

Roadrunners SC

College Pathway Program





Women's Scholarship Facts

- D1: 333 Programs (Roster: 28) (Max Scholarships: 14)
- D2: 265 Programs (Roster: 27) (Max Scholarships: 9.9)
- D3: 441 Programs (Roster: 25) (Max Scholarships: N/A)
- NAIA: 188 Programs (Roster: 25) (Max Scholarships: 12)
- NJCAA: 181 Programs (Roster: 19) (Max Scholarships: 18)
- 9.7% of U.S. High School women's soccer players competed across D1, D2, D3, NAIA, and Junior College Levels
- Only about 2.3% of High School women's soccer players went on to compete at the NCAA D1 level



Men's Scholarship Facts

- D1: 205 Schools (Roster: 29) (Max Scholarships: 9.9)
- D2: 214 Schools (Roster: 31) (Max Scholarships: 9)
- D3: 415 Schools (Roster: 29) (Max Scholarships: N/A)
- NAIA: 188 Schools (Roster: 30) (Max Scholarships: 12)
- JUCO: 217 Schools (Roster: 19) (Max Scholarships: 19)
- 7.9% of U.S. High School men's soccer players compete across D1, D2, D3, NAIA, and JUCO
- Only about 1.1% of High School men's soccer players went on to compete at the NCAA D1 level

Scholarships Available



- Colleges at the NCAA D1, NCAA D2, NAIA, and Junior Colleges can offer scholarships.
- While D3 schools don't offer athletic scholarships, most D3 athletes do receive other forms of financial aid. Student-athletes interested in competing at a D3 school, shouldn't let the lack of athletic scholarship deter them. Those who have good grades and test scores have a good chance of qualifying for an academic scholarship.
- Student athletes who have been involved in extracurricular activities and their community might be able to find merit based scholarships.
- Families can also take advantage of need-based financial aid, which is awarded based on factors like household income.
- Athletic scholarships aren't the only way to pay for college. There are many other forms of scholarships out there, and if a D3 program wants someone, they can be very helpful in finding scholarship money from other sources.



Freshman Year

- Start Visiting Schools!
- You may feel that your daughter/son are too young to even think about college but this is a great way to spark their interest.
- You should visit large schools (UW-Madison), small schools (Wash U), rural schools (Eastern Illinois), city schools (UIC), Illinois Schools (Northern Illinois), Midwest Schools (Michigan), and further schools (UC Berkeley)
- Walk campus, visit dorms, attend a sporting event, pop your head in a class, and ultimately have your athlete ask themselves, “Can I see myself living here for four years?”



Freshman Year Cont.

- Start attending specific summer camps/ID camp.
- D1, D2, and D3 coaches cannot communicate with your daughter/son off campus yet (no phone calls, texts, emails, etc). However, these coaches can communicate with them on campus so that is why attending specific ID camps is a great idea. Summer Camps/ID Camps are a great way to get on a coach's radar freshman year. This is also a great way for coaches to get to know them on a personal level (leadership skills, communication skills, etc.). Remember, coaches are recruiting your son/daughter so they want to get to know them, not you.



Freshman Year Cont.

- NAIA schools can contact student athletes anytime during High School but they usually don't this early.
- Get to know your guidance counselor! Map out your next three years with the right classes that will keep you on track. Keeping a good relationship with your counselor will also result in a more personal recommendation as well.
- Be careful on social media. College coaches watch the social media behavior of all athletes they are interested in.



Freshman Year Roadrunners SC

- When applicable, we start having our teams attend two college showcases. Coaches will not always recruit at this age, but, we like our players to get accustomed to playing in this type of environment.
- College coaches can communicate with club coaches to discuss freshman players. Conversations will be limited to college coaches discussing players they are specifically interested in, as part of their evaluation process, not as a de facto communication method for making unofficial verbal offers to players.
- Ask your current coach for an honest assessment of your abilities and where he/she projects you as a college athlete.
- Fall in love with being a student athlete! Passion is a must for every student-athlete that wants to play in college. Work hard on the field and in the classroom.



Sophomore Year

- Players cannot have any “off campus” communication with a coach until June 15th of sophomore year (between sophomore and junior year)
- Continue to attend specific College’s Summer Camps/ID Camps (get to know the coaches-make them remember you)
- Must start lifting regimen
- Start taking SAT or ACT prep courses to prepare for taking the tests in the Fall of their junior year. We suggest taking it in the Fall (of Junior year) so they can take it again in the Spring if needed.



