



## College Prep Program- High School Timeline

### Freshman Year

- ▶ Grades are critical. Freshman year grades count as much toward the overall GPA as junior and senior year classes.
- ▶ Participate in High School Orientation
- ▶ Set Academic Plan/Goals for Freshman Year:
  - Academics should be the #1 priority and focus. Over 99% of the soccer players in the U.S. will not make a living from soccer.
- ▶ Plan course schedules with a counselor to make sure the right classes are being taken
- ▶ Explore possible Community Service Opportunities (volunteer work). They look great on a resume. Especially longer term commitments.
- ▶ Establish a balanced life that will encourage success through high school:
  - Including: good study habits, complete all school work, a full commitment to soccer each and every moment on the practice and game field and a healthy social life.
- ▶ Write a description of your “ideal” College Program and start a college file that fits into your “ideal” College Program
- ▶ Set individual athletic goals for the summer (number of practice hours, achievements, etc).
- ▶ Set academic plan for next year.
- ▶ Take time to visit near-by colleges when playing in tournaments
- ▶ Review progress at various points during the year

### Sophomore Year

- ▶ Complete a practice admission application
- ▶ Set-up a portfolio- begin to assemble college information
- ▶ Use a filing system to set up colleges alphabetically (keep all information together)
- ▶ Review progress with parents
- ▶ Begin to identify 10-15 college programs. Be sure to consider:
  - Class/Majors offered
  - Soccer program
  - School size
  - Class size
  - Distance from home
  - Climate
  - Ask yourself, “If I became injured my freshman year, would I still want to attend this school?”
- ▶ Begin a college contact list
- ▶ Send cover letters and resume to the identified coaches/schools
- ▶ Be prepared to have an intelligent conversation with the coach regarding his/her program and interested majors
- ▶ High School players can contact coaches. However, coaches cannot call, email or approach High School players according to NCAA regulations.
- ▶ Plan next year’s academic program
- ▶ Attend College Night at high school. Gather college information/brochures

- ▶ Make sure high school classes meet NCAA Clearinghouse requirements. Use NCAA web site and high school counselor as resources.
- ▶ Consider taking PSAT

### **Junior Year**

- ▶ Coaches can begin to email High School players on Sept. 1 of their junior year.
- ▶ Review academic plan for junior year and make sure classes meet requirements selected college requirements.
- ▶ Fine tune targeted college contact list- continue to communicate with selected schools and coaches
- ▶ Explore opportunities for college/high school joint enrollment credit
- ▶ Visit College Nights/College Fairs
- ▶ Verify SAT registration deadlines with counselor
- ▶ Get Letters of Recommendation/Reference
- ▶ Organize personal portfolio
- ▶ Visit as an “unofficial visit” as many colleges as possible (including targeted colleges) to get a feel for the type of college you prefer. Visit large schools, small schools, different types of colleges, etc. An unofficial visit is one that the high schooler will arrange on their own. All expenses will be paid for by the family. The number of unofficial visits are up to the player and family. Contact the coach to let him/her know about your visit.
- ▶ Explore the possibilities of enrolling in courses (ie: AP courses) to receive college credits
- ▶ Take SAT and/or ACT.
- ▶ Review admissions application. Use High School Counselor as a resource for questions/concerns.
- ▶ Consistently monitor grades, test scores, class rank, etc.
- ▶ Monitor the interest level of the targeted colleges
- ▶ Review the targeted list of colleges to ensure financial affordability in case an athletic scholarship is not an option
- ▶ Keep in mind: Div III schools do not offer athletic scholarships. However, they often have a larger source of academic money available to them.
- ▶ Exposure in front of prospective college coaches and recruiters is increasingly important this year. College coaches may email. Be sure to respond in a timely manner regarding upcoming tournaments and matches.
- ▶ Consider enrolling in ID camps or summer camps of the targeted colleges. Staying on campus can provide a first hand look at the school’s residence life

### **Senior Year**

- ▶ In fall, meet with high school counselor to review transcript and ensure compliance with NCAA requirements. Apply for Student-Athlete status with NCAA Clearinghouse (877-262-1492). All forms are also available online.
- ▶ Finalize application essay topics
- ▶ Request referrals from teachers/coaches

- ▶ Review application essays with teachers (parents can be used for suggestions and proofing)
- ▶ Obtain tax records to prepare financial aid forms. File financial aid forms as soon as possible after Jan. 1
- ▶ Make sure all applications have been sent
- ▶ Continue to monitor grades, test scores, class rank, etc.
- ▶ Continue to monitor interest level of targeted colleges to make sure their interest is shown
- ▶ Arrange parent/student meeting with high school counselor for transcript verification
- ▶ Re-take SAT/ACT if necessary
- ▶ As of July 1st, entering senior year, college coaches can contact high school athletes. Be prepared for this date! Know about targeted programs and coaches. Keep targeted list up to date by adding or deleting colleges as necessary. Be informed on all programs added to list. After each conversation, make notes of conversation. File these notes.
- ▶ Players may schedule up to 5 official college visits, per NCAA rules. Staying on campus, a max of 48 hours, is permitted. The visit will be arranged and paid for by the college. Typical visits include staying in the dorm with upper-classmen. If interested, arrange the visit on a school day in order to attend at least one class.
- ▶ Be sure to be realistic. If a coach does not call on or after July 1st, you may need to re-evaluate the targeted schools or the college playing experience. Continue moving forward to ensure necessary steps are taken to get accepted into targeted schools. It is critical to have targeted colleges that are an academic match and a financial match in case the playing opportunity doesn't come to fruition.