

ALBION SC COLLEGE GUIDANCE MANUAL

AS COLLEGE GUIDANCE DIRECTOR, IT IS MY GOAL TO BE A RESOURCE FOR YOU TO FIND A COLLEGE OR UNIVERSITY WHERE YOU CAN GROW ACADEMICALLY, ATHLETICALLY, AND SOCIALLY. THE LANDSCAPE OF COLLEGE SOCCER IS VAST, AND THE OPPORTUNITIES ARE MANY. YOU ARE ALL TALENTED SOCCER PLAYERS AND WE FEEL THAT IF YOU TRULY DESIRE TO PLAY AT THE NEXT LEVEL, THERE IS NOTHING THAT CAN STOP YOU. WE AIM TO ASSIST YOU TO ACCOMPLISH YOUR GOALS AS A STUDENT ATHLETE ENTERING THE NEXT CHAPTER OF YOUR LIVES. WE WANT TO SEE EACH INDIVIDUAL OFF TO THE HIGHEST LEVEL OF PLAY ATTAINABLE, WHETHER THAT IS DIVISION I, II, III, NAIA OR JUNIOR COLLEGE. OUR MOST PERTINENT OBJECTIVE HOWEVER, IS THAT YOU WILL FIND THE “PERFECT FIT”- SOMEPLACE YOU CAN GROW ON, AND MOST IMPORTANTLY, OFF THE FIELD.

I WANT TO HELP YOU SUCCEED AND PLAN TO BE BY YOUR SIDE AS A GO-TO RESOURCE IN THIS PROCESS AND WILL ASSIST YOU IN ANY WAY THAT I CAN. IT’S IMPERATIVE THAT YOU ARE THE ONES LEADING THE WAY, AND THAT THE MOTIVATION TO SUCCEED IS COMING FROM THE INDIVIDUAL PLAYERS. WHILE I HAVE AND WILL CONTINUE TO PROVIDE YOU AN EXCELLENT TRAIL MAP, YOU ARE THE ONES THAT WILL NEED TO TAKE THE HIKE. MY PASSION AND WORK RATE FOR HELPING YOU IN THIS PROCESS, WILL LITERALLY MATCH YOUR PASSION AND WORK RATE IN THIS PROCESS. I AM LOOKING FOR YOU TO DEMONSTRATE THAT YOU ARE SERIOUS ABOUT TAKING IT TO THE NEXT LEVEL.

IT IS OUR GOAL THROUGH THIS PROGRAM TO CONTINUALLY BUILD THE REPUTATION OF THE ALBION SC AS ONE OF THE BEST PROGRAMS IN REGARDS TO COLLEGE IDENTIFICATION AND PLACEMENT THROUGHOUT THE COUNTRY.

ARE YOU SERIOUS?

IF YOU ARE NOT SERIOUS ABOUT MAKING THE LONG TERM, 4 YEAR COMMITMENT TO BEING A SUCCESSFUL MEMBER OF A COLLEGE SOCCER PROGRAM, WE MUST KNOW. WE INVEST TOO MUCH TIME AND ENERGY INTO THIS PROJECT AND CAN’T AFFORD TO WASTE TIME WITH PLAYERS WHO ARE “HALF IN AND HALF OUT”, OR WAVERING IN ANY WAY REGARDING THEIR DESIRE TO PLAY AT THE NEXT LEVEL. YOU WILL BE CHALLENGED AND FORCED TO WORK HARD REGARDLESS OF WHAT DIVISION PROGRAM YOU ATTEND. ALL DI, DII, DIII AND NAIA SOCCER PROGRAMS WHO ARE COMMITTED TO SUCCESS WILL PROVIDE A COMPETITIVE ENVIRONMENT WHERE EXPECTATIONS ARE HIGH. FAILURE TO MEET THOSE EXPECTATIONS WILL LEAVE YOU ON THE OUTSIDE LOOKING IN.

WE HAVE AN EXTENSIVE NETWORK OF COLLEGE COACHES WHO ARE EAGER TO DISCUSS THE SERIOUS PLAYERS THAT WE HAVE COMING UP THROUGH OUR RANKS. WE WILL PROMOTE YOU IN THE PROPER FASHION TO THESE COACHES, AND IT IS IMPORTANT THAT YOU UNDERSTAND THAT OUR REPUTATION IS AT STAKE. IF WE HAVE GIVEN OUR RECOMMENDATION TO A PLAYER TO A PARTICULAR COACH, AND THAT PLAYER TURNS OUT TO LACK THE DESIRE, WORK ETHIC, OR RESPONSIBILITY TO MAKE IT IN THE PROGRAM, THEN THAT MAY BE THE LAST TIME THAT COACH DECIDES TO USE US AS A RESOURCE.

