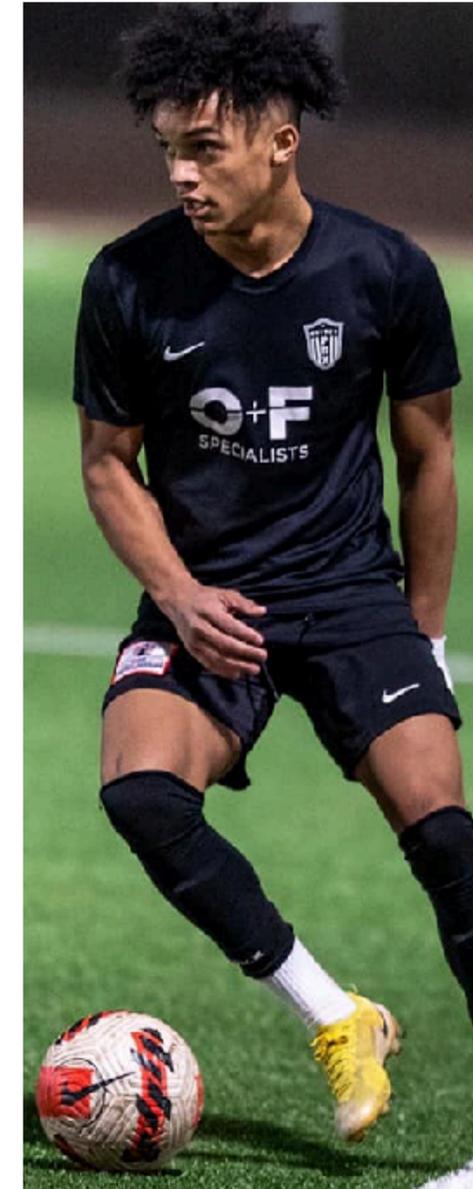


United PDX College Advisory Program (CAP)



Recruiting Information for our College Bound Players and Families

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 who 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.

Introduction (cont'd)

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 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).



Introduction (cont'd)

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 know that there are no bad questions.

As you go through the following information, please follow along with the following NCAA Publication which can be found at: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf .

This publication is from the 2021-2022 academic year and goes right along with what you will read in our document. The process of your High School Student-Athlete trying to find a college requires the parent and student to be well informed and the NCAA Guide along with this document needs to be read.

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

WE ARE UNITED!!!

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.

The Myth vs. The Reality (cont'd)

Common myths & misconceptions

- 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 U12
- 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.



College Prep Timeline: Freshman

- 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 and club breaks (ie: Spring Break, Summer Vacation)
- Attend 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.
- Prepare to look into AP and college prep courses for Sophomore year.
- Aim for A's and B's in all of your classes.
- Develop good study skills and habits.
- Join clubs, play sports and volunteer.
- Parents-get involved in the process!



College Prep Timeline: Sophomore

- 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 and 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**

