

Maryland United Girls College Recruiting Seminar

www.mdunitedfc.org

[resources](#)

[college recruitment](#)



Panel Members

- **Steve Campbell**, UMBC
- **Win Puffer**, Towson University
- **Yewande Balogun**, University of Maryland
- **Kevin Dempsey**, Loyola University
- **David Stockum**, MD United
- **Harry Canellakis**, MD United



MD United Commitments

- See Full List of Commitments ([Click Here](#))
- Wide Range of Schools
 - *Local Schools*
 - *Ivy League Schools*
 - *High Academic Reputations*
 - *Big 5 Power Conferences*
 - *Top 20 NCAA Div. 3 Programs*
 - *Service Academies*
 - *Small | Big | City | Rural |*



Important to Recognize:

- **Every player's process and timeline is different**
- **Continually ask questions and don't be afraid to ask for help!**
- **If you were to get a career ending injury would you be happy just going to school?**



What is a student-athlete?

A **student athlete** is a participant in an organized competitive sport sponsored by the educational institution in which he or she is enrolled. **Student athletes** must typically balance the roles of being a full-time **student** and a full-time **athlete**.



The Right Fit

Academics

Athletics

Environment

Finances



Freshman & Sophomores

- Most D1 schools are beginning to actively identify and evaluate freshmen and the top programs might be further along in the recruiting process with some exceptional young talented athletes making a verbal commitment.
- Throughout the year at showcase tournaments and league games college coaches will be in attendance and you may receive invitations to attend ID Clinics and take an unofficial visit.
- The majority of colleges are still heavily focused on sophomores and juniors; however, the recruiting process will begin in your freshman year.
- However, a lot of your work as a freshman & sophomore should be more focused on yourself.



Juniors & Seniors

After September 1, Junior Year

- **YOU MUST** be very proactive in the process due to the unlimited rules of direct communication between the coach and player via email, text, and phone calls
- **RETURN AND BE PROMPT** in all forms of communication received from a coach
- **MEET WITH YOUR CLUB COACH** to discuss the appropriate level that you should be considering. It is important to find a school and program that will be the right fit, and looking at programs that may not be overly realistic can waste a lot of time.
- **BE OPEN AND HONEST** when assessing what your best options are. Academic and financial constraints will also heavily dictate the direction of your college search.



Academics – First Priority

- You must get good grades and good SAT/ACT scores.
- Focus needs to be there as a HS Freshman continuing through HS graduation
- The better your grades & scores = more options
- Coaches want players who can balance both school and soccer
- Research schools with your major or academic interests
- Ask coaches what the “Admission standards” are at their particular school



SAT/ACT

- **Take the SAT and/or ACT.** These scores will likely be discussed before you actually submit an application regarding your chances of being accepted, potential merit-based scholarship, etc. If you don't have these test scores by the end of your junior year, it can be hard to predict the chances of being accepted or earning merit-based scholarship. **We highly recommend you take an SAT/ACT prep course to help increase your scores.** The SAT and ACT are different tests, so if you struggle on one of them, consider taking the other one as well to see if that test is more suited to you.



What is the NCAA Eligibility Center?

www.ncaa.org



Cover Letter & Profile

- **Prepare or Revise a Player Profile and Cover Letter** and start emailing to your list of schools. Always send these before every major tournament **1-2 weeks in advance**. Do not wait until the last 1-4 days prior. College coaches make their “players to watch” schedule in advance. Don’t get lost in the shuffle by waiting last minute.
- **Invite local coaches to league games** (not just tournaments)
- Create an email **ONLY** for college recruiting.
NameGradYear@ JohnSmith2022@gmail.com
- Examples on [MD United Website](#)



Cover Letter & Profile

- As you move from Freshman to Sophomore year . Make sure you make your emails more personal and avoid generic emails that can be copied and pasted to dozens of people at once.
- You want coaches to show a specific interest in you, and they want to know that you have a specific interest in their program.
- Make sure you include appropriate info such as graduation year, club team and age group, jersey number, game schedule and field, coaches' contact info, etc.
- Consider sending a follow up email after events to thank the coaches for coming out and to ask for any possible feedback they may have.



What are colleges coaches looking for on game day?

