



Nashville United Soccer Academy



# College Recruit Handbook



Building the complete soccer player and student-athlete.

<https://www.nashvilleunitedsocceracademy.org/college-advisory-program>



# Nashville United Soccer Academy



## INTRODUCTION

Parents and players seeking information on college soccer and recruitment process are not sure where to turn for information. There are many questions to ask and to answer. When do I apply to College? How important are test scores? How do I contact a college coach? Do I need a video? What is the NCAA Clearinghouse? How and when do I begin the recruitment process?

**It is particularly important to note that no one course is correct for everyone.** Each school and coach may handle the process differently for their prospective student-athletes. There are many things you need to know about the process as you begin this journey!

**When looking at schools,** try to find a campus you love and where you can see yourself attending for four to five years. Look for a school that has your major area of concentration. Try to find a school that has a soccer program where you'll play and enjoy yourself. Be honest with yourself about where you might fit in academically and athletically and be honest with yourself and the coach you are communicating with.

**Schools and coaches also look for good students.** One of the most important things to remember is to work hard, have a great attitude, treat others as you want to be treated and keep your grades up!

It is also our hope that you will check with the school and their umbrella organization to make sure of their policies, scholarship availability, rules and programs. There are rules differences between each organization. For example, the **NCAA Division I and II, NCAA Division III and NAIA have different rules** for what coaches may do during the recruitment process. So do your homework and ask questions!

It is our goal that the information provided in this guide will help you to answer some of those questions and point you to the right sources for additional information. There are some guidelines that will help you as you prepare for this exciting, yet sometimes intimidating, process.



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## GETTING STARTED – A SUGGESTED TIMELINE

It is always best to check with each organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules.

### 8th Grade Year

- If you do not know if you want to play in College, don't worry about it! BUT SET YOURSELF UP FOR SUCCESS!
- Create good study habits entering High School! These will help you succeed even if you don't play in College!
- Look into a High School AP Academic course path to help gain you college credit when you graduate High School!
- Get to know and meet with Guidance Counselor to discuss long-term goals.
- Participate in community service such as Each One Teach One, the Susewind Program or TOPSoccer and other interests outside of school
- Do some research on schools you may be interested in, perhaps big or small and maybe visit a College campus

### 9th Grade Year: IF YOU HAVEN'T STARTED, NOW'S THE TIME!

- If you do not know if you want to play in College, that's ok! BUT SET YOURSELF UP FOR SUCCESS!
- Create your best self and develop study habits entering High School! These will help you succeed even if you do not play in College!
- Review your academic path in High School to make sure it will satisfy NCAA rules and challenge you!
- Look into a High School AP Academic course path to help gain you college credit when you graduate high School!
- Focus on getting into great study habits to carry over into High School!
- Get to know and meet with Guidance Counselor to discuss long term goals.
- Participate in community service such as TOPSoccer and other interests outside of school activities.
- Do some research on schools you may be interested in, perhaps big or small and maybe visit a College campus!



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## 10th Grade Year

- Keep your grades up!
- Begin compiling a list of possible colleges or universities that meet your interests and research their academic and athletic programs
- Take the PSAT test.
- Write a cover letter and soccer resume and send it out to possible schools.
- Review NCAA Clearinghouse eligibility requirements. The summer before your junior year, register with the NCAA Clearinghouse.
- Select junior year courses to fulfill these requirements.
- Play at the highest level possible. Keep a record of athletic achievements.

Coaches are allowed to contact recruits via phone, email, social media and other digital communication channels starting June 15 after the athlete's sophomore year.

## 11th Grade Year

- Keep your grades up!
- Send coaches updated resume and player profile, send dates of tournaments and league games.
- Organize a filing system on colleges that respond to your inquiry and indicate interest. You will need names and phones numbers of coaches and also when they indicated interest.
- Make a list of all the colleges and universities you have been in contact with and rank them in order starting with your favorite school (based on what you know at this point) down to your least favorite school. Start by calling the coach at your least favorite school. You will probably be nervous when you talk to this coach, however, by talking to a coach at your least favorite college and university, you will gain confidence for when you contact the coaches who are higher on your priority list.
- Most likely, if you are calling a coach, you will get his or her voicemail. Practice leaving a message beforehand. You can even call yourself and leave a practice voicemail on your cell phone. If you do get in touch with a coach, make sure you take notes on the conversation. Also, keep a list of your top five questions to ask and make sure that these questions cannot be answered by looking on the Web site.
- Play in College Showcase tournaments, summer tournaments or participate in ODP events.
- Attend any recruitment seminars at these tournaments. Also attend College Fairs and register your sport with each college.
- Consider attending the summer camp of a school of interest, or one which has a lot of college coaches on staff.



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- Narrow your search to 10 or so schools and engage in regular correspondence with the coach.
- Make unofficial visits (at your expense) to selected schools. Meet with the coach and see the team play, if possible.
- Take the SAT or ACT tests. Make sure scores are sent to your schools of interest.
- Check your status with the NCAA Clearinghouse. Select senior year courses to complete Clearinghouse requirements.
- Stay in touch with your high school counselor.
- Obtain financial form (FAFSA).

## 12th Grade Year

If you are a top level player, expect some phone calls. If not, call the coach yourself. A letter followed by a call shows interest in the program. Only one call per week is allowed.

- Do not let down in your class work. Finish strongly.
- Check status with the NCAA Clearinghouse.
- Narrow your search to 5 schools.
- Complete FAFSA form again with recent tax information.
- Respond immediately to any interest shown by colleges
- Schedule and complete official visits (at school's expense). Meet with the coach and the team and stay overnight if possible, see the team play.
- Stay in touch with your high school counselor.
- Narrow down your choices and get your applications done early.
- Keep coaches updated on your achievements by sending them your resume through the fall and play in high level events in November and December.
- Provide your coach and counselor with your interest college list. Discuss college interest with your coach and counselor.
- **Make a decision!** Follow up with all the colleges even if you sign elsewhere Make sure to let the other schools know when you sign out of respect for them and their time!

