

Introduction to Playing in College Program

**G06 Green, G08 Green, G09 Green
B07 Green, B08 Green, B09 Green**



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Meeting Objectives

1. Consider playing soccer in college – start thinking about your future and what you want from it
2. What Cascade FC will do to help support your college searches, recruitment, and application processes
3. Overview of recruitment and college soccer– How does it work?
What do I need to do?

Coach Cam - Introduction

My personal career goal is to be a head coach of a professional team. My playing career as a student-athlete was so impactful and life-changing that I am dedicated to helping other soccer players find a similar experience in their soccer journey, regardless of the level of soccer or type of experience they are looking for. I am grateful that Cascade FC has allowed me to lead this program and share my insight that I have as both a former college player and coach.



Playing Career:

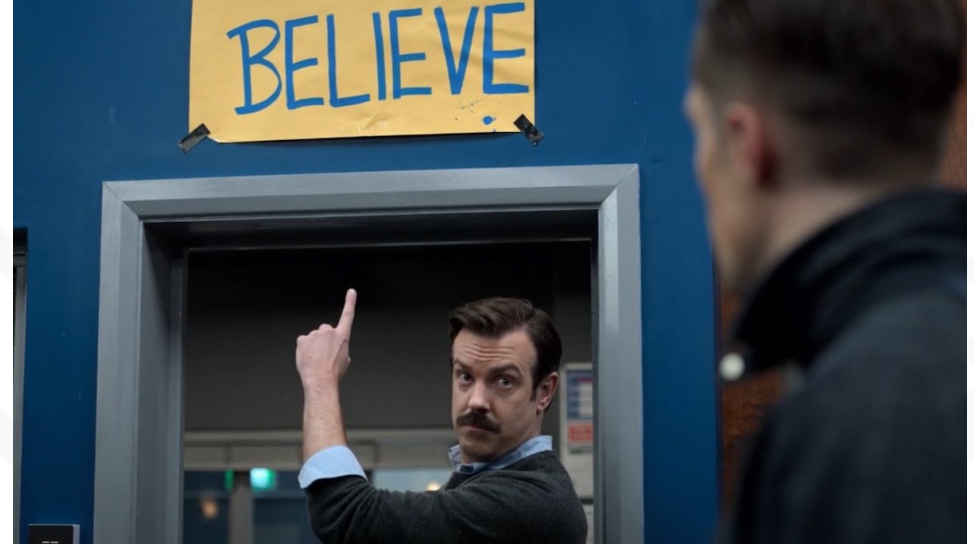
- 4 years varsity at Cranbrook Kingswood High School (MI)
- 6 years of club experience, Bloomfield Force (now Liverpool Academy, MI)
- 4 years varsity at Kenyon College (NCAA Div III, OH)
- 1 season in Barcelona, Spain
- 1 season with Madison 56ers (Premier League of America)

Coaching Career:

- National B License (US Soccer)
- Level 1 GK Diploma (United Soccer Coaches)
- 5 years of College Coaching
 - *Washington and Jefferson College (PA)*
 - *Salisbury University (MD)*
- 10 years of Club Coaching
 - Mt Vernon Sting (OH), Victory Express (PA), Salisbury Utd (MD), Cascade FC (WA)

“Why Should I Consider Playing in College?”

1. Do what you LOVE! If you love soccer, stick with it!
2. Believe in yourself! You’ve invested so much time, energy, blood, sweat, tears, etc... You are MORE than capable of playing beyond High School if you want to!
3. There is a FIT for EVERYONE



“I’ve been hearing this phrase, ‘It’s the hope that kills you.’ I disagree—it’s the lack of hope that comes and gets you.” ~ Ted Lasso



There is a FIT for EVERYONE!

What do YOU want out of YOUR college experience?

Varsity Teams:

- Highly competitive
- Must engage in the recruitment process to make roster for Freshman season
- Large time and energy commitment
- Student-athletes are held to higher expectations and standards compared to the rest of the student body

Club Teams:

- Level of play and organization varies by university/college
- Usually no recruitment process necessary – inquire once enrolled
- Low/medium time and energy commitment
- Sometimes no coach or student coach
- Sometimes separate from athletic department

Intramural Teams:

- Level of play and organization varies
- No recruitment process – sign up through student activities once on campus
- No commitment level, no coach, usually coed

If you want to play in college, **YOU CAN!** **“It’s not what you’re capable of, it’s what you’re willing to do!” ~ Coach Mike Tomlin**



Who is the Playing in College Program for?