Sophomore Year

- Research schools and create a target list!
- Start filming your games and gather videos to create a highlight tape (20-25 clips). You will keep updating this video throughout high school (more info later on Highlight tapes).
- Once you have your target list of schools, start to send introductory emails to each college coach (more info later on) and invite them to your league games/college showcases. They will not respond if it's before June 15th. That's ok! They will reach out to your club coach or Jared/Taylor if they're interested. Continue to follow up with them again after June 15th.
- Clean up social media and be aware of what your friends post!

Sophomore Year



Research Schools/Create Target List

- 5-10 Safety Schools: These schools should be easy to get into, athletically and academically. Student-athletes should be comfortable going to school there for four years. Having safety schools is all about keeping options open. However, student-athletes need to reach out to these coaches early on in their recruiting process, instead of waiting until they need them.

Sophomore Year

Research Schools/Create Target List

Cont.



- 10-15 Target Schools: Target schools are top picks, athletically and academically. Student athletes should have a good shot at getting into these schools and should get excited at the thought of attending them. Ten is the minimum number of schools student-athletes want in this section of their list, as the best way to negotiate scholarship offers is to have interest from multiple schools.

Sophomore Year

Research Schools/Create Target List

Cont.



- 5-10 Reach Schools: Maybe it's the price tag or the fact that they're academically competitive-whatever the reason, these programs might be just out of reach. For most recruits, this list is comprised of D1 and academically rigorous colleges. Getting into these schools might be a long shot but that doesn't mean it's not a shot worth taking.

Sophomore Year

Roadrunners SC



- Teams attend two college Showcases (teams can talk with their coach about possibly attending more)
- College coaches can communicate with club coaches to discuss sophomore players. Conversations will be limited to college coaches discussing players they are specifically interested in, as part of their evaluation process, not as a de facto communication method for making unofficial verbal offers to player
- Meet with your Roadrunners coach to review your school list and get honest feedback (where you realistically can/cannot play)
- RR Video Camera/Tall Tripod available to rent out (free) to assist with highlight videos - parents can record and upload videos to Youtube or other sites
- College coaches will contact Roadrunner coaches directly for feedback on players (strengths/weaknesses, leadership skills, how are their parents, etc.)

End of Sophomore Year



- June 15th after Sophomore year!
- D1-D3 coaches can start extending verbal offers and sending athletes all forms of private electronic correspondence, including text messages, instant messages, direct messages and emails, as well as all recruiting materials. Coaches can start calling athletes at this time. Coaches can also start conducting off-campus contact with athletes at their home or school.
- Additionally, coaches can begin initiating communication with athletes during camps and clinics.

Student-Athlete Communication



- First off, your son/daughter need to communicate with college coaches-not you. This can be valuable time to help your child learn how to effectively communicate with adults. It is great to help them practice phone, email, and face-to-face conversations, but then you need to encourage them to handle all communications with college coaches themselves! Coaches want to know that potential players are mature and can handle themselves.
- Parents should never call or email college coaches. Your son/daughter need to realize that this is their job and if they don't put in the work, they will not get recruited.
- Respond to coaches right away and do not waste their time. If they do not hear back from you in a timely fashion, they will move on to the next recruit. Please always respond to coaches, even if you are not interested in their program.



Introductory Emails

- Email. Email. Email. The best way to get on college coaches' radar is through email. Sending one email is not enough.
- Prior to contacting a college coach directly, please complete their recruiting questionnaire.
- Make sure your daughter/son writes the emails (Parents should review and edit them).
- Make sure the email is coming from their own email address and that it is respectful and professional (johnsmith@gmail.com). Also, their own cell phone # should be listed and their voicemail should be professional.



Introductory Emails Cont.

- What should your introductory email include?
- Email college coaches ahead of your events to let them know a little more about you; make it authentic and personal by showing genuine interest in their program and why.
- Include your upcoming tournaments & showcases (follow up a week before the event and send exact game schedule details- game times, addresses, field #'s, position, jersey #, etc)
- GPA-noting your GPA is always important... especially for schools that don't accept anything lower than a certain GPA (Example: 3.8+)



Introductory Emails Cont.

- ACT/SAT Scores
- Highlight video link (Youtube, Vimeo, HUDL, etc)
- Contact information (cell phone #, email address, home address)
- Follow up with a call to each coach, mentioning the introductory email. If a coach doesn't answer, leave a detailed voicemail.
- Always send a follow up email after an event, thanking them for coming out!



How can parents help?

