



Herndon Youth Soccer

RECRUITMENT

Visits:

According to the NCAA, official visits are visits by prospective students to college campuses paid for by the colleges. You may make official visits starting the opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges. Unofficial visits are visits by prospective students and their parents to college campuses paid for by the prospective students or their parents. The only compensation prospects can receive from the college are three complimentary admissions to a home athletics contest. The prospects may make as many unofficial visits as they like and may take the visits at any time. The only time the prospects cannot talk with coaches during unofficial visits is during a dead period (It is not permissible for a coach to make in-person recruiting contacts, evaluate student-athletes on or off-campus or permit official or unofficial visits.)

Technology:

What role does technology play?

As new technologies emerge, the NCAA rules and regulations adjust to be inclusive. For example, currently, it is not permissible for coaches to send text messages to student prospects. But, after September 1 of the junior year, most sports' coaches can send and receive unlimited contacts with a prospect by regular mail or email. As of the printing of this guide, Facebook walls are considered open forums and against NCAA rules. However, coaches can send direct messages through Facebook because they are similar to an email. Twitter is permissible as long as coaches are not using it to contact individual student prospects and are abiding by the standard recruiting rules. Through their online profiles, students have the freedom to share photos and personal information with friends and other folks in their networks. A student's online reputation has the power to be evidence of their real-life work ethic, commitment and focus or it could make prospective coaches question their judgment, decision making and fit for the team. Keep in mind that once recruited, college student-athletes are viewed as an extension of the campus' image which is why colleges often require codes of conduct to help ensure that their students represent the university in a positive manner. If you were a recruited athlete today, would your online profile reflect positively on you? Showcase the athletic, academic and character strengths you possess



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5 TIPS - FOR YOUR COLLEGE VISIT

1. See a practice.

While it may be fun to see a game or contest, it is far more important to see a practice on a non-game day. A practice shows you just how the program operates, how the coach interacts with the team, how technical the instruction given is, drills and plays used by the team, how hard the players work and their attitudes about teamwork and sportsmanship. Seeing how different teams prepare for different levels of competition will help you decide which school is right for you from an athletic point of view.

2. Schedule a meeting with the athletic department's admissions department liaison.

Ask about the school's specific admission requirements. If you are fortunate enough to know what you want to study, ask more questions about that program and whether there are any other players majoring in that program as well. Understand what the curriculum is like and what classes you will need to take to graduate with a certain degree and find out about the availability of academic supports like tutoring and peer mentoring. If you are undecided about your major, make sure the school has a variety of academic majors that are of interest to you.

3. Research the team roster for the next year.

Look to see how many students for your position are juniors and seniors. Ask specific questions about where you fit in. If the team already has players in your position, will you get playing time as a freshman? Spend as much time as possible with the younger players on the team. These are the people you might be interacting with for the next few years. If you like the players that you spend time with, then you are already on your way to having a good college experience.



Herndon Youth Soccer

4. ASK ABOUT THE TEAM RULES AND POLICIES.

While the Athletic Department may have certain guidelines about player-team conduct, each program is usually left to determine their own conduct rules. Ask questions about food and diet restrictions, dress codes for game days, living arrangements and alcohol policies. 5. Many student-athletes, because of demands on their schedule during the sports season, will need to take classes in the summer or attend a fifth year of school to complete all the required classes for their major. Find out about summer school classes and fifth year funding options. Each school determines how it handles these two topics and, unfortunately, the answers vary by sport. You must find out this information because it will have a big impact on your summer plans and the possible financial obligation beyond any offered scholarship.

Recruitment:

What are form letters?

Receiving a letter from a coach does NOT mean you are a recruit or that the coach will continue to pursue you. What you received is likely a form letter the coach has sent to hundreds of potential student-athletes as part of the recruiting process. At this moment, there are other athletes around the country opening the exact same letter. The letters are the result of your participation in camps, showcases, combines or game results, high school coach's contacts or word of mouth. Until the college coach calls you personally, writes you a personal email, or extends you an official offer, the letter doesn't mean you are being recruited.

Will COACHES help me get into their SCHOOLS if I DON'T fit the ACADEMIC requirements?

Being a student-athlete can be an advantage over applicants that are not student-athletes, because it conveys a level of commitment and discipline. Admission offices will always consider how all applicants will contribute to the campus' overall environment. Whether through art, music or service activity, evidence of engagement is critical for admission to college. Evidence of academic capacity is even more critical. As colleges evaluate applicants, their main goal is to accept students that will successfully graduate. Coaches can submit a list



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of names to the admissions department, but you need to be committed to the coach and express a strong interest in attending that institution. At the end of the day, the admissions department makes admission decisions, not coaches, and students who think they are a shoe-in for admissions based solely on athletics are often sadly mistaken. In the grand scheme of things, the applicant is a student-athlete, with student coming first. I know I'm a great player.

Why aren't coaches walking into my high school to sign me senior year?

Most colleges today are cutting recruiting budgets, adding recruiting questionnaires on their websites, and focusing more on showcases. Most coaches do not have the resources to visit potential recruits at their high schools anymore. It's extremely easy for an athlete to be overlooked by college coaches who have thousands of athletes to scout and hundreds of potential venues. College coaches don't read local newspapers and most don't attend high school games. Only the top 3% of high school athletes are truly "discovered." The other percent need to market themselves to coaches and be proactive in the process. (See Marketing Myself flyer.)

Will I definitely get recruited because I am better or just as good as other players who have been recruited?

It is very common for athletes to compare themselves to other athletes to evaluate their own skill level. Often, students look at other players on the team and assume because the teammates were recruited to play at a certain division, that means they will be recruited because they feel they are just as good or even better. Remember that coaches look for certain traits in student-athletes. Students may be recruited because they fit in a gap that exists within the current team (e.g., a catcher that is more defensive than offensive). Coaches build around their existing rosters and search for the players needed to create winning programs on and off the field.