



Northwest United FC

College Prep Program
Handbook



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Guiding Principles And Goals Of NWU CPP Program

As Northwest United FC expands our player development strategies are also expanding. The Northwest United CPP program aims to provide high school age players and their parents year round support for the college recruitment process. Our program is not only focused on players looking to play soccer in college but also provides tools for those who need assistance in navigating the college application process. The club is diligent in providing the tools and opportunities to guide players and parents through this process. Northwest United FC coaches and staff will do as much as we can to assist you, however we will not do the tasks that the player and parents must do for themselves.

In this handbook you will find everything you need from recruitment information to yearly checklists. The program will also offer year round workshops that will guide players and parents through how to contact coaches, writing a resume, emailing coaches, phone call etiquette, and making the most of college showcases/tournaments. We encourage players and parents to actively engage with their coaches and CPP coordinator (Joana Houplin) throughout this process. We hope this handbook and program empowers our players to take charge of their college recruitment process and hopefully reach their goal of playing college soccer.



Some Thoughts Before You Get Started

To start this process, you must ask yourself, “What do YOU want from your college experience?”. Do you have what it takes to play at the Division I level if so do you have the time and dedication to? How much of a commitment are you willing to sacrifice to play soccer? How important is the full college experience for you? These are some questions to think about as you start this process.

The average career span of a NCAA Division I college athlete is less than 2 years. Many drop out because of lack of playing time, injury, loss of interest and motivation. Coaches change, passions change, and unexpected things happen. Many students find that the demands of their time at the DI or II level are too time-consuming, often compared to a full-time job. Many students opt to play at Division III or NAIA schools, or even at community colleges which have a shorter season, allowing for more time to enjoy the full college experience. It is crucial to do your research to investigate your options before fully committing yourself not just for the next four years but ultimately the next 20+ years of your life. You must find a school that fits your needs other than for soccer. Playing soccer is just the icing on the cake for college, academics is the forefront of your college experience.

There is a common misconception players and parents think when it comes to college athletics. Initially, most players and families think that playing college sports is a way to finance their education through athletic scholarships. However, there is so much more to consider and the truth is that you are more likely to receive an academic scholarship than an athletic one. NCAA athletic scholarships are given on a yearly basis and many players and their families mistake that an athletic scholarship is offered for the full four years. These scholarships are re-evaluated at the end of each year, and are increased, modified or withdrawn. Academic scholarships are more likely to be given for the full four years. Do not rely on athletics to get you into your school. Most college coaches will not approach players whose grades do not meet the minimum requirement.

Bottom line, academics is your priority as a STUDENT-athlete.



What It Takes To Play College Soccer

Gerald "G" Guerrieri — Texas A&M University

In my travels across the nation I am constantly asked, "What does it take for a player to compete as a college soccer student-athlete?" The answer may be as broad and difficult to define as the question.

Coaches receive letters and phone calls every week from high school players, coaches, and parents claiming that they have a player who can play Division I. The college coach's first questions are always, "Have you ever seen my team play?" and "Do you know what the Division I level is like?" Too often they do not. They have only seen youth and high school games and are not aware of the speed of play at college. The same could be said of college coaches pushing their players to the pro or international level. We do not always get a chance to truly see that game, and naturally think that our most talented players can excel at those levels without truly understanding what the level demands.

The Division I level of the NCAA is the most recognized level of college soccer. Players and coaches put in long hours all year to insure success and development. These hours (12-20 per week, depending on the team) are in addition to college classes, individual study, and social activities. The time load of a Division I player is likened to a full-time job that attracts thousands of player-applicants every year.

Speed is the primary component that distinguishes a Division I player from Division II, NAIA, and Division III. The technical speed of a player to take control of the ball and do it in as few touches as possible separates the top Division I player from all others. The tactical speed to read and anticipate 2 to 3 passes ahead of play, rather than just reacting to the current pass, run or clearance, determines the speed of the game and thus the level of play from Division I (tactically the fastest). The physical speed of a player is the most obvious. If players are always getting away from you in club or high school play, you may want to look for programs at a lower level where you can compete successfully.

