



FRESHMAN YEAR

- Make a list of colleges you would like to attend (10-20) and send them to your team coach
- Build and update your player profile
- Be involved school activities (student government, NHS, clubs, community service etc. as they look good on your resume)
- Focus on grades!
- Communicate with coaches about upcoming showcases for the year
- Start building a highlight video
- Meet with your team coach about your list of schools to classify the major schools of interest.
- Attend College Night for the AHFSH Fire Soccer Club
- Attend any combine in the area
- Attend College Showcase(s) - make sure to write at least 10 coaches for each showcase
- Go on unofficial visits to colleges as much as possible throughout the year
- Attend College ID camps during the winter/summer at schools of interest

SOPHOMORE YEAR

- Update your list of colleges of interest (list should contain at least 10-15 schools)
- Update your player profile of any new information (awards, GPA, PSAT scores etc)
- Focus on grades!
- Fill college questionnaires for prospective recruits
- Stay in communication with coaches about upcoming showcases for the year
- Sign up for the PSAT (add scores to your player profile)
- Register for the NCAA eligibility center at www.eligibilitycenter.org
- Attend College Night for the AHFSH Fire Soccer Club
- Attend any combine in the area
- Update your highlight tape
- Attend College Showcase(s) - make sure to write at least 10 coaches for each showcase
- Go on unofficial visits to colleges as much as possible throughout the year
- Attend College ID camps during the winter/summer at schools of interest

THINGS to KNOW

- Coaches are watching your development throughout high school at camps, in school and on the field
- Standouts are proactive, it's never too early for YOU to write a letter or make a call to coaches
- DI and DII coaches can't personally contact you until July 1st after your Junior year, but YOU can contact them



- DIII and NAIA coaches can contact you at anytime
- Important to do be familiar with the school both athletically and academically
- If you are considering NAIA program, register with NAIA Eligibility Center
- Contact coaches at least once a month starting your junior year
- Respond to EVERY coach, even if you are not interested in the school

Freshman and Sophomore Year

Recruiting Material: You may receive brochures for camps and questionnaires

Telephone Calls: You can make unlimited calls to the coach at your own expense, the coach cannot call you

Unofficial Visits: Unlimited

Official Visits: Not Allowed until your senior year

Off Campus Contact: Not allowed

Note: NCAA regulations permit coaches to **respond** to prospective student-athlete inquiries, BUT the coaches cannot **initiate** contact until **September 1st** of the player's Junior Year.

NCAA Rules

The NCAA rulebook is thicker than the yellow pages. Following some basic rules will keep you out of trouble. However, you do need to understand some specifics of person-to-person contact.

Telephone Calls

In all sports other than football and basketball, phone calls **from** coaches can take place on or after the following dates.

- *NCAA D1* – College coaches can place 1 call weekly starting July 1 after junior year.
- *NCAA D2* – College coaches can place 1 call per week starting June 15th after completion of your junior year.
- *NCAA D3* – Unlike D1 and D2, there are no restrictions as to when a D3 coach can call a prospect in high school. The NCAA feels that smaller D3 schools do not have the time, money, or resources to abuse this privilege, which will often be true.
- **NOTE:** In any grade, coaches may RECEIVE calls from students who are paying for the call at ANY TIME. However, if a message is left, the coach cannot return the call until the proper time.

Official Visits

Division 1 – You are allowed **5** official visits to different schools of your choice (provided the school has invited you). In order to go on an official visit, you need to provide the college your current transcript on an official school document and your PSAT/SAT/ACT score. Official visits are paid for by the school and include round-trip transportation, lodging, food, and tickets to a game for you and in some instances for your parents. Official visits cannot exceed **48** hours.



Division 2– The same rules apply for official visits for D2 schools. Regardless of the division classification of the schools you visit, you are allowed **5 total** official visits at the NCAA D1 and D2 level. As long as you only use five official visits, they can be broken up as you chose between D1 and D2 schools.

Division 3– You are allowed the same expense paid official visit to a D3 school as to a D1 or D2 school. While you can only make **1** per school, you can visit as many schools as you would like, as the limit of **5** does not apply for D3 schools. Many D3 schools cannot offer paid official visits due to the expense of bringing a student athlete to their campus.

