



International  
Academy  
Southern New England

# COLLEGE PATHWAYS GUIDE

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# GENERAL TIMELINE

After Sophomore Year, June 15: All forms of contact allowed. No official contact can be made by coaches before this date.

Before Junior Year, August 1: Official and unofficial visits allowed

No contact during dead periods. See NCAA recruiting calendar.

Junior Year/Senior Fall: Offers made for DI, DII, DIII (\*may begin as early as June 15 after Sophomore year, all offers verbal and can be rescinded until NLI contract signing.)

Senior Year Fall/Winter: National Letter of Intent signing dates

This is a general timeline, don't be discouraged or stressed if you aren't in this timeline or are behind. We will have a resource coming that lists all of the various steps you should be taking at each stage of your high school career.

# SCHOLARSHIPS

- Soccer is an equivalency sport, so partial scholarships are normal: coaches have the power to decide amounts
- DIII cannot give out any athletic scholarships. Depending on state school or private school, sometimes coaches aren't even allowed to have any input into merits/grants for the player, some private schools will have more leniency.
- Scholarships in most leagues are one-year contracts and must be renewed each year. Some may get more, less or none in subsequent years.
- Typically each fully-funded DI program has 9.9 scholarships, DII has 9 and NAIA has 12.



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## TIMELINE

# FRESHMAN

- Start planning now!
- Think about location, potential majors and what division you are hoping to play, and don't rule anything out yet! There are DIII schools who could beat DI schools.
- You should register for a free profile page at [eligibilitycenter.org](http://eligibilitycenter.org) for initial NCAA requirements.
- Make sure you are taking the right courses. You can also find that on NCAA eligibility center. Keep your grades up starting now!

## TIMELINE

# SOPHOMORE

- If you are already being recruited, you can transition your profile page to a certification account.
- There is also a task list on your NCAA eligibility center you can follow along with.

## TIMELINE

# JUNIOR

- Make sure your sport participation information is correct on your eligibility center account.
- Contact your guidance counselor to make sure you are on track to complete the number or required NCAA courses and graduate on time.
- Ask your guidance counselor to send transcripts to any schools you have visited and liked. Also upload it to your eligibility center account.

## TIMELINE

# SENIOR

- Take SAT/ACT. Submit scores to eligibility center. Request final amateurism certification from guidance counselor.



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# HOW DO I FIND THE RIGHT SCHOOL FOR ME?

- Find school that is best fit for YOU regardless of soccer or division. Think about if for some reason you couldn't play soccer there anymore, would you still want to be at the school?
- If you are having trouble narrowing it down, or you just have no idea yet, break it down and think about the little things.
  - Local or out of state?
  - City or suburb?
  - Big school or small school?
  - Want to be able to walk to classes/fields, or take bus?
  - Don't know what you want to do? Think of General major-business/sciences/arts? Division?
- Visit campuses, talk to the team, do an overnight, see what a typical day in the life is like at that school.
- ID clinics, go to a practice, see if you like the coaching style of the coach and the team culture.
- Resource to help you choose the school for you- big future from the college board



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# HOW DO I GET RECRUITED?

Tournaments, showcases, high school playoffs, social media, ID clinics, highlight film and contacting coaches.

Even if coaches are far from where you are playing, still let them know because most showcases these days are live streamed and they can watch from anywhere!

## HIGHLIGHT FILM TIPS!!!!



- You don't need a long intro: name, year, position, location.
- Position specific highlights. If you are a defender, they want to see you actually defending and not just getting the ball and attacking. Positioning, 50/50 balls, how you are in the air.
- Keep your film short, no longer than 5 min.
- Make sure you highlight yourself. If a coach watches a highlight film and must spend time trying to figure out which one you are, they might just stop watching.
- Your highlight film should be the best of the best. You likely will not be recruited by this alone, but this is what makes them want to come watch you play.



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# COACHES

## WHAT ARE COACHES LOOKING FOR

- Coaches want to see you compete. Highlight films are great and they are good indicator of If the coach will want to come watch you play or not. But what coaches are really looking for besides the obviously technical and tactical skills, IS your character. What are you doing off the ball and off the field. How are you interacting with your teammates and coaches? Are you coachable? And then the little things, like scanning, checking your shoulder, etc things that don't take much "skill"

## HOW TO EMAIL COACHES

- Try to make it custom to each school. No coach wants to get a mass email. Take the time to research the school and program and focus on a couple things you like and why you think you would fit there and what value u could add to the program.
- Make sure the coaches name and school name are correct.
- Coaches are busy, and get tons of emails, if you don't email back in a timely manner, they will think you aren't very interested and become uninterested in you.
- Most coaches wont get annoyed with you emailing them again if you don't hear back from them. It actually shows you are interested and invested and keeps you on their radar.



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# YOUR SOCCER RESUME

Name  
Phone number  
Email  
Town/State  
GPA/Test scores  
Potential major  
Position(s)

Anything that highlights who you are as a student athlete.

Extra curricular activities, accolades, volunteering, club team and league, highlight video.

## SOCIAL MEDIA

Coaches are looking at everything you do, good and bad. The way you present yourself on social media can solidify your spot on a roster or confirm you are not the right fit for a program.

## PARENTS ROLES

It is important that parents help the student athletes, but don't get too involved. It is ultimately the student athlete's choice and coaches want to speak with the player and the parents. However, most of the communication they want to come from the student athlete.

## KEEP IN MIND!

- Being a college athlete at any division is a full-time job! YOU are going to be the one running and practicing, so sometimes you need to consider multiple outcomes. Would you rather be a big impact player at a DIII or DII school or fight to play for a DI team? Where would you want to be if you got injured and couldn't play?
- COVID is still impacting coach decisions. Roster spots are still limited from the extra year of eligibility they are getting for the next 2 years. They either keep what is known or take a chance on an incoming freshman.
- You are not only competing with local and national players, but also international players.



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