

College Recruiting – Game Plan



Cincinnati Cup

Game Plan – Freshman Year

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Game Plan

1. Purpose

High school age young women playing soccer that aspire to become prospective collegiate student athletes are in the process of determining how the combined roles of athletics and education will work for them. The individual priorities that parents and players share, along with talent and ability, will determine which colleges and universities you will ultimately find to be the “right fit” for you!

Your first priority must be finding colleges and universities which will provide you with the education you want and need. Unless your educational aptitude *limits* your choices to just a few schools chances are if you were good enough to play, train and compete on a premier level club team and start on your high school varsity as a sophomore or junior, you can find a college soccer program where you can play.

Let’s look at some facts:

NCAA DI Women’s Programs	320
NCAA DI Men’s Programs	199
NCAA DII Women’s Programs	227
NCAA DII Men’s Programs	179
NCAA DIII Women’s Soccer Programs	424
NCAA DIII Men’s Soccer Programs	401

The overall experience of college and a higher education is, in part, designed and intended to help you make the transition from living at home to making your own way in the world. The coaching, programming, training, competition and expectations you will experience with Cincinnati Cup will best prepare you for making the transition into college and college soccer.

2. Isn’t it Early to Think About College?

There are a few facts to be aware of:

1. This is all about having your game plan and doing what’s necessary along the way so that when you arrive at a point two years or so down the line you are *prepared*. If you want this process to culminate with an exciting decision about what college or university you’ll attend and where you will be playing those four years and getting your education it starts with having a plan and giving this process the necessary attention.
2. You officially become a high school student as you enter 9th grade; you are also considered a *recruitable student athlete* by the NCAA and college coaches.

3. The trend in college recruitment and verbal commitments in women's soccer specifically has developed into an earlier versus later time line. Understand that this does not mean that this is the *right* objective for everyone in the recruiting process. Timing of making verbal commitments has to individually make sense related to your goals.

3. Priorities for High School Freshman

As you and your teammates begin your freshman year of high school it becomes important to understand that since soccer is a team sport that you are interconnected and somewhat reliant on each other in the college recruiting process. Consequently there is some necessity to have a corresponding level of commitment within members of the team / group. Individual and team goal setting helps to codify what the expectations are.

Academics

One of the top priorities in your freshman year is to evaluate and come to terms with your status academically. It's easier at this point in your high school career to "fix" any challenges you've had with grades, standardized testing, study habits or GPA. Your first stop needs to be the academic counselor in your high school to review your academic plan moving through high school and chart a course that will put you in the best position possible not to deal with these issues in your junior year.

Being a solid student that improves through their high school education can put to rest any concerns a college coach might have about the risk they take in bringing you into their program.

Everyone may have differing levels of academic capability as you move through high school and into college. Making the most of your grades, GPA and standardized test scores will have some impact on what colleges and universities you'll be admitted to and any academic monies that you might qualify for.

As you move through your high school education there will be academic consideration regarding advanced studies or high school courses that will count towards college credits that will transfer in.

Commitment to Excel

Even though you may be two or more years away from deciding where you will attend college and play soccer everyday is an opportunity develop;

1. Necessary training mentality to develop into a college player
2. Necessary discipline in order to be a student, a player and a person of quality
3. Habits and priorities academically, athletically and personally (ODP, ID2, Community Service, clubs and high school activities aside soccer)

Discipline becomes the defining fire by which talent becomes ability

Become Engaged in the Recruiting Process Early

You become a recruitable student athlete when you enter 9th grade.

Begin doing some research online in the following areas:

- Academic standards at colleges you might be interested in?
- Are colleges public or private?
- What are the costs?
- Spend some time looking at the team roster of colleges you are interested in. Educate yourself about where they are recruiting players from
- How many players does it look like they will graduate in your graduation year?

As you begin to develop an initial list of colleges and programs that might interest you have no restrictions in contacting the by phone or email; they may not return your calls and may only email you general questionnaires, camp materials. Understand that your list is going to change as it's a work in progress. This interaction that you can initiate with the college coach gives you a great opportunity to develop and refine your communication with them. College coaches want to hear from you not a note that your parents have written on your behalf!

As we travel for tournaments and competitions we will schedule in unofficial visits with a variety of colleges and universities to coincide with these trip. You are encouraged to schedule a few unofficial visits within a two hour drive time on your own. When you are in the process of scheduling these visits we can assist you in completing the details.

Attend different college games to see firsthand the level of play.

While NCAA coaches are *restricted* in contacting you directly it magnifies the important role club coaches can provide to act as intermediaries.

4. For Parents

Parents play an instrumental role during the process of their children developing soccer playing ability, the requisite attitude and habits as well as attaining good grades. The quandary for parents is how to be actively involved in the development of their kids as they travel this road;

- There's a fine line between parents being supportive or over involved as they nudge and prod youngsters becoming adolescents during this process both on and off the field.

Some individuals are bigger, stronger or faster than others but no one individual has exclusive rights on desire or ambition

- Allow players to learn to have ownership of their performance, habits, grades, training, uniform, cleats, water and preparation for college related to the necessary lead up work involved in the college recruiting process
- Remember that at the time they leave to attend college and play college soccer they will be in charge of much of their lives that you've found ways to support them during this time

All coaches, club and college alike, are well aware of the obvious financial, time and transportation support parents commit to their children in this process over the next several years.

The Cost of Paying for College

The combined cost of a college education has increased and in some instances increased significantly during the last decade. Aside from athletic scholarships there are a variety of ways to offset the cost of a college education;

- Academic Aid
- Need Based Financial Aid (Institutional & Federal)
- Multicultural Monies
- Monies Specifically For Women
- Work Study
- Loans

*Good plans shape good
decisions; it's what helps
elusive dreams come true*