WE WILL NOT RECOMMEND YOU PLAY COLLEGE SOCCER IF THE FOLLOWING IS TRUE:

- 1. YOU AREN'T SURE IF YOU REALLY WANT TO PLAY.**
- 2. YOU WANT TO GO TO SCHOOL TO PARTY, AND HAVE FUN.**
- 3. YOU DON'T TAKE YOUR ACADEMIC DEVELOPMENT SERIOUSLY.**
- 4. YOU DON'T HAVE THE RESPONSIBILITY TO BE ABLE TO BALANCE YOUR ACADEMICS WITH YOUR COMMITMENTS TO SOCCER.**
- 5. YOU WANT TO *PLAY* BUT DON'T WANT TO TRAIN, BE FIT, OR WORK HARD *OFF* THE FIELD.**
- 6. YOU ARE UNCOACHABLE OR UNRELIABLE. COLLEGE COACHES NEED PEOPLE THEY CAN TEACH AND COUNT ON TO GET THE JOB DONE, ON AND OFF THE FIELD.**

NOTE: WHEN YOU MEET WITH THE COLLEGE GUIDANCE DIRECTOR IS YOUR CHANCE TO BE HONEST ABOUT YOUR LEVEL OF COMMITMENT. IT IS IMPORTANT THAT WE HAVE A CLEAR IDEA OF YOUR GOALS AND ASPIRATIONS.

STAYING ORGANIZED

SOME TIPS FOR STAYING ORGANIZED AROUND YOUR COLLEGE SEARCH PROCESS:

- AS YOU START RESEARCHING SCHOOLS, KEEP A BINDER ORGANIZED SCHOOL BY SCHOOL, WITH ALL THE PAMPHLETS, INFORMATION PACKETS, EMAIL CORRESPONDENCES WITH COACHES, AND OTHER INFORMATION FROM EACH SCHOOL.**
- KEEP NOTES OF PHONE CONVERSATIONS OR EMAILS THAT YOU HAVE WITH COLLEGE COACHES AS YOU GET IN TO YOUR JUNIOR AND SENIOR YEAR.**
- KEEP ALL EMAILS ORGANIZED.**
- KEEP A "TO DO" LIST AT YOUR DESK AT HOME WHERE YOU CAN KEEP TRACK OF WHAT NEEDS DOING IN THE PROCESS.**

CRITERIA FOR SELECTING A SCHOOL:

THERE IS A GREAT DEAL OF PARITY IN COLLEGE SOCCER. UNLIKE THE MAJOR SPORTS OF FOOTBALL AND BASKETBALL WHERE THE DIFFERENCE BETWEEN DIVISION I COMPETITION AND THE OTHER LEVELS IS VERY CLEAR, COLLEGE SOCCER IS VERY DIFFERENT. MANY OF THE TOP DII, DIII AND NAIA PROGRAMS ARE CAPABLE OF COMPETING AT THE DI LEVEL, AND OFTEN TIMES ARE PLAYING THE MOST ATTRACTIVE SOCCER. THE POINT: **DON'T LET DIVISION I BE THE ULTIMATE DECIDING FACTOR FOR YOUR COLLEGE DECISION.**

ONE OF THE MOST IMPORTANT DECISIONS A YOUNG PERSON WILL MAKE WHILE IN HIGH SCHOOL IS THE CHOICE OF A COLLEGE TO ATTEND. IF THE YOUNG STUDENT IS FORTUNATE TO NOT ONLY BE ACADEMICALLY QUALIFIED BUT ALSO ATHLETICALLY AS WELL, THEN OPPORTUNITIES EXIST TO SECURE A COLLEGE SCHOLARSHIP.

- LOOK AT SCHOOLS THAT BEST SUIT YOUR ACADEMIC NEEDS AND A SOCCER PROGRAM THAT IS COMPATIBLE WITH YOUR PLAYING ABILITY. WHAT ACADEMIC FIELDS OF STUDY ARE YOU INTERESTED IN? YOUR CHOICE OF SCHOOL SHOULD BE BASED ON YOUR STUDIES FIRST, THEN SOCCER.
- **BE REALISTIC – DISCUSS WITH YOUR COACHES WHAT LEVEL OF PLAY MAY BE A GOOD FIT. WE WANT YOU TO HAVE HIGH ASPIRATIONS, BUT IT IS ALSO IMPORTANT TO FIND SOMEPLACE THAT YOU WILL BE ABLE TO CONTRIBUTE EARLY ON IN YOUR CAREER. WHO WANTS TO SIT ON THE BENCH FOR THREE YEARS FOR A CHANCE TO PLAY IN YOUR SENIOR YEAR?**
- DO YOU WANT TO ATTEND A BIG OR SMALL COLLEGE OR UNIVERSITY?
- DO YOU WANT TO TRAVEL OUT OF STATE OR STAY IN STATE? DO YOU WANT TO STAY CLOSE TO HOME?
- DO YOU WANT A RESIDENTIAL CAMPUS OR A COMMUTER CAMPUS EXPERIENCE?
- WHAT CLIMATE DO YOU PREFER?
- DO YOU WANT TO PLAY IN A PARTICULAR CONFERENCE?
- WOULD YOU PREFER A PRIVATE OR STATE UNIVERSITY?
- HOW MUCH ARE YOU WILLING TO PAY FOR YOUR EDUCATION?

THE IMPORTANCE OF GRADES IN THE RECRUITING PROCESS

BY HIGH COLUMNIST RUSS WILLIAMS

YOUR GRADES, SAT AND/OR ACT TEST SCORES ARE A VERY IMPORTANT PART OF THE RECRUITING PROCESS. I KNOW YOUR PARENTS TELL YOU TO GET YOUR GRADES UP ALL THE TIME AND YOU ARE PROBABLY TIRED OF HEARING ABOUT IT. BUT GUESS WHAT? GET YOUR GRADES UP AND WORK HARD TO PREPARE FOR THE STANDARDIZED TESTS. YOU WILL BENEFIT GREATLY FROM THE EXTRA EFFORT YOU PUT FORTH NOW.

