

COLLEGE STEP SUGGESTIONS

Freshman Year; High School

- Grades are critical. Freshman year grades count as much toward your GPA as your junior and senior year classes.
- Participate in High School Orientation
- Set Academic Plan/Goals for Freshman Year:
- Academics should be the #1 priority & focus. Over 99% of the soccer players in the U.S. will not make a living from soccer.
- Plan your course schedule with your counselor to make sure the right classes are being taken
- Explore possible Community Service Opportunities (volunteer work)
- They look great on a resume...especially the longer term commitments.
- Help establish a balanced life to carry them through high school.
- Encourage:
 - A healthy social life
 - Good study habits
 - Staying on top of homework
 - A full commitment to soccer when they step on the practice and game field.
- Write a description of your "ideal" College Program and start a college file that fits into your "ideal" College Program.
- Set Individual athletic goals for the summer (number of practice hours, achievements, etc.)
- Set academic plan for next year
- Take time to visit near-by colleges when playing in soccer tournaments
- Review progress at various points during the year.

Sophomore Year; High School

- Complete a practice admission application
- Set-up files - begin to assemble college information
- Use a storage box and set up college files alphabetically. (keeps all information together)
- Review progress with parents
- Begin to identify 10-15 college programs. Consider:
 - Class/majors offered
 - Soccer program
 - School size
 - Class size
 - Climate
 - Distance from home
 - "if I was injured my freshman year, would I still want to attend this school?"
- Begin a College Contact List
- Send your cover letter and resume to the identified coaches
- Be prepared to have an intelligent conversation with the coach regarding his/her program, your Major, why you want to attend their school, etc.
- You can call coaches but coaches cannot call, email or approach you according to NCAA regulations.
- Plan next year's academic program
- Attend College Night at high school gather college information brochures
- Make sure your high school classes your child is taking will meet NCAA Clearinghouse requirements.
 - (see NCAA web site and view Clearinghouse location or go through your high school counselor)
- If you have not taken the PSAT plan to do this now

Junior Year; High School

- Coaches can begin to email your child on September 1st of their junior year.
- Review academic plan for their junior year and make sure the classes you're taking meet the requirements of your selected colleges.
- Fine tune your targeted college contact list-continue to communicate with the selected colleges & coaches.
- Explore opportunities for college / high school joint enrollment credit

COLLEGE STEP SUGGESTIONS

- Visit College Nights / College Fairs
- Verify SAT registration deadline with counselor
- Get Letters of Recommendation/References
- Organize your personal portfolio
- Visit as an “unofficial visit” as many colleges as possible (including targeted colleges) to get a feel for the type of college you prefer. Visit large schools, small schools, different types of colleges, etc. An unofficial visit is one that you arrange on your own and you cover all of your child’s expenses. You may go on as many unofficial visits as you like. Contact the coach & let him/her know you will be visiting.
- Explore possibility of enrolling in AP courses during senior year for college credit
- Take SAT and ACT
- Review admission applications questions & concerns with counselors
- Make sure and monitor your child’s grades, test scores, class rank, etc. to ensure they are in sync with the admission requirements of his/her targeted colleges.
- Monitor the interest level of the targeted colleges to make sure there is interest shown by the college coach.
- Review the targeted list of colleges to ensure you can financially afford their program in case an athletic scholarship is not an option and you have to finance college yourself or through financial aid.
- Remember Division III schools do not offer athletic scholarships; however, they often have a bigger source of academic monies available to them.
- Exposure in front of prospective college coaches and recruiters is increasingly important this year. College coaches may email you and therefore, your child needs to keep them updated in a timely manner regarding upcoming tournaments and their game schedule.
- Consider enrolling in ID camps or summer camps of the targeted colleges. Staying on campus during camp provides a firsthand look at what living in the dorm will be like.

Senior Year; High School

- In fall, meet with your counselor to review your transcript and to assure compliance with NCAA requirements. Apply for Student-Athlete status with NCAA Clearinghouse. (877) 262-1492. All forms are available on-line.
- Finalize application essay topics
- Request referrals from teachers/coaches
- Review application essays with teachers- parents for suggestions & proofing
- Get tax records to prepare financial aid forms
- Obtain and file financial Aid Forms ASAP after Jan. 1
- Make sure all applications have been sent
- Continue to monitor your child’s grades, test scores; class rank to make sure they are in sync with the admission requirements of his/her targeted colleges.
- Continue to monitor the interest level of the targeted colleges to make sure there is interest shown by the college coach.
- Parent / student meeting with counselor to verify all transcript verification is complete
- Re-take SA T & ACT if necessary
- As of July 1st, entering their senior year, college coaches may call your child. Be prepared prior to this date. You should know about the programs and the coaches that you have targeted. As things change, you may be adding and deleting colleges to your list. Be informed on all programs added to your list. After each conversation, jot down what was said and file it in your college file.
- Players may schedule up to 5 official college visits, per NCAA rules. They may stay on campus a maximum of 48 hours. The visit will be arranged and paid for by the college. Your child will stay in the dorm and generally, the coaches will have designated an upperclassman for the “recruit” to shadow during their stay on campus. It can be very beneficial to request that the visit include a Friday stay so that your child can attend at least one class.
- If your phone is not ringing on or after July 1st, be honest with your child. There is more to life than just soccer. Remember, if your child has been focusing on school first and soccer second, he/she is a talented student athlete. Continue moving forward with his/her targeted schools, still focusing on the necessary steps to get accepted into one of those schools.
- If your phone is not ringing after July 1st, it is critical you have targeted colleges that are an academic match for your son/daughter and a financial match for you.