



Dublin United College Info Packet

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Dublin United Soccer League – College Info Packet

Introduction

Often times, players and families search for information on the recruitment process and college soccer with little help and guidance. Many important questions pop up, including, “When should I start looking at college? Who should I contact? How should I contact them? What tests do I need to take? What are the rules for NCAA Athletics? What is the NCAA Clearinghouse? How do I start the whole recruitment process?”

The most important information is to know that there are many different avenues to take with the recruitment process and every player and family’s path is different. All Programs handle their recruiting process differently, as well as their prospective student-athletes. The one common factor is that there is a lot of information each family needs to know before starting this eventful process.

Every player should first make a list of schools that they would enjoy attending. This includes area of the country, academic programs of interest, weather, traditions, values and cost. Other things to consider are if you like the Soccer Program’s style of play, whether you’ll play as a Freshman and if that matters to you. You have to be honest with yourself about where you might fit in academically and athletically and if you can see yourself being happy there, even if you don’t play soccer at that school. One of the most important things to remember is to work hard and keep your grades up, starting with your Freshman year in High School. GRADES MATTER!!!

It is also extremely important to know that there are only a small percent of players across the country playing soccer in College. Of those, an even smaller percent are earning Athletic Scholarships. Additionally, of those that do earn an Athletic Scholarship, a tiny fraction are full-rides (meaning tuition, room and board, and books are paid for fully by the University).

Every level of College Athletics (NCAA Division I, II, III, NAIA, Junior College) has different rules throughout the recruitment process, so be sure to get informed and ask lots of questions! So do your homework and remember that there are no stupid questions.

We hope that you find this information valuable and are able to help you with your questions and concerns in this sometimes confusing, but exciting process.



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The Myth vs. the Reality

The majority of students and parents believe talented high school athletes are actively recruited and offered "full-ride" sports scholarships by Division I college coaches. The reality is that only 2% of these athletes are "actively recruited" by leading college coaches, leaving the remaining 98% to "recruit themselves" through self-directed efforts.

In high school, students should have a clear and concise direction for selecting a college or university program that fits their needs and demonstrate their willingness to improve their technique and acumen to achieve results. Do you have a clear and concise direction for your collegiate future?

One of the more critical steps in the college selection process for student-athletes, their coach, and guidance counselor is the elimination process. Getting noticed by college and university coaches must start early and be maintained if a student-athlete is serious about applying their academic and athletic accomplishment to receive scholarships and be selected to play at the collegiate level.

If the student-athlete has not communicated their interest to a variety of programs, and has made little to no contact with college coaches and admission officers, they will need to work harder. By sizing up strengths and weaknesses, students will have a clear direction for improving their academic and athletic needs to compete at the collegiate level and be successful.

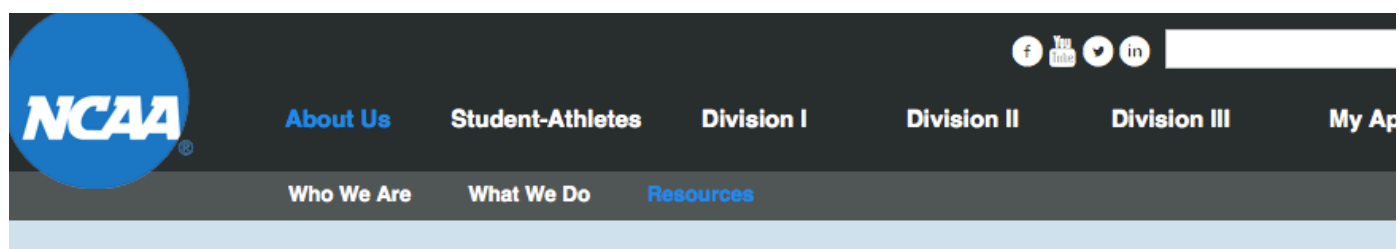
Common Myths

- Great players always get full-ride scholarships.
- If you're a good enough player, then your academics don't matter.
- Coaches and scouts will come and find you.
- College coaches care about your team's results at U-12.
- Being at the right club or high school team will guarantee that you get recruited.
- The only option to play college soccer and get a scholarship is at the big D1 schools.
- It's too late to find somewhere to play.
- College athletes don't have to go to class.
- D1 schools are the best level of play, followed by D2, then D3.
- You're not good enough to play college soccer.
- The college coach can get me admitted to the school.
- Paying money for club soccer is an investment that will be returned later by a scholarship.
- If a coach doesn't call or write me back then he/she isn't interested.