- **Technical, Tactical, Athletic & Mental quality** – on the ball and off the ball related to position. What is the player's special and consistent quality?
- **Work rate, attitude and discipline** are also major attributes that we look for. Do players keep working, problem-solving, show heart/fight or give-in?
- Can players really **compete** and have a **positive presence and impact** on the game?
- Do players **communicate** on the field – verbally and non-verbally?



What are colleges coaches looking for on game day?

- Do players display **appropriate body language and positive reactions** when taking instruction or criticism from a coach or from making a mistake?
- Can players **deal** with difficult weather conditions, poor refereeing, frustration?
- **Clues that give us an idea of what type of person she is.** When on the bench are they “in the game” or “at the game”?
- Do they **encourage their teammates?**
- **At tournaments, coaches typically watch one half and don't know the score**



Soccer (You)

- What is your **special quality and identity** as a player?
- **Are you still improving?** Work hard to improve weaknesses.
- Demonstrate outstanding intangibles. What is your **character** on and off the field?
work rate, coachability, fitness levels, focus, competitiveness, being a great teammate.
- Understand your club coaches and club directors will be your highest level reference college coaches contact.
- **Maintain a good coach-player-parent relationship** and ask for an ongoing honest assessment of your ability.
- **Fully commit yourself to the sport and continuous improvement as a player**



Watch College Soccer

- Live In Person
- Streamed Online/Archives
- We live in a great area where you can watch many programs and get a feel for the campus. It's very important you get a gauge and reference point of the varying levels within College Soccer. It also helps to send a quick email to the coach saying you will be attending a game, are interested in learning more about their program, and wishing them the best of luck. Additionally, a follow up note after the game a day or two later with your own positive analysis of the game goes along way enhancing your interest in a particular school.



Attend ID Clinics

- **Attend ID Clinics** and invite coaches to watch you play at tournaments, and league games. Often times, coaches would prefer to watch you play with your club team **AND** work with you at an ID Clinic before making any firm offers. This allows them to see you play in your natural environment with your team, but also get a better feel for your training habits, personality, technical ability, etc. ID Clinics are often very important for goalkeepers, since a coach can come watch you play in a game where you don't really have to do much and aren't able to showcase your true ability.



Video

- Especially if looking at schools far from home
- High Definition
- High Vantage Point
- High Level Game
- Highlights vs Full Game
- HUDL - announcement



Unofficial Visit

- Schedule unofficial visits with programs. This will give you the opportunity to meet with coaches in detail, spend the night with players, attend a class, eat on campus, and just get a better feel for the environment and life of a student-athlete.
- Make sure you have a good relationship with your high school guidance counselor, as you will need them to help with things such as sending in official transcripts or other documents to college coaches or Admissions Counselors.



What impresses coaches on a visit?

- *When the recruit speaks more than the parents do*
- *Eye contact*
- *When they come prepared with questions and have clearly put some thought into this very important decision*
- *How easy is player to talk to and how she/he treats her parents*
- *The player's character, manners and maturity*
- *I am impressed by kids rather than their parents asking the questions*
- *When they have a good idea of what they are looking for in a college, academically, socially and geographically*
- ***Put their phone-away***
- ***What our current players think of the recruit***



Soccer (Timeline)

Freshman-Sophomore Year:

- This is the period when the majority of players cast a wide net and write a large number of schools stating their interest 20+
- Keep writing emails before every event
- Visit campuses -- even if just driving through -- make use of your time when traveling to tournaments and league games
- Your club coach will be your liaison between yourself and college coaches if coaches have a genuine interest in you as player



Soccer (Timeline)

Freshman-Sophomore Year:

- Spring Freshman year, Fall/Winter Sophomore year. Meet with your club coach to discuss the appropriate level that you should be considering. It is important to find a school and program that will be the right fit, and looking at programs that may not be overly realistic can waste a lot of time. Be open and honest when assessing what your best options are. Academic and financial constraints will also heavily dictate the direction of your college search.



Soccer (Timeline)

Junior-Senior Year:

- This is the period when the majority of players start to make commitments to play with a specific program.
- Your list of schools should be smaller at this point, maybe between 3-5 or so, although there may be new schools that show interest in you that you will want to do some research on.
- Look at the feedback you have received from the schools you are interested in and decide which schools are still actively interested in you and which schools are not responding or keeping in touch.



