



# Path to the Next Level: Your Guide to College Athletic Recruitment

**NSR**  
*national scouting report*

Our goal for this session:

To ensure that athletes and parents leave equipped with the information and tools needed to navigate the college recruitment process to potentially play soccer at the collegiate level.



## Overview Collegiate Soccer

- Getting Started
- The Recruiting Edge: How to Market Yourself to College Programs
- PSA: TO DO LIST
- Are you committed?





# COLLEGIATE SOCCER: OPPORTUNITIES IN 2024 AND BEYOND

## NCAA MEN'S PROGRAMS

- Division I - 210
- Division II - 210
- Division III - 415
- NJCAA - 217
- Total 1,052 NCAA Programs

## NCAA WOMEN'S PROGRAMS

- Division I - 333
- Division II - 249
- Division III - 424
- NJCAA - 186
- Total 1,192 NCAA Programs

## NAIA WOMEN'S PROGRAMS

- 223

## NAIA MEN'S PROGRAMS

- 218

*\*2024 Numbers*



NUMBER OF COLLEGE PROGRAMS





- **COLLEGE LIFE**
- **LOCATION**
- **LEARNING ENVIRONMENT**



## REALITY FOR PROSPECTIVE STUDENT ATHLETES

- THERE IS A PLACE FOR EVERYONE IN THIS ROOM
- THE PROCESS IS EASY FOR 1%
- FOR THE OTHER 99% REPRESENTING YOURSELF IN THE CORRECT MANNER IS THE ONLY WAY TO GET IT RIGHT





# FINDING YOUR FIT



A person is walking up a dark, narrow staircase. At the top of the stairs, a bright light emanates from a doorway or window, creating a strong silhouette of the person and a lens flare effect. The walls of the staircase are dark and textured. At the top of the image, there is a colorful, abstract banner with green, yellow, and red sections. The overall mood is one of determination and progress.

# GETTING STARTED

## NCAA/NAIA CLEARINGHOUSE

- What are the hangups?
- Differences in eligibility between NAIA and NCAA?



# NCAA® ELIGIBILITY

- If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Plan to register before your freshman year of high school (or year nine of secondary school)
- Visit [www.on.ncaa.com/RegChecklist](http://www.on.ncaa.com/RegChecklist) to help guide you through the registration process

## ACADEMIC REQUIREMENTS

- To study and compete at a Division I or II school, you must earn 16 NCAA-approved core-course credits, earn a corresponding test score\* that matches your core-course GPA and submit your final transcript with proof of graduation to the Eligibility Center.





How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

## 9<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 10<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 11<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**

## 12<sup>TH</sup> GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

**4 CORE COURSES**



GRADE  
**9**  
REGISTER

- » If you haven't yet, **register** for a free Profile Page account at [eligibilitycenter.org](http://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
- » Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/courselist](http://eligibilitycenter.org/courselist) to ensure you're taking the right courses, and earn the best grades possible!

GRADE  
**10**  
PLAN

- » If you're being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the required **certification account**.
- » Monitor the **task list** in your NCAA Eligibility Center account for next steps.
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.
- » If you fall behind academically, ask your high school counselor for help finding **approved courses** you can take.

GRADE  
**11**  
STUDY

- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Share your **NCAA ID** with NCAA schools recruiting you so each school can place you on its **institutional request list**.
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

GRADE  
**12**  
GRADUATE

- » **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- » Apply and be accepted to the NCAA school you plan to attend.
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, ask your high school counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.



## Division I

Graduate high school

Earn a core course GPA of 2.3 or higher

Complete 16 core courses

- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural/physical science
- 1 year must be lab science if your school offers it
- 1 additional year of English, math or natural/physical science
- 2 years of social science
- 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

You must complete 10 of the core courses by the end of your junior year (before the start of your seventh semester). Seven of the 10 core courses need to be in English, math or natural/physical science. The grades in these seven courses will be "locked in," meaning you will not be allowed to retake them to improve your grades.