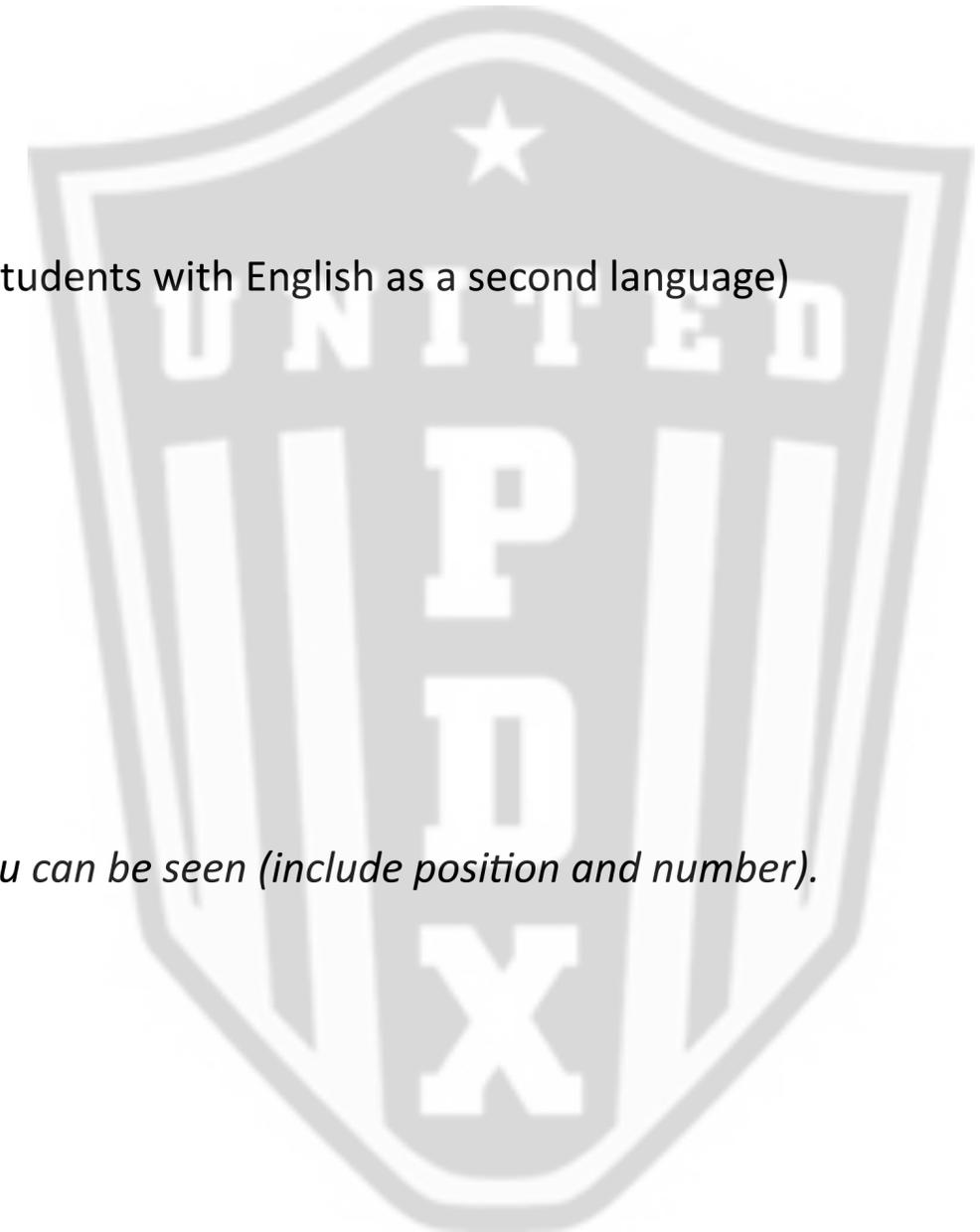
- *Introduce self with an explanation of who you are, where you are training and at what events you can be seen (include position and number)*
- *Let the coach know how you can be an asset to his/her team.*
- *Be sure to personalize each letter to the specific college coach.*

- **Create a formal resume**

- *Include only recent information (ie: 9th -12th grades)*
- *Start off with all of your personal information (ie: name, Club location, home address, all phone numbers, email addresses, heights, 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.*

College Prep Timeline: Junior

- Check with college counselor about college preparatory classes and academic plan.
- Register with the NCAA Eligibility Center/NAIA Eligibility Center
- Aim for A's and B's in all classes – most important in Junior and Senior Years
- Register in August for SAT/ACT and take SAT/ ACT. Take AP Exams if taking AP Classes (and TOEFEL for students with English as a second language)
- Develop more selective college contact list – begin writing to colleges and 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.
- Visit college campuses of different types and sizes.
- Review admission applications questions and 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.*
- 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 the Summer before your Senior Year.



College Prep Timeline: Senior

September-October

- Update resume and cover letter
- Keep in constant contact with all colleges through email and 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 TOEFEL)
- Set up official or unofficial visits to your top choice schools.
- Narrow your college list through correspondence with the coaches and/or visits
- Take advanced courses for college admissions.
- Review classes schedules with college counselor.
- Aim for A's and B's in all of your courses.
- 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 performances at competitions.
- Set up more official/unofficial visits to your top choice schools.

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

Senior Year – March-April

- Finalize college decision.
- Notify colleges applied not attending.