REMEMBER THAT GOING TO COLLEGE IS ALL ABOUT ACADEMICS. COLLEGES AND UNIVERSITIES AFTER ALL ARE CALLED ACADEMIC INSTITUTIONS. THE PEOPLE IN CHARGE OF DECIDING WHETHER OR NOT YOU GET IN ARE MAKING THAT DECISION BASED ON THEIR PERCEPTION OF YOUR ABILITY TO MANAGE THE COLLEGIATE EXPERIENCE AND GRADUATE WITH A DEGREE. YOUR PAST HISTORY IN THE CLASSROOM (HIGH SCHOOL GPA) AND YOUR TEST SCORES ARE A MAJOR PART OF THIS DECISION MAKING PROCESS.

YOUR GRADES AND TEST SCORES HAVE BECOME EVEN MORE IMPORTANT AS THE NCAA HAS RULES GOVERNING ATHLETIC ELIGIBILITY BASED ON ACADEMIC PERFORMANCE. IT IS A REQUIREMENT THAT YOU REGISTER WITH THE NCAA CLEARINGHOUSE IF YOU WANT TO COMPETE AT THE DIVISION 1 OR 2 LEVELS. YOU CAN LEARN MORE ABOUT THESE REQUIREMENTS BY VISITING THE NCAA WEBSITE.

SO YOU HAVE TO MEET NCAA ACADEMIC REQUIREMENTS TO PLAY AND YOU HAVE TO MEET EACH INDIVIDUAL COLLEGES REQUIREMENTS TO BE ADMITTED. IS IT CLEAR TO YOU THAT YOUR GRADES ARE IMPORTANT? LET'S LOOK AT IT ANOTHER WAY. PICTURE A LARGE FUNNEL AND ASSUME THAT IT IS FILLED WITH EVERY COLLEGE THAT OFFERS YOUR PARTICULAR SPORT. THE HIGHER YOUR

GRADES AND TEST SCORES THE MORE COLLEGES YOUR ARE ADMISSIBLE TO AND THUS MORE COLLEGES COACHES CAN RECRUIT YOU. THE REVERSE IS ALSO TRUE. THE LOWER YOUR GRADES AND TEST SCORES THE FEWER SCHOOLS WILL ADMIT YOU AND THE FEWER COACHES CAN RECRUIT YOU.

HOW ABOUT LOOKING AT IT ONE MORE WAY? A COLLEGE COACH IS RECRUITING YOU AND ONE OTHER ATHLETE. THE OTHER ATHLETE IS A LITTLE AHEAD OF YOU ON THE ATHLETIC SIDE BUT YOUR GRADES AND TEST SCORES ARE FAR SUPERIOR TO THE OTHER CANDIDATE. WHO WILL THE COACH CHOOSE WHEN IT COMES TIME TO OFFER THE SCHOLARSHIP? MOST OF THE TIME THE COACH WILL CHOOSE YOU! WHY? WITH THE SCHOOLS COACHES AND CONDITIONING PROGRAMS THEY CAN MOST LIKELY BRING YOUR ATHLETIC PERFORMANCE UP TO THE OTHER CANDIDATES. THERE IS NOT MUCH THEY CAN DO TO BRING THE OTHER CANDIDATES ACADEMIC PERFORMANCE UP TO YOURS. THE COACH WANTS YOU TO PLAY FOR FOUR YEARS AND THEY WANT YOU TO GRADUATE. YOU WILL WIN THAT HEAD TO HEAD BATTLE JUST ABOUT EVERY TIME.

COMMUNICATING WITH COLLEGE COACHES

1. RESPOND TO ALL EMAILS AND LETTERS OF INTEREST. IF A COLLEGE COACH SENDS YOU A LETTER, EMAIL, OR CALLS YOU ON THE PHONE, RESPOND. EVEN IF YOU ARE NOT INTERESTED IN THE SCHOOL, WE EXPECT YOU TO QUICKLY RESPOND. IF THE COACH OF EAST OKLAHOMA BAPTIST UNIVERSITY SENDS YOU AN EMAIL AND YOU HAVE NO INTEREST IN ATTENDING THE SCHOOL, POLITELY THANK THEM FOR THEIR INTEREST. THE COLLEGE SOCCER WORLD IS A SMALL WORLD AND THIS LITTLE THING CAN GO ALONG WAY IN FORGING GOOD RELATIONSHIPS:

DEAR COACH,

THANK YOU FOR YOUR INTEREST IN ME AS A PROSPECTIVE STUDENT ATHLETE. UNFORTUNATELY, I AM PURSUING OTHER OPPORTUNITIES AND I AM NOT INTERESTED IN ATTENDING YOUR SCHOOL. GOOD LUCK TO YOU AND YOUR PROGRAM!

SINCERELY,

JOE SMITH
ALBION SOCCER CLUB

IF YOU ARE INTERESTED IN THE PROGRAM:

DEAR COACH,

THANK YOU FOR YOUR INTEREST IN ME AS A PROSPECTIVE STUDENT ATHLETE. I AM EXCITED ABOUT THE POSSIBILITY OF JOINING YOUR SOCCER TEAM, AND BEING A STUDENT AT X UNIVERSITY. HOW SHOULD I PROCEED? I LOOK FORWARD TO SPEAKING WITH YOU SOON.