## Division II

Graduate high school

Earn a core course GPA of 2.2 or higher

Complete 16 core courses

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural/physical science
- 1 year must be lab science if your school offers it
- 3 additional years of English, math or natural/physical science
- 2 years of social science
- 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy



## GPA GRADE-POINT AVERAGE

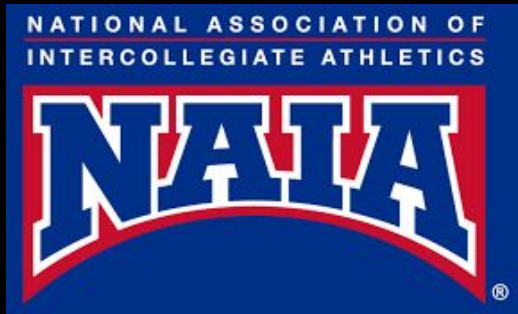
The Eligibility Center calculates your core-course GPA based on the grades you earn in NCAA-approved core courses.

- Division I requires a minimum 2.3 core-course GPA.
- Division II requires a minimum 2.2 core-course GPA.

### DIVISION III

While Division III schools set their own admissions and academic requirements, international student-athletes (first-year enrollees and transfers) who initially enroll full time at a Division III school on or after Aug. 1, 2023, are required to complete an Amateurism- Only Certification account. Contact the Division III school you plan to attend for more information about its academic requirements.





# ELIGIBILITY



- If you want to compete in NAIA sports, you need to register with the NAIA Eligibility Center - See QR Code
- Plan to register before your freshman year of high school (or year nine of secondary school)
- Find you NAIA School - Search by Sport, Location, School Size

## ACADEMIC REQUIREMENTS

- To study and compete at a Division I or II school, you must earn 16 NCAA-approved core-course credits, earn a corresponding test score\* that matches your core-course GPA and submit your final transcript with proof of graduation to the Eligibility Center.







### What's different about NAIA recruiting?

NAIA recruiting rules encourage coach-student and personal relationships. Benefits of NAIA recruiting rules include:

- No recruiting calendar restrictions of any kind
- Ability to freely communicate with NAIA coaches directly
- Direct interaction with NAIA coaches

### Admission standards for athletes

- To participate in athletics in the NAIA, you must be admitted to the college or university under admission standards equal to or higher than those applied to the general student body.

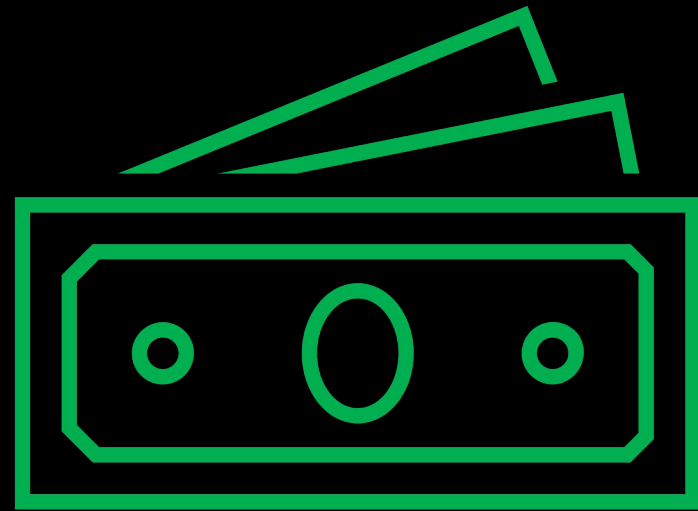
### Do I meet the freshman eligibility requirements?

- No core course requirements.
- NAIA Eligibility Center will determine your eligibility based on your high school grades and sometimes your SAT/ACT scores, class rank, and/or dual credit.
- Register at <https://play.mynaia.org/> to find out more.