- Don't be a helicopter parent. It's important to fight the urge to micromanage your son/daughter during this process. College will be a time where your son/daughter will grow and mature significantly, but not if you do not give them room to do so. So support and encourage but don't hover.
- Parents must allow the prospect to communicate with the coach and develop a rapport. The biggest mistake parents make, is not allowing the prospect to engage with the coach.
- Parents should help with the planning of making phone calls and documenting outgoing and incoming calls. Parents can help by rehearsing outgoing calls. Parents can also help draw out a calendar to scheduled outgoing calls and document incoming calls. This will allow parents and prospects to keep an eye on frequency of phone calls.



How can parents help? Cont.

- Review the materials your son/daughter is sending. If parents help draft email communication, make sure it is in the voice of the prospect.
- Parents can research ways to effectively put together cover letters, resumes, and highlight videos.
- Final Decision/Money Matters-Parents need to be involved in the recruiting process when final decisions and money matters are being discussed. Unless the conversation is purely financial, make sure your son/daughter is part of it.



Highlight Tapes

- In initial communications with college coaches, student-athletes should always include their recruiting video. This video should really focus on in-game action. Coaches want to see how athletes move in the game and what their ability to make plays is
- While coaches prefer evaluating players in person, a well done recruiting video can make athletes stand out among comparable recruits.
- If the coach liked what they saw in the initial video, they will likely reach out to schedule a time to evaluate the athlete in person

Highlight Tapes Cont.

- Teams can always rent out (free) the Roadrunners video camera and tripod set up. However, since the camera will not always be available, individual teams can always purchase one together. After games, a parent can send the video out to the team for each player to edit.
- College Showcases usually offer a video service (\$300-\$500) where they video tape all the games and send them to the team after the event.
- Once the footage is shot, the next step is to edit it down to the best 3-6 minutes which includes 20-25 game clips.



Highlights Tapes Cont.

- Keep the video short and sweet. Coaches are strapped for time, so don't lose their attention. Don't waste time on an intro and music, coaches don't care about "cutesy" additions.
- Start the video off strong with big highlight plays. Recruits have about 30 seconds to make an impression on the coach, so pick opening plays or skills that will leave an impression and get them hooked.
- During the video, athletes can distinguish who they are in each play by using a simple arrow, a circle, a spotlight-something clean and simple to alert the coach who they should be watching.
- There are a ton of companies out there that provide highlight packages.



Understanding Dead Periods

- Coaches may not have any in-person contact with recruits. In other words, coaches are not allowed to talk to recruits at their college campus, the athlete's school, an athletic camp or even the grocery store. Athletes can still communicate via phone, email, social media, and other digital communication channels.
- D1 Men's/Women's Soccer (November 11-14, 2019) (December 13-15)
- D1 Women's Soccer (December 15, 2019-January 5th 2020)
- D2 Men's/Women's Soccer (November 11-13, 2019)
- D3 Men's Soccer (No dead periods)
- Think about dead periods when you want to go on an unofficial/official visit!



Junior Year

- August 1st before Junior year: Student-athletes interested in D1 and D2 programs may begin taking official or unofficial campus visits (D3 after January 1st). Athletic departments can also start participating in recruits' unofficial visits, helping to schedule activities or meetings with coaches.
- Schedule out Fall Official & Unofficial Visits in July/early August (coaches are too busy once season starts)
- Attend college specific ID Camps/summer camps (especially the ones you are interested in)
- Take the ACT/ACT (Fall & Spring)
- Register NCAA Eligibility Center (Important-know deadlines!)



Junior Year Cont.

- Email. Email. Email Coaches (once per month)
- Take note of school application deadlines (usually waived if needed for student-athletes)
- Clean up social media and be aware of what your friends post!
- **Unofficial Visits:** Families pay for everything (travel, food, lodging, etc.)
- **Official Visits:** School pays for travel, lodging, and three meals a day for the student-athlete and parents. They can also pay for reasonable entertainment expenses including three tickets to a home sports event. (5 D1 visits permissible-only once per school) (Unlimited D2 official visits)
- Important for players to get the college experience (stay with a team member)



Junior Year Cont.

- These can take place after August 1st going into Junior Year
- Watch a home game, meet the players, attend a training, etc.
- **Verbal Commitment:** Happens when a college bound student athlete agrees to play sports for a college before he or she signs or is eligible to sign a National Letter of Intent. The commitment is not binding on the student-athlete or the school and can be made at any time.
- When a student-athlete officially commits to attend a D1 or D2 college, he or she signs a National Letter of Intent, agreeing to attend that school for one academic year (Senior year: November 13-August 1st or National Signing Day in February)



Junior Year Cont.