SINCERELY

JOE SMITH

2. BE RELIABLE AND HONEST WITH COACHES YOU ARE IN CONTACT WITH. IF YOU ARE ASKED, BE FORTHCOMING ABOUT THE OTHER PROGRAMS YOU ARE IN CONTACT WITH AND BE HONEST ABOUT ANY SCHOLARSHIP OFFERS MADE. THE MANNER IN WHICH YOU CORRESPOND WITH THE COACH IS A REFLECTION OF HOW YOU MAY OPERATE WHILE ON CAMPUS. ARE YOU GOING TO BE SOMEONE THAT COACH HAS TO “TRACK DOWN” FOR A MEETING OR AN ACADEMIC ISSUE, OR ARE YOU GOING TO BE MR. RELIABLE? DURING MY TIME AS A COLLEGE COACH, THE PLAYERS WHO WE CAN COUNT ON OFF THE FIELD, ARE GENERALLY THE ONES WE CAN COUNT ON, ON THE FIELD.

3. BE ON TOP OF THE APPLICATION PROCESS. LET THE COACH KNOW THAT YOU ARE A SELF-MOTIVATED AND CAPABLE INDIVIDUAL BY THE WAY YOU DILIGENTLY TACKLE APPLICATIONS.

4. PARENTS: DON’T BE A SPOKESPERSON FOR YOUR SON OR DAUGHTER. RELEASE THEM TO THE EXPERIENCE OF FINDING A COLLEGE. BE THERE FOR SUPPORT AND ENCOURAGE THEM TO BE DILIGENT IN THE PROCESS, BUT DON’T TAKE OVER. COLLEGE COACHES NEED TO KNOW THAT THE RECRUITED ATHLETE IS CAPABLE OF COMMUNICATING FOR HERSELF, AND HANDLING RESPONSIBILITIES INDEPENDENTLY OF THE PARENT. IT HAS ALWAYS BEEN A “RED FLAG” WHEN I HAVE DEALT WITH A PARENT WHO IS SPEAKING ON BEHALF OF THEIR SON OR DAUGHTER TOO MUCH.

5. JUNIOR AND SENIOR YEAR -TELEPHONE CONVERSATIONS: IF A COACH LEAVES YOU A MESSAGE, GET BACK TO THEM ASAP. SPEAK WITH CONFIDENCE. FOLLOWING IS A LIST OF QUESTIONS THAT YOU MAY ASK A COACH TO GET A FEEL FOR WHAT THE SCHOOL, SOCCER PROGRAM, AND WHAT THE COACH HAS TO OFFER:

ABOUT THE SCHOOL

1. IS THIS A FOUR-YEAR OR TWO-YEAR SCHOOL?
2. IS THE SCHOOL PUBLIC OR PRIVATE?
3. IF IT IS PRIVATE...IS IT CHURCH AFFILIATED?
4. WHERE IS THE SCHOOL LOCATED?
5. IS THIS IN THE COUNTRY, A SMALL TOWN, OR IN AN URBAN AREA?
6. WHAT IS THE CAMPUS LIKE?
7. HOW LARGE IS THE SCHOOL, WHAT IS THE UNDERGRADUATE ENROLLMENT?
8. WHAT ARE THE STRONGEST DEGREE PROGRAMS OFFERED, AND WHICH ARE THE BEST ACADEMIC DEPARTMENTS?
9. WHAT DEGREE PROGRAMS ARE POPULAR WITH CURRENT SOCCER PLAYERS?
10. DO MOST STUDENTS LIVE ON CAMPUS OR IN OFF-CAMPUS APARTMENTS?
11. WHAT IS THE STUDENT HOUSING LIKE?
12. DO THE MEMBERS OF THE SOCCER TEAM ROOM TOGETHER?
13. WHAT TRANSPORTATION IS POSSIBLE FROM MY HOME TO THE CAMPUS?
14. WHAT IS THE ACADEMIC CALENDAR - QUARTERS, SEMESTERS OR TRIMESTERS?
15. WHAT COMPUTING RESOURCES AND LIBRARY SERVICES ARE AVAILABLE TO STUDENTS?
16. WHAT DO YOU DO TO HELP PLAYERS WITH THEIR SCHOOLWORK?

ABOUT THE SOCCER PROGRAM

1. IN WHAT DIVISION DOES THE SCHOOL PLAY? (NCAA I, NCAA II, NCAA III, NAIA, NJCAA)
2. IN WHAT CONFERENCE IS THE TEAM?
3. WHAT IMPORTANT NON-CONFERENCE TEAMS ARE SCHEDULED?
4. CAN YOU PROVIDE A SCHEDULE FOR NEXT FALL?
5. WHAT WAS THE TEAM'S CONFERENCE AND OVERALL RECORD THIS YEAR?
6. HOW MANY PLAYERS WILL THERE BE ON THE ROSTER NEXT YEAR?
7. HOW MANY WILL TRAVEL WITH THE TEAM?
8. WHAT TRAINING HAPPENS BETWEEN SEASONS?
9. WHAT IS THE PRE-SEASON SCHEDULE?
10. WHAT IS THE PRACTICE SCHEDULE AFTER SCHOOL STARTS?
11. INCLUDING MEETINGS, TRAINING, TRAVEL, AND MATCHES, HOW MUCH TIME IS REQUIRED?
12. WHAT FACILITIES AND STAFF ARE AVAILABLE TO TAKE CARE OF INJURIES AND REHAB?
13. WHAT ARE YOUR GOALS FOR THE TEAM?
14. WHAT IS THE STYLE OF PLAY YOU WANT TO SEE?