A quality Division I player typically has a repertoire of attributes to bring to a college team. Here are examples of what a typical Division I player must be able to do:



Forwards

- have the physical speed to break away from strong tenacious markers
- are able to hold and shield the ball with the head up
- are confident and talented enough to take on 1, 2, or 3 players on route to goal
- are comfortable and successful with both feet while under pressure
- have a superior physical fitness level

Midfielders

- are physically strong enough and quick enough to avoid injury due to physical play
- have the tactical ability to read and play within the tempo of the game
- have the technical ability to play a controlled 1 and 2 touch game
- can play the ball from side to side as well as back to front
- can and will defend anytime the ball is lost
- have the personality to play under pressure
- have a superior physical fitness level

Defenders

- have the physical speed and strength to keep up with the nation's top strikers
- have the grit and determination to play within the team's defensive system
- have the technical ability to play controlled 40 yard passes to teammates
- have the technical ability to control long passes from the opponents
- have the determination and ability to win 50/50 balls consistently
- have the composure to play and create — not just destroy

Goalkeepers

- have the stature and physique that brings confidence to their teammates
- have the strength and agility to win 50/50 balls and avoid injury
- have the technical ability to make 100% of the saves in the middle of the goal
- have the leadership and social skills to get along with and lead their team
- can distribute the ball safely in their half of the field
- can penetrate the other team's half with long punts, throws or drop kicks
- work harder in training than in games
- have the tactical ability to play within the flow of the game

To compete as an NCAA Division, player, the student-athlete must be focused, dedicated, and opportunistic. However, to play college soccer, you do not have to do it at the Division I level.

What does it take to play college soccer? The answer is "What do you want from your college experience?" If you have the technical, tactical, and physical tools to play at the Division I level, do you have the time and dedication? If you would sit on the bench for a Division I team, would you be happier playing for a Division II, III, or NAIA program? The answers to the questions lie in your abilities and aspirations ([*What it takes to play college soccer*](#)).



College Athletics Governing Bodies



- **National Collegiate Athletic Association (NCAA)**

- The NCAA was formed in 1906 and is a larger association representing bigger schools and universities. NCAA schools are organized into three divisions, D1, D2, and D3.



Division I
Division I schools generally have more students, larger athletics budgets and more athletics department support than schools in Division II or III.



Division II
Schools in Division II emphasize a life balance in which academically and athletically gifted students can compete at a high level, while maintaining a traditional collegiate experience.



Division III
Academics are the primary focus for Division III student-athletes who experience shorter sports seasons, reducing their time away from academic studies and other campus activities.

(Photo taken from <http://www.ncaapublications.com/productdownloads/CBSA16.pdf>)

- Division 1 schools are typically the largest universities, and compete in a minimum of 14 sports for both males and females. These schools often have world-class facilities, attract the top athletes in the country, and receive the most media attention.
- Division 2 schools are smaller than D1 schools, and student athletes usually finance their education with a combination of athletic and educational scholarships.
- Division 3 schools are the smallest of the NCAA institutions. D3 schools are not allowed to offer athletic scholarships ([Student-scholarship resource](#)).

- **National Association of Intercollegiate Athletics (NAIA)**

- The NAIA was established in 1937 and is a smaller association. It is made up of smaller 4-year colleges throughout the United States, and competitive levels are comparable to NCAA D2 schools.
- There are equally talented players in the NAIA and NCAA D2 schools, and both have excellent opportunities for education and athletic achievement ([Student-scholarship resource](#))



Choosing A College

It's important to find a school that is compatible with you, and one that will help you achieve your goals. Every player is looking for something different in a school, whether it's location, style of play, academics, size, your role on the team, etc. Each player's path is different and not comparable. It is imperative to consider the things that are most important to you and find the school that's going to give you the best combination of what you want when looking at academics, social, and soccer programs. Do not feel pressured to attend a school because of their name or reputation. Focus on what's important to you and remember that it's different for everyone, and that is okay.