Soccer (Timeline)

Junior-Senior Year:

- From a soccer specific standpoint, if you are interested in a school but that school has not responded to any of your emails, phone calls, or texts, it probably means you should shift your focus somewhere else where you will be more valued.
- Use your club coach to help guide you through the process or to facilitate communication between you and a particular school/coach.



Soccer (Role)

- Ask yourself which category you want to fall into as a player:
 - Impact player (recruited-scholarship)
 - Major role player (recruited-scholarship)
 - Role/depth player (recruited-Non-scholarship)
 - Role/depth player (walk-on-tryout)

What is most important to you? Playing or being on a great team and never seeing the field of competition?

- At the end of the day, once you arrive at the school every player is on equal footing as coaches will always play players who they feel can help the team win games regardless of whether you are a scholarship player or not.



Finances

Scholarships

Merit Based Aid

Need Based Aid

Other Sources



Environment

- Teammate Personality / Chemistry
- Coaching Staff
- Size of school
- Location
- Climate
- Class size
- Dorms - Quality of living space
- Extracurricular Activities
- Urban / Rural



When considering schools, players need to ask themselves several questions:

- Do I want to go to a big school or a smaller school?
- What part of the country would I like to be in?
- What do I think I might want to study?
- Does the school offer what I want to study?
- Does the school fit our family's budget?
- What are the athletic facilities like?
- What are the soccer facilities like?
- What will be my role on the team?



What is NCAA Division 1?

- **333 DI Women's College Programs**
- It's never too early to start the process and never too late to be recruited
 - **Every player's process is unique**
 - The key is finding the **right fit and balance** between academics, soccer and the social environment
- **Athletic Scholarship Offered**
 - Fully funded versus non-fully funded
 - Partial scholarships
 - Combined Athletic and Academic
 - Academic



Recruiting Rules for Soccer, Div. 1

•Freshman & Sophomore Year

- Recruiting materials: Prospect can only receive general camp or clinic invitations and questionnaires
- Calls, Texts, Emails: **COACH CANNOT** make phone calls, send a direct email, or text until **AFTER SEPT 1 Junior year**.
- **PROSPECT CAN** send unlimited emails, texts, and make phone calls. Coaches cannot return.
- Unofficial visit: Players may make unlimited amount of unofficial visits
- **READING BETWEEN THE LINES**



Recruiting Rules for Soccer, Div. 1

- **Junior & Senior Year**

- Recruiting materials: Allowed
- Calls, Texts, Emails: **Players and coach** can make unlimited calls, emails, and texts to **each other AFTER SEPT 1 Junior year**.
- Official visit: Allowed beginning opening day of classes of *senior year only* Limited to five official visits to Divisions I and II colleges.
- Unofficial visit: Players may make unlimited amount of unofficial visits



What is the NCAA Division 3?

- **Smaller Academic Institutions with different focus for athletics**
- **Do not offer athletic scholarships.**
- Athletics in D3 is highly competitive.
- There are over 136,000 athletes at over 430 D3 colleges and universities and each one is **studying to earn a valuable degree** in preparation for the workplace while playing the sport that he or she loves.



Why consider a Division 3 School?

- Attending a D3 college or university will assure you the **opportunity to play the sport you love while earning a valuable degree** that will prepare you for life in the real world.
- It is a common misconception that D3 means lesser quality athletics. **D3 provides high-level athletics**, which in many cases rival D1 and D2 programs.
- High school sports stars often choose D3 colleges to **avoid getting lost at D1 school**.
- D3 schools feature a higher number of sports teams and athletes on campus.



NCAA Division 3 Recruiting Rules

- Unique from the D1 and D2 levels, **D3 institutions can contact prospective recruits by phone or mail at any point in high school.**
- If any coach or representative of the college's athletic interests (booster or representative) approaches you (or any member of your family) about enrolling and participating in athletics at that college, you then become a "recruited prospective student-athlete" at a particular college.



Major differences between levels

- **Athletic scholarship vs. Financial aid packages**
- **Spring (off) Season**
- **Competition Travel and Time commitment**
- **Recruiting Rules**
 - Unique from the D1 and D2 levels, **D3 institutions can contact prospective recruits by phone or mail at any point in high school.**



Making A Decision

- When and How
- Verbal Commitment
- Injuries after Commitment
- What happens if Coaching Staff changes
- Signing NLI



QUESTIONS