ABOUT THE COACHES NEEDS

- 1. HOW MANY SENIORS ARE GRADUATING?**
- 2. ARE THERE ANY RED SHIRT PLAYERS RETURNING?**
- 3. WHERE WOULD I PLAY IN THE TEAM?**
- 4. HOW MUCH PLAYING TIME SHOULD I EXPECT AS A FRESHMAN?**
- 5. HOW MANY OTHER PLAYERS ARE PLAYING THAT POSITION?**
- 6. ARE YOU RECRUITING OTHER PLAYERS FOR THAT POSITION? HAVE YOU COMMITTED TO ANY?**

HOW TO MOVE FORWARD?

- 1. WHERE AM I ON YOUR BOARD NOW?**
- 2. HAVE YOU SEEN ME PLAY?**
- 3. WHICH TOURNAMENTS WILL YOU BE ATTENDING? (APPROPRIATE BEFORE JANUARY)**
- 4. DO YOU HAVE OUR TEAM'S SCHEDULE FOR THIS FALL? (APPROPRIATE IN THE FALL)**
- 5. HAVE YOU TALKED WITH MY COACHES?**
- 6. DO YOU HAVE A COPY OF MY PLAYING RESUME AND REFERENCES?**
- 7. WHAT'S THE NEXT STEP?**
- 8. WHAT SHOULD I DO?**
- 9. DO YOU SEE ME AS A SERIOUS POSSIBILITY?**

PLAYING COLLEGE SOCCER:

IF YOU ARE SERIOUS ABOUT MAKING A GOOD FIRST IMPRESSION AND EARNING A ROLE EARLY IN YOUR CAREER, THE FOLLOWING MUST BE CONSIDERED"

1. INCREASED PHYSICALITY- THE BIGGEST DIFFERENCE BETWEEN THE CLUB LEVEL AND THE COLLEGE LEVEL HAS TO DO WITH PHYSICALITY. PLAYERS ARE BIGGER, STRONGER, AND FASTER AND THE PACE OF PLAY IS QUICKER. A STRENGTH PROGRAM, COUPLED WITH SPEED AND AGILITY TRAINING ARE A MUST IN THE 6-12 MONTHS PRIOR TO ENTRY TO THE COLLEGE GAME.

STRENGTH TRAINING WILL INCREASE YOUR CONFIDENCE, STRENGTH ON THE BALL, AND ABILITY TO COMPETE WITH THE MORE ATHLETIC COLLEGE PLAYER. IT WILL ALSO DECREASE THE CHANCES OF INJURY. SPEED AND AGILITY TRAINING COMPLIMENTS YOUR STRENGTH TRAINING AND KEEPS YOU LIGHT ON YOUR TOES. STUDIES HAVE SHOWN THAT A PROPER SPEED TRAINING PROGRAM WILL INCREASE YOUR SPEED. GO FIGURE?

2. CONTINUE TO TRAIN HARD AND BE A PRODUCTIVE MEMBER OF YOUR ALBION TEAM AND HS TEAM. IT IS CRITICAL THAT YOU ARE PLAYING AND TRAINING AT THE HIGHEST LEVEL POSSIBLE IN ORDER TO MAKE THE SUCCESSFUL TRANSITION TO THE COLLEGE GAME.

3. NUTRITION- DIET IS A KEY COMPONENT TO SUCCESS AT THE HIGHEST LEVEL. AVOID FRIED FOOD, EXCESSIVE SWEETS, SODA, AND EMPTY CALORIES. I HAVE A SPORTS NUTRITION PROGRAM AVAILABLE FOR ANYONE INTERESTED.

4. REST- PROPER REST AND RECOVERY IS ESSENTIAL TO THE PROCESS. IF YOU ARE PUSHING YOURSELF AT THE LEVEL NECESSARY TO REALLY PREPARE YOURSELF, YOU MUST GIVE YOUR BODY A CHANCE TO RECOVER DAILY. WHILE YOUR NON-ATHLETE FRIENDS ARE HEADED OUT ON THE TOWN, THE TRULY DEDICATED OPT TO CATCH UP ON SLEEP.

OUTSIDE RECRUITMENT AGENCIES

WE DISCOURAGE YOU FROM USING OUTSIDE RECRUITING COMPANIES THAT CHARGE EXPENSIVE FEES TO SET UP ONLINE PROFILES AND WHO PROMISE TO PROMOTE YOU TO COLLEGE COACHES. I CAN TELL FROM MY EXPERIENCE AS A COLLEGE COACH THAT COACHES DO NOT UTILIZE THESE COMPANIES FOR THE MOST PART. MOST COACHES WILL NOT RECRUIT A PLAYER UNLESS THEY HAVE SEEN THEM PLAY IN PERSON AND FEEL STRONGLY THAT SAID PLAYER IS CAPABLE OF CONTRIBUTING TO THE PROGRAM. ALBION SC HAS AN ONLINE PROFILE SYSTEM THAT ALLOWS YOU TO BUILD AN INDIVIDUAL PROFILE.

INDIVIDUAL PROFILES ARE USEFUL TO SEND TO COACHES AS AN ATTACHMENT WHEN YOU ARE EMAILING COACHES TO INVITE THEM TO WATCH YOU PLAY. ALSO, ONCE CORRESPONDENCE HAS BEEN ESTABLISHED WITH A COACH AND THERE IS MUTUAL INTEREST, A COACH MAY ASK TO HAVE A SOCCER PROFILE SENT.

