

Welcome!

Inter Connecticut
College Recruitment
Information Evening



Colin Spreag (host)

- Inter Connecticut High School Director
- University of New Haven (D2 - Women)

Marty Walker

- Inter Connecticut Technical Director
- Iona College (D1 - Women)

Tania Armellino

- Inter Connecticut High School DPL Coach
- University of Bridgeport (D2 - Women)

Marc Davis

- Inter Connecticut Girls' DOC
 - Iona College (D1 - Women / Mitchell College D3 - Men & Women)
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Number of Colleges With Soccer Programs³

	Men's	Women's
NCAA Division 1	212	348
NCAA Division 2	202	258
NCAA Division 3	414	432
NAIA	207	210
JUCO	242	245

Probability of Playing College Soccer

	Men's	Women's
High School Participants	450,455	377,838
NCAA Participants	27,284 (6.1%)	29,959 (7.9%)
NCAA Division 1	1.4%	2.7%
NCAA Division 2	1.7%	2.2%
NCAA Division 3	2.9%	3.0%

What's The Difference?

JAVI MINUESA
SWARTHMORE COLLEGE



NCAA Division 1

MEN'S

Max 14 scholarships per team

WOMEN'S

Max 14 scholarships per team

Recruiting Rules

- June 15 after sophomore year: Coaches can start extending verbal offers and sending athletes all forms of private electronic correspondence, including text messages, instant messages, direct messages and emails, as well as all recruiting materials. Coaches can start calling athletes at this point. Additionally, coaches can begin initiating communication with athletes during camps and clinics.
- August 1 before junior year: Athletes may begin taking official or unofficial campus visits. Athletic departments can also start participating in recruits' unofficial visits, helping to schedule activities or meetings with coaches. Coaches can also start conducting off-campus contact with athletes at their home or school.

Dead Period (no recruiting/no contact): Dec 15- Jan 5th

Season: Longer preseason and regular season (132 day)

NCAA Division 2

MEN'S

Max 14 scholarships per team

WOMEN'S

Max 14 scholarships per team

Recruiting Rules

- Any time: Athletes can receive brochures for camps, questionnaires, NCAA materials and non-athletic recruiting publications.
- June 15 after sophomore year: Coaches may begin calling athletes. They can also conduct off-campus communications with athletes and/or their parents. At this time, athletes may start taking official visits. Zero off campus communication before this date.

Dead Period (no recruiting/no contact): Dec 15- Jan 5th

Season: Shorter season

NCAA Division 3

No athletic scholarships

Merit- Based and Financial Aid

Minimal Recruiting rules

- Recruiting materials: Athletes can receive recruiting materials at any time.
- Telephone calls: There is no limit on when college coaches can call athletes.
- Off-campus contact: After the athlete's sophomore year, college coaches may begin to conduct off-campus communications.
- Official visits: Athletes can begin taking official visits after January 1 of their junior year.

Season: Shortest Season

NAIA

Smaller rosters; 12 scholarships (Needs based and Merit based)

- Fewer recruiting rules than the NCAA
- Can contact student-athletes anytime during high school.
- Recruiting tends to start a little later than NCAA D1 recruiting and closer to the D2 recruiting period, as NAIA coaches see which athletes just missed the cut to compete at a D1 school

JUCO

Smallest rosters; up to 18 scholarships

- Two-year program
- Can contact student-athletes anytime during high school.
- Recruiting tends to start a little later than NCAA D1 recruiting and closer to the D2 recruiting period, as JUCO coaches see which athletes just missed the cut to compete at a D1 school

Which School Is Right For Me...?

10



How To Choose Your College

Visit local colleges: D1, D2, D3, NAIA, JUCO

- Make list of schools you are interested in
 - a. ○ Close to a city? Beach? Mountains? Warm weather?
 - b. ○ Major?
 - c. ○ Extracurricular Activities?
 - d. ○ Tuition?
 - e. ○ Do they have soccer?
 - i. Research roster, conference, etc.
 - ii. Have you seen the team play competitively?
- Would that *honestly* be the most appropriate level for you?
- Which one fits best? Would you go to this institution if soccer wasn't in the picture?

How To Choose Your College

Would you go to this school if soccer wasn't in the picture?

Communicating With Coaches



Communicating With Coaches

- Be professional (email address / tone / manners / sign-off)
- Research the school and coaches appropriately
- Be specific to draw attention - no generic emails or subject lines
- Email content
 - Keep it simple
 - Be personal
 - Intro & interests
 - Camps / games / showcase schedule
 - Request info on upcoming ID events
 - Add link to highlight video / recruitment profile

Videos: Prioritize best moments - position specific
Keep under 5 minutes
Choose music wisely

ID Camps & Clinics

What's the difference between a showcase / ID camp / school clinic?

Are ID camps worth it?

How to choose which ones to attend?

Hosted by a school or a company?

Is the company legit and respected? (EXACT, ID USA, Future 500 etc)

What age should I be before I attend a clinic or ID camp?

