



# VALOR SOCCER

## COLLEGE SOCCER ANNUAL CHECKLIST



If you wait for a college coach to tap you on the shoulder and hand you a scholarship... most of you will be waiting forever. You need a plan. There are boxes you need to check, starting from a player's freshman year.

**IT'S OK TO START LATE OR FALL BEHIND... BUT ONLY IF YOU CATCH UP!**

### FRESHMAN YEAR

- Concern yourself far more with your academics (grades) than catching the attention of a college coach.
- **Create a free account on [NCSA](#) and [FieldLevel](#).**
- Create a 'top 20' list of colleges based as much on location and academic interests as soccer. This list should include schools from all levels (NCAA D1-D3, NAIA).
- **A great resource to create this list is available via [NCSA \(MEN'S PROGRAMS / WOMEN'S PROGRAMS\)](#)**
- Email any college coaches of schools you are interested in who are attending tournament in which you play. Also fill out any recruiting forms on the school's websites. **(MOST WILL NOT REPLY DUE TO RECRUITING RULES.)**
- Consider attending 1 or 2 college ID camps.

### SOPHOMORE YEAR

- Pare your 'top 20' list to a 'top 15' list and register as a 'prospective recruit' on the schools' athletic web sites.
- **Create your Valor player profile on [SportsRecruits \(U16-U19 Premier players\)](#) and use the resources to the fullest extent.**
- Email any college coaches of schools you are interested in who are attending a tournament in which you play. **(MOST WILL NOT REPLY DUE TO RECRUITING RULES AND PRIORITIES ON OLDER CLASSES.)**
- Attend 2 or 3 ID camps of schools you are most interested in if possible (ideally of different levels).
- **Begin compiling video highlights from multiple matches (via [Veo](#)) and create a reel to post online.**



### JUNIOR YEAR

- Pare your 'top 15' list to a 'top 10' list and be sure to include schools whose coaches you know have watched you play.
- Email any college coaches of schools you are interested in who are attending tournament in which you play.
- Start communicating with programs via the messaging system via your SportsRecruits account (U16-U19 Premier).
- **MOST COACHES ARE NOW ALLOWED TO REPLY AND MAY REACH OUT TO YOU. BUT FOR MOST, SIGNIFICANT COMMUNICATION DOESN'T START UNTIL SENIOR YEAR.**
- Attend 2 or 3 ID camps of schools you are most interested in if possible (ideally of different levels).
- UPDATE your highlight video or create a new one from multiple recent matches and post online.

### SENIOR YEAR

- Start the college application process and apply to any schools that have contacted you and you are interested in.
- Pare your 'top 10' list to a 'top 5' list and be sure to include or ADD schools whose coaches have expressed interest in you.
- Attend 1 or 2 ID camps of the specific schools you are interested in and have expressed interest in you.
- UPDATE your highlight video (or create a new one) from multiple matches and write emails to coaches on your 'top 5' list sharing the link to your video and any updates about your soccer achievements.
- **Communication with any college coach of any level and in any form is allowed. If you have not decided on what school to attend you should be PROACTIVE and reach out to any program that is a legitimate possibility.**
- **Reply promptly to all those who contact you, even if it's a program that reaches out to you unexpectedly or one in which you don't have much interest.**