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From the NCAA website...



Home » About » Resources » Research

Probability Of Competing Beyond High School

Student Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student Athletes	538,676	433,120	1,086,627	474,791	35,198	410,982
High School Senior Student Athletes	153,907	123,749	310,465	135,655	10,057	117,423
NCAA Student Athletes	17,984	16,186	70,147	32,450	3,964	23,365
NCAA Freshman Roster Positions	5,138	4,625	20,042	9,271	1,133	6,676
NCAA Senior Student Athletes	3,996	3,597	15,588	7,211	881	5,192
NCAA Student Athletes Drafted	46	32	254	678	7	101
Percent High School to NCAA	3.3%	3.7%	6.5%	6.8%	11.3%	5.7%
Percent NCAA to Professional	1.2%	0.9%	1.6%	9.4%	0.8%	1.9%
Percent High School to Professional	0.03%	0.03%	0.08%	0.50%	0.07%	0.09%

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

[Probability of Going Pro Figures and Methodology 2013](#)

Last Updated: September 2013



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College Prep Timeline

Freshman Year

- Start planning now! Begin initial search of schools through research.
- Establish a large list of appropriate schools (approximately 30 schools matching soccer ability, academic profile, geographic location, size of school and cost).
- Visit colleges of interest during school & club breaks (i.e. Spring Break, Summer Vacation)
- Attend any college camps of interest to get a feel for the campus and coaching staff.
- Take courses that match your school's list of approved core classes.
- Aim for A's and B's in all classes.
- Develop good study skills and habits.
- Join clubs, play sports and volunteer.
- Parents–get involved in the process!

Sophomore Year

- Take Geometry or Algebra II and college prep English. Explore AP opportunities.
- Sign up for and take PSAT/PACT
- Aim for A's and B's in all classes.
- Develop good study skills and habits.
- Expand your interests: enrichment programs, camps at college campuses.
- Visit college campuses, take tours, talk to students, research websites.
- Start thinking about potential majors to study.
- Research financial aid, scholarships, and educational requirements.
- Setup meeting with a college counselor at school
- Create a formal cover letter
 - Introduce self with an explanation of who you are, where you are training and at what events you can be seen (include position and number)
 - Let the coach know how you can be an asset to his/her team
 - Be sure to personalize each letter to the specific college and coach
- Create a formal resume
 - Include only recent information (i.e. 9th-12th grades)
 - Start off with all of your personal information (i.e. name, Club address, home address, all phone numbers, email addresses, height, weight, date of birth, year of graduation)
 - Have a section for your academic profile. Provide high school name, address, telephone number, graduation date, GPA, class rank, SAT (PSAT) /ACT (PACT) scores, and list any academic honors and awards
 - Include a section for your soccer profile with Club and other information. Be sure to add position played, any personal statistics and honors, and team accomplishments
 - Include coaching references with phone numbers & e-mails
- Adapt your college list through visitations and further research
- Summer Break is an optimal time to attend camps and visit schools of interest



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Junior Year

- Check with college counselor about college preparatory classes and academic plan.
- Aim for A's and B's in all classes – most important in Junior and Senior years.
- Register in October for PSAT and take PSAT. Take AP exams if taking AP classes.
- Develop more selective college contact list – begin writing to colleges & coaches.
- Market yourself repeatedly through emails, mailings and phone calls
- Explore opportunities for college/high school joint enrollment credit.
- Attend college information programs – College Nights/College Fairs.
- Take SAT/ACT (and TOEFL for students with English as a second language)
- Visit college campuses of different types and sizes.
- Review admission applications questions & concerns with counselors.
- Recreate a new cover letter
 - Introduce self with an explanation of who you are, where you are training and at what events you can be seen (include position and number)
 - Let the coach know how you can be an asset to his/her team
 - Be sure to personalize each letter to the specific college and coach
- Update your formal resume
 - Include only recent information (i.e. 9th-12th grades)
 - See example included below with what info to include
- Summer Break is an optimal time to attend camps and visit schools of interest
- You can begin to receive calls from college coaches on July 1 of your junior to senior summer

Senior Year – September - October

- Update resume and cover letter
- Keep in constant contact with all colleges through email & phone (update them to any changes). Follow up with a phone call to confirm receipt, to discuss their current collegiate season, and to ask any questions regarding the school and/or soccer program
- Take/Re-Take SAT/ACT (and TOEFL for students with English as a second language)
- Set up official or unofficial visits to your top choice schools.
- Sign up for NCAA Clearinghouse Eligibility
- Narrow your college list through correspondence with the coaches and/or visits.
- Take advanced courses for college admission.
- Review classes schedules with college counselor.
- Aim for A's and B's in all classes – most important in Junior and Senior years.
- Request referrals from teachers and coaches.
- Begin application process in October.
- Research scholarship opportunities.