How do I get connected with 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	Low to Medium (depends on level of competition & college coach schedules/logistics)
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)

Method	Cost to you	College Coach Priority	Effectiveness
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)

Collegiate Levels of Play



Level of Play	General Characteristics and Sample of Schools in the West Region
NCAA D1	<ul style="list-style-type: none"> • Athletic Scholarships available (Fully funded = 9.9) • Large amount of travel out of state for competition • Gonzaga, San Francisco, Pacific, St Mary's, Santa Clara, San Diego, Loyola Marymount, Stanford, California, UCLA, Oregon St, San Diego St, UVU, Denver University, Air Force Academy, UNLV, Grand Canyon University, University of New Mexico, University of Portland, University of Washington, Seattle University
NCAA D2	<ul style="list-style-type: none"> • Athletic Scholarships available. (Fully Funded = 9.0) • Medium amount of travel for competition • Cal St Dominguez Hills, Cal Poly Pomona, Chico St, Cal St LA, Cal St San Bernardino, Stanislaus St, Cal St Monterey Bay, Cal St San Marcos, Concordia University, Sonoma St, Notre Dame De Namur, Humboldt St, Cal St East Bay, Holy Names, San Francisco St, Western Washington, Seattle Pacific, Point Loma Nazarene, Biola, Fresno Pacific, Azusa Pacific, Hawaii Pacific, Academy of Art, Chaminade, Dominican, Hawaii-Hilo, Montana St Billings, Saint Martins, Dixie State University, Westminster College (Beginning 2016), Colorado Mesa University, University of Colorado-Colorado Springs, Colorado School of Mines, Metropolitan State College of Denver, Colorado State University- Pueblo, Fort Lewis College, Montana State University- Billings, Northwest Nazarene University
NCAA D3	<ul style="list-style-type: none"> • No athletic scholarships available • Medium amount of travel • Colorado College, University of Redlands, University of LaVerne, Claremont-Mudd-Scripts, Linfield College, George Fox University, Occidental, Whitworth, Whitman, Warner Pacific, La Verne, Willamette, Pacific Lutheran, Pacific, Puget Sound, Pomona Pitzer, Cal Lutheran, Whittier, Chapman, UC Santa Cruz
NAIA	<ul style="list-style-type: none"> • Athletic Scholarships available (Fully funded = 12) • Medium amount of travel • Carroll College, University of Great Falls, Johnson and Wales, Evergreen State, Southern Oregon University,
NJCAA (Junior College)	<ul style="list-style-type: none"> • Athletic Scholarships available (Fully Funded = 18) • Medium amount of travel • Utah State University- Eastern, Northwest College, Otero Junior College, Trinidad State Junior College, Clark College, Iowa Western Community College

How to pick your school? 4 Things 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 and your level● Coaching● Commitment Level● Number of out-of-state players on roster	<ul style="list-style-type: none">● Size of campus/school● Distance from home● School environment	<ul style="list-style-type: none">● Scholarships and guarantees● Tuition, room/board, additional costs/real cost



College Soccer Programs in the United States:

<http://scholarshipstats.com/soccer.html>

The above link has a list of every men's and women's college soccer program in the United States. The chart is sorted by each state so it is simple to scroll through. For each program, it also lists the level of play (NCAA DI, DII, DIII, NAIA, NJCAA), roster size, average athletic scholarship per player between all sports the school offers, annual tuition and fees for in-state and out-of-state, room and board costs, average amount of financial aid assistance, average SAT Math scores for admittance and the percentage rate of admittance out of all that apply. The information is from the 2020 year. This website is a very useful resource when players are trying to build their list of schools they are interested in.

Recruiting Rules

Division 1 NCAA soccer recruiting rules

These rules break down when athletes can receive specific forms of communication from coaches based on their year in high school:

- **June 15 after sophomore year:** Coaches can start extending verbal offers and sending athletes all forms of private electronic correspondence, including text messages, instant messages, direct messages and emails, as well as all recruiting materials. Coaches can start calling athletes at this point. Coaches can also start conducting off-campus contact with athletes at their home or school. Additionally, coaches can begin initiating communication with athletes during camps and clinics.
- **August 1 before junior year:** Athletes may begin taking official or unofficial campus visits. Athletic departments can also start participating in recruits' unofficial visits, helping to schedule activities or meetings with coaches.