**\*\* Note, this guide was written during Covid. Check for additional, modified or retracted rules regarding recruiting for each specific division \*\***



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## MAKE A LIST OF COLLEGES

**Draft a tentative list of colleges that interest you.** Your list may include schools in your area, schools that have a particular major of interest to you, or schools you know very little about. Your list may be long but in the early stages you do not want to eliminate any school you are curious about. It is especially important that you look at the school for its academic programs as well as its athletic programs.

**Your academic experience in college is what will provide an important foundation for your chosen career path after college.** Not many players plan to be professional athletes. In addition, it's not uncommon for an injury to happen that could end your college soccer career. You want to end up at a place that you will enjoy attending even if you never play athletics there.

**Here are some questions that may aid you in your college selection.**

- Would I choose this college even if I am not playing on the team?
- Would I be happy sitting on the bench and not playing much?
- Would I still select this college if there is a different coach?
- Was I comfortable there both academically and athletically?
- Did the staff and team seem to get along and care about each other?
- How does the coach motivate the team?
- Were the coaching team and staff friendly? Enthusiastic? Honest? Supportive?

Sincere? Caring? Hospitable?

### **Educate yourself about the Colleges on your List**

After you have created your list of schools, research the schools. Read everything you can find on the school. Look at their Web page, read their press releases on their Web page, check college resource books, talk to your school counselor, read the teams homepage as well.

Guides you may want to look to in addition to your Club Coach and College Liaison:

- Peterson's Four-Year Colleges
- The Big Book of Colleges
- Fiske Guide to Colleges
- The Best 366 Colleges
- The College Board College Handbook





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- Official Athletic Guide to Soccer
- Women's Soccer Guide: The Official Athletic College Guide, over 1,100 Women's Scholarship Programs Listed (Official Athletic College Guide Soccer Women)

## NCAA Initial-eligibility Clearinghouse

Students who plan to compete in athletics at the Division I or Division II college level must complete the NCAA Clearinghouse form in order to be eligible. Division III does not use the eligibility Center. There is a \$30 registration fee. To pay online you will need to use a credit card. The steps for registering online are as follows:

- Go to the NCAA Clearinghouse web site at <http://www.ncaaclearinghouse.net>
- Once there, click on PROSPECTIVE STUDENT-ATHLETE
- Once on the Welcome to student information page, click on DOMESTIC STUDENT

### RELEASE FORM

- Once on the Student release form (U.S.) page, complete this page accurately
- Print an extra copy of your student release form for your counselor.
- You will still need to notify your counselor that you registered online so that your transcript will be sent to the NCAA Clearinghouse.

## WHAT ARE THE DIVISIONS OF NCAA?

### Division I

Division I member institutions must sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100 percent of the minimum number of contests against Division I opponents -- anything over the minimum number of games has to be 50 percent Division I. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

### Division II

Division II institutions must sponsor at least five sports for men and five for women, (or four for men and six for women), with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria. For



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sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student and athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

### Division III

Division III institutions must sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student and athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition

### WHAT IS THE NAIA?

The National Association of Intercollegiate Athletics (NAIA) has different eligibility requirements for student-athletes. To be eligible to participate in intercollegiate athletics as an incoming freshman, two of the following three requirements must be met:

- Have a 2.0 (C) or higher cumulative final grade point average in high school.
- Have a composite score of 18 or higher on the ACT Assessment or an 860 total score or higher on the SAT I on a single test administered on a national test date.
- Have a top-half final class rank in his or her high school graduating class.

Student-athletes must also have on file at the college an official ACT Assessment or SAT I score report from the appropriate national testing center. Results reported on the student's high school transcript are not acceptable. Students must request that their test scores be forwarded to the college's admission office.

### WHAT IS THE NJCAA?

The National Junior College Athletic Association (NJCAA) is the governing body of intercollegiate athletics for two-year colleges. As such, its programs are designed to meet the unique needs of a diverse group of student-athletes who come from both traditional and nontraditional backgrounds and whose purpose in selecting a junior college may be as varied as their experiences before attending college.



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## WHAT IS THE NCCAA?

The National Christian College Athletic Association was incorporated to provide a Christian based organization that functions uniquely as a national and international agency for the promotion of outreach and ministry, and for the maintenance, enhancement, and promotion of intercollegiate athletic competition with a Christian perspective.

## WHAT IF YOU ARE HOME-SCHOOLED?

Home schooled students who want to play DI or II college sports must register with the clearinghouse and meet the same requirements as all other students. After registering, the homeschooled student must send the following information to the eligibility center:

- Standardized test scores must be on an official transcript from a traditional high school or be sent directly from the testing agency.
- Transcript listing credits earned and grades.
- Proof of high school graduation.
- Evidence that home schooling was conducted in accordance with state law.
- List of texts used throughout home schooling (including text titles, publisher and in which courses it was used).

## When Can a College Coach Talk to a High School Prospect?

Some of these items pertain to NCAA schools only. It's always best to check with the umbrella organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules.

There can be a lot of confusion about contacting college coaches, especially if you are new to the recruiting game. This is the time of year when athletes start thinking a lot about getting calls from a college coach and there are usually a lot of questions surrounding the topic.

Is it okay for an athlete to call a coach? When can a coach call an athlete? Are there any rules to be aware of when you are hoping to be recruited by a college coach? To help simplify this, here are a few simple tips to guide your future interaction with college coaches:

**A college coach can only call or visit you after July 15th following your Sophomore year in high school.**

That means a coach cannot place an outbound call to you, nor can he initiate a visit to your home or school specifically to talk to you about playing a sport at his or her college, until the summer before your Junior year. Remember, this deals only with outbound communication from a coach.