Senior Year – November - December

- Send updated materials along with tournament schedules to any schools of interest via email
- Follow up with phone calls to confirm receipt of current information and discuss the possibility of playing for them next season.
- Focus on training for optimal performance at competitions.
- Set up more official and unofficial visits to your top choice schools.



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Senior Year – January - February

- Stay in continual contact with college coaches via written or verbal communications
- Set up final official or unofficial visits to your top choice schools.
- Complete and file FAFSA
- National Letter of Intent (NLI) can be signed for scholarship athletes
- Apply for financial aid Cal Grant

Senior Year – March - April

- Finalize college decision
- Notify colleges applied not attending.

How do I get connected to a college coach?

There are multiple avenues to getting connected to college coaches. Avoid depending solely on any one of these, as different coaches may have different preferences of how they recruit, or limitations on their ability to see you in different things. These are some of the most common.

Method	Cost to You	College Coach Priority	Effectiveness
College Showcases	High	Medium to High	Medium (it's a crowded scene)
College ID Camps	Medium to High	Very High	Very High (college coach gets to directly work with you)
Club League Matches	Low to Medium	Medium to High	Medium to High (depends on level of competition & college coach schedules)
High School Games	Very Low	Low	Low to Medium (recruiting done primarily from club, but some coaches look here too)
Player Selection Programs (ODP, PDP)	Medium	High	High (builds your "player resume")
Other College Coach Reference	None	Very High	Very High (it's a small community of college coaches)
Club DOC Reference	None	High	High (established relationships between DOC's & coaches)
Club Coach Reference	None	Medium	Medium to High (depends on the club coach)
High School Coach Reference	None	Low	Low to Medium (depends on the high school coach)
Written Recruiting Materials	None	High	High (opens the door for them, shows your professionalism)
Recruiting Video	None to High	Medium to High	Medium to High (depends on the quality of video and individual coach preferences)



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Collegiate levels of play

Level of Play	General Characteristics & schools in Northern CA
NCAA D1	<ul style="list-style-type: none"> • Athletic scholarships available. • Large amount of travel out of state for competition. • UC Berkeley, Stanford University, San Jose State, University of San Francisco, Santa Clara University, Saint Mary's College, UC Davis, University of the Pacific, Sacramento State, Fresno State
NCAA D2	<ul style="list-style-type: none"> • Athletic scholarships available. • Medium amount of travel for competition, generally within CA. • Cal State East Bay, Cal State Monterey Bay, Cal State Stanislaus, Chico State, Humboldt State, San Francisco State, Sonoma State, Academy of Art, Dominican University, Notre Dame de Namur
NCAA D3	<ul style="list-style-type: none"> • No athletic scholarships available. • Small amount of travel, generally within CA. • UC Santa Cruz, Mills College
NAIA	<ul style="list-style-type: none"> • Depends on school for scholarship money available or not. • Medium amount of travel for competition, generally within CA. • Menlo College, William Jessup University, Simpson College, Fresno Pacific, UC Merced, Pacific Union, Cal Maritime
Junior College (JC)	<ul style="list-style-type: none"> • No athletic scholarships available. • Small amount of travel, generally within local region. • Large number of JC schools in Northern California. Follow this link for a complete list - www.ccsoccernews.com/School+Directory/

How to pick your school? 4 Keys to consider.

