

# FC SONORA JAGUARS

*Guide to playing college soccer*



# ACADEMICS

- College education pays off
  - Average yearly earnings as of December, 2021:

• No high school degree	\$31,512
• High school degree	\$38,792
• Junior College degree	\$46,124
• College/Univ undergraduate degree	\$64,896
• Masters degree	\$81,068



- GPA (Grade point average)
  - A- 4 points
  - B- 3 points
  - C- 2 points
  - D- 1 point
  - F- 0 points
  - Example-if you received 2 As, 1 B, 1 C, 1 D, 1 F for the semester in your core courses-your GPA would be:
    - $2 \text{ As (8 points)} + 1 \text{ B (3 points)} + 1 \text{ C (2 points)} + 1 \text{ D (1 point)} + 1 \text{ F (0 points)} / 6 \text{ (total number of grades)} = 2.33 \text{ GPA}$





- NCAA D2
  - Graduate from high school
  - Complete 16 core courses in required subjects with minimum 2.0 GPA
    - 3 years of English
    - 2 years of Math
    - 3 years of Natural or Physical Science
    - 2 extra years of English, Math, or Science
    - 2 years Social Science
    - 4 years of additional core courses
  - Earn combined SAT of 820 or ACT sum of 68





- DIII
  - No academic requirements but usually really good schools
- NAIA
  - Graduate from high school
  - Meet 2 of the following 3
    - HS GPA of 2.0
    - ACT - 18 or SAT - 860
    - Graduate in upper half of class
- NJCAA
  - Graduate from high school or GED
  - Can qualify if you did not graduate



- Size of school
  - Big vs. Small
- Location of school
  - Big city vs. small city
- Distance from home
  - Far vs. Near
- Climate
  - Hot vs. Cold
  - Dry vs. Humid
- Student housing
- Campus facilities – Meal program, athletic facilities
- Campus activities and clubs

# CHOOSING SCHOOLS



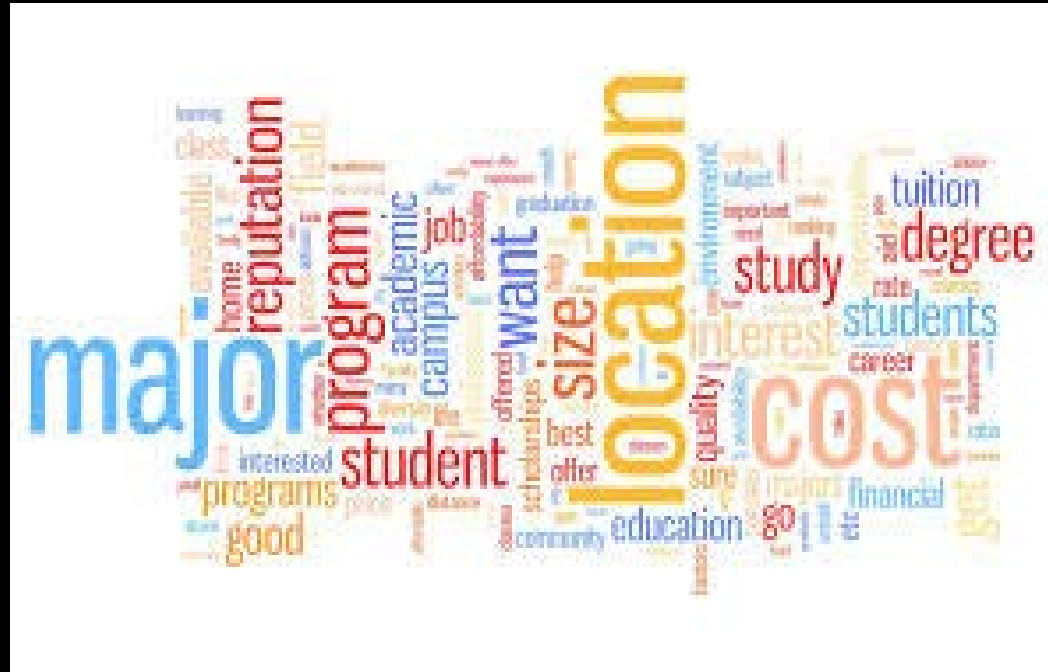


- Have Flexibility

- Size
- Distance
- Climate
- Location
- Level of play
- Quality of school
- Transfer

- Academics

- Your potential course of study
- Strength academically
- Academic support
- Can you realistically succeed there



- Soccer program
  - Coach
    - Often times change staff
  - Style of play
  - Facilities
- Expense
  - Financial aid opportunity
  - Western Undergraduate Exchange(WUE)?
- Family decision
- Are you comfortable being away from home?