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**You can call or meet with a coach at any point in your high school career.** You can call a coach whenever you want. The key here is that you are the one initiating contact with the coach and not the other way around. If you want to call a coach or visit a campus and set up a meeting with the coach, you may do so as often as you wish.

You can take as many campus visits as you would like when considering a sports scholarship offer. Again, the key here is that you are the one initiating the visit. What about those five "official" visits that you often hear about big-time athletes making to schools when they are seniors? Those are visits that the school pays for. A prospective student-athlete can only take five official visits that are paid for by schools during his or her high school career.

### **Be proactive about the process!**

#### **What does it mean if a College Coach sends a questionnaire?**

Colleges may ask you to complete an on-line questionnaire or mail you one to complete. It is a way for them to get initial information on you.

#### **Why is responding to all College Coaches is Important?**

Most prospective student-athletes will receive some contact from colleges, in the form of general admissions information, questionnaires, and emails from college coaches. Many student-athletes make the mistake of disregarding correspondence from colleges and coaches they are not initially interested in. No college contact should be neglected!

#### **The following is a list of reasons why you should respond to EVERYONE:**

If you are receiving general admissions information, especially if you are an underclassman respond anyway. Some coaches put underclassmen's names on admissions lists to see if they will respond. If you do not respond to a coach, or return their questionnaire, they will stop recruiting you. Your opinion may change. Once you research a college and talk to a coach, you are bound to learn something new. You never know which college or program might be the perfect fit for you. The more coaches you communicate with, the more familiar you will become with the types of questions college coaches ask. This practice will prepare you for email exchanges and conversation with coaches at your favorite colleges and universities.

By investigating many different types of colleges, you will have a better idea of your likes and dislikes in a college and university.

**College coaches change jobs** You might ignore a coach because you are not interested their program, only to have them get hired at one of your top choices.

College coaches are friends with one another, and they do not appreciate it when a student-athlete ignores a contact. You never want to give anyone something bad to say about you. For example, most of the information asked on the questionnaire is to test your responsibility and ability to follow directions, and to see if you are interested in the college and university.



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Remember, it will only take a little bit of your time and will definitely be worth it if you are keeping in touch with every college and university that you hear from. Who knows – it may even be the one you decide upon!

## **CONTACTING A COACH**

Initial Interest Letter and Cover Letters: The letter you compose should be short and direct. The letter is a way to request information and introduce you to the coach as a prospective student-athlete.

## **ATHLETIC RESUME AND PROFILE**

You should put together a resume that includes your basic personal information, athletic accomplishments and provides information about your past teams, camps, tournaments, and other soccer experiences. Do not forget to include athletic accomplishments in other sports as well. Coaches like to see athletic versatility and talent. Then list your scholastic accomplishments, include standardized test scores if available, and any extracurricular activities, such as school clubs or volunteer activities. Let the Coach know of any showcase tournaments you will be attending with your NUSA club team. That is a great way to be seen by a prospective coach.

SEE APPENDIX FOR SAMPLE DOCUMENTS

It is common courtesy. If a coach takes the time to send you some information, you owe them a response. Responding to a college coach will demonstrate that you are mature and responsible.

## **DO YOU NEED A VIDEO?**

College coaches are eager to see you in action. Coaches cannot always get to events or sessions and rely on referrals and video to prioritize who they go evaluate. Video can be a tool that will help you if done right Video can help showcase your skills, talents, game play and determination on the field and in training.

Here are some samples of things to potentially video to showcase your talents:

### **Highlight reels:**

No longer than 10 minutes. Look to create a short version 3-5 minutes and a longer version 6-10 minutes Look to post online so you can easily send the link to College Coaches Highlight clips using game film when possible

**A skills tape for field players**, that consists of: Passing and receiving, both in the air and on the ground Shooting, both power and finesse Dribbling, moves, 1v1 defending and attacking Agility with and without the ball.

### **For a goalkeeper it can consist of:**

Agility and footwork, crosses and shot stopping, verbal communication in a game situation Participation in different goalie exercises.



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## HOW TO PLAN A COLLEGE RECRUIT VISIT?

Some of these items pertain to NCAA schools only. It is always best to check with the umbrella organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules.

**The best way to learn about a college or university is to visit it.** While on campus you can get a feel for the school. Try to visit while school is in session. If you visit over the summer, keep in mind many colleges do offer summer programs, therefore the students you see on campus may not be full-time students. At many D-III schools no summer classes are offered.

### **While on campus, schedule a little time to visit with the soccer coach?**

Meeting with a coach is a great opportunity to ask questions about the school and the soccer program. It may also help you decide if you like the coach. It is also a great time to market yourself to the coach. You should plan to take a photocopy of your transcript so the coach can see what kind of student you are. Also bring your athletic resume if the coach does not have it on file. Bring a parent — they may ask questions you won't. Most importantly, try to establish an open dialogue with the coach. It is also important for college coaches to be honest with you.

## WHAT IS AN OFFICIAL VISIT?

Although you are always welcome to visit college campuses at your own expense, you are limited to five official visits in which the college pays for part of all your expenses. Completion of the SAT and ACT and a high school transcript are prerequisites to an official visit, and you may only go on an official visit after the first day of your senior classes in high school. Usually, an official visit consists of an overnight stay where you will have a member of the soccer team as your host. You will meet the coach and the team, learn more about the program, attend a class and possibly attend a sporting event. You may also meet other recruited athletes there for a visit. While there, talk to people and learn as much as you can.

