



Nashville United Soccer Academy



College Recruit Handbook



Building the complete soccer student-athlete.
<https://nusasoccer.org/college-advisory/>



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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 Eligibility Center? What is the NAIA Eligibility Center? 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, II, III, NAIA, and NJCAA have different recruiting rules** for what you and college coaches are allowed to do during the 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. This guide will service as a reference for you to prepare for this exciting, yet sometimes intimidating, process.



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SUGGESTED RECRUITING TIMELINE

EVERYONE is different on when to start the college recruiting process. So this is a suggested timeline. Honestly, the girl's soccer recruiting timeline starts earlier in most cases compare to the boys soccer recruiting timeline. If you want more help on when you should start the college recruiting process you can contact H2 Athletic Advising and Book a Free Consultation at [H2 Athletic Advising](#).

There are different recruiting calendars and rules for each level. Make sure you know when coaches can make recruiting contact with you. It is always best to check with each governing body to verify recruitment rules. The governing bodies meets 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!
- Investigate High School AP or Dual Enrollment classes to help gain you college credit.
- Participate in community service such as Each One Teach One, the Susewind Program or TOPSoccer and other interests outside of school.
- Educate yourself with the NCAA, NAIA rules.
- Go watch college soccer games live.
- Drive through colleges local and/or while on family vacation to begin looking at different types of schools.
- Team attending a showcase (team outing to a nearby 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!
- Develop great study habits. Your Core GPA starts in the 9th grade.
- Educate yourself with the NCAA, NAIA rules.
- Register with the NCAA or NAIA Eligibility Center.
- Communicate with your Guidance Counselor to discuss and track your long-term goals of college and college soccer (track your core course requirements)
- Decision on High School AP and Dual Enrollment class to help you gain college credit.
- Participate in community service such as TOPSoccer and other interests outside of school activities.
- Research colleges of interest (location, size, academic major and financial)
- Being to make a list of colleges (20-30) from your research.
- Attend ID Camps (with multiple coaches at that camp)
- Go watch college soccer games live.
- Drive through colleges local and/or while on family vacation to begin looking at different types of schools.
- Team attending a showcase (team outing to a nearby college campus)



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10th Grade Year

- Keep your grades up!
- Build your list of colleges/universities (20-30) – Reach/Target/Safety schools.
- Research (academic major, athletic, location, size and financial)
- Take the PSAT test.
- Take ACT/SAT
- Create your player profile (athletic/academic)
- Create highlight film to send out to schools.
- Create an introductory email and send out to schools.
- Review NCAA / NAIA Eligibility Center requirements.
- Select junior year courses to fulfill these requirements.
- Attend ID Camps ((with multiple coaches at that camp)
- Attend College Showcase tournaments, participate in ODP event.
- Keep a record of athletic achievements.
- June 15 after the student-athletes sophomore year NCAA Division I and II coaches are allowed to contact recruits via phone, email, social media and other digital communication channels.

11th Grade Year

- Keep your grades up!
- List of Schools – (add and subtract schools with interest/positional need/opportunity).
- Email updates to coaches – include your player profile, dates of tournaments and league games and highlight film.
- Organize a filing system on colleges that respond to your inquiry and indicate interest. You will need names and phones numbers of coaches.
- Practice leaving a message beforehand.
- Text and phone calls to college coaches. Start the real conversation.
- Take notes on conversation with coaches.
- Practice leaving a message beforehand.
- Create a list of questions for coaches for your conversations.
- Attend College Showcase tournaments, participate in ODP event.
- Attend College Fairs and register your sport with each college.
- Attend ID Camps ((with multiple coaches at that camp)
- Make Official (paid by college) or Unofficial visits (at your expense) to selected schools. Meet with the coach and the team and stay overnight, if possible, see the team play.
- Re-take the SAT or ACT tests. Make sure scores are sent to your schools of interest.
- Check your status with the NCAA/NAIA Eligibility Center. Select senior year courses to complete Eligibility Center requirements.
- Stay in touch with your high school counselor.
- Research non-athletic scholarship opportunities.

12th Grade Year

- Keep your grades up!
- Apply to colleges.
- Check status with the NCAA / NAIA Eligibility Center.
- Complete FAFSA form again with recent tax information.
- List of Schools – (add and subtract schools with interest/positional need/opportunity).
- Build or Keep the conversation going with college coaches from Junior year.
- Respond immediately to college coaches.



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- Make Official and Unofficial visits.
- Stay in touch with your high school counselor.
- 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 commit, out of respect for them and their time!

WHAT IS THE RECRUITING TIMELINE FOR COLLEGES?