- **What level?**

- **NCAA (National Collegiate Athletics Association) DI**

- Most competitive
- Most commitment
- Most restrictions: Academic, financial aid, athletic, age, etc...
- Typically highest level of play
- 9.9 Men's scholarships per team
- 14 Women's scholarships per team

- **NCAA DII**

- Full and/or partial qualifier
- Commitment expectations still very high
- Some very good teams
- Less scholarships
- May practice with team during a visit
- No age restrictions
- More regional play
- Smaller budgets



- **NCAA DIII**
  - Better balance between soccer and other pursuits
  - No athletic money
  - More regional play
  - Smaller budgets
- **NAIA (National Association of Intercollegiate Athletics)**
  - Scholarships available
  - Minimal restrictions
  - Depends on the program
  - Typically smaller schools
  - No age restrictions
- **NJCAA (National Junior College Athletic Associations)**
  - Depends on the program
- **COLLEGE CLUB**
  - Play at a decent level without using eligibility
- Most Tucson kids are happier at smaller schools



- **Make a list**

- 10-15 schools – Start small, then as you progress as a player, work your way up to higher level schools
- Give list to current club coach(es)
- Discuss with current club coach(es)
- Contact schools
- Let current coach(es) know what your course of study is and which schools you are interested in



# CONTACTING COACHES

- Initial contact
  - Email
    - You can email anytime
    - Why are you interested in their school?
    - Why are you interested in their soccer program?
    - Why would you be a good fit for them?
    - Request action
    - Follow their program
    - WHY YOU???



- Email (cont.)

- Include:

- Bio

- Athletics

- Size

- Position(s)

- Athletic honors

- Club/High School team

- ODP

- DOB

- References

- Academics

- Graduation year

- GPA

- Test scores

- Community service

- Be honest, but sell yourself

- Email (cont.)
  - Include (cont.)
    - Letter of interest
      - Personal
      - Request action
    - Video
      - Highlights
    - Letters of recommendation
    - References
      - Club
      - ODP
      - High School

# SAMPLE EMAIL

- Coach Hall
- Point Loma Nazarene University Women's Soccer

• Dear Coach Hall,

• **Go Sea Lions!** My name is Rachel Carrell and I am going to be a Junior at Walden Grove High School in Sahuarita, AZ (south of Tucson) and I am interested in playing Midfield/Forward for your team. I grew up in an Air Force family and have visited the Point Loma area many times.

• Congratulations on your PacWest Championship, unbeaten conference record this year and trip to the NCAA tournament! I see that you are graduating four midfielders/forwards in the year that I would enter. I hope you will consider me in your 2017 recruiting class.

• My high school soccer team won the 2015 AZ Div III State Championship and I also play on the FC Sonora 98 Venom team. My club coach, Scott Heath (scott@fcsjaguars.com, 520.907.3689), would be happy to speak with you. Attached is my soccer resume and here is a link to my highlight video: <https://youtu.be/DiZYS-1DoqQ> and <https://youtu.be/Fok-twEysy0>.

• For my academics, I have a 4.5 GPA and I'm in the National Honor Society. I plan to study Biology in college.

• I know you are busy, any information you can send me about playing for the Sea Lions would be greatly appreciated. I'm attending the Las Vegas National Women's Showcase Camp from Jun 6-7 and I look forward to meeting Coach Mobley. I'm also playing in the FC Sol Invitational in Rancho Bernardo, CA from May 30-31. I would be happy to send you my upcoming game schedule – just let me know.

• Thank you for your time, and I look forward to meeting you.

• Sincerely,

• Rachel Carrell

• #5 Club/#19 H.S.

• Walden Grove High School, May 2017 Grad



## Rachel Carrell

Midfielder/Forward  
2017 Graduate

S. Via Rancho  
Sahuarita, AZ 85629  
520-334-xxxx  
rrcarxxxx@gmail.com

**OBJECTIVE:** To play for a college team and contribute my freshmen year.



High School Varsity starter since freshman year

### SOCCER ACCOMPLISHMENTS:

- 1st Team Div III Sports 360 AZ All-Academic Soccer Team (2015)
- 1st Team AZ Daily Star All Southern AZ All Divisions All Stars (2014, 2015)
- 2nd Team AZ Central (Daily Republic) All Arizona Div III (2015)
- 2nd Team All Sports Tucson All Divisions Southern AZ All Stars (2014, 2015)
- FC Sonora Skills Challenge Champion (2015)
- Player of the Year AIA 365 Div III Sec III (2014)

### SOCCER STATISTICS:

- 16 Goals and 16 Assists for H.S. (2015)
- 10 Goals and 16 Assists for Club (2015)
- 17 Goals in 9<sup>th</sup> Grade – team leading scorer

### OTHER ACCOMPLISHMENTS:

- National Honor Society
- “A” Honor Roll every semester
- Academic achievement awards in Science, Mathematics and Physical Education (2014)
- Student Council Member
- Sahuarita (town) Teen Advisory Council Member