ACADEMICS	
Majors offered	Class size
Academic rankings	Student-Faculty ratio
Admission standards	Tutoring/Support services
Your interests	Graduate programs
SOCIAL/ENVIRONMENTAL	
Location (City, Suburban, Rural)	Private or Public
Climate	Cultural diversity
Fraternity/Sorority	Travel from home
Recreational Activities	Campus life/atmosphere
Political & Religious affiliation	Academic or party focused
SOCER PROGRAM	
Division I, II, III; NAIA; CC	Player turnover
Coaching staff (philosophy, credentials)	Competition schedule
Scholarship money	Playing time
Facilities	Travel



Freshman Year College Prep Program Checklist

ACADEMICS	
<input type="checkbox"/>	Establish a strong academic foundation - Take challenging classes as well as 'core' classes
<input type="checkbox"/>	Build good study habits and take accountability for your time - Time management is crucial as a student-athlete (missing training for h/w or studying is not excusable).
<input type="checkbox"/>	Meet with your school counselor and create a 4 year plan that prioritizes NCAA eligible core courses - Look into academic eligibility requirements to play in college (NCAA - DI, DII, DIII; NAIA; CC).
EXTRACURRICULAR ACTIVITIES & VOLUNTEERING	
<input type="checkbox"/>	Look into extracurricular activities (school & non-school sponsored) to make yourself a well-rounded student.
Get involved in your community - look to volunteer your time and give back to your community.	
COLLEGE RESEARCH	
<input type="checkbox"/>	Research 10-30 colleges - Dream colleges; Realistic colleges; Fallback colleges.
<input type="checkbox"/>	Consider academics and programs offered - do these line up with potential future career options.
<input type="checkbox"/>	Financial considerations - Private; in state vs. out of state; big vs. small; scholarships offered; FASFA.
<input type="checkbox"/>	Soccer programs - Level of play, style, coaching staff, facilities.
<input type="checkbox"/>	Visit a local college - Campus tours are offered all year round.
SOCCER	
<input type="checkbox"/>	Train, train, train - get in as many quality training sessions as you can but also know when to rest and recover
<input type="checkbox"/>	Watch the best - Observing professional games on TV or live (Sounders, Seattle Reign) and taking notes.
<input type="checkbox"/>	Incorporate resistance training - Improving your physical presence (strength, speed, agility, balance, power, flexibility).
<input type="checkbox"/>	Consider going to a college ID camp - Start to get a feel for different college styles and level of play.
<input type="checkbox"/>	Create player profile.



Sophomore Year College Prep Program Checklist

ACADEMICS
<input type="checkbox"/> Continuing building strong academic foundation - Take challenging classes as well as 'core' classes.
<input type="checkbox"/> Build good study habits and take accountability for your time - Time management is crucial as a student-athlete (missing training for h/w or studying is not excusable).
<input type="checkbox"/> Meet with your school counselor and make sure academics are on track - Look into academic eligibility requirements to play in college (NCAA - DI, DII, DIII; NAIA; CC).
<input type="checkbox"/> Take PSAT - Taking the PSAT as a sophomore will help prepare you for the real thing next year. It also allows you to release your name to colleges so you can start receiving brochures from them.
<input type="checkbox"/> Register in the NCAA Eligibility Center.
EXTRACURRICULAR ACTIVITIES & VOLUNTEERING
<input type="checkbox"/> Look into extracurricular activities (school & non-school sponsored) to make yourself a well-rounded student.
<input type="checkbox"/> Get involved in your community - look to volunteer your time and give back to your community.
COLLEGE RESEARCH
<input type="checkbox"/> Relook at 10-30 colleges you've researched - start to narrow down to realistic colleges (10-15).
<input type="checkbox"/> Consider academics and programs offered - do these line up with potential future career options.
<input type="checkbox"/> Financial considerations - Private; in state vs. out of state; big vs. small; scholarships offered; FASFA.
<input type="checkbox"/> Soccer programs - Level of play, style, coaching staff, facilities.
<input type="checkbox"/> Visit a local college - Campus tours are offered all year round.
<input type="checkbox"/> Send introduction letters to potential college coaches and schools interested in - Invite coaches to watch games, tournaments, showcases).
<input type="checkbox"/> Check recruiting calendar for NCAA; NAIA; CC - Rules on contact with coaches (emails, phone calls, recruitment material).
<input type="checkbox"/> Consider making highlight tape.
SOCCER
<input type="checkbox"/> Train, train, train - get in as many quality training sessions as you can but also know when to rest and recover.
<input type="checkbox"/> Watch the best - Observing professional games on TV or live (Sounders, Seattle Reign) and taking notes.
<input type="checkbox"/> Incorporate resistance training - Improving your physical presence (strength, speed, agility, balance, power, flexibility).
<input type="checkbox"/> Attend 2-4 College ID camps of schools you are interested in.
<input type="checkbox"/> Update player profile.