Typically, the Men's and Women's Soccer recruiting is not on the same timeline. The women's soccer timeline is much faster than men's soccer. Example is a female junior women's soccer player could commit in her junior year, where most men's soccer players will not commit until their senior year in high school. It is important to work on your timeline and talk with the colleges to ask about their 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.

WHAT ARE THE DIVISIONS OF NCAA?

The National Collegiate Athletic Association (NCAA) has different eligibility requirements within each division for student-athletes. Use the [NCAA Guide for College Bound Athletes](#) for more information. Free Resource link at [H2 Athletic Advising](#).



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 must be



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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 must 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 I teams usually feature student-athletes from all over the country and some with international students on their rosters. Many Division I student and athletes pay for school through a combination of academic and athletic scholarships, university and federal grants and student loans. Traditional rivalries with regional institutions still exist, but with conference realignments across the country there is an increase in travel distance for many Division I athletics programs.



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 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 several local or in-state student-athletes while other programs will have a mix of local and international students on their rosters. Many Division II student and athletes pay for school through a combination of academic and athletic scholarships, university and federal 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 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. Division III student and athletes pay for school through a combination of academic scholarship, university and federal grants, student loans and employment earnings.



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WHAT IS THE NAIA?

The National Association of Intercollegiate Athletics (NAIA) has different eligibility requirements for student-athletes. PlayNAIA.org helps future student-athletes discover and connect with NAIA schools, coaches and athletic scholarships. [PlayNAIA](https://playnaia.org) is also the official clearinghouse for NAIA eligibility. Every student-athlete must register with the NAIA Eligibility Center to play sports at an NAIA college or university. Follow the instructions under playnaia.org to register the student-athlete. To learn more about the NAIA and members schools use the NAIA Advantage. Free Resource link at [H2 Athletic Advising](https://h2athleticadvising.com)

You need to fulfill four main criteria to be academically eligible to compete at an NAIA institution.

1. You need to be a graduate of an accredited high school.
2. You need to be accepted as a regular student by the NAIA schools you are interested in attending.
3. Finally, you must meet two of the follow criteria:
 - Minimum high school GPA of 2.0 on a 4.0 scale
 - Minimum test score of 18 ACT or 860 SAT (Critical Reading and Math sections only)
 - Graduate in the top 50 percent of your class

Some colleges are not requiring standardized tests scores for admission, so check you're your schools to know if they need an official ACT or SAT score.

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. The creation of the TN Promise Scholarship this could be a great option to compete at the college level for two years of tuition paid for from the TN Promise scholarship and have access to more financial aid money through TN hope, other TN or federal grants.

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



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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 NCAA Eligibility Center and meet the same requirements as all other students. Use the reference guide, NCAA Homeschool Toolkit 2023-24.

After registering, the homeschooled student must send the following information to the eligibility center:

- * Transcript listing credits earned and grades.
- * Proof of high school graduation.
- * Administrator and Accordance Statement - Evidence that home schooling was conducted in accordance with state law.
- * Core-course worksheet information.

RECRUITING CALENDAR FOR COLLEGE COACHES BY DIVISION/LEVEL

First Opportunity for Recruiting Activity							
NCAA Division I Sports	Correspondence/Private Messages	Outgoing Telephone Calls (for college coaches)	Incoming Telephone Calls (for college coaches)	Unofficial Visit	Official Visits	Off-Campus Contact	Verbal Scholarship Offer
NCAA D1 M/W Soccer	6/15 after Sophomore Year	6/15 after Sophomore Year	6/15 after Sophomore Year	8/1 before Junioir Year	8/1 before Junioir Year	8/1 before Junioir Year	Not Lesgislated. 6/15 after Sophomore Year is First Recruiting Interaction
NCAA D2 M/W Soccer	6/15 after Sophomore Year	6/15 after Sophomore Year	6/15 after Sophomore Year	Anytime	6/15 after Sophomore Year	6/15 after Sophomore Year	Not Lesgislated. 6/15 after Sophomore Year is First Recruiting Interaction
NCAA D3 M/W Soccer	Anytime	Anytime	Anytime	Anytime	January 1 of Junior Year	After Sophomore Year	Recruiting Interaction can be anytime. Not Athletic \$ is offer at D3
NAIA M/W Soccer	Anytime	Anytime	Anytime	Anytime	Anytime	Anytime	Anytime

The chart indicated the recruiting activity allowed as of September 2023. The governing organizations from each division meet on a regular basis and can change rules. It's important to check with the divisions/schools you are interested in for any updated rules.