Athletic Eligibility

The NCAA Clearinghouse processes ALL inquiries regarding an individual's initial eligibility status to play NCAA D1 and D2 athletics. If you have aspirations of playing college athletics you **MUST** register with the NCAA Clearinghouse by the end of your junior year. **NO EXCEPTIONS!**

The Quick Facts:

- NCAA D1 and D2 have standardized minimum academic requirements for S-A's entering college. If you want to play, you have to register and qualify according to the requirements. No one is exempt! (Except D3 bound S-A's, they do not have to register with the Clearinghouse)
- Register at the end of your **Junior Year** by going to www.ncaaclearinghouse.net and/or working with your HS guidance counselor to get all the necessary documentation.
- If you attended more than one HS, you need official transcripts from each school, mailed directly to the Clearinghouse. Don't mail them yourself.
- The Clearinghouse is in **NO** way part of the admissions process to a particular college.
- NCAA member institutions (schools recruiting you) will request your information from the clearinghouse, you will never send it to anyone yourself.
- You must submit a final transcript of your HS grades to the Clearinghouse when you graduate.

How Is Eligibility Calculated?

The NCAA Clearinghouse uses a sliding scale that compares your GPA and SAT/ACT scores. Unfortunately, most schools have far higher standards than what the NCAA Clearinghouse sets, so it's possible to be eligible according to the NCAA Clearinghouse, but not get accepted to many individual colleges. The NCAA Clearinghouse doesn't make admission decisions – only schools make admission decisions.



Core Course Requirements

In order to be eligible, you must also complete **16** core courses in high school, as follows:

- 4 years of English
- 3 years of math (Algebra I or higher)
- 2 years of natural/physical science (1 year of lab)
- 1 year of additional English, math or natural/physical science
- 2 years of social science
- 4 years of additional courses (from any are a above or foreign language, non-doctrinal religion/philosophy, computer science)

You must earn a combined SAT or ACT sum score that matches your core- course grade-point average and test score sliding scale (for example, a 2.400 core-course grade-point average needs an 860 SAT).

NOTE: D2 eligibility is slightly different, requiring 3 yrs of English and 2 yrs of additional English, math or natural/physical science as opposed to 4 and 1 listed for D1, as well as 3 years of additional courses. ** The NCAA Clearinghouse Web site has a list of all high schools and approved core courses at those schools. If you are in doubt about a particular class, research your school and classes online or ask your counselor.

Writing an E-mail to College Coaches

For elite athletes and those wanting to continue playing their sport in college, contacting the coach of your prospective school is usually the first step to securing a college scholarship. Writing an email to a college coach may seem intimidating at first, but with these helpful hints you'll be sure to make a good impression.

First, whether this is your first email or tenth email, it is always important to be professional when contacting the coach. Always address the email using the coach's last name. Taking the time to look up their name shows the coach that you are truly interested in the school and the program. Including the coach's name, as well as explaining why you are interested in the school and what attracts you to the program, will help keep the email engaging and personal.

Remember, coaches love to hear from student-athletes, but they're also extremely busy people. Keeping your email short and to the point will not only show the coach that you respect their time, but will also make it interesting and professional. Include



things like your current grade and grade point average, SAT/ACT scores, position, sport stats (goals scored, starts, etc.), team name, and what tournaments you will be attending in the future. A coach can easily verify these points so be sure not to exaggerate. Being completely honest and confident in your abilities will make the best impression.

In addition to your accomplishments and abilities, providing the phone numbers of your club and high school coaches or a website link to a scouting page will give the coach a better idea of how you play.

Lastly, don't be discouraged if you don't receive a response immediately. NCAA recruiting rules prohibit coaches from sending personalized emails to prospects until September 1st of your junior year (NAIA coaches are allowed to contact players at any time). Before then, coaches may only send you questionnaires and sports camp brochures. If you are eager to talk to a coach, but still in your freshman and sophomore year, remember that coaches are still able to take your phone calls.

Example Contact Email / Letter

Greeting Coach *Smith*,

I am very interested in pursuing the opportunity to play college soccer and to attend a school that satisfies my academic requirements and athletic capabilities. I am currently a *sophomore at ABC High School*. I will graduate in *May of 2015*.

Based on my research, I feel that *XYZ University* would be a great fit for me both athletically and academically. The attached profile outlines my academic standing as well as my soccer accomplishments. I believe that my ability as a soccer player would be an added benefit to your program and that I would be a valuable asset to your team.

My club team, *AHFSH Fire SCL '01 RED*, will be competing at the following events this season:

1. *Tournament/Showcase, Location, Date*
2. *Tournament/Showcase, Location, Date*
3. *Tournament/Showcase, Location, Date*

I will email you with the schedules for each event. Thank you for considering me as a potential student-athlete at XYZ University.



Sincerely,

Signature

Script to send to college coaches of interest

Coach (Coach's Name),

My name is (your name) and I'm a (classification) at (name of high school) in San Antonio, TX. I am interested in attending (name of college) because of your (brief reason for interest in academic program and soccer program EX: fine business management program as well as your soccer program). (Add other reasons of why you might be interested. EX: My sister, Jane Doe, is currently a junior there, so I have visited the school several times and have been able to see your team play three different times).