### ACADEMICS:

- Overall GPA: 4.5/4.5
- Class Rank: 2/250
- SAT Score: Taking this Fall
- Possible college major: Biology

### ATHLETICS:

- Height: 5’4”
- Weight: 115 lbs
- Strength, speed, agility and ball control
- High School Team: Walden Grove High School, 2015 Div III AZ State Champions
  - Coach: Carey Bauer (520) 260-xxxx
- Club Team: FC Sonora 98 Venom
  - Head Coach: Joe Embacher (520) 903-xxx
  - Asst. Coach/Manager: Scott Heath (520) 907-3689



<https://youtu.be/DiZYS-1DoqQ>

[https://youtu.be/cxWr\\_rZOUxE](https://youtu.be/cxWr_rZOUxE)

### UPCOMING SOCCER TOURNAMENTS/CAMPS:

- FC Sol Invitational in Rancho Bernardo, CA (30-31 May 2015)
- Las Vegas National Showcase Camp (6-7 Jun 2015)
- University of Arizona - Wildcat College Prep Camp in Tucson, AZ (12-14 Jun 2015)

# PLAYER RESUME

# CONTACTING COACHES

- Create File Folder named Recruiting
- Create sub folder with the following info:
  - Name of school
  - Current coaches name, phone number and email
  - Contact status – when email was sent and any replies
  - Feedback
  - Interest level – Your interpretation of their interest
  - Give head coach time – sometimes there will be no response



- Before every event ( 1 month) –
  - Check the tournament schedule page to see who is attending
  - Email the coaches
  - Give them a heads up you will be attending
  - Ask them to attend the game
- After schedule comes out –
  - Remind coach of your interest
  - Include schedule
- After every event -
  - Email the coach
  - Ask them if they were there, if you did not see them
  - Get the coaches:
    - Summary
    - Any impressive statistics



# EXPOSURE

- Visits
  - Unofficial
    - Unlimited
    - Let them know you will be there
    - Academic support
    - Trainer
    - Weight room
    - Facilities
    - Meet with players
    - Watch training/games

# TIMELINE

- **Freshman year**

- Work on your grades
- Take a challenging college prep course load
- Think about academic and career goals
- Meet with counselor to discuss core classes
- Be active in school activities
- Start a sports resume
- Discuss level of play with current club coaches
- Familiarize yourself with current college coaches
- Attend camps at prospective colleges
- Get to know Guide for College Bound Student Athletes  
[http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf)
- Get to know NCAA, NAIA, NJCAA guidelines
- College coaches can reply with general academic information

## • Sophomore year

- Keep grades up
- Take a challenging college prep course load
- Continue to think about academic and career goals
- Meet with counselor to discuss core classes
- Take PSAT – <https://www.greatschools.org/gk/articles/take-the-psat-strategy/>
- Be active in school activities
- Update sports resume
- Discuss level of play with current club coaches



## • Sophomore year

- Continue to research colleges that interest you
- Continue to add to your list
- Contact coaches
- Attend camps at prospective colleges
- Visit college campuses when possible
- Review Updated Guide for College Bound Student Athletes
- Review NCAA , NAIA, or NJCAA Guidelines
- Start researching college grants, scholarships, financial aid
- Can receive athletic questionnaire from college coaches
- *Apply to schools that you would be happy at if you do not play a sport or were injured*





*Junior year is the time to  
challenge yourself.*



- **Junior year**

- Keep grades up
- Take a challenging college prep course load
- Continue to think about academic and career goals
- Register with NCAA Eligibility Center – For D1 or D2 Athletes Only
- Meet with counselor to discuss core classes
  - Request they send a copy of your transcript to eligibility center
- PSAT/NMSQT by October of Junior year
  - PSAT will qualify you for the National Merit Scholarship Competition
- SAT/ACT at least once by the end of the Junior year
  - Request scores be sent to Clearinghouse

## • Junior year (cont.)

- **\*\*Attend camps at prospective colleges\*\***
- Visit college campuses whenever possible
- Review Guide for College Bound Student Athletes
- Review NCAA , NAIA, or NJCAA Guidelines
- Continue researching college grants, scholarships, financial aid
- Get letter of recommendation from HS and Club coaches
- After September 1<sup>st</sup> coaches can write or email you with information about athletic program and/or recruiting information
- Be active in school activities
- Update sports resume
- Attend college and career fairs
- Discuss level of play with current club coaches
- Continue to research colleges that interest you
  - Narrow choices
- Follow up with college coaches regarding interest
- Apply to schools that you would be happy at if you do not play a sport or were injured

## • Senior year

- Keep grades up
- Take a challenging college prep course load
- Continue to think about academic and career goals
- Meet with counselor to discuss core classes
- Retake SAT/ACT if needed
- Complete graduation/core course requirements
- Be active in school activities
- Update sports resume
- Attend college and career fairs
- Discuss level of play with current club coaches
- Narrow college choices further



- **Senior year (cont.)**

- Follow up with college coaches regarding interest
- Attend camps at prospective colleges
- Visit college campuses when possible
- Arrange college visits
  - Official
  - Unofficial
- Review and follow ALL recruiting rules w/campus visits
- Review Current Guide for College Bound Student Athletes
- Review NCAA, NAIA, NJCAA Guidelines
- Continue to research college grants, scholarships, financial aid, ROTC



- Senior year (cont.)

