



COLLEGE RECRUITING SEMINAR

JULY 31ST

AREAS TO COVER

- ▶ Do I Really Have What It Takes?-RL
- ▶ HS Student-Athlete Responsibility & Accountability
- ▶ How Parents Can Help (By Not Helping With EVERYTHING)
- ▶ School Considerations
- ▶ Application/Admission Process & Timeline
- ▶ Recruiting Process & Timeline
- ▶ How To Schedule Your Visit
- ▶ How to Increase Your Value As A Student-Athlete
- ▶ College Recruiting Resources/Documents
- ▶ Use Us!



DO I REALLY HAVE WHAT IT TAKES

- ▶ Anthony Hudson- current Assistant to USMNT
- ▶ Soccer Journal- July 2011
- ▶ At the time current Head Coach USL Club Real Maryland FC



LIFESTYLE

- ▶ How is your diet?
- ▶ How is your sleep?
- ▶ How do you utilize your free time?
- ▶ Who do you surround yourself with?
- ▶ How do you imagine the student-athlete you want to be?
- ▶ Are you respectful, on-time, disciplined and a passionate learner?



ACADEMICS

- ▶ How are your grades?
- ▶ What are your study habits?
- ▶ How are you in class?
- ▶ How are your standardized tests?
- ▶ Have you prepared for those tests?
- ▶ Do you submit all assignments on-time?
- ▶ Are you a leader in the classroom?



ATHLETICS

- ▶ Are you prepared for training- diet, rest, equipment?
- ▶ Are you focused and ready to learn?
- ▶ Do you waste trainings?
- ▶ Do you train on your own? Really train on your own?
- ▶ Do you encourage your teammates to be better/train with you?
- ▶ Are you maximizing your ability?



SOCIAL

- ▶ Are you the one contacting coach to say you will miss late/be training?
- ▶ Are you the one seeking out work?
- ▶ Are you the one contacting college coaches?
- ▶ Can you look someone in the eye when you're having a conversation?



YOUR FUTURE

- ▶ Are you the one making decisions?
- ▶ Are you investing in your ability as a student-athlete?
- ▶ What do you want from life?
- ▶ Are you willing to sacrifice to maximize your ability?



DONT DO EVERYTHING FOR YOUR CHILD

- ▶ Who packs the bag for training/games?
- ▶ Who does their laundry?
- ▶ Who fills their water bottle?
- ▶ Who sends emails to college coaches?
- ▶ Who tells coach they won't be at training?
- ▶ Who can send thousands of texts, create elaborate videos and convince their parents to do most things for them?
- ▶ Trust your child, allow them to make mistakes, hold them accountable



SCHOOL CONSIDERATIONS

- ▶ Location
- ▶ In-state vs Out-state
- ▶ Academic Program
- ▶ School size/Class size
- ▶ Potential Scholarships
- ▶ Cost of Attendance
- ▶ Soccer Program
 - Coaching Style/Personality
 - Likelihood of Playing
 - Do they value YOU?
 - Level of commitment



APPLICATION TERMINOLOGY

- ▶ Can apply through the college or using platform such as the Common App
- ▶ Institutions have different Application Deadlines and Formats but here are some common ones:
- ▶ Early Decision (binding)- generally apply by October/November the Fall of your SR year (date set by institution). Hear back quickest but some schools aren't as willing to offer merit-based aid
- ▶ Early Action (nonbonding)- a bit after ED (date set by institution). Hear back sooner than RD/RA
- ▶ Regular Decision (nonbonding)- generally December/January
- ▶ Rolling Admission (nonbonding)- applications reviewed as submitted with no real hard deadline



APPLICATION & ADMISSION PROCESS

APPLICATION SUPPORTING DOCUMENTS

- ▶ Can submit through institution or using service like the Common App
- ▶ Institutions have different requirements but here are some common ones:
 - ▶ Application Form
 - ▶ Essay
 - ▶ HS Transcripts
 - ▶ Test Scores
 - ▶ Letters of Recommendation
 - ▶ Extracurricular Activities
 - ▶ Fee



APPLICATION QUESTIONS

- ▶ When should I apply- generally Fall of SR year
- ▶ How many schools should I apply to- generally 4-8 depending on cost, # of schools you are interested in and # of schools you apply ED for
- ▶ How should I apply?- if it is your dream school (ED), if interested but want flexibility (EA) and if you just like the school (RD/RA)



APPLICATION & ADMISSION PROCESS

STEPS TO TAKE BEFORE ACCEPTING AS SA

- ▶ Register with NCAA Eligibility Center (For D1 and D2) and NAIA EC for NAIA. D3 programs set their own admission standards
- ▶ Register for and take ACT/SAT (some institutions are test-optional)
- ▶ Complete college applications
- ▶ Complete FAFSA
- ▶ Request final amateurism certification (D1 & D2)
- ▶ Send Final Proof of Graduation to Eligibility Center
- ▶ Sign Acceptance/NLI