Currently, I play for the AHFSH Fire Soccer Club (name of team EX: '01 Girls RED SCL) team out of San Antonio, TX. My club coach's name is (club coach's name). His (or Her) email is: (club coach's email address) and he (or she) can be reached at: (club coach's phone number). Our team will be playing in the (Name of showcase) from (dates of the showcase) in (location of showcase), and will also be in (list any other current showcases that you will be attending that season). I will provide you with our game schedule once that information is available.

I have attached my soccer resume listing my GPA of a (enter your GPA) and my other academic and athletic accomplishments. My home phone number is: (enter home phone number) and my cell number is: (your cell phone number). My email is: (your email address)

I wish you best of luck in your (current or upcoming) season.

Sincerely,

(Your name)



(Make sure you attach your player profile to this email)

2) Follow up GAME SCHEDULE:

My name is (your name) and I'm a (classification) at (name of high school) in San Antonio, TX. As stated in my previous email, I have attached my game schedule and player profile for the (name of showcase tournament). Currently, I play (name primary and secondary positions that you play on the field) and I am number (your jersey number). (Enter any other information that you would like the coaches to know. EX: I am one of two goalkeepers on this team and I will be playing in the second half of each game). Thank you for your time and consideration.

Sincerely,

(Your name)

(Make sure you attach your player profile and game schedule with Date, Time, Location, and jersey color and jersey number to this email)

3) Follow up DURING the Showcase:

Coach (Coach's Name),

My name is (your name) and I play on the AHFSH Fire ___ team. My jersey number is _____. I wanted to send you a quick note and thank you for coming out to my game today. Our remaining game schedule for the showcase is provided below. Again, thank you very much for taking the time to come and watch myself and my team play. If you have any feedback about me personally that would be much appreciated. Thank you and I look forward to hearing from you soon.

Sincerely,

(Your name)

(Provide the remaining game schedule of the tournament)

4) Follow up AFTER the Showcase:

Coach (Coach's Name),

My name is (your name) and I play on the AHFSH Fire ___ team. I wanted to thank you for coming out to myself and my team play during the (name of showcase). I have provided a list of future tournament I will be attending this year if interested. Thank you and I look forward to hearing from you soon.

(provide the remaining tournament schedule for the year)

Sincerely,

(Your name)



FREQUENTLY ASKED RECRUITING QUESTIONS

Academic/Admissions

- What are your most popular majors?
- Are there any majors that are most popular with athletes?
- Will my specific major interfere with my athletic schedule?
- What are the admission requirements for an athlete?
- Is there anything I should work on to improve in order to be accepted to your school?
- Does your program have a full-time academic advisor?
- Are there team study halls?
- Do most of your players graduate in four years (graduation % rate in 4 years)?
- Can the application fee be waived for athletes?
- Should I apply online or what would you suggest?
- Do you recommend an admissions interview?

Athletic

- What are the key positions you're looking to fill in the 20XX incoming class?
- Have I been evaluated by your coaching staff? What's their feedback?
- How many players are you recruiting at my position?
- What type of player are you looking for at my position?
- What is your recruiting timeline? When would you like your recruiting done for the class of 2013?
- What is your coaching style/philosophy?
- What advantages are there for student-athletes, in comparison to the regular student body?
- How many or what percentage of athletes make your team as a walk-on?
- What type of off-season activities are expected?
- Am I allowed to participate in other sports?
- Do you intend to invite me for an official visit?



- What is the “day in the life” for a team member of your team during the season? During the off-season?
- What goals do you have for you team during the next 4-5 years?
- Are student-athletes allowed to be in a fraternity/sorority?

Scholarship

- How many scholarships do you still have available for my Class (of 20XX)?
- Are you considering me for a scholarship?
- What determines if a scholarship is renewed?
- What type of academic scholarships are available? What about other grants and aid?
- Do I have to apply before a scholarship can be offered?
- What happens if I’m injured?
- Will I be eligible to receive more money next year?

College Life

- Are your players close with each other outside of training and matches?
- Do teammates typically live together?
- What is housing like on campus?
- Do many student-athletes live on campus all four years?
- Is it realistic to work part time, study and play a sport?
- What are the biggest challenges for a student-athlete at your school?
- What type of orientation program is offered for incoming freshmen?

Questions a coach might ask a prospective student-athlete:

- How are you doing in school?
- What is your favorite subject? Least favorite subject?
- What about our school interests you?
- What are you looking for in a school?
- What other schools are recruiting you?
- Have you visited our campus?
- Do you plan to visit?



- What is your biggest strength as a player?
- What is your biggest weakness as a player?
- What do you want to major in?
- What is your upcoming schedule?