Junior Year College Prep Program Checklist

ACADEMICS
<input type="checkbox"/> Continuing building strong academic foundation - Maintain a good GPA.
<input type="checkbox"/> Build good study habits and take accountability for your time - Time management is crucial as a student-athlete (missing training for h/w or studying is not excusable).
<input type="checkbox"/> Meet with your school counselor and make sure academics are on track to graduate on time - Focus on potential majors and admission requirements.
<input type="checkbox"/> Register & take SAT / ACT - Submit results to NCAA Eligibility Center.
<input type="checkbox"/> Register for NCAA Eligibility Center - Ask school counselor to send 'Official transcript' to NCAA Eligibility Center.
EXTRACURRICULAR ACTIVITIES & VOLUNTEERING
<input type="checkbox"/> Look into extracurricular activities (school & non-school sponsored) to make yourself a well-rounded student.
<input type="checkbox"/> Get involved in your community - look to volunteer your time and give back to your community.
COLLEGE RESEARCH
<input type="checkbox"/> Relook at 10-30 colleges you've researched - start to narrow down to realistic colleges (10-15).
<input type="checkbox"/> Consider academics and programs offered - do these line up with potential future career options.
<input type="checkbox"/> Financial considerations - Private; in state vs. out of state; big vs. small; scholarships offered; FASFA.
<input type="checkbox"/> Soccer programs - Level of play, style, coaching staff, facilities.
<input type="checkbox"/> Communicating to coaches and programs interested in - Send emails, player profile, videos, tournament schedules, league games, camps you are attending - Check recruiting calendar for rules.
<input type="checkbox"/> Schedule unofficial and official visits - Check recruiting calendar for rules.
<input type="checkbox"/> Consider making highlight tape.
SOCCER
<input type="checkbox"/> Train, train, train - get in as many quality training sessions as you can but also know when to rest and recover.
<input type="checkbox"/> Watch the best - Observing professional games on TV or live (Sounders, Seattle Reign) and taking notes.
<input type="checkbox"/> Incorporate resistance training - Improving your physical presence (strength, speed, agility, balance, power, flexibility).
<input type="checkbox"/> Attend a college soccer camp offered by school of interest.
<input type="checkbox"/> Update player profile/personal resume/cover letter.



Senior Year College Prep Program Checklist

ACADEMICS
<input type="checkbox"/> Continuing building strong academic foundation - Maintain a good GPA.
<input type="checkbox"/> Build good study habits and take accountability for your time - Time management is crucial as a student-athlete (missing training for h/w or studying is not excusable).
<input type="checkbox"/> Meet with your school counselor and make sure academics are on track to graduate on time - Work on college applications and essays.
<input type="checkbox"/> Register & take SAT / ACT - Re-take if needed. Submit results to NCAA Eligibility Center.
<input type="checkbox"/> Register for NCAA Eligibility Center - Ask school counselor to send 'Official transcript' to NCAA Eligibility Center. Request your final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees).
<input type="checkbox"/> After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center. Only students on an NCAA Division I or II request list will receive a certification.
EXTRACURRICULAR ACTIVITIES & VOLUNTEERING
<input type="checkbox"/> Look into extracurricular activities (school & non-school sponsored) to make yourself a well-rounded student.
<input type="checkbox"/> Get involved in your community - look to volunteer your time and give back to your community.
COLLEGE RESEARCH
<input type="checkbox"/> Finalize college list to 'realistic' options - Start application process - FASFA application.
<input type="checkbox"/> Financial considerations - Private; in state vs. out of state; big vs. small; scholarships offered; FASFA.
<input type="checkbox"/> Soccer programs - Level of play, style, coaching staff, facilities.
<input type="checkbox"/> Schedule unofficial and official visits - Check recruiting calendar for rules.
<input type="checkbox"/> Communicating to coaches and programs interested in - Send emails/phone calls, player profile, videos, tournament schedules, league games, camps you are attending - Check recruiting calendar for rules.
<input type="checkbox"/> Make final decisions - Commit - Sign National Letter of Intent (NLI).
SOCCER
<input type="checkbox"/> Train, train, train - get in as many quality training sessions as you can but also know when to rest and recover.
<input type="checkbox"/> Watch the best - Observing professional games on TV or live (Sounders, Seattle Reign) and taking notes.
<input type="checkbox"/> Incorporate resistance training - Improving your physical presence (strength, speed, agility, balance, power, flexibility).
<input type="checkbox"/> Attend a college soccer camp offered by school of interest.
<input type="checkbox"/> Update player profile/personal resume/cover letter.