APPLICATION & ADMISSION PROCESS

REGISTER WITH NCAA ELIGIBILITY CENTER

- ▶ Register with NCAA Eligibility Center to compete at D1 or D2 level- create Certification Account
- ▶ If aren't sure which level- create Profile Account
- ▶ Purpose is to show you meet minimum academic requirements and that you are an amateur
- ▶ FR/SO- create account using non-HS email
- ▶ JR- have up-to-date HS transcripts (complete 10 core courses before final semester of HS)
- ▶ JR/SR- have ACT/SAT scores sent to 9999
- ▶ SR- make sure up-to-date HS transcript is in EC (HS counselor assistance)
- ▶ SR- complete amateurism questions
- ▶ Upon graduation- have HS counselor upload official HS transcripts



REGISTER FOR AND TAKE SAT/ACT

- ▶ During COVID some schools were test-optional, some are still test-optional
- ▶ Send SAT scores to 9999- Eligibility Center
- ▶ Combined SAT is adding reading and math sub scores
- ▶ ACT sum is adding reading, math, English and science sub scores
- ▶ Can take as many times as possible
- ▶ Best sub scores from different tests are used to meet initial eligibility requirements
- ▶ Eligibility determined by GPA & SAT/ACT sliding scale
- ▶ Find SAT/ACT nation-wide test dates and schedule in advance



COMPLETE FAFSA

- ▶ FAFSA- Free Application for Federal Student Aid
- ▶ Calculates your Expected Family Contribution- index colleges use to determine how much aid you would receive if you attend their school
- ▶ Eligible to apply October 1 Fall of SR year
- ▶ Earlier to submit better chance you have of getting aid as awarded on first come first serve basis
- ▶ Use Income Tax Returns from previous year
- ▶ Can be combined with athletic scholarship but may affect each other- speak with Compliance Office of institution to confirm



APPLICATION & ADMISSION PROCESS

AMATEURISM AND PROOF OF GRADUATION

- ▶ Complete amateurism questions SR year
- ▶ Have HS counselor send Official HS transcripts and Proof of Graduation to Eligibility Center upon graduation



APPLICATION & ADMISSION PROCESS

ADMISSIONS/APPLICATION TIMELINE

- ▶ FR
 - Take initial core courses (16 total- this is how your GPA is determined for eligibility)
- ▶ SO
 - Register with NCAA Eligibility Center
 - Check with HS counselor to make sure on track with core courses
 - Consider PSAT
- ▶ JR
 - Check with HS counselor to make sure on track with core courses
 - Attempt SAT/ACT
 - Work on compiling extracurricular experience
 - Have your list of schools you are interested in (maybe 5-10)
 - Consider creating Common App Profile to utilize for Applications
 - Think about who to utilize for Letters of Recommendation
 - Prepare for College Essay
- ▶ SR
 - Should have 10 of your 16 core courses locked in by start of 7th HS semester
 - Take SAT/ACT
 - Complete FAFSA starting October 1 in Fall of SR year
 - Check on Application Deadlines for your list of schools
 - Consider Applying Early Decision/Action in Fall of SR year
 - Complete Amateurism questions and have counselor send Official HS Transcripts and Proof of Graduation to Eligibility Center
 - Apply Regular Decision/Rolling Admission Winter of SR year/Spring SR year

RECRUITING PROCESS & TIMELINE

RECRUITING

- The numbers
 - Mens D1- 205 (9 SC), fully funded have 9.9 athletic scholarships
 - Womens D1- 333 (12 SC), fully funded have 14 athletic scholarships
 - Mens D2- 206 (11 SC), fully funded have 9 athletic scholarships
 - Womens D2- 265 (12 SC), fully funded have 9.9 athletic scholarships
 - Mens D3- 415 (0 SC), no athletic scholarships
 - Womens D3- 441 (0 SC), no athletic scholarships
 - Mens NAIA- 188 (1 SC), fully funded have 12 athletic scholarships
 - Womens NAIA- 188 (1 SC), fully funded have 12 athletic scholarships
 - Mens NJCAA- 217 (1 SC), fully funded have 18 athletic scholarships
 - Womens NJCAA- 181 (1 SC), fully funded have 18 athletic scholarships
- Odds of playing college soccer
 - 1% HS Mens players play D1
 - 2% HS Womens players play D1
 - 30-50% of D1 college soccer players are international

RECRUITING PROCESS & TIMELINE

RECRUITING TERMINOLOGY/RULES

- ▶ D1/2 coaches can actively recruit after June 15 of SO year
- ▶ D3 no limitations for calls and emails
- ▶ NAIA has no recruiting rules
- ▶ Official visit (get 5 maximum for D1, unlimited for D2/3), school covers transportation, meals (3/day), housing and 3 tickets to home game. D1/2 is 8/1 of JR year. D3 is 1/1 of JR year
- ▶ Unofficial visit (unlimited)- get 3 tickets for home games. D1/2 is 8/1 of JR year. D3 no limitations
- ▶ Dead period- no face to face interaction. Only allow email/calls/text
- ▶ Quiet period- only face to face interaction on campus
- ▶ NLI- National Letter of Intent- a 1-year binding agreement to receive athletic scholarship
- ▶ Verbal commitment- not binding