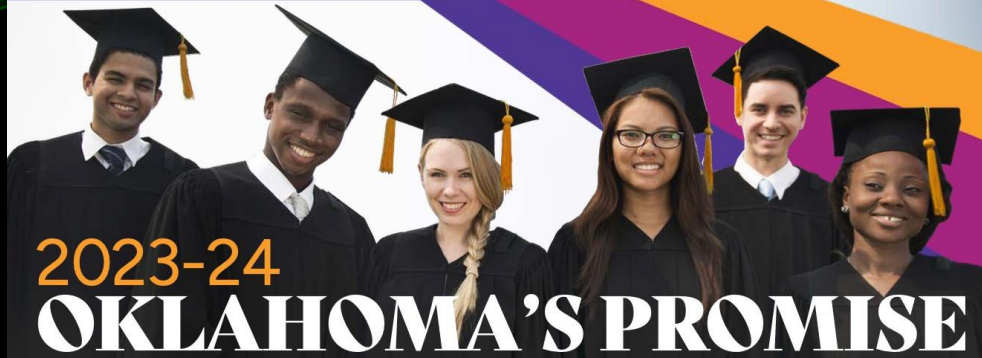


## FINANCING

- SAVINGS/COLLEGE FUND
- ACADEMIC SCHOLARSHIPS
- GOVERNMENT GRANTS
- PRIVATE SCHOLARSHIPS
- STUDENT LOANS
- WORK – STUDY
- FAMILY BENEFITS
- THE REALITY OF ATHLETIC SCHOLARSHIPS



**MAKE THE GRADES.  
STAY OUT OF TROUBLE.  
EARN COLLEGE TUITION.**



# 2023-24 OKLAHOMA'S PROMISE

## WHO MAY APPLY

Applicants must be:

- ▶ Oklahoma residents.
- ▶ 8<sup>th</sup>-, 9<sup>th</sup>-, 10<sup>th</sup>- or 11<sup>th</sup>-grade students (homeschool students must be age 13, 14, 15 or 16).
- ▶ Students who promise to meet the requirements of the program.
- ▶ Students whose parents' federal adjusted gross income does not exceed:
  - ▷ \$60,000 with 1 or 2 dependent children OR
  - ▷ \$70,000 with 3 or 4 dependent children OR
  - ▷ \$80,000 with 5 or more dependent children.

Special income provisions may apply to:

- ▶ Children adopted from certain court-ordered custody and children in the custody of court-appointed legal guardians.
- ▶ Social Security benefits based on the death or disability of the student's parent(s).

Contact the Oklahoma's Promise office for more information.

*Additional documentation may be required.*

## HOW TO APPLY

Online at [www.okpromise.org](http://www.okpromise.org) or get an application from your counselor.

## THE PROMISE

Upon completion of the program's requirements, you will earn:

- ▶ Tuition at an Oklahoma public two-year college or four-year university.

-OR-

## GET MORE INFO



[www.okpromise.org](http://www.okpromise.org)

[okpromise@osrhe.edu](mailto:okpromise@osrhe.edu)

800.858.1840 | 405.225.9152

Ask your counselor

Find us on 

The image features a dark, abstract background with vibrant green and yellow light streaks at the top. In the foreground, a silver pen with a black nib is positioned diagonally over a document. The document has faint, blurred text including "Name", "Signature", and "Date".

# "The Recruiting Edge: How to Market Yourself to College Programs"

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# THE 4 STAGES OF RECRUITING:

Identification and Recognition

Evaluation

Comparison

The Offer



Edit profile image 


## KEY INFORMATION

<b>Strong Foot</b> Right	<b>Height</b> 5'11"	<b>Weight</b> 150 lbs
<b>Age</b> 54	<b>Graduation Year</b> 2028	<b>GPA</b> 4.8

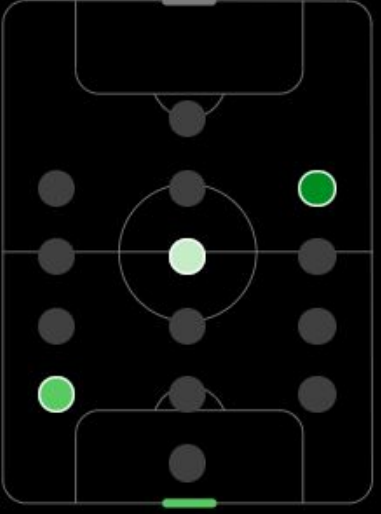
Edit Key Information 

## POSITIONS AND PLAY STYLE

**Speedy Winger**  
Speed and acceleration to beat defenders. They focus on attacking behind the defense, and delivering crosses or passes to create scoring opportunities

Edit Positions and Play Style 

- Preferred positions**
- 1. Right Wing
  - 2. Left Back
  - 3. Central Midfielder



center  
Academy

Physical attributes

traininghouse #,  
(early)

Put together video  
of games/ training  
super strengths).