NCAA Recruiting Rules

NCAA DI

NCAA DI Sophomore year	
Recruiting Method	
Recruiting materials	You may receive brochures for camps, questionnaires, NCAA materials, and nonathletic recruiting publications,
Electronic correspondence (e.g., text messaging, instant messenger, email)	You may send emails. College coach cannot email you.
Telephone calls	You may make calls to the coach at your expense only. College coach cannot call you.
Off-campus contact	None allowed
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.
Official visit	None allowed
NCAA DI Junior year	
Recruiting Method	
Recruiting materials	You may begin receiving September 1 of your junior year.
Electronic correspondence (e.g., text messaging, instant messenger, email)	All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school.
Telephone calls	You may make calls to the coach at your expense. College coach may not call you before September 1 of your junior year.
Off-campus contact	Allowed starting July 1 after your junior year.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.
Official visit	None allowed
NCAA DI Senior year	
Recruiting Method	
Recruiting materials	Allowed
Electronic correspondence (e.g., text messaging, instant messenger, email)	All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school.
Telephone calls	You may make calls to the coach at your expense.
Off-campus contact	Allowed
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.
Official visit	Allowed beginning 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.
How often can a coach see me or talk to me off the college's campus?	A college coach may contact you or your parents/legal guardians not more than three times. Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.

Reference - ([NCAA Recruiting rules](#))



NCAA DII/DIII

	NCAA DII	NCAA DIII
Recruiting Method		
Recruiting materials	You may receive brochures for camps, questionnaires, NCAA materials, and nonathletic recruiting publications at any time. A coach may begin sending you printed recruiting materials June 15 before your junior year in high school.	You may receive printed materials any time.
Electronic correspondence (e.g., text messaging, instant messenger, email)	You may send emails. College coach cannot email you.	You may send emails.
Telephone calls	No limit on number of calls by college coach beginning June 15 before your junior year. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
Off-campus contact	A college coach can have contact with you or your parents/legal guardians off the college's campus beginning June 15 before your junior year. No limit on number of contacts off campus.	A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year. No limit on number of off-campus contacts.
Unofficial visit	You may make an unlimited number of unofficial visits, except during a dead period.	You may make an unlimited number of unofficial visits any time.
Official visit	You may make official visits starting June 15 before your junior year. There is no limit to official visits to Division II colleges.	You may make official visits starting January 1 of your junior year. (Effective August 1, 2015). There is no limit to official visits to Division III colleges.

Reference - [\(NCAA Recruiting rules\)](#)

NAIA Recruiting Rules

NAIA	
High school students	No restriction
College students enrolled (including summer) drawn equipment & participated in preseason practices	No contact
Two-year college prospect	OK if completed academic year after charged with first season

Reference - [\(NAIA Recruiting rules\)](#)



Communication Tips

It is the players' duty to reach out to coaches of schools they are interested in. It is a common misconception that college coaches actively seek players out without any efforts on the players' end. You must be proactive and take accountability in this process to reach out to coaches. Below are some tips and sample emails/letters/phone call etiquette to send to coaches:

- 1) **Personalize each email** – make sure to use coach's name, specific college and include any interests about that school/program that stand out to you (do your research!).
- 2) **Communication must come from you** – Do not let your parents do your communicating, it is a turn off to most college coaches as it does not show a level of maturity ready for college.
- 3) **Provide your resume & player profile** – provide as much information about yourself as a student, player, and person in the community.
- 4) **Provide contact information for you, coaches, and references** – Address, email, numbers.
- 5) **Be clear and concise** – make sure you have your emails and letters proof read by someone else with no grammatical errors. Do not write a novel, keep it short, concise, and to the point coaches do not have time to read through long emails.
- 6) **Always respond to emails, letters, or phone calls** – Be accountable and respond the day of or at the very latest the next day. Even if you are not interested you must respond to show respect and courtesy (coaches talk and know each other, you want to leave a good impression of your character).
- 7) **Do your research** – Know the school you are interested in, coaches know when you don't.