Academic	Athletic	Social	Financial
<ul style="list-style-type: none"> • Programs offered • Class sizes • Academic quality 	<ul style="list-style-type: none"> • Competition level & your level • Coaching • Commitment level 	<ul style="list-style-type: none"> • Size of campus/ school • Distance from home • School environment 	<ul style="list-style-type: none"> • Scholarships & guarantees • Tuition, room/board, additional costs • Real costs



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Recruiting Rules	NCAA Division 1			NCAA Division 2	NCAA Division 3	NAIA
	Soph. Year	Junior Year	Senior Year			
Recruiting materials	You may receive brochures for camps and questionnaires	You may begin receiving recruiting materials Sep 1 of Junior year	All recruiting materials are allowed.	A coach may begin sending you printed recruiting materials Sep 1 of your junior year in high school.	You may receive printed materials any time.	All recruiting materials are allowed.
Telephone Calls	You may make calls to coaches at your expense. College coach cannot call you.	You may make calls to coaches at your own expense. College coach may call you once per week starting July 1 after your junior year.	You may make calls to coaches at your expense. College coach may call you once per week beginning July 1.	A college coach may call you once per week beginning June 15 between your junior and senior year. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.	No restrictions.
Off-campus contact	No off-campus contact allowed.	Off-campus contact is allowed starting July 1 after your junior year.	Off-campus contact is allowed.	A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 after your junior year. A college coach is limited to three in-person contacts off campus.	A college coach may begin to have contact with you and your parents/legal guardians off the college's campus after your junior year.	No restrictions.
Official visit	No official visits allowed.	No official visits are allowed.	Official visits are allowed beginning opening day of classes your senior year. You are limited to one official visit per college up to a max of 5 official visits to D1 and D2 colleges.	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a max of 5 official visits to D1 and D2 colleges.	You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college.	No restrictions.
Unofficial visit	Unlimited.	Unlimited.	Unlimited.	Unlimited.	Unlimited.	Unlimited.



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Academic Eligibility

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Divisions I and II Initial-Eligibility Requirements

Core Courses

- **NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.
 - *Beginning August 1, 2015, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2015**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive athletics aid and practice on or after August 1, 2015, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for competition on or after August 1, 2015, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 14 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 16 Core Courses (2013 and After)

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).



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Sliding Scale B			
<i>Use for Division I beginning August 1, 2015</i>			
NCAA DIVISION I SLIDING SCALE			
GPA for Aid and Practice	GPA for Competition	SAT	ACT Sum
3.550	4.000	400	37
3.525	3.975	410	38
3.500	3.950	420	39
3.475	3.925	430	40
3.450	3.900	440	41
3.425	3.875	450	41
3.400	3.850	460	42
3.375	3.825	470	42
3.350	3.800	480	43
3.325	3.775	490	44
3.300	3.750	500	44
3.275	3.725	510	45
3.250	3.700	520	46
3.225	3.675	530	46
3.200	3.650	540	47
3.175	3.625	550	47
3.150	3.600	560	48
3.125	3.575	570	49
3.100	3.550	580	49
3.075	3.525	590	50
3.050	3.500	600	50
3.025	3.475	610	51
3.000	3.450	620	52
2.975	3.425	630	52
2.950	3.400	640	53
2.925	3.375	650	53
2.900	3.350	660	54
2.875	3.325	670	55
2.850	3.300	680	56
2.825	3.275	690	56
2.800	3.250	700	57
2.775	3.225	710	58
2.750	3.200	720	59
2.725	3.175	730	60
2.700	3.150	740	61
2.675	3.125	750	61
2.650	3.100	760	62
2.625	3.075	770	63
2.600	3.050	780	64
2.575	3.025	790	65
2.550	3.000	800	66
2.525	2.975	810	67
2.500	2.950	820	68
2.475	2.925	830	69
2.450	2.900	840	70
2.425	2.875	850	70
2.400	2.850	860	71
2.375	2.825	870	72
2.350	2.800	880	73
2.325	2.775	890	74
2.300	2.750	900	75
2.275	2.725	910	76
2.250	2.700	920	77
2.225	2.675	930	78
2.200	2.650	940	79
2.175	2.625	950	80
2.150	2.600	960	81
2.125	2.575	970	82
2.100	2.550	980	83
2.075	2.525	990	84
2.050	2.500	1000	85
2.025	2.475	1010	86
2.000	2.450	1020	86
	2.425	1030	87
	2.400	1040	88
	2.375	1050	89
	2.350	1060	90
	2.325	1070	91
	2.300	1080	93



