



Soccer Club

Desert Elite Soccer



How Can We At DFSC Help?

We at Desert Elite understand that this is a very important time in your lives and are happy to help you in any way we can. If you would like help, we are here for you.

- ❑ We can help you with your soccer resume.
- ❑ We can help you with your short list of schools.
- ❑ We can help you with your video clips.
- ❑ We can give you perspective on the college athlete.



Resume

As discussed in "Basic Steps During High School," your resume is very important and should be updated frequently. We can assist you with your resume, so book an appointment with your coach to meet in the Desert Foothills Athletic Club office. He/she will be more than willing to review it with you and allow you to use the club resources to help you complete it.



JOHN CARMICHAEL #5	
DEFENDER	
WEST COAST UNITED SC	
PERSONAL	
HEIGHT: 6' 1"	WEIGHT: 165
DOB: 8/25/1991	
ADDRESS:	
1107 West Palms Road San Diego, CA 92105	
TELEPHONE: 611-748-8195	
E-MAIL: joacoc2@aol.com	
PARENTS: John & Linda	
EDUCATION	
SCHOOL:	
Tanner Pines High School 1842 Vista Ridge Drive La Jolla, CA 92038 611-467-6700	
GRADUATION YR: 2008	
CLASS RANK: 46/92	
GPA: 3.8	
NAT: 1480	
ACT: 29	
HONORS & ACHIEVEMENTS	
Honor Roll National Honor Society Advanced Curriculum	
HIGH SCHOOL SOCCER	
Varsity: 2006, 2007 Coach: Mr. David Rothchild	
2006 - All Area, All State 2006 - So Cal State HS Semi-Finalist 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 Finalist 2006 - So Cal State Cup Champions 2008 - Region IV Quarterfinalist 2007 - So Cal State Cup Champions 2007 - Region IV Finalist	
OTHER SPORTS, HOBBIES & INTERESTS	
Basketball, Track, Skiing, Cross Club, Youth Team Coach, State Certified Referee, Yearbook Committee, Class Treasurer	
REFERENCES	
Mr. Marco DiNigoli, West Coast United FC 611-854-2117 mdinigi@aol.com	Mr. David Rothchild, Tanner Pines HS 611-277-9971 dorthchild@aol.com
Mr. Vincent VanDoge, West Coast United SC 611-244-3508 vincent.vandoge@tstmail.com	Mr. Brian DeVentre, So Cal ODP 611-642-4407 briandeventre@aol.com

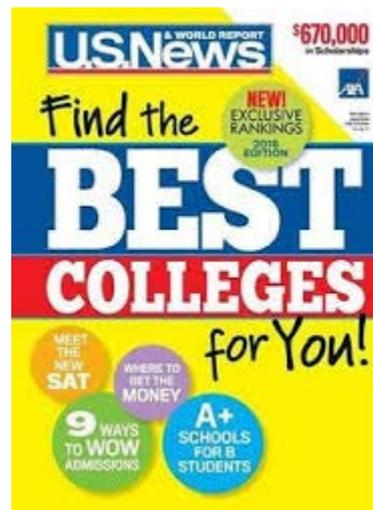
Desert Foothills Athletic Club
Basketball, Lacrosse, Soccer





Short List

When you are narrowing down your college search, we can help you look at best possible fits for you. Our network of college coaches can assist you in contacting those schools on your short list, then you can begin to determine whether a college suits your goals. Remember that just because we recommend a college or coach, that does not necessarily mean that is where you should attend. Only YOU can make that decision.



Video Clips

In this day and age, technology is a tool that can be of great benefit to a potential collegiate athlete. College coaches do not have an infinite cash flow to visit all potential players, so having your own video portfolio can help you in your quest for your perfect college. We have a Go-Pro at the office that your coach can sign out to record game footage, or you can use your own camera or even a smart phone. Your coach can review your footage and provide advice on your highlight selections.



The College Athlete

Playing soccer in college can be a rude awakening compared to the expectations you have in high school (or pre-college), as it may not correlate with the expectations of your coach and/or college.

What You May Expect	What They May Expect
<ul style="list-style-type: none">• Once a day training at a reasonable hour• To be able to get a job• To skip training if behind on homework	<ul style="list-style-type: none">• 3 times a day training at crazy hours• No jobs allowed during season• Monitored curfews• Grade assessment and attendance monitoring• Strict behavioral and nutritional expectations



5 Common Sense Tips On Keeping Your Athletic Career On Track

- ▶ **1. Have a good work ethic:** If you maintain the work ethic that helped you get into college and play sports, then you will continue to succeed. Continue to make wise decisions when it comes to school work and class attendance. Staying on top of things will help reduce the amount of stress and serve as a catalyst for a rewarding season in sports and in the classroom.
- ▶ **2. Stay positive and be a role model:** No matter what you are doing or where you are throughout the community, as an athlete, you are representing your school at all times. Conduct yourself appropriately wherever you are--don't get too crazy, don't start fights, and be respectful of everyone, even when it is difficult.
- ▶ **3. Pick and choose your activities wisely:** You're in college and you want to have fun, and you should. But have fun in the right places and at the right activities. Focus on how it will affect you in training and class the next day. Being an athlete comes with a vigorous schedule and sometimes it is good to take a night to let your body relax; so choosing to stay home to catch up on sleep is often a better decision than to go out to a party with all your friends.
- ▶ **4. Don't give in to temptations:** You may have a lot of activities being offered to you, and sometimes it's difficult to say "no," and you don't always have to! Remember to follow the rules and standards you and your family AND your school/coach have set for you.
- ▶ **5. Use your brain:** Think before you act. One rash decision can drastically affect your college career. Stay away from people who try to pressure you into doing things you don't want to, and don't let others make decisions for you.