NOTE – INDIVIDUAL PROFILES ARE NOT TO BE BROUGHT TO SHOWCASE TOURNAMENTS TO HAND OUT TO COLLEGE COACHES. THEY ARE CUMBERSOME AND COACHES DON'T WANT THESE. OUR TEAM PROFILE WILL BE HANDED OUT TO COACHES BY THE COLLEGE DIRECTOR, AND IN HIS ABSENCE, A MANAGER WILL HAND OUT THE TEAM PROFILE.

HIGHLIGHT VIDEOS

HIGHLIGHT VIDEOS ARE A GOOD TOOL FOR COACHES TO BE ABLE TO ASSESS A PLAYER'S ABILITY TO CONTRIBUTE AT THEIR LEVEL. FEW COACHES WILL TAKE A PLAYER SOLELY BASED ON A HIGHLIGHT VIDEO, BUT IT MAY MOTIVATE THEM TO TRY TO FIND A WAY TO WATCH YOU PLAY WHILE THEY ARE OUT ON THE RECRUITING TRAIL. IT IS IMPORTANT THAT THE VIDEO IS SHORT AND SWEET. 7-10 MINUTES OR CLIPS COMPILED THAT DEMONSTRATE YOUR STRENGTHS AS A PLAYER.

RECRUITING RULES/ FACTS

**** NCAA DIVISION III AND NAIA SCHOOLS CAN CONTACT YOU ANYTIME AFTER YOUR JUNIOR YEAR BY PHONE, EMAIL, AND CAN SEND YOU INFORMATION IN THE MAIL. ALSO PERMITTED TO TALK TO YOU AND YOUR PARENTS IN PERSON AT TOURNAMENTS, AFTER YOUR LAST GAME PLAYED AT THE SPECIFIC EVENT. YOU ARE ALLOWED TO VISIT CAMPUS.**

NCAA DIVISION I & II

PRIOR TO SEPTEMBER 1ST OF YOUR JUNIOR YEAR:

COACHES ARE ALLOWED TO:

- SEND YOU ATHLETIC OR SPORTS CAMP BROCHURES, NCAA EDUCATIONAL INFORMATION AND QUESTIONNAIRES.
- A COACH CAN ALSO ACCEPT PHONE CALLS FROM YOU AS LONG AS THEY ARE AT YOUR EXPENSE BUT REMEMBER THAT IF YOU LEAVE A MESSAGE ON AN ANSWERING MACHINE THE COACH IS NOT ALLOWED TO CALL YOU BACK.
- YOU ARE ALLOWED, AND SHOULD CALL COACHES IN THE OFFICE DURING NORMAL OFFICE HOURS. IF YOU ARE INTERESTED IN A PROGRAM, DON'T BE AFRAID TO PICK UP THE PHONE AND CALL A COACH TO LET HIM/ HER KNOW YOU ARE INTERESTED.

COACHES ARE NOT ALLOWED TO:

- TO CALL YOU ON THE PHONE. A COACH CANNOT SEND YOU ANY WRITTEN RECRUITING INFORMATION.

NCAA RECRUITING GUIDELINES, UNOFFICIAL VISITS:

- YOU CAN MAKE UNOFFICIAL VISITS TO A COLLEGE CAMPUS. THIS IS ANY VISIT THAT IS NOT PAID FOR BY THE SOCCER PROGRAM.
- IT IS ALSO PERMISSIBLE FOR YOU TO RECEIVE A MAXIMUM OF THREE COMPLIMENTARY TICKETS TO A COLLEGE SPORTING EVENT.
- YOU CAN TALK WITH COLLEGE COACHES BUT THIS MUST BE ON CAMPUS.

AFTER SEPTEMBER 1ST OF YOUR JUNIOR YEAR

- COLLEGE COACHES ARE ALLOWED TO SEND YOU INFORMATION ABOUT THEIR ATHLETIC PROGRAM AND ABOUT THEIR SCHOOL. THIS CAN INCLUDE: MEDIA GUIDES, SCHEDULE CARDS, PERSONALIZED LETTERS, PHOTOCOPIES OF NEWSPAPER CLIPPINGS AND OFFICIAL UNIVERSITY ADMISSIONS AND ACADEMIC PUBLICATIONS.
- THE COLLEGE COACH IS NOW ALLOWED TO ANSWER YOUR EMAILS AND SEND EMAILS TO YOU AS WELL.

AFTER JULY 1ST WITH JUNIOR YEAR COMPLETED

- A COLLEGE COACH IS ONLY PERMITTED TO CONTACT YOU IN PERSON OFF THE COLLEGE CAMPUS ONLY ON OR AFTER JULY 1ST WHEN YOU HAVE COMPLETED YOUR JUNIOR YEAR OF HIGH SCHOOL.
- IF THE COACH MEETS WITH YOU OR YOUR PARENTS AND SAYS ANYTHING TO YOU OR THEM THEN THIS IS CONSIDERED A CONTACT. ANYTHING MORE THAN A VERY BASIC HELLO IS A CONTACT.
- COLLEGE COACHES ARE PERMITTED TO MAKE ONE TELEPHONE CALL EACH WEEK TO YOU OR YOUR PARENTS. YOU CAN CALL THE COACH AS OFTEN AS YOU WISH.
- PARENTS ARE DISCOURAGED FROM INTRODUCING THEMSELVES TO COACHES AT RECRUITING EVENTS AND ATTEMPTING TO ENGAGE IN A CONVERSATION. THIS IS ONLY OK AFTER YOUR SON OR DAUGHTER IS BEING ACTIVELY RECRUITED BY THAT SCHOOL AND YOU HAVE ESTABLISHED A RELATIONSHIP WITH THEM.