# Social Media for College Recruiting

- Chances are that a coach has already looked at your social media accounts
- While a poorly managed social media profile can hurt recruitment and result in rescinded offers, a [well-managed athlete social media presence](#) can increase a coach's interest in recruiting you.
- Be visible. Utilize all your social media platforms to increase your chances of getting noticed by college coaches.
- Use your resources. Do you play on a club team, or go to a personal trainer? Find their social media handles and “tag” them on related posts, the more chances your profile will be seen by other coaches and recruiters.
- Be active. Relationships are a two-way street. Actively engage with your top school's social media accounts to confirm you're interested in being recruited.
- Share good – not bad – content.



## STAY ON THE RADAR

- Send schedule updates
- Where does the Coach see you fitting in?
- Do you need a video of me playing?
- What positions are you looking to fill?
- Watch the team play-style and formation etc.
- Unofficial Tour of campus, facilities, academic buildings





# PSA: TO DO LIST

<input checked="" type="checkbox"/>	—
<input type="checkbox"/>	—
<input type="checkbox"/>	—
<input type="checkbox"/>	—

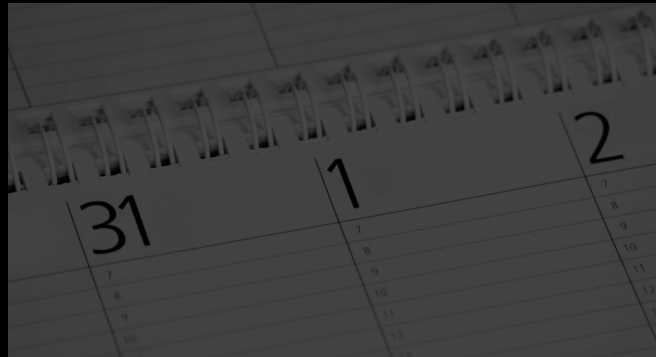
## TO DO LIST: FRESHMAN YEAR

- Check with your Academic Counselor if you are on track to graduate with core classes
- Start of with the best grades you can
- Take ACT/SAT - SuperScore



## TO DO LIST SOPHOMORE YEAR

- Begin written correspondence with Coaches - Attendance at ID camps, Send Tournament and Games schedules, Online profiles
- Take your PSAT/SAT/ACT Test



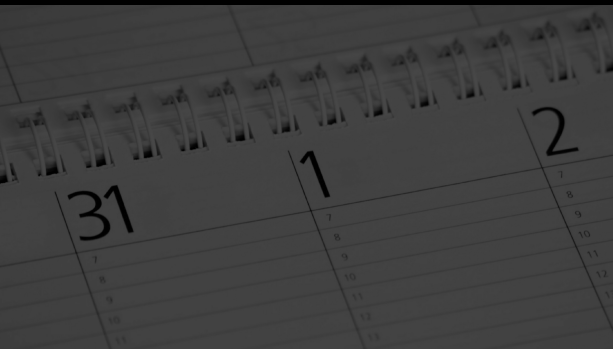
## TO DO LIST JUNIOR YEAR

- Program specific correspondence can come from schools
- Continue Club & player bio's ready for tournaments - Include Grad Year
- Retake your SAT/ACT - improve your scores
- Unofficial visit
- Check with academic counselor you are on track to graduate with core classes
- Extra curricular activities (well rounded student-athlete)



## TO DO LIST SENIOR YEAR

- SUMMER BEFORE SENIOR YEAR - BEGIN APPLICATION PROCESS
- OFFICIAL VISITS
- SAT AND ACT - BUILD YOUR SUPER SCORE
- SUBMIT FAF 9 FINANCIAL ASSISTANCE FORM



The background features a central black rectangular area. Above and below this area are flowing, wavy bands of color. The top band transitions from bright green on the left to yellow and orange on the right. The bottom band is more complex, with green on the left, yellow in the middle, and orange on the right, all appearing to flow and overlap. The overall effect is dynamic and energetic.

