



RECRUITING TIMELINE AND CHECKLIST

FRESHMAN YEAR (TRAINING AND ACADEMICS)

- Focus on your GPA and building your resume (extracurricular and community activities)
- Talk to your coach about areas to focus on to be a better player
- Focus on training sessions and games-view each one as an opportunity to improve
- Attend all games & tournaments with your club team-COMPETE!
- Start researching potential colleges.
 - ✓ Research colleges via the internet, college guides, school counselors, etc.
 - ✓ Attend OWS's College Night Meeting

SOPHOMORE YEAR (TRAINING, ACADEMICS AND RESEARCHING POTENTIAL COLLEGES):

- Sign up for PSAT's to gain experience for SAT's
- Study and continue working on improving your GPA!
- Continue to focus on training, games & College showcase tournaments.
- Meet with your club coach to discuss your soccer development & range of college opportunities, What level of college soccer is realistic for you to be a contributing player?
 - ✓ Safety schools vs. Reach schools
- Continue researching potential colleges.
 - ✓ Research colleges via the internet, college guides, school counselors, etc.
 - ✓ Attend OWS's College Night Meeting
- Set up campus tours at a variety of colleges and reach out to coaches to see if a brief meeting or is possible while at the school. This is one of your best tools for getting a feel for being a student-athlete at different universities. Meeting with coaches on campus counts as an "unofficial visit".
YOU ARE NOT LIMITED IN THESE IN ANY WAY. YOU CAN MAKE RETURN TRIPS TO THE SAME CAMPUS MULTIPLE TIMES AND CAN VISIT AS MANY DIFFERENT UNIVERSITIES AS YOU WOULD LIKE.

Academic Considerations



- ✓ Academic Reputation
- ✓ Has Specific Academic Programs you're interested in
- ✓ Academic Support Staff for athletes
- ✓ Relationships between the institution and outside job opportunities / internships. Do they have networking programs in place? Do they actively assist in internship placements for upper class students or job placements for recent grads?
- ✓ Size of student body
- ✓ Student to professor ratio (class sizes)
- ✓ Social life / type of student body
- ✓ Campus types: enclosed vs. open, city vs. rural, etc.
- ✓ Distance of campus from family
- ✓ How do you learn best?
- ✓ Lecture style, interactive small classrooms

Athletic Considerations

- ✓ Soccer program reputation
- ✓ Team Culture
- ✓ Type of coaching style
- ✓ Compatibility of soccer level with my expectations of contributing
- ✓ Contributing on the field as a freshman vs. contributing on the field as a sophomore vs. most likely being a starter as a freshman
- ✓ How good are you at prioritizing your time and keeping athletics and academics balanced?
- ✓ Do the athletic departments you're looking at place an emphasis on academics and have support staff in place, provide free tutors, etc?
- ✓ How much of your college life are you willing to commit to playing soccer? Playing at a high level in college requires a lot of sacrifices for those four years, are you up for that? If not, DII and DIII programs - which follow a different athletic calendar and typically don't require the same amount of team travel may be a better option.

Begin assembling your "Potential College List", 8-10 colleges you may be interested in attending.

- ✓ You should send initial emails to "Potential College" coaches stating your interest in their program and letting them know of upcoming tournaments you'll be playing in.
- ✓ Make sure your email states the year you will be graduating from high school.
- ✓ Include a contact number/email for your club coach. **(IF YOU FORGET IMPORTANT INFORMATION LIKE THESE, DIVISION I COACHES WILL HAVE NO WAY OF GETTING THE CORRECT INFO AS COLLEGE COACHES CANNOT EMAIL YOU BACK UNTIL SEP 1 OF YOUR JUNIOR YEAR AND THEY CANNOT CALL YOU UNTIL JULY 1ST GOING INTO YOUR SENIOR YEAR!)** While they must go through a third person such as your club coach to relay information to you, you can email and call as often as you would like. (Division II and III has a different set of NCAA bi-laws.)

Attend College soccer games to get a feel for the level of play, Division I, II & III.



JUNIOR YEAR (FEMALE PLAYERS MAY BE COMMITTING)

- Check with local school counselor for SAT & ACT registration deadlines & take SAT/ ACT tests.
- Develop your Preferred College List” (5-7 Schools). Continue to evaluate your college priorities and how these colleges fit into your list.
- Continue researching your “Preferred Colleges” & their Soccer Programs.
- Be proactive! Fill out prospective-student athlete questionnaires. Send emails and phone “Preferred College” coaches stating your interest in their program. Provide them with your tournaments and league schedules. Ask to arrange unofficial visits to see the campus - unofficial overnights (where you get to stay on campus with a player on the team, but where colleges cannot pay for any of your expenses to get to campus or any expenses occurred during your visit) may also be an option.
- Obtain “Letters of Recommendations” and develop a “Reference” list.
- Continue attending Showcases/ID camps..
- Retake SAT/ ACT tests, if unhappy with your scores.
- Register with the NCAA National Eligibility Center at the end of second semester.
- Attend College soccer games, Division I, II & III.

SENIOR YEAR (COLLEGE COACHES AND PLAYERS MAKE THEIR DECISIONS)

- DI college coaches can phone you after July 1 between your junior and senior year.
- Narrow your “Preferred College List” to about 3-5 schools and continue talking to those coaches.
- Arrange for Official visit and interviews.
- Apply to at least three schools for possible admissions & inform your school counselor.
- Review acceptances and soccer offers--- then choose if you have not already the school of your choice.
- Notify the college you have chosen and notify other “Preferred Colleges” coaches of your decision.
- Sign “National Letter of Intent” --- signing begins in February.
- Note – File Financial Aid Forms by January 1st.
- Suggestion: Take time to thank all the coaches, mentors, and others that may have helped you along the process!