RECRUITING PROCESS & TIMELINE

RECRUITING TIMELINE

- Coaches can always evaluate a player's ability but cannot actively recruit them to their institution until June 15th after SO year
- FR
 - Not so important to attend any camps really unless you want to.
- SO
 - Suggested that Women attend ID camps of their interest going into JR year
 - Can share game schedule with coaches, but coaches can't respond until 6/15 after So year
 - Men can attend ID camps going into JR year
- JR
 - Can be actively recruited 6/15 after SO year- meaning coaches can email, text, call you to recruit you
 - Should have some dialogue going with college coaches regarding your interest in their school/program
 - Send coaches your game schedule with detailed info
 - Should attend ID camps going into SR year
 - Should be taking visits with family to schools
 - Possibly taking official/unofficial visits
- SR
 - Should have a strong list of schools you are interested in and should have had communication with them
 - Should have visited or plan on visiting schools you are interested in
 - Should be sharing game schedule with coaches along with highlight video and CV
 - By Spring of SR year should have a decent idea of where you will likely be headed to college to play (or not play)

SCHEDULING VISITS

CAMPUS TOUR WITH ADMISSIONS

- ▶ Suggest starting tours JR year
- ▶ Generally will go to institution site and can register for a tour
- ▶ Suggest registering for a tour weeks to months in advance
- ▶ Suggest contacting coach letting them know you are signed up for a tour and ask if you can meet them before or after the tour
- ▶ Important to see the school, get a feel for the environment, and if possible, meet the coaches and/or see a training
- ▶ Can also attend more detailed tours such as certain program tours, honors tours etc.

INCREASE YOUR VALUE AS A STUDENT-ATHLETE

INCREASE ACADEMIC VALUE

- ▶ You must put in as much if not more effort into your academics than your sport
- ▶ Academic success gets you accepted, gets your \$ and makes you more valuable for a coach
- ▶ Take honors/AP, strong GPA, high class rank

INCREASE SOCIAL/LIFESTYLE VALUE

- ▶ Focus on extracurricular activities and being involved in the community
- ▶ Help/initiate food drives, blood drives, donations, clean-ups etc

INCREASE ATHLETIC VALUE

- ▶ Maximize your team and individual training time to maximize your development
- ▶ Make a great highlight video and CV

INCREASE YOUR VALUE AS A STUDENT-ATHLETE

THE SMALL THINGS MATTER

- ▶ Pick up trash after training/games
- ▶ Show maturity at all times
- ▶ Do the right thing when no one is watching/when no one else is
- ▶ Attention to detail
 - Emails, messages and calls with coaches
 - Diet, rest, preparation
- ▶ Only YOU determine if YOU really have what IT takes

COLLEGE RECRUITING RESOURCES/DOCUMENTS

RESOURCES

▶ Nutrition

- <https://www.soccertoday.com/nutrition-for-soccer-players-the-right-time-to-fuel-up/>

▶ SAT/ACT Dates

- <https://www.compassprep.com/act-and-sat-testing-dates/>

▶ Anthony Hudson- Do I Really Have What It Takes?

- <https://docs.google.com/document/d/1jD4KzyRLFdyf-fAwlap-MH7b1Wkxlf-uvL239ignZwE/edit?usp=sharing>

▶ Coach Ralph Lundy College Placement Study Guide

- https://docs.google.com/document/d/1GXpxSu3ByWKKJLDDJWRvuGrFz5xSaitoi_HYgzRQUIU/edit?usp=sharing

▶ NCSA- soccer programs, recruiting rules, timelines etc.

- <https://www.ncsasports.org/mens-soccer>
- <https://www.ncsasports.org/womens-soccer>

▶ Common App

- <https://www.commonapp.org/>

▶ College Application Process

- <https://www.usnews.com/education/best-colleges/articles/college-application-process>

▶ FAFSA

- <https://studentaid.gov/error/unexpected>

▶ NCAA Eligibility Center

- <https://web3.ncaa.org/ecwr3/>

▶ SC Surf Supporting College Recruiting Documents

- <https://southcarolinasurfsoccer.com/college-documents/>



DOCUMENTS

- ▶ The following documents are accessible on SC Surf website under College- College Recruiting Documents:
 - Mens Recruiting Guide
 - Womens Recruiting Guide
 - Using Veo to create a video
 - Sample Email to coach
 - Sample CV/Player Profile
 - College Visits Guide
 - This PPT Presentation (July 31 Seminar)



USE US!

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