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DEFINITIONS

NCAA ELIGIBILITY CENTER

Students who plan to compete in athletics at the Division I or Division II college level must register with the NCAA Eligibility Center to have their eligibility status decided. Division III uses the free version of the Eligibility Center. There is a \$100 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 Eligibility Center](#).
- You have 3 options to choose from. Select the one that fits your personal journey.
- Follow the instructions to register. Use the [Registration Checklist](#) for help.
- You will still need to notify your counselor that you registered online so that your transcript will be sent to the NCAA Clearinghouse.

NATIONAL LETTER OF INTENT (NLI)

The National Letter of Intent is a voluntary program administered by the NCAA. 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 [National Letter of Intent Website](#).

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 your Eligibility [here](#).

AGENTS

Per NCAA Division I, an individual shall be ineligible for participation in an intercollegiate sport if the individual ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing athletics ability or reputation in that sport. Check with the governing body you are considering playing under for specific rules for that organization.

*Best practice is to not make any agreement or receive any gifts from an agent.



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SCOUTING AND RECRUITING SERVICES

The NCAA does not prohibit 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.

[H2 Athletic Advising](#) is a *Recruiting Educator* with 28 years of college coaching experience. We have one-on-one consulting to help your family navigate the college recruiting process.

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.

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.



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WHAT IS THE FAFSA?

The first step for obtaining financial aid is to fill out the [FAFSA](https://www.fafsa.org) (Free Application for Federal Student Aid) at 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 usually October 1, but in 2023 it will come out in December 2023 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 have a specific deadline and at a certain point, the money does run out.



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HOW TO GET STARTED

MAKE A LIST OF COLLEGES

Draft a tentative list of colleges that interest you (20-30). 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 or/ will become professional athletes. Make sure you select a college that is right for you with and without soccer (anything could happen to end a soccer career, injury or coaching change).

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 and research 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
- 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)

CONTACTING A COACH

Initial Interest Letter or Email: 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. Let the Coach



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know of any showcase tournaments you will be attending with your NUSA club and high school team. That is a great way to be seen by a college coach.

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.

STUDENT-ATHLETE PROFILE

You should put together a player profile 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.

SEE APPENDIX FOR SAMPLE DOCUMENTS

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 it will 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:

Create a short 3-5 minute highlight clips. You can 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. Use keeper training sessions to include all Goalkeeper skills.



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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 governing body 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.

What happens on an official visit?

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. These activities could happen on an unofficial visit.

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, hotel, meals, etc.
- Ask what to bring and take notes regarding your visit.
- Ask to meet with department chair in your academic area of interest.
- Ask to meet with admissions to understand process and ask questions.
- Try to see the campus on a regular school day while class is in session.
- Visit with players. Talk with the freshmen and sophomores to get their perspective on first year experiences.
- Always write a thank-you letter to the coach after your visit.



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WHAT IS THE RECRUITING TIMELINE FOR THE DIFFERENT DIVISIONS/LEVEL?

Division I college and universities typically complete their current recruiting class before all other divisions/level. The majority of all Division I men's soccer 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 have a different situation.



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QUESTIONS TO ASK COLLEGE COACHES

QUESTIONS TO ASK ABOUT ATHLETICS

- What is the culture of the team?
- Do the ladies push each other in training?
- What positions will I play on your team?
- How many other players 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?
- What positions will I play on your team?
- How many other players are you recruiting for my position?
- How long do you plan to remain as the coach?
- What are preferred, invited and uninvited walk-on situations?
- 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?
- Can you stack scholarships?

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 the residence halls like?
- How many students are there in a room?
- Do I get 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?

- Why did you decide to come to this college?
- How many hours a day do we have in training, practice, strength and conditioning?
- What is the culture of the team?
- Do you push each other to improve at training?
- 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?
- Does the coach have a "B" team or a JV program?
- Does the coach take all players that show up or do they also cut players?
- Do the professors work with you when missing class for athletics?
- 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?



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TYPICAL RECRUITING PROCESS QUESTIONS AND ANSWERS (answered from a NCAA Division I Rules)

*Check the rules for the governing body schools you are looking at.

Q – How do I move forward with all this information?

A- [Book a Free Consult](#) with H2 Athletic Advising.

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

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

Q – What an official visit?

A – An official visit in which the college pays for part of all or part of your expenses. You must register with the NCAA Eligibility Center, send your high school transcript to the NCAA.

Q – What is an unofficial visit?

A - A student athlete can take unlimited unofficial visits to any institution August 1 of junior year. An Unofficial visit is when a student and/or family pays for the expenses that come along with a visit, such as meals, staying overnight at the dorms, going to an event, etc.

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

A - On and after June 15th after the student's Sophomore year.

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

A - On and after June 15th after the student's Sophomore year.

