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**Get in the Game... Learn to play the college recruiting game**

**Are you Playing to Win a Sports Scholarship or Land a Spot on a College Team?**

Each year, high school student-athletes have dreams of being recruited and offered scholarships. For many families, the entire recruiting process is completely overwhelming, misleading and frustrating, because families may not understand what is involved in college recruiting.

Like any other game an athlete has ever played, college recruiting is a game. An athlete must practice in order to play, and he or she must compete in order to win. This game has already started, and your performance both on and off the playing field will determine the final outcome at the end of the game.

**What are the opportunities to play in the NCAA?**

There are over 1,000 Men's and Women's college soccer programs. Although Division I is the most recognized level of college soccer, there are many opportunities to play Division II, Division III or NAIA. *Only about 20% of all colleges are Division I. If you are only looking at Division I colleges, you may be eliminating up to 80% of any potential playing or scholarship opportunities.*

**What does it take to play college soccer?**

Speed: Technical, tactical and physical speed are the primary components that distinguishes a Division I player from Division II, Division III or NAIA. If you are considering playing college soccer, the following is a breakdown by position of what is expected of you:

Forwards possess physical speed, confidence in 1 v 1 situations, superior physical fitness and the ability to score goals!

Midfielders also possess superior physical fitness and strength, tactical ability to play the game at tempo, technical ability to play a one or two-touch game, ability to defend and play well under pressure.

Defenders possess physical speed and strength, discipline to play within the team's defense system, ability to win 50/50 challenges, accurate long-ball distribution, and play with composure.

Goalkeepers possess leadership skills, confidence in teammates, athleticism, accurate ball distribution to teammates, ability to lead the defense, and good communication skills.

**Here are the facts!**

- \* The competition to earn a spot on a college campus is reaching epic proportions.
- \* The 2005 high school graduating class will be the largest ever.
- \* In California, the average student per high school guidance counselor is 1000:1.
- \* The average admissions requirement of the UC System is a 3.8 GPA and a 1210 SAT.
- \* The average cost of a four-year college education is \$60,000 - \$200,000.
- \* The good news... college coaches are looking for talented student-athletes!

**Are you familiar with the NCAA Rules?**

If you are an NCAA Division I or Division II prospective student-athlete, it is important that you become familiar with the following rules:

- September of your junior year, correspondence begins per the NCAA.

- NCAA, Division II, June 15<sup>th</sup> after your junior year, college coaches may telephone a prospect.
- NCAA, Division I, July 1<sup>st</sup> of summer going into your senior year, college coaches may telephone a prospect.

### **Recruiting Myths**

1. If you are good enough, college coaches will find out about you.
2. Your club or high school coach has connections and will get you recruited.
3. You have plenty of time to get recruited.
4. You will be attending a college exposure tournament and will get noticed by college coaches.
5. If you are good enough, good grades don't really matter.

### **How do college coaches find and recruit prospective athletes?**

Each year, college coaches begin their quest to find the right players for their programs. College recruiting is a grueling 24 hour, 365 day-a-year, full-time job that's time consuming, overwhelming, random and chaotic. In the end, college coaches make major decisions that affect the future of their athletic programs. Coaches are flooded with thousands of letters from prospective athletes. Coaches typically respond to but seldom hear back from prospective athletes. For those athletes who are responsible and respond back to the colleges, most still misunderstand the true meaning of the letter or E-mail. These are the beginnings of a series of important steps that need to be taken for a coach to find and recruit a student-athlete. You need to get involved in the college recruiting process.

### **High School Academic and Athletic Recruiting Calendar**

To maximize your chances of obtaining a scholarship or gaining admission into the colleges of your choice, approach the college planning and recruiting process in an organized manner. Here is a high school academic and athletic recruiting calendar that may be helpful:

- **Freshman Year:** Talk to your school counselor to make sure you are on track academically. Establish good study habits in your freshman year. Be sure to play for the most competitive club team and challenge yourself as a player.
- **Sophomore Year:** Check again to make sure you are taking all the required classes that fulfill the NCAA core course requirements. Become familiar with the resources your high school has on colleges and universities. Start seriously considering whether or not you want to play college soccer. Attend soccer games at local colleges, especially if you are interested in attending a particular college. If possible, attend a camp at the colleges you are interested in attending during the summer between your sophomore and junior year.
- **Junior Year:** Start becoming familiar with the NCAA rules, dates and deadlines. Obtain a copy of the Guide for the College-Bound Student-Athlete. Schedule unofficial visits to colleges, and meet with college coaches. Meet with your school counselor and be sure you are on track academically and taking classes that fulfill the NCAA core course requirements. NOTE: The core course requirements occasionally change per graduating class. Take the SAT or ACT tests.
- **Senior Year:** Register with the NCAA Initial-Eligibility clearinghouse in September of your senior year. Be sure you understand the NCAA rules as they differ for Division I, Division II, Division III and the NAIA. Continue working hard in the classroom. Don't let academics take a backseat to sports! Be sure you understand the college admissions process and the college application and financial aid dates and deadlines.

### **Information for Parents**

Did you know that by the time your child graduates from high school, you may spend nearly \$80,000 on your child's sports career? Ask yourself, what are you willing to invest to ensure your child's future as a college student-athlete? In a recent conversation with a parent of one of the student-athletes who successfully completed the College Sports Quest program, the parent said, "Jennifer and her team were instrumental in helping my son earn a scholarship to a great college. I believe my son was corresponding with nearly 30 colleges. His recruiting experience was unbelievable! He received numerous scholarship offers, and eventually was able to make the best decision, and not only does he get to play, but he is going to receive a great education and get it paid for." Bill Forsythe, Parent of a 2004 graduated senior from Mater Dei high school who will be attending Division I Rider University on a soccer scholarship.

### **Eight Tips on Being Recruited**

1. Get involved in the recruiting game early.
2. Assess your talent level by talking to your club and high school coaches.
3. Target realistic colleges that meet your academic and athletic qualifications.
4. Play at the most competitive club level.
5. Dominate in the classroom.
6. Consistently improve your physical performance.
7. Expose your talents to many college coaches.
8. Establish a Game Plan!

### **What is your Game Plan?**

College Sports Quest (CSQ), formerly College Athletic Recruiting, was founded in 2001 by Jennifer Noonan. Jennifer grew up and currently lives in Orange County, CA. She is a graduate from U.C. Santa Barbara. She played a variety of sports in high school which included winning a CIF State Championship. Jennifer and her team are dedicated to helping student-athlete pursue their dreams of playing and competing at the collegiate level while earning a college degree. Jennifer also writes a recruiting section in Goal Coast Magazine. CSQ prepares college bound student-athletes for college athletics. CSQ is the Official Academic Partner of CIF, Southern Section. To learn more about College Sports Quest, please contact us at (714) 917-3588 or visit [www.collegesportsquest.com](http://www.collegesportsquest.com)