SENIOR YEAR

- YOU CAN MAKE UP TO FIVE OFFICIAL - EXPENSE PAID **VISITS TO COLLEGE CAMPUSES**. THE VISIT TO THE CAMPUS CANNOT BE LONGER THAN FORTY EIGHT HOURS IN DURATION. YOU ARE NOT ALLOWED TO HAVE AN OFFICIAL VISIT UNTIL AFTER YOUR FIRST DAY OF CLASSES OF YOUR SENIOR YEAR.
- COLLEGE COACHES NEED TO HAVE AN OFFICIAL ACT OR SAT SCORE AND A COPY OF YOUR OFFICIAL HIGH SCHOOL TRANSCRIPT BEFORE YOU CAN MAKE A VISIT.
- COACHES CAN MAKE TELEPHONE CALLS AND SEND WRITTEN CORRESPONDENCE AS PER THE RULES FOR YOUR JUNIOR YEAR.

NCAA ELIGIBILITY CENTER – JUNIOR YEAR

- IF YOU WANT TO PARTICIPATE IN DIVISION I OR II ATHLETICS AS A FRESHMAN, YOU MUST FIRST REGISTER AND BE CERTIFIED BY THE NCAA INITIAL-ELIGIBILITY CENTER REFER TO THE NCAA ACADEMIC ELIGIBILITY SECTION TO DETERMINE THE INITIAL-ELIGIBILITY STANDARDS THAT APPLY TO YOU. IF YOU DON'T REGISTER YOU WILL NOT BE ELIGIBLE TO PLAY OR PRACTICE DURING YOUR FRESHMAN YEAR.
- TO REGISTER WITH THE CLEARINGHOUSE:
[HTTPS://WEB1.NCAA.ORG/ELIGIBILITYCENTER/COMMON/](https://web1.ncaa.org/eligibilitycenter/common/)
- NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET (SEE HANDOUT)

COMMUNICATING WITH THE COLLEGE GUIDANCE DIRECTOR

PLEASE KEEP US IN THE LOOP REGARDING CORRESPONDENCES YOU ARE HAVING WITH COLLEGE COACHES. THE COACHING STAFF HERE AT ALBION SC WILL BE IN YOUR CORNER. OUR GOAL IS TO GIVE YOU THE TOOLS TO HELP YOURSELF IN THIS PROCESS, AND BE A CONSTANT ADVISOR FOR YOU TO CONSULT WITH AS YOU ARE COMMUNICATING WITH DIFFERENT COACHES, FILLING OUT APPLICATIONS, TAKING THE SAT, REGISTERING WITH CLEARINGHOUSE, AND ULTIMATELY WEIGHING YOUR OPTIONS.

EMAIL ME WITH ANY QUESTIONS REGARDING THE COLLEGE PROCESS. THE NEXT STEP WILL BE TO ARRANGE INDIVIDUAL MEETINGS WITH THE COLLEGE DIRECTOR. CONTACT ME ANYTIME YOU NEED TO DISCUSS AN ISSUE IN GREATER DETAIL.

YOURS IN SOCCER,

RYAN CARRUTH
COLLEGE GUIDANCE DIRECTOR
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HIGH SCHOOL CHECKLIST

FRESHMAN YEAR

- **ACADEMIC MENTORSHIP**
 - **PLAYERS UNDERSTAND THE IMPORTANCE OF ACADEMIC ACHIEVEMENT IN THE RECRUITING PROCESS.**
 - **START THE HIGH SCHOOL ACADEMIC CAREER WITH AN OUTSTANDING FIRST YEAR.**
 - **PSAT – WE RECOMMEND TAKING THE PSAT IN FRESHMAN AND SOPHMORE YEAR AS GOOD PRACTICE FOR THE REAL TEST IN JUNIOR/SENIOR YEAR**
- **BEGIN TO IDENTIFY SCHOOLS OF INTEREST AND START CREATING A LIST**
- **BUILD INDIVIDUAL/ TEAM PROFILES TO BE UPDATED ROUTINELY OVER NEXT THREE YEARS.**
- **WORKING HARD TO BE A GOOD PART OF YOUR ALBION TEAM.**
- **TAKING PRIDE IN STRENGTH AND CONDITIONING**
- **FIND OPPORTUNITIES TO WATCH LOCAL COLLEGE SOCCER GAMES TO SEE THE DIFFERENCE IN THE LEVEL OF PLAY. BE A STUDENT OF THE COLLEGE GAME!**
- **STAY FOCUSED!**