Q - How many official visits can a student-athlete make during their junior and 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 Eligibility Center?

A - Yes, if you want to play for an NCAA school. For information go to the [NCAA Eligibility Center](#).

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, call and text you or your parents during this time.

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

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



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

A - *Athletics financial aid is available on a one-year or a multiple year basis. Talk with your college coach for clarification on your scholarship.*

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. Talk with your college coach for clarification on your scholarship.*

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, "head count sports"; soccer has scholarships termed "equivalency sports". Put simply this means that coaches can "split" 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 organizations (NCAA-Div. 1 & 2, NAIA, etc.) offer the same number of Scholarships? And if not, how can I get this information?

A - *No. They do not offer the same number of scholarships opportunities. For example, NJCAA 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.*

Q - What does it mean if a College Coach sends a questionnaire?

A - *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.*

Q - Why is responding to all College Coaches is Important?

A - *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!*

Q - The following is a list of reasons why you should respond to EVERYONE:

A - *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.



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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. Remember, it will only take a little bit of your time and will 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!

Always remember to ask questions. You can contact Heather Henson and [H2 Athletic Advising](#), to **Book a Free Consult and get started with a personalized guided journey to find your right college soccer program.** Other helpful resources will be your NUSA Club Coach and High School coach.



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SAMPLE LETTER/EMAIL 1

Dear Coach ENTER LAST NAME,

My name is NAME and I am a YEAR IN SCHOOL graduating high school in GRAD YEAR.

I play forward for the TEAM NAME AGE GROUP. My team won the Tennessee State Championship for the past two years. In 2020, we advanced to the semifinals at the USYS Southern Regional Tournament. On my high school team, I 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. My club coach, COACH NAME, said he would be glad to speak with you on my behalf.

I have been researching colleges that match me academically and athletically. I am planning to major in ACADEMIC MAJOR, and I feel UNIVERSITY NAME will be a great fit for me. I am extremely interested in your college and your program and would like to learn more.

Attached to this email is my player profile for more detailed information about me.

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

Sincerely,

FULL NAME

TEAM NAME

GRAD YEAR

EMAIL

HIGHLIGHT FILM LINK



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SAMPLE LETTER/EMAIL 2

Dear Coach ENTER COACH'S LAST NAME,

My name is NAME and I am a YEAR IN SCHOOL at NAME HIGH SCHOOL in TOWN, TN and I am graduating high school in GRAD YEAR.

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 soccer for Nashville United Soccer Academy (NUSA) TEAM NAME AND AGE GROUP. I normally play POSITION and I wear JERSEY NUMBER. My team will be competing next weekend in the ENTER UPCOMING EVENT. I hope that you will have an opportunity to watch me compete in the showcase to see how I can help COLLEGE NAME OR MASCOT.

I am a very strong student and competitive on the field. I don't like to lose on the field or in the classroom. I currently have a YOUR GPA GPA, taking honors and AP classes and score an ACT/SAT score, while balancing a competitive soccer schedule. I feel that my ability to maintain excellence in the classroom while traveling for soccer with my NUSA team helps me prepare for the academic and athletic rigors a strong college program like your will demand.

I am excited to get to know you better as COLLEGE is very high on my list of colleges. COLLEGE has a strong ACADEMIC MAJOR program, and my goals are to GOAL one day. I see you played against OPPONENT on DATE, SOMETIME ABOUT THE GAME and I am excited to help you get to the next level.

Hopefully you can come and watch me and my team this coming weekend. Here is our game schedule. I am looking forward to meeting you.

INSERT TEAM SCHEDULE

Attached to this email is my player profile for more detailed information about me.

Go ENTER MASCOT!

FULL NAME

TEAM NAME

GRAD YEAR

EMAIL

HIGHLIGHT FILM LINK



Nashville United Soccer Academy



SAMPLE PROSPECT STUDENT-ATHLETE PROFILE



Name	Grad Year
	Club Team Name
	Age Group
	Jersey #8
	Position

General Information

Mailing address

Email address

Phone number (optional)

High School

<Name of High school>

Class of <Grad Year>

GPA: <__> ACT/SAT Score <__/_>

Academic Achievements: <____>

Soccer Coach: < Coach Name, Email, Phone

High School Soccer Achievements: <____>

Club Experience

Soccer Video Highlights: (link goes here)

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

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

Soccer Achievements:

<Event Champion, Year>

<EXAMPLE BELOW>

- Tennessee State Cup Champion (2019, 2020)
- Region III regionals semi-finalist (2021)