Division 2 NCAA soccer recruiting rules

The NCAA men's soccer recruiting rules for Division 2 schools are slightly more relaxed than those for Division 1, with most contact starting in the summer of the athlete's junior year:

- **Any time:** Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications.
- **June 15 after sophomore year:** Coaches may begin calling athletes, as well as send emails, texts and messages. They can also conduct off-campus communications with athletes and/or their parents. At this time, athletes may start taking official visits.

Division 3 NCAA soccer recruiting rules

D3 men's soccer colleges have the most relaxed recruiting rules among NCAA division levels:

- **Recruiting materials:** Athletes can receive recruiting materials at any time.
- **Telephone calls:** There is no limit on when college coaches can call athletes.
- **Off-campus contact:** After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- **Official visits:** Athletes can begin taking official visits after January 1 of their junior year.

NAIA/Junior College soccer recruiting rules

The NAIA has fewer recruiting rules than the NCAA. NAIA coaches can contact student-athletes anytime during high school. NAIA recruiting tends to start a little later than NCAA D1 recruiting and closer to the D2 recruiting period, as NAIA coaches wait to see which athletes just missed the cut to compete at a D1 school. They also spend more time making sure that their school is the right fit for athletes socially and academically, as well as athletically. The Junior College level also has very few recruiting rules and generally will only start pursuing players in their senior year.

Are there Tryouts?

Levels that Allow you to tryout/train with the team:

NCAA Division II

NAIA

Junior College

Levels that DO NOT allow you to tryout/train with the team

NCAA Division I

NCAA Division III

Pro Tip

If you are invited to train with the team (DII, NAIA, JUCO) do everything you can to make this happen. This is one of the most valuable tools available to evaluate and often this piece is the deciding factor of offering a scholarship or roster spot.

If you are offered a chance to play “pickup” with the team while you are there, DO IT. Often, the players will report back to the coach about how you did with them.



Collegiate Eligibility: NCAA I & II

NCAA Division I:

You must graduate high school and meet **ALL** the following requirements:

- Complete 16 core courses:
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
- Earn at least a 2.3 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

NCAA Division II:

You must graduate high school and meet **ALL** the following requirements:

- Complete 16 core courses:
 - Three years of English.
 - Two years of math (Algebra 1 or higher).
 - Two years of natural or physical science (including one year of lab science if your high school offers it).
 - Three additional years of English, math or natural or physical science
 - Two years of social science
 - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a 2.2 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division II sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.



Collegiate Eligibility: NCAA III & NAIA

NCAA Division III:

- Division 3 schools are responsible for setting their own academic eligibility rules. You must be admitted as a full time student at your D3 institution, and register on the NCAA Clearinghouse just as you would for D1 or D2. However, there is no fee associated with your NCAA Account.

NAIA (only 1 Division):

- To be eligible for NAIA competition, a freshman student must:

(A) Be a graduate of an accredited high school or be accepted as a regular student in good standing at the enrolling institution

AND (B) meet **two** of **three** entry-level academic requirements:

1) **Test Score** - Minimum score of: ACT – 18

SAT - 860 [*Critical Reading and Math sections only*]; or

2) **HS GPA** - Minimum overall high school GPA of **2.000** on 4.000

scale; or

3) **Class Rank** – Top **50%** of high school graduating class



For the NAIA, you register an account at www.PlayNAIA.org

How should you email a College Coach?

Sample Cover Letter!



Name:
Address: City, State Zip
Home Phone Number:
Cell Phone Number:
Email Address:
Date:

Coach:
Name of College:
Address: City, State 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 of the (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 of 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 of 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 to best prepare for attendance at (name of school) in the fall of (your grad year).

Sincerely,
(Your Name)

Rules to Remember:

- Punctuation and Grammar (Be professional!)
- Add any personalization from your knowledge of the program/school/coaching staff
- Brief and to the point



Resources

Useful Websites

College Athletics

www.ncaa.org (Home site of National Collegiate Athletic Association)

www.naia.org (Home site of the National Association of Intercollegiate Athletics)

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

www.playnaia.org (NAIA Clearinghouse)



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.powerprep.com (Free and Fee Based test service)

College Applications and Information

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

Scholarships and Financial Aid

www.fafsa.gov (FAFSA online)

www.finaid.org (General Financial Aid Information) www.finaid.org/finaid/calculators/estimate.html (EFC Calculator) www.fastweb.com (Scholarship Search)

www.scholarships.com (Scholarship Search)