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Requirement	NCAA D1	NCAA D2	NCAA D3	NAIA	NJCAA
Core Courses	16 4xEng 3xMath 2xSci 1x Eng, Math or Sci 2xSocSci 4xExtra	16 3xEng 2xMath 2xSci 3x Eng, Math or Sci 2xSocSci 4xExtra	By school	By school	HS graduate
GPA	Min. 2.3	Min. 2.0	By school	Min. 2.0	None
SAT	Sliding Scale	820	By school	860	None
ACT	Sliding Scale	68 (sum)	By school	18	None
Clearinghouse	www.eligibilitycenter.org		None	www.playnaia.org	None

Student Athlete – Clearinghouse

- All students who plan on being intercollegiate student-athletes in Division I and II must be certified by the NCAA Initial-Eligibility Clearinghouse at www.ncaaclearinghouse.net
- NAIA clearinghouse at www.playnaia.org
- Upon Registration, the Clearinghouse determines each student’s eligibility for practice and competition, as well as eligibility to receive athletic scholarships that have been offered by a college coach.
- Clearinghouse only determines whether you meet NCAA or NAIA requirements, it does not guarantee your admission to any school.
- Transcripts will be sent by your high school directly to Clearinghouse
- Register after your junior year



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NAIA Eligibility Requirements – Incoming Freshmen and JC Transfers

An NAIA Student:

- May compete during four seasons.
- May compete during first 10 semesters (15 quarters).
- Must be enrolled in a minimum of 12 credit hours.
- Must meet freshman and/or continuing eligibility rules.

Freshman Eligibility (must meet 2 of the following 3 criteria)

- 18 on ACT or 860 on SAT (Critical Reading and Math only).
- 2.0 overall high school GPA.
- Top 50% of high school graduating class.

Transfer Students

- Must “sit out” 16 weeks (112 calendar days) unless...
- Only attended a 2-year college previously.
- Or never competed at previous four-year institution.
- Or 2.0 GPA and written “release” from previous four-year institution.

Continuing Eligibility

2nd Term Freshman – 9 hours earned during previous term

24/36 Rule:

Semesters – 24 hours earned during previous two semesters

Quarters – 36 hours earned during previous three quarters

Progress Towards Degree

To play during...

2nd Season – must have earned 24 semester or 36 quarter hours total

3rd Season – must have earned 48 semester or 72 quarter hours total

4th Season – must have earned 72 semester or 108 quarter hours total

And must have earned at least 48/72 hours in general education and/or student’s major.

GPA

Juniors and Seniors (academically or athletically) – 2.0 Cumulative GPA

Participating in one game = One season of eligibility



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Sample Cover Letter

Name:
Address: City, State Zip
Home Phone Number:
Cell Phone Number:
E-mail Address:
Date:

Coach:
Name of College:
Address: City, State, and Zip:

Dear (Coach's Name):
Based on my research in preparation for choosing a college, (name of college) has both an excellent reputation, and the types of academic and athletic programs I hope to pursue after graduation from high school.

The enclosed resume details my academic standing and Soccer experience. I am currently a junior, with a GPA of ___ on a 4.0 scale, and taking college preparatory classes with an emphasis on (list core courses). The strength and variety of courses offered at (name of college) provide several degree plans of interest to me, although I have not yet decided on a specific major area of study.

More specifically, your Soccer program is of primary interest to me. I believe my skills and abilities would fit well into your program, and enable me to contribute to the success of the (team name) while continuing to develop my Soccer talents under your style of play.

I would like to pursue all available means for financial aid, and I believe my academic standing should qualify me for scholarship assistance.

Thank you for any consideration you can give me as a future (team name). Please send me information on your program, and any suggestions you may have on how best to prepare for attendance at (name of school) in the fall of (your graduation year).

Sincerely,
(Your Name)



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Sample Player Profile



Kaitlynn _____ #15

PERSONAL INFORMATION

Name: Kaitlynn -----	Email: -----@yahoo.com
Address: 12337 SW Anton Dr.	City, State, Zip: Tigard, OR 97223
Weight: 115 lbs	Height: 5' 5"
Phone: (503) 555-5555	DOB: 8/22/94
	Parents: Laurel and Shane -----

ACADEMIC

School: Southridge High School (6A)	City, State: Beaverton, OR	Phone: 503.259.5400
GPA: 3.909	A.P. Courses: U.S. History	Honor Roll: 2008-Present
Graduation: Spring 2012	I.B. Courses: English and History	