Olympic Development

<TN ODP State Team, Year>

References

<Director of Coaching Name, phone, email>

<Director Full Title>

<Any other reference, cell number, email address>



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SAMPLE OF A TEAM BROCHURE

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 Banoz (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 Bernatavitz (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
quincya.thomas@gmail.com
(484)529-3043

**Interested in Game Video?
Contact our Coaches!**

02 BOYS MAROON

Overall Record: 15-1-2

National League

- 1/25-17 Sarasota, FL

Mid South Region (Record: 3-0-1)

- 1/26 vs Baton Rouge SC (W 3-2)
- 1/27 vs Arkansas S. 3-0
- 10/11 Columbia SC Lakes (W 4-2)
- 11/1 Louisiana Fire (W 3-0)
- 12/5 Mobile United (Liberty Park, Vestavia Hills, AL)

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

- 5/18 vs James River FC (D 2-0)
- 6/13 vs Chattanooga (W 4-0)
- 10/13 vs Memphis SC (W 3-1)
- 10/13 vs TSC Williamson (W 4-1)
- 10/24 vs Tri Cities (W 6-1)
- 11/7 (D) vs TSC Williamson (W 8-0)
- 11/8 (W) vs Tri Cities (W 4-0)
- 11/14 Finals vs Stones River (W 6-0)

Other Games: 4-0-1

- 8/12 vs Knoxville South OHS (W 4-0)
- 8/22 vs NTH NASA 03 SCCL (W 3-1)
- 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

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JOSHUA LYNCH
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EVAN TOOLE
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JACK SHIELDS
2021 Midfielder
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Scan QR Code to learn more about our players.



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Division I Academic Eligibility

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

- Earn 16 NCAA-approved core-courses credit:
 - Four years of English.
 - Three years of math (Algebra 1 or higher).
 - Two years of science (including one year of lab, if offered).
 - One additional year of English, math or science.
 - Two years of social science.
 - Four additional years of English, math, science, social science, world language or nondoctrinal religion/philosophy.
- Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester.
- Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade.
- Earn a minimum 2.3 core-course GPA.
- Submit your final transcript with proof of graduation to the Eligibility Center.

What if I don't meet the requirements?

If you have not met all the Division I academic standards, you may not compete in your first year at a Division I school. 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:

- Earn 16 NCAA-approved core-course credits:
 - Four years of English.
 - Three years of math (Algebra 1 or higher).
 - Two years of science (including one year of lab, if offered).
 - One additional year of English, math or science.
 - Two years of social science.
 - Four additional years of English, math, science, social science, world language or nondoctrinal religion/philosophy.
- Earn a minimum 2.0 core-course GPA.
- Submit your final transcript with proof of graduation to the Eligibility Center.



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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 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 student-athletes 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 have a completed amateurism certification in your Eligibility Center account.



Division II Academic Eligibility

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

- Earn 16 NCAA-approved core course credits:
 - Three years of English.
 - Two years of math (Algebra 1 or higher).
 - Two years of science (including one year of lab, if offered).
 - Three additional years of English, math or science.
 - Two years of social science.
 - Four additional years of English, math, science, social science, world language or non-doctrinal religion/philosophy.
- Earn a minimum 2.2 core-course GPA.
- Submit your final transcript with proof of graduation to the Eligibility Center.

What if I don't meet the requirements?

If you have not met all of the Division II academic standards, you may not compete in your first year at a Division II school. However, you will be deemed a partial qualifier. All Division II partial



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qualifiers may practice and receive an athletics scholarship, but may NOT compete, during their first year of full-time enrollment at a Division II school.

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.
- Avoid quick fixes through credit recovery programs. These courses may not be accepted by the NCAA.
- Keep your coursework. If the 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. Student-athletes who compete in college sports are students first, athletes second. If you want to compete in NCAA sports at a Division II school, you must have a completed amateurism certification in your Eligibility Center account.

While Division III schools set their own admissions and academic requirements, international student-athletes (first-year enrollees and transfers) who are enrolling at a Division III school after Aug. 1, 2023, must be certified as an amateur by the Eligibility Center. Contact the Division III school you plan to attend for more information about its academic requirements.



Division III Academic Eligibility

While Division III schools set their own admissions and academic requirements, international student-athletes (first-year enrollees and transfers) who are enrolling at a Division III school after Aug. 1, 2023, must be certified as an amateur by the Eligibility Center. Contact the Division III school you plan to attend for more information about its academic requirements.

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.



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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.

Division III Amateurism

International college-bound student-athletes (first-year enrollees and transfers) who initially enroll full time at an NCAA Division III school on or after Aug. 1, 2023, must have their amateur status certified by the NCAA Eligibility Center. (Academic documents may be requested to establish your official graduation timeline for amateurism certification purposes.)