### **Here are some things you should do in advance of a visit:**

- Decide where to meet the coach.
- Get their cell phone number to avoid a mix-up.
- Get the time schedule for your visit.
- Ask for the names of your contacts on campus.
- Find out who is paying for any tickets or meals.
- Ask what to bring and take notes regarding your visit
- Ask to meet with department chair in your area of interest.
- Ask to meet with admissions to understand procedure and ask questions.
- Try to see the campus on a regular school day while class is in session.



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- Visit with players. Talk with the freshmen and sophomores to get their perspective on firstyear experiences.
- Always write a thank-you letter to the coach after your visit.

## WHAT IS THE RECRUITING TIMELINE?

**Division I programs are on a timetable that is a little slower and longer.** The majority of all Division I colleges and universities will fill their recruiting class needs by early fall of that class's senior year. This means that if you are a Division I soccer player, you have already visited that campus, sat down with the coach and know where you stand on their recruiting list by your first day of class senior year. If you are a female player this process is even earlier with players and scholarships generally committed by the final day of class Junior year. The early commitment trend is becoming increasingly prevalent at the Division I level. This only increases the amount of time and research that must be put into recruiting on the student-athlete's end.

**Division II colleges and universities are typically the next to finish up their recruiting classes.**

Some Division II colleges and universities will have prospects verbally commit during the summer, but most will finish during the fall and into the winter of their senior class.

**Division III, NAIA and Junior Colleges recruiting typically continues into the winter and spring of a student-athlete's senior year of high school.** If you are not on track with this timeline, do not panic, these are general guidelines and every college and university has a different situation.

## QUESTIONS TO ASK PROSPECTIVE COLLEGE COACHES

### QUESTIONS TO ASK ABOUT ATHLETICS

- What positions will I play on your team?
- What other players may be competing at the same position?
- Who else are you recruiting for my position?
- Where do you see me fitting in with the team in my first year at school?
- What are your training and conditioning expectations?
- What is your coaching style?
- How long do you plan to remain as the coach?
- What are preferred, invited and uninvited walk-on situations?
- How many students receive scholarships?



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- Is medical insurance required for participation?
- Does the college provide the insurance, or must I purchase it?
- What is the cost of the insurance?
- If I am injured while competing, who is responsible for my medical expenses?

## QUESTIONS TO ASK ABOUT ACADEMICS

- Ask about the major program you are interested in?
- How many players graduate each year?
- Does everyone on the team typically make it through the program?
- Do you have academic programs that support your athletes?
- Is tutoring available? How do I arrange for it?
- If you have a diagnosed and documented disability (i.e., ADHD, ADD, etc.), what kind of academic services are available?
- Are there restrictions in scheduling classes around practice?
- How many credit hours can you take in season and out of season?
- Is summer school available? If I need to take summer school, will it be paid for by the College?

## QUESTIONS TO ASK ABOUT COLLEGE LIFE

- What is a typical day for a student-athlete?
- What are the dorms or housing options?
- What are they residence halls like?
- How many students are there in a room?
- Do I have to room with another soccer player or is my roommate a non-athlete?
- Can I pick my roommate?
- Do student-athletes have to live on campus? Are there any exceptions?





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## QUESTIONS TO ASK ABOUT FINANCIAL ASSISTANCE

- How much financial aid is available for both the academic year and summer school?
- What does the scholarship cover?
- What is not covered by the scholarship?
- How long will the scholarship last?
- Can I work while playing sports?
- Is there a work-study program at school?
- If I need to work, what times of year can I work?
- Am I eligible for financial aid? Are there any restrictions?
- Do I have to maintain a certain GPA to keep my academic scholarship?
- Under what circumstances can my scholarship be canceled or reduced?
- Does the school have a policy governing the renewal of athletics aid?
- Is scholarship money available after eligibility is exhausted to help complete your degree?
- What scholarship money is available if you suffer an athletic career-ending injury?
- Will my scholarship be maintained if there is a change in coaches?

## WHAT QUESTIONS SHOULD YOU ASK PLAYERS ON COLLEGE TEAM?

- How many hours a day will athletics keep me from my studies?
- Does the coach discourage you from taking classes that may conflict with practice?
- What percentage of athletes will graduate in four years? Five years?
- Is tutoring available? How do I arrange for it?
- Do you like the coach?
- What is the coach like?
- Do you like the size of the town?
- Is the town affordable?
- What is the composition of the team?
- Does the coach have a "B" team or a JV program?



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- Does the coach take all players that show up or do they also cut players?
- How many classes will I miss due to athletic commitments?
- Can I make up tests or work before absences?
- How much does the team travel?
- How many hours a day do you study?
- How many players are on the roster?

## AMATEURISM AND ACADEMIC ELIGIBILITY

If your child plans to compete, practice or receive an athletic scholarship at a NCAA Division I or II college or university, you must meet the NCAA eligibility requirements. It is best for your son or daughter to register with the eligibility center at the beginning or end of their junior year. Once registered, they must ask their high school counselor or register to have their academic transcript sent to the eligibility center. Test scores must also be submitted. The eligibility center must be listed as a separate recipient of the test scores. The eligibility center will not accept test scores submitted on the academic transcript. They will review the records and send a preliminary report. A final report is issued once a final transcript showing high school graduation is submitted.

You can check their eligibility at the clearinghouse Web site: [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

## FINANCIAL ASSISTANCE

If your child is eligible to participate in intercollegiate athletics and is accepted as a full-time student at a Division I or II school, they may receive athletics-based financial aid from the school. That aid could include tuition and fees, room and board, and books. Division III schools do not award financial aid based on athletic ability. A Division III college may award aid based on need or academics. Some parents are uncomfortable pursuing private out-of- state Division III institutions because of the sticker price. Do not think that just because a college costs \$40,000 or more per year that you cannot afford to attend. The cost of college all comes down to your ultimate out of pocket cost, which is not necessarily the tuition price inside the college catalogue. Although Division III institutions do not offer athletic scholarships, there are definite avenues to receive financial assistance. A non-qualifier may receive only need-based financial aid (aid not related to athletics). A non-qualifier also may receive non-athletics aid from private sources or government programs (such as Pell grants). For more information, contact the college's financial aid office. Here are some important things to know about athletic scholarships from Division I and II schools:

All athletics scholarships are limited to one year. There are no four-year athletic scholarships.