Northwest United FC

Example Email To Coaches

Thomas Johnson
Graduation date
Email
Phone

Dear Coach Smith,

My name is Thomas Johnson and I am writing to you to express my interest in XYZ University and playing for your program. XYZ University has a great Biology program that I am interested in as well as your soccer program which has made the NCAA playoffs the past four years.

I am currently a junior at Burlington High School, WA and will graduate in 2020. My GPA is 3.5 and scored an 1800 on my SAT. I have attached my resume which includes my list of academic and athletic accomplishments.

My club team is Northwest United FC 01 Premier team. I am also on the PSPL Surf Academy team for the U17 boys.

I will be attending the upcoming Portland Showcase on January 15-18. Here is the event schedule of my games:

Saturday 1/16 at 10:00am vs. PFC White at Star Complex #5

Sunday 1/17 at 1:00pm vs. FPSC Black at Star Complex #6

Monday 1/18 at 3:00pm vs. Portland ECNL at Star Complex #5

I look forward to hearing back from you, thank you for your time and consideration.

Sincerely,
Thomas Johnson
Player profile (attach link)

*Attach resume



Resume Example



Northwest United FC



Jane Smith – Class of 2020
123 Front St, Mt Vernon, WA 98273 – (360) 555-555 – j.smith@gmail.com

Profile:
DOB: 2/12/2001
Height: 5'6
Weight: 130 lbs.

Education:
Mt Vernon High School, Mt Vernon, WA.
Graduation date: 6/2020
GPA: 3.80
AP Classes: History, Biology, Calculus
SAT: Reading – 720; Math – 700 – Writing – 720
Academic Achievements:

- National Honors Society

Athletics

Club Soccer

- Northwest United FC
 - List accomplishment
 - List accomplishment

Academy Team

- PSPL Surf Academy
 - List accomplishment
 - List accomplishment

High School Soccer

- Mt Vernon High School
 - List accomplishment
 - List accomplishment

High School Track

- Mt Vernon High School
 - List accomplishment
 - List accomplishment

References:

- 1) Kristian Powell - DOC, Northwest United FC, Kristianpowellnwu@gmail.com, (360) 630 – 8557.
- 2) Joana Houplin - Head Coach, Northwest United FC, jhouplin@gmail.com, (360) 490 – 0305.
- 3) Jason Smith – Principal, Mt Vernon High School, J.Smith@MVHS.edu, (360) 555 – 555
- 4) Katherine Johnson – Teacher, Mt Vernon High School, K.Johnson@MVHS.edu, (360) 555 – 555.

**Microsoft Word copy available on on website under resources*



Example Phone Call Etiquette

Make sure to speak clearly and avoid “um’s” and other word fillers. If you do not understand something make sure to ask “what do you mean” or ask for clarification. If leaving a message, keep it short and sweet but with appropriate information. Have notes ready in front of you and even rehearse and practice before.

Example 1:

Hello Coach Smith, my name is Jane Smith and I am a junior at Burlington High School in WA. I play for Kristian Powell on Northwest United FC U17 Premier team. I would like to talk to you about the University of XYZ and your soccer program. I will try to call and try to reach you again on Monday at 1pm. Thank you for your consideration and time.

Example 2:

Hello Coach Smith, this is Jane Smith. From our last conversation I just wanted to check in with you about how my season is going. I will be participating at the Showcase of Champions, March 12-14, the Crossfire college showcase, July 10-13 and Surf Cup, August 10-12. If you are attending any of these I would like you to come and see me play. I will email you my game schedule for more details. Thank you for your time and consideration, hope to talk to you soon.

If you do get the coach on the phone make sure to be clear, courteous, and straightforward. Be sure to be know your facts and information of that school and program and also have questions ready to ask. Asking questions show that you have done your research and have put time and effort into making the call and contact.



