



CAP Junior Year TO-DO List

What You Should be Doing to Prepare for College and College Soccer

ACADEMICS

- Get moving!
- Study -- Study -- Study -- Your GPA is VERY important!
- Read the NCAA publication -- *Guide for the College-Bound Student Athlete*.
- Read the NCAA publication -- *NCAA Initial-Eligibility Clearinghouse*.
- Meet with your guidance counselor to discuss your academic curriculum.
- Concentrate on the core courses -- GPA based on these classes.
- Take "academic" electives -- languages / mathematics / sciences.
- Get Learning-Disabilities documented.
- Take the SAT and ACT -- *again and again* -- scores will improve.
- Become familiar with the Financial Aid and Scholarship process.
- Start choosing schools -- finalize your "wish-list".
- Know your abilities and choose schools that "fit" your needs.

SOCCER

- 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.
- Compete - PRACTICE and PLAY with teams at the next level.
- Practice *on your own* -- fundamentals and ball skills.
- Know the consequences if you don't take action