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Athletics scholarships may be renewed annually for a maximum of five years within a six- year period of continuous college attendance. Athletics aid may be canceled or reduced at the end of each year for any reason. Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (tuition, room, and board, etc.) to small scholarships (books). The total amount of financial aid a student-athlete may receive and the total amount of athletics a team may receive can be limited. These limits can affect whether a student- athlete may accept additional financial aid from other sources. You must inform the college financial aid office about scholarships received from all sources, such as civic or booster clubs.

Athletic scholarships can be a benefit to your family but is always best to have a plan to pay for college if an athletic scholarship is canceled or reduced. Some coaches in TN tell us that many student athletes in our state have an unrealistic expectation of the level of athletic scholarship they may be offered. Consequently, they often recruit similar type players from areas where expectations are more realistic.

## WHAT IS THE FAFSA?

The first step for obtaining financial aid is to fill out the FAFSA (Free Application for Federal Student Aid) at [www.fafsa.org](http://www.fafsa.org). The biggest mistake a lot of families make is not filling the FAFSA out because they think their family income is too high. This could not be further from the truth.

Every family, regardless of income, has an EFC (estimated family contribution) number and the LOWER your EFC, the more aid you will receive. Even if you may not receive a significant amount of financial aid, you should still complete the FAFSA because it can act as an insurance policy for your son and daughter's education.

If there is a change or loss of income or an emergency in your family; you will not be eligible for college funds if you do not complete the FAFSA on an annual basis.

**The first date you may submit the FAFSA is January 1 of senior year.** Submit the FAFSA on this date or as soon after as possible so the earlier you submit your FAFSA, the better your chances of receiving aid. Each college and university has a specific deadline and at a certain point, the money does run out.

## National Letter of Intent (NLI)

The National Letter of Intent is a voluntary program administered by the NCAA Eligibility Center. When you sign NLI, your child agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year. If you have questions about the visit the NLI Web site at [www.national-letter.org](http://www.national-letter.org)

## Agents

During high school, agents may contact your child and show interest in representing them. NCAA rules do not prevent meeting or discussions with an agent. However, your child may jeopardize their eligibility in a sport if they agree, verbally or in writing, to be represented by an agent while attending high school or college, regardless of whether the agreement becomes effective immediately or after their last



# Nashville United Soccer Academy



season of college eligibility. Accepting gifts, either the athlete or parent, can also jeopardize college eligibility.

## Scouting and Recruiting Services

During high school, you might be contacted by a scouting and recruiting service. The NCAA does not sanction or endorse any of these services. Remember, a scouting and recruiting service cannot base its fee on the amount of the student's scholarship. There cannot be any money back guarantee. University financial aid budgets are limited and are awarded on a first come first serve basis.

### QUESTIONS AND ANSWERS

Q - When does a student become a prospective athlete (prospect)?

A - *A student becomes a prospect starting in the 9th grade.*

Q - When can a student-athlete receive phone calls from a college recruit?

A - *On or after June 15th of the student's rising Junior year.*

Q - What is considered contact with a collegiate recruiter?

A - *Any face-to-face contact with a collegiate recruiter is considered contact.*

Q - When can a student-athlete receive recruiting material?

A - *The day of and after July 15<sup>th</sup> after the student's Sophomore year.*

Q - How many unofficial visits is a student-athlete allowed?

A - *A student athlete can take unlimited unofficial visits to any institution prior to his or her senior year. An Unofficial visit is when a student does not make an appointment prior to visiting an institution and pays the normal institutional fee's that come along with a visit, such as meals, staying overnight at the dorms, going to an event, etc.*

Q - How many official visits can a student-athlete make during their senior year?

A - *A student and athlete can take a maximum of five and another 5 after you graduate. An Official visit is an appointment made by the student and athlete to visit a particular institution.*

Q - Does a student-athlete have to register with the NCAA Clearinghouse?

A - *Yes, if you want to play for an NCAA school. They must receive your ACT and SAT test scores, high school transcripts. For information go to: [www.NCAA.org](http://www.NCAA.org)*

Q - In Division I or II are facsimiles and other electronically transmitted correspondence considered telephone calls?



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*A - No, they are not considered to be phone calls. (NCAA Rule: 12.02.13). In Division I, prearranged electronically transmitted correspondence between an authorized institutional staff member and one or more prospects is considered a telephone call.*

Q - Does the NCAA have restrictions on scheduling classes around practice?

*A - NCAA rules prevent you from missing class for practice.*

Q - Does a full-ride last for four years?

*A - Athletics financial aid is available on a one-year, renewable basis.*

Q - If I suffer a career-ending injury is scholarship money available to help me complete my college career?

*A - Not every institution continues to provide an athletic scholarship to a student-athlete who can no longer compete because of a career-ending injury.*

Q - What is a contact?

*A - A contact occurs any time a coach has any face-to-face contact with you or your parents off the college campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.*

Q - What is a contact period?

*A - During this time, a college coach may have in-person contact with you and or your parents on or off the college's campus. The coach may watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.*

Q - What is the Dead Period?

*A - The college coach may not have any in-person contact with you or parents at any time during the dead period. They can write or call you or your parents during this time.*

Q - How many scholarships are available to NCAA Division 1 soccer programs?