- Get a letter of recommendation from HS and Club coaches
- Make sure you have registered with the NCAA Eligibility Center and transcript has been sent
  - Request update if needed
  - Send final transcripts/proof of graduation
  - Take Amateurism Questionnaire
- Apply to schools that you would be happy at if you do not play a sport or were injured
- Send application for admission and transcripts
  - Watch deadlines
    - December/January is the deadline for most
  - Early decision
  - Register for college admissions tests if needed
  - Stay in touch with admissions

CLASS OF  
2023

CLASS OF  
2024

CLASS  
OF  
2025

- **Senior year (cont.)**

- Send in Free Application for Federal Student Aid (FAFSA)
- Discuss pros and cons of each school with parents
- Be sure of final choice before signing
- Inform schools that are no longer in the running and thank them for their interest



- Senior year (cont.)

- July 1<sup>st</sup> after Junior year
  - Coach can call you and return your calls
  - Coach can arrange off campus contact
- Coach can evaluate or contact you up to 7 times
- May receive one phone call per week
  - Some exceptions
- Unlimited email correspondence from coach
- First week of February is official signing date
  - Not all levels have this
- Verbal commitments
  - Not binding, but usually hold up





# SCHOLARSHIPS

- NCAA allows for 14 fully funded scholarships
  - Different at each level/gender/school
  - Can qualify for:
    - Athletic
    - Academics, ROTC
    - Financial aid (FAFSA)
    - Need based
    - Geographic diversity
    - Ethnic diversity
    - Grants
    - Loans
    - Work study
    - In-state tuition



# • Characteristics of soccer scholarship athletes

- Committed to soccer as only sport (after 9<sup>th</sup> grade)
- Take care of academic issues (GPA and SAT/ACT test scores)
- Disciplined on and off the field – works toward goals
- Attended the most highly recruited tournaments...consistently
- Serious about preparation (nutrition, rest & strength, etc.)
- Pro-active & responsible for recruiting activity
- Cooperative and be honest with coaches about recruiting
- Flexible to attend many different schools
- Do all the work yourself



# SUGGESTIONS

- TAKE CARE OF YOUR ACADEMICS!
- BE HONEST ABOUT YOUR DESIRE TO PLAY AT THE NEXT LEVEL!
- CHOOSE SCHOOLS YOU WOULD BE HAPPY AT IF YOU DIDN'T PLAY!
- SELF PROMOTE!
- FOLLOW UP!
- BE PROACTIVE!
- COMMUNICATE!
- TRAIN TO PLAY AT THE LEVEL YOU WOULD WANT A COACH TO SEE YOU AT!
- WORK RATE IS CONTAGIOUS!
- USE THE RESOURCES AVAILABLE TO YOU IN THE CLUB AND COMMUNITY!

# RESOURCES

- [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
  - NCAA eligibility center
- [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
  - NCAA eligibility center
- [www.ncaa.org](http://www.ncaa.org)
  - Official NCAA website
  - Guide for College Bound Student Athletes
  - Division I, II, and III guides
- [www.ncaasports.com](http://www.ncaasports.com)
  - Research college sport info, results, news, etc.
- [www.collegeboard.com](http://www.collegeboard.com)
  - All steps in searching for a college
- [www.fafsa.gov](http://www.fafsa.gov)
  - Free Application for Federal Student Aid
- [www.ncaastudent.org](http://www.ncaastudent.org)
  - Info about student athletes

# RESOURCES

- [www.act.org](http://www.act.org)
  - Info on ACT test
- [www.scholarships.com](http://www.scholarships.com)
  - Info on scholarships
- [nh sca.com](http://nh sca.com)
  - National High School Coaches Association
- [www.studentaid.ed.gov](http://www.studentaid.ed.gov)
  - The US Department of Education
- [www.ftc.gov/scholarshipcams](http://www.ftc.gov/scholarshipcams)
  - Federal Trade Commission
- [www.finaid.org](http://www.finaid.org)
  - Financial Aid Advisor
- <http://www.nationalscholastic.org/>
  - National Scholastic Athletics Foundation