CLUB SOCCER

Club: FC Portland Academy	Team: FC Portland Navy '93	League: U17
Coach: Steve Ancheta and John Wallace	Email: cheetahere@aol.com ; jdgwallace@gmail.com	
Position: Defense	Jersey: #15	
Major Tournaments:		
• Manchester United Cup	Portland, Or	May 2009
• Oregon State Cup Finalists	Beaverton, Or	May 2009
• Oregon State Cup Semifinalist	Beaverton, Or	May 2010
• Final Four Tournament	College Station, TX	December 2009
• US Club Regionals	Seattle, Wa	June 2010
• Pleasanton Rage College Showcase	Pleasanton, CA	July 2010

HIGH SCHOOL SOCCER

Team: Southridge High School Women's Varsity	Years: 2008-Present
Coach: Jeffrey Lim	Email: southridgesoccer@gmail.com
Position: Defense/Midfield	Phone: 503-310-2381
Jersey: #14	
Personal Achievements:	
• Starting varsity since freshman year (2008-Present).	
• Most Improved player of the year award Freshman year (2008).	
• Junior year (2010) selected to represent Varsity Women's Soccer at Nike Leadership Academy at Nike World Campus	
• 1 st Team All-Metro November 2010	
• Best Defender player of the award Junior year (2010)	
Team Achievements: Play offs 2008, State Quarter-Finalists 2009, Play offs 2010	

OTHER SPORTS

Team: Southridge High School Track and Field Varsity	Years: 2009-2010
Coaches: Terry and Bruce Rife	Email: headcoach@southridgetrack.org
Events and Achievements:	
• 100 meter dash	31 st in State (PR 12.87)
• 200 meter dash	29 th in State (PR 26.50)
• 4 x 100 meter relay	Second in State (6A) 2009-2010
• 4 x 400 meter relay	Second in state (6A) 2009-2010 (PR split 59.70)



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Sample Team Profile



Coach Matt Scammacca
C: 916-600-2036
E: mscamaca@aol.com

Placer United Prestige '92 U-17
Girls Division 1 Premier
LOOMIS, CALIFORNIA
Cal North District 6 - US Youth Soccer Region IV (Far West)