*A - Not all athletic scholarships are full ride scholarships like football and basketball, so called "head count sports"; most are classed as "equivalency sports", like soccer. Put simply this means that coaches can "share" their allocation between a larger number of players. The NCAA allows each Division 1 soccer program 9.9 scholarships for men and 14 for women. In NCAA Division 2 the ratio is 9 for men and 9.9 for women. This number of scholarships available is always subject to change. There are many things that can change the number at a program. So always ask.*

Q - Do all associations (NCAA-Div. 1 & 2, NAIA, etc.) offer the same number of Scholarships? And if not, how can I get this information?



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*A - No. They do not offer the same number of scholarships opportunities. For example, JUCO Soccer is played at the division 1 and 3 level for both men and women but sports scholarships are only offered for division 1. NAIA college soccer scholarships can vary per college for each NAIA soccer team. It is always best to refer to the association or check with the school to verify the rules.*

Always remember to ask questions. You can contact **NUSA's College Recruitment Directors** who are Ali Arman, [ali.arman@nashusa.org](mailto:ali.arman@nashusa.org) and Deni Ismailovic, [deni.ismailovic@nashusa.org](mailto:deni.ismailovic@nashusa.org). Other helpful resources will be your High School coach, your NUSA Club Coach, and players you know that have been through the process

## PLAYER CHECKLIST

- Get a game plan
- Start today
- Ask questions
- Review all documents and online material
- Create a soccer resume
- Create intro email
- Create follow up email
- Make a calendar
- Schedule ACT Class
- Take ACT / SAT
- Attend an ID Camp
- Attend a soccer camp at a local College or University
- Speak with your guidance counselor at School to make sure you are on the right academic path
- Speak with your coach about which colleges they recommend for you
- Contact the College Liaison
- Contact us with any questions
- BE UNCOMMON!



# Nashville United Soccer Academy



## SAMPLE LETTER 1

Date

Coach's Name University Name Address

City, State, Zip

Dear Coach

My name is,

**ENTER YOUR NAME HERE**

Chattanooga, Tennessee.

and I am currently a senior at **ENTER HIGH SCHOOL**

I play for the **ENTER AGE GROUP AND TEAM NAME HERE**. I have played at the premier level since U-13. My team won the Tennessee State Championship for the past three years. In 2007, we advanced to the semifinals at the Southern Regional. I also play forward for my select team. My coach, **ENTER COACH NAME**, said he would be glad to speak with you on my behalf.

I am also the starting forward on my **ENTER HIGH SCHOOL NAME HERE** team and have led the team in scoring for the past three years. We are currently ranked third in the state and on the hunt for a State Championship! Last year, I was named honorable mention all-state.

I have spent time doing research on what colleges would be a good match for me academically and athletically. I am currently undecided on my college major but feel **ENTER UNIVERSITY NAME HERE** will be a great fit for me after High School.

I am extremely interested in your College and your program and would appreciate receiving information from you.

Thank you for your time, and I look forward to hearing from you in the near future. Sincerely,

**MAILING ADDRESS**

**CELL PHONE**

**EMAIL**



# Nashville United Soccer Academy



## SAMPLE LETTER 2

Date

Coach's Name University Name Address

City, State, Zip

Dear Coach **ENTER COACH'S NAME HERE**,

My name is **ENTER NAME HERE** and I am currently a senior at **ENTER HIGH SCHOOL**

During the last few weeks, I have spent time with my counselor doing research on which colleges would be a good match for me both academically and athletically. I am very interested in your college and would appreciate receiving information about your school, and the soccer program.

I play my Club soccer at Nashville United Soccer Academy (NUSA) for the **ENTER TEAM NAME HERE**. Our team has won the Tennessee State Championship three times and we participate in the Southern Regional Premier League this fall. I play center forward in club but love to play in midfield and in the back. I am currently a forward but open to playing all positions.

My club coach, would be happy to talk with you. You can reach at or via email at [email@email.com](mailto:email@email.com) I have played varsity soccer **for ENTER HIGH SCHOOL NAME HERE** since the 9th grade. I have been the starting forward for the past three years and have played in every game. Over the past three years I have scored 30 goals. My high school plays a very strong soccer tradition and has contended for the State Championship the past three years.

Please see my attached soccer resume for my number, schedule, and Coaches' contact information. I will also be sending you my highlight video link in the near future.

Academically, I am a strong student with a 4.0 GPA and have no trouble balancing school and athletics. I plan to take ACT Classes and the ACT this fall.

Thank you for your time, and I look forward to hearing back from you. Sincerely,

**ENTER YOUR NAME HERE**

**CELL PHONE**

**EMAIL**





# Nashville United Soccer Academy



## PROSPECT RESUME

Player Name

Soccer Video Highlights: (link goes here)

Club Team Name Here. Club Coach Name. Email. Phone

Club College Liaison. Club College Liaison Name. Email. Phone

High School Name Here. High School Coach Name. Email. Phone

## Academic Information

- High School: Ravenwood HS, Brentwood, Tennessee
- GPA
- ACT / SAT Score
- Member of National Honors Society
- Student Government Association Junior Vice President
- Interested in studying business or economics in college

## Soccer Experience

Position: Center midfield **NUSA U17 Boys Maroon 04**

- Tennessee State Cup Finalists (2019, 2020)
- Region III regionals semi-finalist (2021)
- GIT Soccer Showcase Winners (2020)
- Competed in Region III Region Premier League (2020 and 2021)
- **High School – Ravenwood HS**
- 20 goals in 2 years of varsity soccer
- Starter as a Sophomore and Junior
- Team Captain as a Junior
- Any other team/area/state accomplishments



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## ODP

- Member of Tennessee 98 ODP State Team (2012-2014)
- Member of 98 Region III Team

Enter your name here (Add your photo)



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## Example of a Team Prospect Contact Sheet

**NASHVILLE UNITED SOCCER ACADEMY**  
U19 BOYS MAROON

Check our roster for your next great prospect!

