



CAP Freshman Year TO-DO List

What you should be doing to prepare for college and college soccer.

ACADEMICS

- Academics are VERY important.
- Evaluate your academic weaknesses and work on improvement.
- Study — Study — Study.
- Get a GREAT start on your GPA.
- Meet with your guidance counselor to discuss a solid academic curriculum.
- Identify core courses at your high school — GPA based on these.
- Take “academic” electives — languages/mathematics/sciences.
- Consider ACT and SAT / PSAT study materials and/or tutoring services.

EXTRAS

- Read the NCAA publication — *Guide for the College-Bound Student Athlete*.
- Read the NCAA publication — *NCAA Initial-Eligibility Clearinghouse*.
- Involve yourself in extracurricular activities — clubs/honor society/church group.

SOCCER

- Be a member of a strong team and a very strong club.
- **Development is Priority #1**
 - Evaluate your soccer weaknesses and work on improvement.
 - Meet with Coaches and create an action plan based on goals.
 - Practice on your own — fundamentals and ball skills.
 - Take Ownership.
 - Consider attending a college’s soccer summer camp or ID camp.
 - Practice Communicating with Coaches
 - Watch College Soccer Programs, Understand the level.
 - Work on your College Fit Finder Profile and Build Your College List
 - Make “unofficial” visits.
- BE SEEN -- **WITH YOUR PEERS** -- this is the year to travel – tournaments.
- Participate in US Training Centers/ODP
- BE SEEN -- Consider attending a school’s summer camp.
- BE SEEN -- Videos.
- SEE -- watch college soccer games -- see what it’s like at the next level.