Coach – Nathan Williams
C: 916 765 7332
E: placeruniteddoc@comcast.net

 Emily #40 Midfielder DOB: 06/04/93 GPA: 3.5 SAT: n/a Grad. Year: 2011 ODP: District 6 ODP Team High School: Woodcreek H.S. Roseville, CA Home: 1863 Avenida Martina Roseville, CA 95747 P: 916 773 [redacted] E: [redacted]@yahoo.com	 Stephanie #7 Defender DOB: 03/17/92 GPA: 3.44 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Nevada Union H.S. Grass Valley CA Home: 15337 Lakewood Lane Grass Valley, CA 95945 P: 530 477 [redacted] E: [redacted]@theunion.net
 Keslie #00 Goal Keeper DOB: 06/30/92 GPA: 3.63 SAT: 168 Grad. Year: 2010 ODP: 2006,2008 Cal North State Team,06 Reg IV Camp Team High School: Granite Bay H.S. Granite Bay, CA Home: 9878 Elm Hurst Dr. Granite Bay, CA 95746 P: 916 705 [redacted] E: [redacted]@surewest.net	 Anne #29 Defender DOB: 04/29/92 GPA: 3.87 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Nevada Union H.S. Grass Valley CA Home: PO Box 862 Rough & Ready, CA 95975 P: 530 432 [redacted] E: [redacted]@hotmail.com
 Morgan #16 Forward & Midfielder DOB: 02/25/92 GPA: 4.2 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: El Camino H.S. Sacramento, CA Home: 109 Withington Ave Rio Linda, CA 95763 P: 916 992 [redacted] E: [redacted]@sbcglobel.net	 Brianna #99 Goal Keeper DOB: 08/27/92 GPA: 3.9 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Del Oro H.S. Loomis, CA Home: 10600 Pear Tree Ct. Auburn, CA 95603 P: 530 823 [redacted] E: [redacted]@ncbb.net
 Kelli #18 Defender DOB: 02/19/92 GPA: SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Colfax H.S. Colfax, CA Home: 16877 Golden Ridge Rd Applegate, CA 95703 P: 530 878 [redacted] E: [redacted]@sbcglobel.net	 Madison #1 Midfielder DOB: 01/24/92 GPA: 3.5 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Oakmont, H.S. Roseville, CA Home: 4217 Winje Dr. Antelope, CA 95843 P: 916 725 [redacted] E: [redacted]@surewest.net
 Caresse #2 Defender DOB: 5/2/92 GPA: 4.0 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Granite Bay H.S. Granite Bay, CA Home: 6871 Boardwalk Dr. Granite Bay, CA 95746 P: 916 797 [redacted] E: [redacted]@hotmail.com	 Chelsea #15 Midfielder DOB: 05/07/92 GPA: 3.3 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Union Mine H.S. El Dorado Hills, CA Home: 1432 Baybridge Lane El Dorado Hills, CA 95762 P: 916 933 [redacted] E: [redacted]@yahoo.com
 Kayla #13 Defender DOB: 10/13/91 GPA: 3.75 SAT: n/a Grad. Year: 2009 ODP: District 6 ODP Team High School: Del Oro H.S. Loomis, CA Home: 1280 Honker Pond Ct Penryn, CA 95663 P: 916 663 [redacted] E: [redacted]@yahoo.com	 Nicole #5 Defender DOB: 08/07/91 GPA: 3.5 SAT: 06/07/08 Grad. Year: 2009 ODP: District 6 ODP Team High School: Del Campo HS Fair Oaks, CA Home: 6209 Rutland Dr. Carmichael, CA 95608 P: 916 863 [redacted] E: [redacted]@comcast.net
 Josie #11 Forward DOB: 08/29/91 GPA: 3.43 SAT: n/a Grad. Year: 2009 ODP: District 6 ODP Team High School: Colfax H.S. Colfax, CA Home: 790 Crother Rd Meadow Vista, CA 95722 P: 530 878 [redacted] E: [redacted]@yahoo.com	 Teagan #10 Midfielder DOB: 12/30/91 GPA: SAT: n/a Grad. Year: 2009 ODP: District 6 ODP Team High School: Del Oro H.S. Loomis, CA Home: 3068 Vista Court Meadow Vista, CA 95722 P: 530 305 [redacted] E: [redacted]@sbcglobel.net
 Monique #28 Forward DOB: 10/28/91 GPA: SAT: n/a Grad. Year: 2009 ODP: District 6 ODP Team High School: Adelante H.S. Roseville, CA Home: 2801 Alexandra Dr. #1011 Roseville, CA 95661 P: 916 474 [redacted] E: [redacted]@comcast.net	 Chani #17 Midfielder DOB: 05/01/92 GPA: 3.94 SAT: n/a Grad. Year: 2010 ODP: District 6 ODP Team High School: Del Oro H.S. Loomis, CA Home: 8628 Castle Creek Roseville, CA 95661 P: 916 773 [redacted] E: [redacted]@aol.com

Manager: Linda Garcia
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Dublin United Soccer League – College Info Packet

Useful Websites

College Athletics

www.ncaa.org (Home site of the NCAA)

www.ncaaclearinghouse.net (NCAA information on eligibility and online application)

www.naia.org (NAIA athletics)

www.playnaia.org (NAIA clearinghouse)

www.ccsoccernews.com/School+Directory/ (Junior College athletics)

www.fcpride.org/docs/memberarea/collegenight/Recruiting%20Regulations.pdf (Recruiting Regulations & Terminology)

Standardized Testing and Test Prep

www.collegeboard.com (College Board search tool—SAT)

www.actstudent.org (ACT)

www.testprepreview.com (Free test prep)

<http://number2.com> (Free test prep)

www.lightlink.com/bobp/wedt/sat.htm The Wordsmyth SAT Dictionary (free)

www.powerprep.com College Power Prep (free and fee based test prep service) Information about fee based test prep programs is available in the college center.

College Applications and Information

www.universityofcalifornia.edu/apply (University of California)

www.csumentor.edu & www.calstate.edu (California State University)

www.commonapp.org (Common Application for Private Colleges)

www.aiccumentor.org (Association of Independent California Colleges and Universities)

www.cccco.edu (California Community Colleges)

www.assist.org (California Community College Transfer Agreements)

Scholarships & Financial Aid

www.fafsa.ed.gov (FAFSA online)

www.finaid.org (General Financial Aid Information)

www.finaid.org/finaid/calculators/estimate.html (EFC calculator)

www.csac.ca.gov (California Student Aid Commission)

www.fastweb.com (Scholarship search)

www.scholarships.com (Scholarship search)