NO	PLAYER (Graduation Year)	NO	PLAYER (Graduation Year)
00	Joey Goslak (2021)	11	Malachi Jones (2022)
1	Joshua Lynch (2021)	12	Alberto Ruiz Banos (2021)
2	Dominic Miller (2021)	13	Levi Bennett Shelton (2021)
3	Bradley Whelan (2021)	14	William Bryan (2021)
5	Nick Dang (2021)	17	Zavien Baron (2021)
7	Ian Bernatawicz (2021)	22	Carson Anderson (2021)
8	Brandon Medina (2020)	25	Shun Wakatsuki (2021)
9	Harrison Watts (2021)	26	Evan Toole (2021)
10	Levi Jones (2021)	72	Jack Shields (2021)

**JOHN SINTIC**  
Head Coach  
john.sintic@gmail.com  
(615)440-3705

**QUINCY THOMAS**  
Assistant Coach  
quincytthomas@gmail.com  
(484)529-3043

Interested in Game Video?  
Contact our Coaches!

**Overall Record: 15-1-2**

**National League**  

- 1/23-17 Sarasota, FL

**Mid South Region (Record: 3-0-0)**  

- 8/26 vs Baton Rouge SC (W 3-0)
- 8/27 vs Arkansas (L 3-4)
- 8/31 vs Chattanooga FC (W 4-0)
- 9/11 vs Memphis SC (W 4-0)
- 9/11 vs Louisiana Fire (W 3-0)
- 12/9 Mobile United @ Liberty Park, Vestavia Hills, AL

**TN State CHAMPIONS (Record: 8-1-0)**  

- 8/8 vs Stones River FC (D 2-2)
- 8/28 vs Chattanooga (W 4-0)
- 10/3 vs Memphis SC (W 7-1)
- 10/15 vs TSC Williamson (W 4-1)
- 10/24 vs TN Cities (W 4-1)
- 11/7 (S) vs TSC Williamson (W 8-0)
- 11/8 (S) vs TN Cities (W 4-0)
- 11/14 Final vs Stones River (W 6-0)

**Other Games: 4-0-1**  

- 8/12 vs Knoxville Reds (W 4-0)
- 8/22 vs Nike NASH 03 SCC (W 3-3)
- 8/23 vs Rush Union 190 Rush (W 2-1)
- 8/23 vs UFA (W 2-0)
- 10/22 vs Martin Methodist (L 3-4)

**UNDEFEATED STATE CHAMPIONS**  
8 matches, 41 goals, 4 Clean Sheets

**00 JOEY GOSLAK**  
2021 Goalkeeper  
joeygoslak@nashvilleusa.com  
(615)500-4242

**1 JOSHUA LYNCH**  
2021 Goalkeeper  
joshua.lynch1@gmail.com  
(615)982-3188

**2 DOMINIC MILLER**  
2021 Defender  
millerdom21@gmail.com  
(615)796-3900

**3 BRADLEY WHELAN**  
2021 Midfielder  
bradleywhelan1@gmail.com  
(615)638-5784

**5 NICK DANG**  
2021 Midfielder  
nickdang2021@gmail.com  
(615)393-3623

**7 IAN BERNATAWICZ**  
2021 Forward  
ian.bernatawicz@thompson.edu  
(615)689-8986

**8 BRANDON MEDINA**  
2020 Midfielder  
brandonmedina@nashvilleusa.com  
(615)720-1735

**9 HARRISON WATTS**  
2021 Forward  
harrison.watts0209@gmail.com  
(931)220-8250

**10 LEVI JONES**  
2022 Midfielder  
mikehuytonjones@tnt.com  
(615)630-2567

**11 MALACHI JONES**  
2022 Midfielder  
mikehuytonjones@tnt.com  
(615)630-2567

**12 ALBERTO RUIZ BANOS**  
2021 Defender  
alruizbanos21@gmail.com  
(615)705-0395

**13 LEVI BENNETT SHELTON**  
2021 Defender  
levibennetts2021@gmail.com  
(615)491-3119

**14 WILLIAM BRYAN**  
2021 Forward  
william.bryan.24@tnt.edu  
(270)484-4242

**17 ZAVIEN BARON**  
2021 Forward  
zavienb2@gmail.com  
(630)853-7858

**22 CARSON ANDERSON**  
2021 Defender  
AndersonCarson22@gmail.com  
(615)495-9407

**25 SHUN WAKATSUKI**  
2021 Midfielder  
shunwakatsuki2021@gmail.com  
(823)578-0029

**26 EVAN TOOLE**  
2021 Defender  
evan.toole@gmail.com  
(931)551-0210

**72 JACK SHIELDS**  
2021 Midfielder  
jacks4161031@gmail.com  
(615)715-6533

Scan QR Code to learn more about our players.



# Nashville United Soccer Academy



## Play Division I Soccer

*If you want to compete in NCAA sports at a Division I school, you need to register with the NCAA Eligibility Center to make sure you stay on track to meet initial-eligibility standards.*

*If you have questions about your eligibility or the registration process, call us toll free at 1-877-262-1492.*

### **Grade 9**

Ask your counselor for a list of your high school's [NCAA core courses](#) to make sure you take the right classes.

### **Grade 10**

Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).

### **Grade 11**

Check with your counselor to make sure you will graduate on time with the required number of [NCAA core courses](#).

Take the [ACT or SAT](#) and submit your scores to the NCAA using code 9999.

At the end of the year, ask your counselor to upload your [official transcript](#) to the NCAA Eligibility Center.

### **Grade 12**

Finish your last [NCAA core courses](#).

Take the [ACT or SAT](#) again, if necessary, and submit your scores to the NCAA using code 9999.

Complete all academic and [amateurism](#) questions in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).