**ARE YOU  
COMMITTED?**

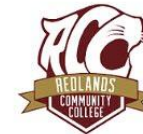
- UNDERSTANDING THE ACADEMIC AND ATHLETIC COMMITMENT IN BEING A COLLEGE ATHLETE
- PRE-SEASON DEMANDS
- IN-SEASON DEMANDS
- OFF SEASON DEMANDS
- QUALITY of LIFE
- QUALITY OF ACADEMICS
- QUALITY of SOCCER
- FINANCES
- WHAT YOU REALLY WANT? PERCEPTION VS REALITY
- TRANSFER PORTAL
- STRESS ON PLAYER MENTAL/ PHYSICAL





WINTER CHAMPIONSHIP & SHOWCASE >>>>>>

# COLLEGE <<<<<< COMMITMENT





# THANK YOU

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**NSR**  
*national scouting report*

# Path to the Next Level: Your Guide to College Athletic Recruitment

"Path to the Next Level: Your Guide to College Athletic Recruitment"  
"From High School to College Athlete: What It Takes to Get Recruited"  
"The Game Plan: Steps to Becoming a College Athlete"  
"Recruitment 101: How to Stand Out to College Coaches"  
"Your Athletic Future: Unlocking the Door to College Sports"  
"Chasing the Dream: A High School Athlete's Roadmap to College"  
"The Recruiting Edge: How to Market Yourself to College Programs"  
"Winning Off the Field: Preparing for College Recruitment Success"  
"Building Your Brand: A Student-Athlete's Guide to Recruitment"  
"Game On: How to Secure Your Spot in College Athletics"



### **Roster limit updates**

The NCAA increased roster limits for the 2025-2026 season:

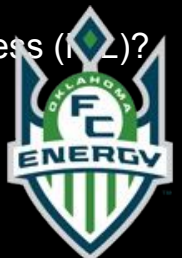
Men's - 28, increase of 18 players

Women's - 28, increase of 14 players



## Frequently Asked Questions

- What is a contact?
- What is a contact period?
- What is early contact ?
- What is an evaluation period?
- What is a quiet period?
- What is a dead period?
- What is the difference between an official visit and an unofficial visit?
- What is a National Letter of Intent?
- What are recruiting calendars?
- Understanding the importance of June 15<sup>th</sup> for soccer recruiting?
- What if I do/don't get recruit by the start of my HS senior year
- Understanding recruiting rules and the recruiting calendar?
- What is the difference in recruiting rules regarding the different levels or programs?
- COVID-19 effects on College recruiting?
- Understanding NCAA's new rules granting student-athletes opportunities to earn money from their name, image likeness (NIL)?



The NCAA made several changes to the college recruiting process in 2024, including:

### **Elimination of the National Letter of Intent (NLI)**

The NLI was a binding agreement that required recruits to attend the school listed on the form for at least one year. The NCAA eliminated the NLI on October 9, 2024, replacing it with **written offers of athletic aid**. This change gives student-athletes more flexibility in their recruiting process.

### **Roster limit updates**

The NCAA increased roster limits for several sports for the 2025-2026 season, including lacrosse, rifle, and rowing.

### **New benefits for student-athletes**

The NCAA increased benefits for student-athletes, including DI core guarantees, NIL resources, and post-eligibility insurance coverage.

### **Health and safety guidance**


The NCAA requires schools to comply with consensus-based guidance on health, safety, and performance support



## ***Nontraditional Courses***

- In 2024, NCAA Divisions I and II voted to change the NCAA's core-course legislation. There is no longer a separate set of requirements for nontraditional courses. The updated requirements are effective for core-course reviews occurring on or after August 1, 2024. To determine if a course historically labeled as "nontraditional" has been added to your high school's list of core course, [click here](#) to locate your high school and view the list of approved courses.
- For more information on core-course modernization changes and the impact to college-bound student-athletes and high schools, [click here](#).
- For more information on core courses, [click here](#).





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**Austin R. - ORU Women's Coach**

**Neal - OC**







# OPPORTUNITIES



  Division I

  Division II

  Division III



## COMMON RECRUITING MYTHS

- a. If I'm Good Enough, They Will Find Me
- b. Grades Don't Matter
- c. Undersized, No Problem - "The Box"
- d. My Coach has Got This!
- e. It's Too Early - Coaches Can't Talk to Me





## COLLEGE LIFE

- What is your desired field of study?
- If interested in a graduate program what is their placement rate?
- What are their entrance requirements?
- How important is scholarship vs opportunity to play and contribute?
- What will life be like outside of playing and studying?





## LOCATION/ ENVIRONMENT

- Close to home or far away?
- Particular climate?
- Rural or City?
- Additional needs?
- Do you feel good when you visit or research?





## **LEARNING ENVIRONMENT**

- Large or small classes/ Professor-Student Ratio
- Size of the school
- Personal attention/ Professor availability
- Quality of teaching (Graduate Assistants?)
- Class checking and academic assistance outside of class