- **Negotiating Scholarships**
- Since soccer is deemed an equivalency sport by NCAA, coaches are not required to give out full-ride scholarships. They can break up the scholarship money as they see fit and they usually give the most money to their top athletes.
- Best bargaining tool athletes have is offers from other schools.
- Ideally, recruits have serious recruiting interest from five schools to negotiate their best offer.
- Always negotiate based on Expected Family Contribution, or how much money the recruit's family will be paying out of pocket after all the financial aid is factored in.



Junior Year

Roadrunners SC

- Teams attend two college Showcases (teams can talk with their coach about possibly attending more)
- Learn how to travel as a team member
- National Premier League
- Meet with your Roadrunners coach to narrow down your list of schools and get honest feedback. Ask feedback on ID Camps, etc.



Junior Year

Roadrunners SC

- Ask coach for feedback on highlight tape.
- RR Video Camera/Tall Tripod available to rent out (free) to assist with highlight videos - parents can record and upload videos to Youtube or other sites
- College coaches will contact Roadrunner coaches directly for feedback on players (strengths/weaknesses, leadership skills, how are their parents, etc.)
- Roadrunners SC College Pathway Program Fund



Senior Year

- You can still get recruited! Don't give up (the deadline for applying to schools is usually waived for student-athletes who the athletic department is interested in)
- Floodgates open for seniors after signing date in February. Many D3 and NAIA coaches wait for the dust to clear before stepping up their recruiting efforts.
- Continue to stay up on emailing coaches
- Schedule out Fall Official & Unofficial Visits in July/early August (coaches are too busy one season starts)



Senior Year Cont.

- Attend college specific ID Camps/summer camps (especially the ones you are interested in)
- Take the ACT/ACT again if needed/desired
- Must register NCAA Eligibility Center (After July 1st of your Junior year, it should be your #1 priority-before vacations, games, anything!)
- Email. Email. Email Coaches (once per month)
- Social media should be flawless! You are an adult now



Ready to Officially Commit?

- When a student-athlete officially commits to attend a D1 or D2 college, he or she signs a National Letter of Intent, agreeing to attend that school for one academic year (Senior year: November 13-August 1st or National Signing Day in February)
- **National Letter of Intent**
- Once signed, colleges agree to provide financial aid for one academic year as long as the student-athlete is admitted to the school and is eligible for financial aid under NCAA rules. Other forms of financial aid do not guarantee the student athlete financial aid.
- The National Letter of Intent is voluntary and not required for a student-athlete to receive financial aid or participate in sports.
- Once signed, this ends the recruiting process because other schools are prohibited from recruiting student-athletes who have sign letters.



Ready to Officially Commit?

- **National Letter of Intent**
- If a student-athlete signs a NLI with one school but decides to attend another school, they lose one full year of eligibility and must complete a full academic year at the new school before being eligible to compete.
- Signing Day -Usually first Wednesday in February
- NAIA Schools have their own version to sign



Senior Year

Roadrunners SC

- Teams attend two college Showcases (teams can talk with their coach about possibly attending more).
- Learn how to travel as a team member
- National Premier League
- Meet with your Roadrunners coach to finalize your school choice and ask any questions regarding scholarships
- Finalize Highlight Video
- Use your Official Visits
- Roadrunner coaches will finalize any communication needs with College Coaches
- Roadrunners SC College Pathway Program Fund
- Celebrate after commitment!



Complicated Process

- Always remember that coaches, not recruits, are responsible for complying with NCAA recruiting rules. Student athletes don't need to remember exact dates coaches can contact them.
- Please remember that you need to put the effort into getting recruited! (not your coach!)



Major Commitment!

- Are you sure you want that commitment?
- Travel
- Early morning lifting sessions
- Odd training hours
- Homework
- Studying
- Classes
- Summer Training
- Internships, Student Teaching, Clinical's, etc.



It's worth it!

- Provides a high level of discipline in college
- Teaches accountability, hard work, time management, leadership skills, resilience, courage, and competition.
- Provides a positive friend/support group
- Access to lots of academic support! (important-advisors)
- Resume builder
- Strong alumni network after graduation



QUESTIONS?

- Thanks so much for attending!

Resources

NCSA: Next College Student Athlete

www.ncsasports.org

NCAA: National Collegiate Athletic Association

www.ncaa.org