After you graduate, ask your counselor to submit your final [official transcript](#) with proof of graduation to the NCAA Eligibility Center.

## **Division I academic eligibility**

To be eligible to compete in NCAA sports during your first year at a Division I school, you must graduate high school and meet ALL the following requirements:

Complete [16 core courses](#):

Four years of English

Three years of math (Algebra 1 or higher)

Two years of natural/physical science (including one year of lab science if your high school offers it)

One additional year of English, math or natural/physical science

Two years of social science



# Nashville United Soccer Academy



Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.

Earn at least a **2.3 GPA** in your core courses.

Earn an **SAT combined score or ACT sum score** matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

## What if I do not meet the requirements?

If you have not met all the Division I academic requirements, you may not compete in your first year at college. However, if you qualify as an academic redshirt you may practice during your first term in college and receive an athletics scholarship for the entire year.

To qualify as an academic redshirt, you must graduate high school and meet ALL the following academic requirements:

Complete 16 **core courses**:

Four years of English

Three years of math (Algebra 1 or higher)

Two years of natural/physical science (including one year of lab science if your high school offers it)

One additional year of English, math or natural/physical science

Two years of social science

Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

Earn at least a **2.0 GPA** in your core courses.

Earn an **SAT combined score or ACT sum score** matching your core-course GPA on the Division I sliding scale.

If you are concerned you may not meet the Division I academic requirements, consider taking the following actions:

Ask for advice and accountability from your high school counselor. Check in with the admissions or compliance office at the college you hope to attend.

Get tutoring or other study help.

Graduate on time. Division I schools allow college-bound student athletes who graduate on-time to take one core course during the year after they graduate high school.

Avoid quick fixes through credit recovery programs. These courses may not be accepted by the NCAA.

Keep your coursework. If the NCAA Eligibility Center needs to review your record due to irregularities, you may be asked to provide your coursework.

Follow your high school's policies. The best thing to do is work within the rules.

## Amateurism

The NCAA promotes amateurism to create a level playing field for all student-athletes. The young men and women who compete in college sports are students first, athletes second. If you want to compete in NCAA sports at a Division I school you must be an amateur athlete.



# Nashville United Soccer Academy



## Play Division II Soccer

*If you want to compete in NCAA sports at a Division II school, you need to register with the NCAA Eligibility Center to make sure you stay on track to meet initial-eligibility standards.  
If you have questions about your eligibility or the registration process, call us toll free at 1-877-262-1492.*

### **Grade 9**

Ask your counselor for a list of your high school's [NCAA core courses](#) to make sure you take the right classes.

### **Grade 10**

Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).

### **Grade 11**

Check with your counselor to make sure you will graduate on time with the required number of [NCAA core courses](#).

Take the [ACT or SAT](#) and submit your scores to the NCAA using code 9999.

At the end of the year, ask your counselor to upload your [official transcript](#) to the NCAA Eligibility Center.

### **Grade 12**

Finish your last [NCAA core courses](#).

Take the [ACT or SAT](#) again, if necessary, and submit your scores to the NCAA using code 9999.

Complete all academic and [amateurism](#) questions in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).

After you graduate, ask your counselor to submit your final [official transcript](#) with proof of graduation to the NCAA Eligibility Center.

## **Division II Academic Eligibility**

To be eligible to compete in NCAA sports during your first year at a Division II school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. The requirements changed for students who enroll full-time at a Division II school [after August 1, 2018](#)

You must graduate high school and meet ALL the following requirements:

Complete [16 core courses](#):



# Nashville United Soccer Academy



Three years of English.

Two years of math (Algebra 1 or higher).

Two years of natural or physical science (including one year of lab science if your high school offers it).

Three additional years of English, math or natural or physical science

Two years of social science

Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy

Earn at least a **2.2 GPA** in your core courses.

Earn an **SAT combined score or ACT sum score** matching your core-course GPA on the Division II sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

## What if I don't meet the requirements?

If you enroll full-time at a Division II school after Aug. 1, 2018, and you have not met all the Division II academic requirements, you may not compete in your first year. However, if you meet the requirements to be a partial qualifier, you may practice and receive an athletics scholarship in your first year at college. To be a partial qualifier, you must graduate high school and meet ALL the following requirements:

Complete **16 core courses**:

Three years of English.

Two years of math (Algebra 1 or higher).

Two years of natural or physical science (including one year of lab science if your high school offers it).

Three additional years of English, math or natural or physical science.

Two years of social science

Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy. Earn at least a **2.0 GPA** in your core courses.

Earn an **SAT combined score or ACT sum score** matching your core-course GPA on the Division II sliding scale.

If you are concerned you may not meet the Division II academic requirements, consider taking the following actions:

Ask for advice and accountability from your high school counselor. Check in with the admissions or compliance office at the college you hope to attend.

Get tutoring or other study help.

Graduate on time. Division I schools allow college-bound student athletes who graduate on-time to take one core course during the year after they graduate high school.

Avoid quick fixes through credit recovery programs. These courses may not be accepted by the NCAA.

Keep your coursework. If the NCAA Eligibility Center needs to review your record due to irregularities, you may be asked to provide your coursework.

Follow your high school's policies. The best thing to do is work within the rules.



## Nashville United Soccer Academy



### Amateurism

The NCAA promotes amateurism to create a level playing field for all student-athletes. The young men and women who play college sports are students first, athletes second. If you want to play NCAA sports at a Division II school you must be an amateur athlete.



### Play Division III Soccer

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment.

Division III rules minimize potential conflicts between athletics and academics and focus on regional in-season and conference play.

While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions standards.



### Play NAIA Soccer

Attend an [NAIA Sports Showcase](#) to show your athletic skills and connect with NAIA coaches. Be sure you are eligible to attend an NAIA school by registering with the [NAIA Eligibility Center](#).