This program is for **ANY and ALL** of our high school aged players who are looking for support with the college admission process. While we encourage all our players to dream big and keep their minds open to playing beyond high school and Cascade FC, **our program's main objective is to see our players find the best fit at a college or university.**

To EMPOWER

each player to dream big and have the self- belief and confidence that they can play and succeed at the collegiate level

To ENCOURAGE

each player to be bold and take control of their own lives and futures

To EXCITE

each player about what lies ahead and the opportunities they can take advantage of



What can Cascade FC do for Me?

1) Individualized Recruitment Plan

- The Recruitment Plan will be created based on the player's Academic, Personal, and Athletic Needs
- Each player will receive a "Get Recruited" Handout with information of the recruitment process including checklists, recruitment timelines, financial aid options, recruitment rules/procedures, and more

2) Mentorship:

- The recruitment/application process can seem overwhelming, but each player enrolled in the program will receive guidance through the entire application process

3) Communication

- The Program Director will communicate consistently throughout the college search/recruitment process to make sure players are on track with their Recruitment Plan
- Available to answer questions, respond to concerns, and discuss the process

4) Scouting Zone

- FREE service provided by Cascade FC
- Create your own Player Profile to send to college coaches
- Access to College Search tool making school research easy and accessible





Player Driven Process

Own your Future!

Those who are interested in making a varsity college roster are responsible for their own recruitment.

Things *Cascade FC* Will Do:

1. Consult with you to create a personalized recruitment plan
2. Mentorship
3. Communication
4. Provide Scouting Zone service

Things *YOU* Must Do:

1. Contact coaches (unless as a reference)
2. Write your emails
3. Maintain good grades
4. Manage social media
5. Apply to schools
6. Research schools and programs
7. Set up visits, interviews, tours, or meetings



Getting Started: Things to Consider

1) ACADEMIC NEEDS

Would I be happy here if I stopped being an athlete?

- What do I want to study?
- What tests does the college/university require for admission?
- Class size, professor to student ratio
- Post grad acceptance rates
- Competitiveness of academic area of interest
- College/University reputation
- Graduation rate

2) PERSONAL NEEDS

Aside from school and sports, will I be happy and comfortable here?

- Location (in-state, out-of- state)
- Safety
- Student Life/Culture
- Residential vs Commuter student population
- Expense/Cost
- Climate
- School size
- Student living options (on campus, off campus, dorms, apartments, etc...)
- Activities/Clubs

3) ATHLETIC NEEDS

What do I want from an athletic experience?

- Level of play
- Coaching style
- Team/Program culture
- Reputation on campus/with Professors, Staff, and Admin
- Athletic Department Reputation
- Athletic Department relationship with student life and academic life
- Resources (i.e. field, equipment, gyms, athletic training, sports performance, etc...)



What are College Coaches/Scouts Looking For?

ACADEMIC PROFILE - GRADES MATTER!

- GPA meets or exceeds the college/university standard of admission
- SAT/ACT scores meets or exceeds the college/university standard of admission
- Academic Interests: Majors, Minors, Concentrations, Undecided
- Academic awards/achievements

CHARACTER

- Social Media Profiles
- Core Values- who are you?
- Maturity
- Community Service/Volunteering
- Extracurricular activities/Jobs
- Family
- References (teachers, coaches, bosses, etc...)

SOCCKER ABILITY

- Technical, Tactical, Mental, Social, Physical
- Risk takers, bravery, confidence
- Response to adversity, response to success

Be advised- College recruiters, both for athletics and the general student body, all have certain agendas and criteria that influence their recruitment processes. Most often, the school's admissions office has incentives for recruiters to fill reach certain objectives that the school's president and board of directors are trying to achieve (i.e. GPA admission standard, diversity, class size, etc...)