Example Questions To Ask

Be sure to ask questions when talking to college coaches about their school, the academics and also their program. Here are some examples:

Academic:

- What majors do you offer and which ones are popular among athletes?
- What is your 4-year student-athlete retention rate?
- What is your team's average GPA?
- What is a typical class size?
- What is a typical day like for a student-athlete?
- Is there tutoring offered for athletes or academic support for road games?

College campus/life:

- What is the school spirit for athletics like? Do people come to home games?
- What are the residence halls like?
- Is there a bus system or will I need a car for transportation?
- What are some popular activities outside of campus students do?
- What volunteer or community services does the program do?

Soccer program:

- How is this year's recruiting class looking?
- Where do you see the program going in the next four years?
- Where do you see as an incoming freshman on the team?
- What does your "off-season" look like?
- You have been the coach of this program for ten years, what do you think has been your greatest achievement with the program?
- What are my strongest aspects and what do I need to work on?
- What is your coaching philosophy and style?
- Where do you see me playing and fitting into your system of play?
- How far do you travel for games?

Questions the coach may ask you:

- What are your strengths & weaknesses?
- What other schools are you considering?
- Are you looking for scholarship?
- How does our school rank on your list?
- Have you received offers from other schools?
- How close are you to making your decision?



College Showcase Player Check List

Player Showcase Checklist	
Beginning of each season	
<input type="checkbox"/>	Create or update player profile.
<input type="checkbox"/>	Make list of 10-20 schools of interest (send to team coach and college coordinator).
Before showcase (2-4 weeks prior)	
<input type="checkbox"/>	Make a list of those attending you are interested in.
<input type="checkbox"/>	Research college coaches, their school, and program attending the showcase.
<input type="checkbox"/>	Email/call (leave message) coaches of schools interested to invite them to watch your game (provide game schedule).
During showcase	
<input type="checkbox"/>	Email all coaches that attended your games that day - Thank them for coming, give insights to how you think you performed.
After showcase (same day or next day at latest)	
<input type="checkbox"/>	Email all coaches that watched your games.



College Showcase Advice

College showcases provide a platform for coaches to watch a number of potential recruits. They also provide great exposure for players to a number of different colleges. Below is some advice to think about when playing in front of college coaches.

- You must prepare long before the actual event, meaning training as much as possible with quality (always know when to rest and recover). Do not just count on your team's scheduled trainings but find time to get extra touches to work on your weaknesses as well as refining your strengths.
- Being nervous is normal, focus on your strengths and what you can control during the game, do not let a crowd of observers distract you from performing.
- Make sure to double check with the coach to confirm that they will be attending that Showcase. Just because they are listed in the attending list does not mean they are actually going, confirm it yourself.
- College coaches are evaluating every part of your game, from warm-ups to postgame reactions. It is important to hold yourself at a high standard before, during, and after each Showcase, you never know whose watching you. Your actions off the field speak as loudly as they do on the field and reflect your character.
- Be honest with your own assessment of the game, explain to the coach why your playing time may have been limited (role on the team) or why you do not think you played to your full potential that game (invite them again to another showcase or game). This shows that you can make an honest assessment about your game which is always appreciated by coaches.
- Be accountable and persistent when contacting coaches. Give them at least one-month notification about the showcase you are participating in and make regular follow ups with details (game schedule, jersey #/color, position playing). Show them you're interested and they are more likely to come watch!



Advice For Parents

- **Encourage** your child to do their research and to contact college coaches, but **DO NOT** do all the talking for them.
- **Guide** them through the process, but **DO NOT** do all the work for them.
- Hold them accountable for their actions but **DO NOT** add anymore pressure or stress that is not needed.
- When talking to college coaches **DO NOT** brag about how good your son/daughter or bring up all the schools that been trying to recruiting them.
- Be **honest** and **realistic** to your child and yourself during this process.

Advice For Players

- Stay on track in school and with your grades, you are a **student**-athlete, being a student is your priority.
- Be **accountable** for your actions or lack of actions, **DO NOT** let your parents do all the work.
- Start early (freshman year) in your research and do your homework on each school and program you are interested in.
- Remember this is your future and career, make decisions that are for you.
- **DO NOT** get discouraged if you do not get offers right away, **persistence** is key in this process.
- **Ask lots of questions.** Talk to your school guidance counselor, your club CPP coordinator (Joana Houplin), older players going through the process, NWU alumni's and other coaches.