

Freshman Year

It's just as true in high school as it is in a soccer match...it's important to start strong! Grades count from day one of your freshman year, so pay each and every assignment and course the due diligence they deserve. You'll be pleased with the results and you'll build a strong academic platform to reach your college goals.

Freshman year is a great time to begin forming a list of colleges that interest you, and the list may be long at this early stage. Every student gets five "official visits" to colleges they are considering, but you can make as many "unofficial visits" as you'd like. You should take the time to research each school thoroughly, and you might even consider making visits to local schools.

It's also a great time to begin a resume that you will eventually hand out to coaches – just a document you can add to throughout your high school years. The resume should include, but not be limited to, GPA, SAT and ACT scores, honors, position(s) played, soccer accomplishments from both high school and club, and references. We've provided a concise, one-page template at the end of this presentation to help you get started.

If you want to play Division I or II soccer, freshman year is the time to let your guidance counselor know, so you can make sure to take the NCAA required classes. These core classes are used to calculate your "NCAA grade point average" for eligibility. Not all classes are recognized, so make sure you don't put yourself in a position that limits your choices down the line.



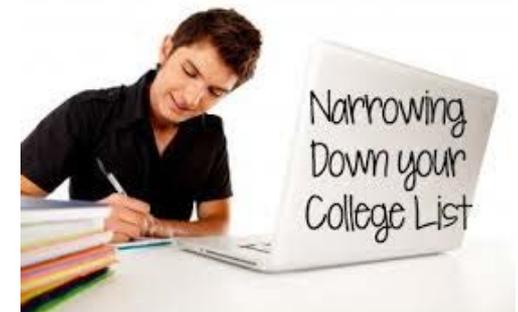


Sophomore Year

During sophomore year, you may want to begin narrowing down your list of potential schools, and making unofficial visits can aid you in this process. When considering each school, be sure to determine if it fits your personal needs (see College Search: Your Path and Preparation). Obviously, it is also important to keep your grades up and continue to add to both your soccer and academic resumes. You may want to start making videos that showcase your abilities on the field.

Sophomore year is also a good time to start sending letters of interest to your top college choices to introduce yourself to the coaching staffs. Remember that these coaches can change during your high school career, so make sure you keep up with the ins and outs of each school and follow up if there are changes.

At the end of your sophomore year, it is also advisable to register for the NCAA Clearing House. All freshman and two-year college transfers who do not have an associate degree and would like to participate in any sport at an NCAA member institution (Division I or II) must register for the academic portion of the Clearinghouse.



Junior Year

Your first two years of high school have likely flown by and the time for college is creeping up on you. You should strongly consider taking the SAT/ACT exams early in your junior year and repeat as necessary until you are satisfied with your scores. The higher your academic standing is, the better chance you will have of an academic scholarship. As always, **MAINTAIN YOUR GRADES!**

It is now time to seriously narrow down your options to the top 5-6 colleges that really excite you. Consider making some official visits to these schools, depending on your financial capacity to do so. If you can't afford visits at this stage, try to identify local students who attend these schools and ask about their experiences. Many schools also offer virtual tours on their web sites.

Junior year is also the time to become a little more proactive in contacting coaches. Keep the dialogue open and ensure that it does not go silent on your end. Update your resume and videos as necessary. If you decide to eliminate a particular school from your list and you've had dialogue with that coach, be courteous and let them know.



Senior Year

It's finally here, your senior year! You have grown up so much and college is imminent, but there are still things to do to set yourself up for the best college experience possible.

Most importantly, it's time to make your final choice! Use any official visits you may have left to help in this process. If you are still on the fence about going to college, or you think your top schools are undecided about you, update your videos and resume to help them along in their decisions. As always, **KEEP YOUR GRADES UP** and finish as strong as you started.

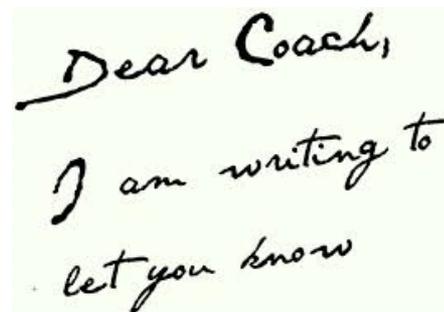
Once you've made your final choice, sign your letter of intent and look forward to an exciting future. Good Luck!



Other Key Points to Consider

- Athletes who bring academic scholarship money are more attractive to coaches.
- Coaches **CANNOT** respond to text, email, letters, or call you back until your **JUNIOR** year. They **CAN**, however, talk to you if they answer the phone.
- Coaches want to see effort, similar to a job search. They want to hear from **YOU**, not your parents.
- Make sure to proofread, use correct grammar, etc. on all communications.
- Make highlight videos that show you performing well. When you send a video, let the coach know times of the best highlights.
- On visits (official and unofficial), try to talk to current players. They will likely be honest about the program.

(Also see *College Search: Your Path and Preparation*)



Dear Coach,
I am writing to
let you know



JOHN CARMICHAEL #5

Résumé Template

When it comes to catching a college coach's eye, there is nothing like a concise, meaningful resume. Here is an example of an effective resume that offers the kind of information coaches look for in a potential player. Remember, coaches see a lot of these, so keep your resume to one page to give it the best chance of being read.

DEFENDER

WEST COAST UNITED SC

PERSONAL

HEIGHT: 6'1" **WEIGHT:** 165
DOB: 8/25/1991

ADDRESS:
5605 West Palmer Road
San Diego, CA. 92105

TELEPHONE: 613-748-8195
E-MAIL: jcsoccer5@aol.com
PARENTS: James & Linda

ACADEMICS

SCHOOL:
Torrey Pines High School
1842 Vista Ridge Drive
La Jolla, CA. 92038
613-467-6700

GRADUATION YR: 2008
CLASS RANK: 46/982
GPA: 3.8
SAT: 1480
ACT: 29

HONORS & ACHIEVEMENTS

Honor Roll
National Honor Society
Advanced Curriculum

HIGH SCHOOL SOCCER

Varsity: 2006, 2007
Coach: Mr. David Rothschild

2006 – All Area, All State
2006 – So Cal State HS Semi-Finalists
2007 – Team Captain
2007 – All Area, All State, All Region
2007 – So Cal State HS Champions



SOCCER ACCOMPLISHMENTS

So Cal ODP Team – 2004, 2005, 2006, 2007
Team Captain, West Coast United SC - 2007
Team MVP, West Coast United SC – 2007
So Cal All Stars – 2006, 2007

TEAM ACCOMPLISHMENTS

2005 – So Cal State Cup Finalists
2006 – So Cal State Cup Champions
2006 – Region IV Quarterfinalists
2007 – So Cal State Cup Champions
2007 – Region IV Finalists

OTHER SPORTS, HOBBIES & INTERESTS

Basketball; Track; Skiing; Chess Club; Youth Team
Coach; State Certified Referee; Yearbook Committee;
Class Treasurer

REFERENCES

Mr. Marco DiNapoli, West Coast United FC
613-854-2117 mdnapoli@aol.com

Mr. Vincent Stanhope, West Coast United SC
613-245-3008 vincewestcoast@hotmail.com

Mr. David Rothschild, Torrey Pines HS
613-277-9071 drottschild@aol.com

Mr. Brian Overstreet, So Cal ODP
613-652-4497 streetsoccerdp@aol.com

