

## Recruiting Timeline

### **FRESHMAN YEAR (9th Grade)**

Research the schools you're interested in. Going to schools websites, talking to friends and family members, and reviewing college guides and publications are a great way to begin the process.

Understand the required athlete curriculum to be completed in high school:

Div. I & Div. II (16 Core Courses)

4 years of English

3 years of math (algebra. 1 or higher)

2 years of natural or physical science

1 extra year of English, math or science

2 years of social science

4 years of extra core courses (from any category above, or foreign language, nondoctrinal religion or philosophy)

Keep your grades up. Maintain a solid GPA of at least 2.5.

It is never too early to start getting in front of College Coaches.

Please don't be discouraged when you email college coaches. The probability is they will only acknowledge your email and send you camp information as a Freshman and Sophomore. This is due to NCAA Recruitment rules.

---

### **SOPHOMORE YEAR (10th Grade)**

Continue to research schools while maintaining your grades.

Research on schools should include:

Academic

Athletic

Size

Location

Cost

Available scholarships

Familiarize yourself with the SAT/ACT and try to take the PSAT. The PSAT is a good way to familiarize yourself with standardized testing, and to get an idea of how you will need to prepare for the SAT/ACT.

Send emails and letters to coaches notifying them you're interested in playing soccer with their program. Also send coaches your resume along with your game schedules for your sophomore and junior year.

The recruiting process is beginning earlier each year. It's not a bad idea to start taking unofficial visits throughout your sophomore year. The best way to understand what a program has to offer is to visit the campus and gain an understanding of each college/university environment. It is important to understand that you are able to make an unlimited number of official visits.

---

### **JUNIOR YEAR (11th Grade) \*most important year**

Continue the research process. Try to narrow your search down to 5 schools.

Register for the SAT/ACT (Note: Research score requirements for each school)

Prepare for the SAT/ACT to improve scores.

Follow up with coaches to make sure they have received your emails and letters. Also, continue to send coaches a schedule of all of your games. Following up with schools of interest consistently is important, with many players contacting college coaches daily, keeping them updated and sending regular communications is a great way to keep you on their radar.

As of September 1 of your Junior Year you can begin to receive recruiting materials and emails from College Coaches. Be sure to reply to schools of interest to keep the lines of communication open.

Continue to take unofficial visits to understand what each program has to offer. It is important to understand that you are able to make an unlimited number of official visits. Begin to actively gather information, and speak with College Coaches regularly. You are able to contact them and ask questions, so be sure to take advantage of the opportunity to gather information to help you make informed decisions.

---

### **SUMMER AFTER JUNIOR YEAR**

Register with NCAA Eligibility Center if you have not already. See the NCAA Eligibility Center information posted to the Athletes Resources for more detailed information.

Phone contact with college coaches is now permitted after July 1. They may contact you once per week over the phone. You are able to contact them as many times as you would like throughout the week, be sure to take advantage of the opportunity to gather information to help you make informed decisions.

---

### **SENIOR YEAR (12th Grade)**

Review all academic requirements mentioned above and be sure you stay on track. Make appointments with your High School Guidance Counselor to ensure that you are scheduled to fulfill all the requirements.

Apply to all Universities/Colleges that you are interested in attending. Work directly with your contacts at each school to verify the application process, often there is a separate application procedure for student athletes.

Take up to 5 official visits if you are not yet committed. Do not be discouraged if you have not yet committed to a school- college coaches often fill their rosters over the final stages of the recruiting process.

Continue to keep your grades up.

Sign official letter of intent (Spring semester).

Now that you are eligible for email communications under NCAA rules, you are now able to contact, and be contacted by College Coaches via email. This is a great way for College Coaches to contact you directly and for you to contact the coaches tracking you.