calling a coach, you will get his or her voicemail. Practice leaving a message beforehand. You can even call yourself and leave a practice voicemail on your cell phone. If you do get in touch with a coach, make sure you take notes on the conversation. Also, keep a list of your top five questions to ask and try to make them specific, not something that could be answered by simply looking on the team's webpage
- Play in high-level showcase events through club or ODP
- Attend any recruitment seminars at these events. Also look into attending a college fair for more information and options for possible schools
- Consider attending the ID camp of a school of interest, or one that will give most exposure to college coaches
- Narrow your search to about 10 schools and engage in regular contact with the coach
- 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 with not only academics, but also coach and style of play with the team.
- Take ACT or SAT tests. Make sure scores are sent out to the schools of interest
- Check status with NCAA Clearinghouse
- Review academic plan with high school advisor/counselor
- Obtain FAFSA form

Senior Year

As of July 1, you can now receive calls from coaches. Some players will receive calls from coaches who are interested. If not, call the coach yourself. A letter or email followed by a call shows interest in the program. One call per week is allowed).

- **Finish school strong!**
- Narrow your search to 5 schools
- Complete FAFSA form with recent tax information
- Respond immediately to any interest shown by colleges
- Schedule and complete official visits. Meet with coaches and team; stay overnight if possible to see what that school might be like. See the team play!
- Get applications to schools of high interest done as early as possible
- Keep coaches updated on you. Include achievements and send update soccer profile and resume
- Continue to play in high level events
- Have a discussion with your high school advisor/counselor, parents and coaches about potential schools
- Make a decision!