SOPHMORE YEAR

- **CONTINUED EXCELLENCE IN THE CLASSROOM**
- **PSAT**
- **INCREASED RESEARCH TO CREATE A LIST OF 20-30 SCHOOLS/ SOCCER PROGRAMS THAT MAY BE A GOOD FIT.**
- **UPDATE COLLEGE PROFILES AND USE THEM IN CORRESPONDENCE TO COACHES.**
- **CONTACT COLLEGE COACHES FROM YOUR LIST TO INVITE TO ALL MAJOR TOURNAMENTS. ROUTINELY EMAIL TO PROVIDE SCHEDULE OF UPCOMING EVENTS AND TO INVITE THEM TO UPCOMING GAMES AND TOURNAMENTS.**
- **TEAM MEETING WITH COLLEGE DIRECTORS TO GET ORGANIZED AROUND COLLEGE SEARCH PROCESS.**
- **CONTINUE WORKING HARD TO IMPROVE AND BE A GOOD PART OF YOUR ALBION TEAM.**
- **SHOW WELL AND GAIN EXPOSURE AT COLLEGE SHOWCASE EVENTS.**
- **TAKING PRIDE IN STRENGTH AND CONDITIONING**
- **CONTINUE TO BE A STUDENT OF THE LOCAL COLLEGE SOCCER SCENE**
- **GET STARTED WITH YOUR COLLEGE BINDER. GET A LARGE THREE RING BINDER AND KEEP IT ORGANIZED BY EACH SCHOOL YOU ARE INTERESTED IN WITH ALL INFORMATION, PAMPHLETS, COPIES OF EMAIL CORRESPONDENCE WITH COACHES, APPLICATION INFORMATION, SCHOLARSHIP AND GRANT INFORMATION, AND ANY OTHER INFORMATION PERTAINING TO EACH SCHOOL. BE AS ORGANIZED AS POSSIBLE!!!**
- **STAY FOCUSED!**

JUNIOR YEAR

- SAT, ACT PREPARATION
- CLEARINGHOUSE ELIGIBILITY PROCESS
- CONTINUE TO RESEARCH AND BUILD AND REFINED LIST OF SCHOOLS OF INTEREST, BEGIN TO NARROW TO 8-12 SCHOOLS, WITH A TOP 5 IN MIND.
- CONTINUE CORRESPONDING WITH ALL COACHES AND INVITE THEM OUT TO WATCH YOU PLAY.
- HAVE OPPORTUNITIES WITH ALBION SC TO PERFORM IN FRONT OF COLLEGE COACHES AT TOP SHOWCASE EVENTS AROUND THE COUNTRY. BE THOROUGH WITH COMMUNICATION AND ASK FOR FEEDBACK AFTER A COACH HAS SEEN YOU PLAY.
- COMMUNICATE WITH ALBION SC DIRECTORS MONTHLY ON YOUR DECISION MAKING STATUS AND WHERE YOU ARE AT WITH EACH SCHOOL.
- CONTINUE TO WORK HARD AND TAKE PRIDE IN THE DEVELOPMENT OF YOUR GAME. INCREASED IMPORTANCE THAT ATHLETES ARE WORKING ON STRENGTH, CONDITIONING, AND SPEED/AGILITY
- UNOFFICIAL VISITS TO COLLEGE CAMPUSES. COLLEGE SOCCER CAMPS.
- CONTINUE TO ATTEND LOCAL COLLEGE SOCCER GAMES.
- STAY FOCUSED!

SENIOR YEAR

- CONTINUED EXCELLENCE IN THE CLASSROOM. STAY FOCUSED!
- SAT AND ACT RETAKE IF NEEDED TO RAISE SCORE.
- NARROWING DOWN YOUR LIST TO 5-7 AND BEGIN IDENTIFYING A CLEAR TOP 1ST, 2ND, AND 3RD CHOICE.
- OFFICIAL VISITS – A COACH MAY INVITE YOU TO VISIT THE CAMPUS AND MAY OR MAY NOT OFFER TO PAY FOR YOUR TRAVEL. REGARDLESS, INQUIRE ABOUT AND TAKE ANY OPPORTUNITIES YOU MAY HAVE TO VISIT CAMPUS AND STAY OVERNIGHT WITH PLAYERS.
- CONTINUE TO UPDATE AND MAINTAIN YOUR COLLEGE BINDER. STAY ORGANIZED!!! IT WILL HELP YOU THINK CLEARLY ABOUT THE DIFFICULT DECISION AHEAD.
- COMMUNICATION WITH ALBION SC DIRECTORS TO ASSURE THAT WE ARE ABLE TO HELP MAXIMIZE YOUR POTENTIAL AND HELP PUSH YOU FORWARD.
- BE RELIABLE AND PROMPT WITH ALL COMMUNICATION FROM COACHES. SHOW THEM HOW DEPENDABLE YOU WILL BE WHEN YOU ARE ON CAMPUS IN THE FALL!
- CONTINUE TO WORK HARD AND DEVELOP YOUR GAME. EACH PLAYER MUST UNDERSTAND THAT EVEN AFTER THEY HAVE COMMITTED TO A PROGRAM AND BEEN OFFERED A SPOT ON THE ROSTER, THAT THE REAL WORK BEGINS. PLAYERS WHO DECIDE TO CRUISE THROUGH THEIR SENIOR YEAR, THINKING THAT THEY HAVE IT MADE, WILL BE IN FOR A RUDE AWAKENING AT THEIR FIRST DAY OF PRE-SEASON DOUBLE SESSIONS!
- CONTINUE TO BE OPEN MINDED TO ANY AND ALL PROGRAMS IF YOU ARE CONTACTED BY COACHES WHO HAVE SEEN YOU PLAY AND LIKED WHAT THEY SAW. YOU NEVER KNOW WHAT TWISTS LIFE CAN THROW AT YOU IN THE FINAL HOUR!