Our Partnerships

MARY PORTO
UNIVERSITY OF SAINT JOSEPH



COMMITTED
COMMITTED
COMMITTED
COMMITTED
COMMITTED
COMMITTED





SportsRecruits

Inter Connecticut FC

EMPOWERING OUR STUDENT-ATHLETES TO PURSUE THEIR DREAMS

Sports Recruits

- 3rd year partnership
- Comprehensive online recruiting software offered for free (\$399 value)
- Allows you to create a full profile, upload videos, research and contact any school in the country directly
- Allows college coaches to look you up and reach out to you directly or contact Inter CT staff for feedback
- Prompts you and guides you through the whole process and keeps you on task with your guideline times
- Integrated into interctfc.com

Limited spaces available - email colin@interctfc.com for the registration link

For quick access, place your bookmarks here on the bookmarks toolbar. [Manage bookmarks...](#)

Questions? Visit our [Help Desk](#)



JAVIER MINUESA
Forward, Midfield

Share

2025 <small>GRAD YR</small>	New Canaan, CT <small>HOMETOWN</small>	2007 RL, Inter Connecticut FC (Boys) <small>CLUB</small>	6'0" <small>HT</small>
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Men's Soccer

[Video](#) [Contact](#) [Athletic](#) [Academic](#)

Video



L2024
19 Views • Jun 3, 2024



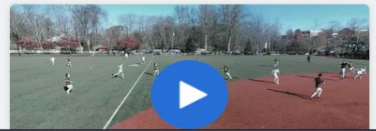
Fall 2023
13 Views • Dec 27, 2023



SPRING 2023.mp4
5 Views • Jun 16, 2023



INTERCT.mp4
5 Views • May 6, 2023



veo





Search



FAQ



Ciaran Kennedy

MESSAGE

MORE



2024



14 YO | 5' 2" | - lbs



Right Footed



Not Committed



Connecticut



KEY METRICS

GOALS

0

A

0

CW

6

SOT

0.33

TEAMS



Inter Connecticut FC 10B NATIONAL LEAGUE ACADEMY S...

PRIMA

POSIT

Centra

Attack

Mid



February 14, 2025 01:09:23

SUCCESSPASSES TOUCHES PASSES

Ciaran Kennedy



February 14, 2025 01:10:10

FORWARDPASSES SUCCESSPASSES TOUCHES PASSES SUCCESSFULPASSESUNDERPRESSURE



Ciaran Kennedy

Inter Connecticut FC 10B NATIONAL LEAGUE ACADEMY SOUTH

Central Or Attacking Mid

14 YO | 5' 2" | -- lbs

PLAYER KEY METRICS

All Games

Games Played

3

Jersey Number

8

G

0

A

0

CW

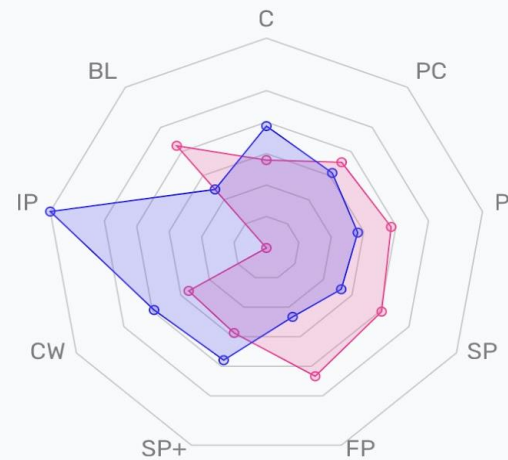
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Positional Performance

Contrast Metrics



Ciaran Kennedy vs Team average





What Should I
Be Doing?

Freshman

- Focus on your grades
- Continue playing club soccer and train at the highest level possible. Develop good habits and focus on improving the elements of your game that need to be strengthened
- Begin the college exploration process by starting to think about college preferences
- Watch men's or women's college soccer games live or on television

Sophomore

- Continue to maintain strong grades
- Prepare for ACT or SAT
- Continue to work on your strengths and improve your weaknesses
- Start a lifting program
- Watch college games at different levels in person
- Create a list of schools that meet your college preferences
- Continue the college exploration process by researching and visiting colleges of interest
- Start to build a recruitment video
- Update Player Profile - eg using Sportsrecruits
- Send letter of introduction and player profile to colleges of interest before each tournament/showcase

Junior

- Register for NCAA Clearinghouse and continue to send letters of interest and updated player profile to your schools of interest prior to each tournament or event
- Always include the tournament schedule, jersey number, and year of graduation in your email
- Narrow your list of schools and prioritize - remember to be realistic
- Continue to attend ID camps and clinics for schools of high interest
- Engage in regular correspondence with coaches and make unofficial visits to schools of interest
- Watch college soccer games - either live or on TV
- Schedule and complete official visit(s)
- Take SAT and/or ACT tests
- Obtain financial aid forms online or from guidance counselor (FAFSA forms)

Senior

- Check status with NCAA Clearinghouse
- Complete FAFSA forms with updated tax information
- Schedule and complete official visit(s)
- Complete college applications
- Keep coaches updated on individual and team progress and achievements
- Continue to train and compete at the highest level possible

Q&A / Panel Discussion

AMIT SOLOMON
NEW ENGLAND COLLEGE