Girls vs Boys Recruitment Timelines

GIRLS

- Varsity Women's soccer programs recruit primarily *Freshman through Junior Year* (a full year ahead of the boys timeline)
 - It is still possible to get recruited as a Senior, but may need to make some concessions
- Process primarily begins during Sophomore Year
- By the end of Junior Year, most college coaches will have already completed their rosters for that graduating class

BOYS

- Varsity Men's soccer programs recruit throughout *all 4 years of High School*
- Process primarily begins during Junior Year
- College coaches will still finalize rosters through Senior Year, and in some cases, even through the summer after High School graduation

Governing Soccer Associations for College Athletics



**National Collegiate
Athletic Association
(Division I, II, III)**



**National Association of
Intercollegiate Athletics**



**National Junior College
Athletics Association
(Division I, II)**



Recruitment Rules

DIVISION I (NCAA)

- June 15th after Sophomore Year: **Contact Period Opens**
- August 1 (before Junior Year): may begin taking official visits (paid for by school). Athletic Departments can begin participating in recruitment (i.e. schedule a campus visit, events, or meetings with coaches for you)

DIVISION II (NCAA)

- Anytime: can receive camp brochures, recruitment questionnaires, NCAA materials, and non-athletic recruiting publications
- June 15 after Sophomore Year: Coaches can call athletes, communicate with athletes and parents off-campus, and athletes may begin taking official visits

DIVISION III (NCAA)

- Anytime: can receive recruitment materials and can receive calls/texts/emails from coaches
- End of Sophomore Year: Coaches may conduct off-campus communications (i.e. home visits)
- January 1 of Junior Year: Can begin taking official visits

NAIA

- Fewer recruiting rules than NCAA
- NAIA coaches can contact prospective student-athletes anytime during High School
- NAIA recruiting tends to start a little later than NCAA Div I, mainly to see which athletes just missed the cut for a D1 roster



Recruitment ID Camps and Showcases

ID Camps

- Register individually
- Hosted by schools and 3rd party organizations – mostly in summer but varies by school/program
- Can find ID camp dates by visiting team webpage
- Large variety of ID camps- some much better than others
- Ask, “How many players who participated in your ID camp went on to make the soccer roster?”

Showcases

- Register as a team – Crossfire Challenge (showcase), July 12-15, 2024
- No playoff or winner – usually 3 games and that’s all
- Equal playing time, equal exposure
- Players can invite coaches or scouts to particular games. **MUST** notify coach if there is somebody there watching you!
- Team Managers will have printed rosters to give to college scouts on site



NCAA: Name, Image, and Likeness Legislation

On June 30, 2021, the NCAA approved a Name, Image, and Likeness policy (NIL) allowing NCAA DI, DII, and DIII student-athletes to be compensated for their NIL (*NCSA Sports*). The truth is that this legislation is still very new, and there is no standard procedure or rules from a federal perspective. Each state creates their own NIL legislation. It is best to ask before making any contractual agreements.

What is NIL?

The NIL policy was created to allow athletes to be compensated. Primarily in DI football programs and basketball programs, the money earned from those programs was unproportionally distributed between the school and the players/teams. For example, Duke men's basketball generates \$33.4 million in revenue (*yahoo sports*). Before NIL policy, Duke players earned \$0 from that revenue stream. NIL includes earning money for anything related to an individual's name, image, and likeness including things such as autographs, social media posts, product endorsements, etc...

How does this affect me?

In WA, high school students are **NOT** permitted to seek NIL opportunities. Accepting NIL opportunities while still in high school could lead to serious sanctions depending on state legislation and high school athletic associations.

When could I begin receiving compensation for my name, image, and likeness?

You may begin receiving compensation once you are no longer enrolled in high school (i.e. graduation). However, you should make sure you talk to your college coach BEFORE making any NIL contracts. The last thing you want to do is jeopardize your eligibility to play college soccer. For DI and DII student-athletes, you must also obtain a certificate of amateurism from the NCAA.



What Now? Next Steps

1. **Speak** with your coach to discuss options and interest level
2. **Set up a Meeting** with Coach Cam if interested in playing in college to discuss your personal goals and create your *Personalized Recruitment Plan*
3. **Begin thinking** about your Academic, Personal, and Athletic Needs – **Make a list!**
4. **Save the Date! Next meeting is January 18/25 (TBD)** – We will go through ScoutingZone. Will help everyone get registered and trained how to use SZ.

THINGS THAT I CONTROL

BEING ON TIME
WORKING HARD
BODY LANGUAGE
ENERGY
ATTITUDE
PASSION
BEING COACHABLE
INTEGRITY
PREPARATION
COMMITMENT



EMPOWER ENCOURAGE EXCITE

Q&A

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

~Christian Pulisic



“I learned a long time ago that there is something worse than missing the goal, and that’s not pulling the trigger.” ~Mia Hamm