



College Soccer
Player/Parent
Recruiting Guide

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Introduction/Self Recruiting

Many times parents and players are seeking information on the college soccer and recruitment process. They are not sure where to turn for information. There are so many questions to ask. 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 do I begin the recruitment process?

It is very important to know that no one course is correct for everyone. Each school and coach may handle the process differently for their prospective student-athletes. But there are many things you need to know about the process before you begin.

The entire process is about finding the fit. This means that a school needs to have more than just a great soccer program, or great academically or even a great social environment. When looking at schools, try to find a campus you love and where you can see yourself attending for four to five years – you don't want to transfer after a year. 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. If you are not sure about any of these – then don't hesitate to ask!

Schools and coaches also look for good students. One of the most important things to remember is to work hard and keep your grades up. You should be a student first and an athlete second. The two most important questions the staff at Virginia Legacy is asked about prospective players is 1) what are their grades and 2) what type of kid is he/she. Coaches want to know that they can get you into the school, and when you are at the college you will be a good student that they don't have to worry about in the classroom or off the field because you have a good head on your shoulders. They care just as much about off the field as they do on the field.

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 differences between those umbrella organizations rules. For example, the NCAA Division I and II, and NCAA Division III have different rules for what coaches may do during the recruitment process. So do your homework and remember to ask questions.

Lastly – this whole process is a Self Recruiting Process. You will only get out of it what you put into it. Many players are out there and “want” to play college soccer – but the ones that are persistent in talking with coaches, showing a genuine interest in the program and working hard in the classroom are the ones who will be rewarded at the end of the process.

It is our hope 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.

Getting Started/A Suggested Timeline

Sophomore Year

(Coaches cannot call or write you yet, only send general information and camp information, so don't be disappointed if you write a coach and they do not write you back)

- **Keep your grades up!**
- Begin compiling a list of possible colleges or universities that meet your interests and research their academic and athletic programs (10-15 schools)
- 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.
- Start to visit campuses just to get a feel for what college campuses are like and build a "database" of things you like about schools

Junior Year

(As of September 1, coaches can return correspondence and write letters, but cannot call until on or after July 1 before your senior year).

- **Keep your grades up!**
- Send coaches updated resume and player profile, send dates of tournaments and league games.
- Make a list of all the colleges/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.
- Frequently follow up with schools about your schedules as well as their current seasons to show interest in their programs
- Play in College Showcase tournaments, summer tournaments or participate in ODP events.
- Consider attending the summer camp or college ID camps of a school of interest, or one which has a lot of college coaches on staff.
- 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 and let coaches know of your workload, AP or advanced classes
- Stay in touch with your high school counselor.
- Register with the NCAA Clearinghouse – www.eligibilitycenter.org



Senior Year

(As of July 1, you can now talk on the phone with a coach. 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).

- **Don't let down in your class work. Finish strong.**
- Check status with the NCAA Clearinghouse.
- Narrow your search to 5 schools.
- Respond immediately to any interest shown by colleges
- Schedule and complete official visits (at schools 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 - College Showcases etc Nov to March.
- Frequently follow up with schools about your schedules as well as their current seasons to show interest in their programs
- Provide your coach and counselor with your interest college list. Discuss college interest with your coach and counselor.
- Make a decision!



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 don't want to eliminate any school you are curious about. It is very important that you look at the school for its academic programs and social environments 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.

The school also needs to have the right social environment – this can include class sizes, school size, location of the school (urban vs rural), school spirit, other sports at the school (football, basketball, etc) social clubs and extra curricular activities offered.

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 I like the people at the school not on the soccer team?
- 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? Or hospitable?
- Was the school too large or too small – or too spread out?
- Is the school too far away from home? Or too close to home?

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 at include: 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, or the Women's Soccer Guide: The Official Athletic College Guide.

You may also want to reach out to friends or former players from those schools on your list and ask them about their experiences with the soccer program or just the school overall. Our Alumni list in the back of this book may aid with that process.



Educate yourself about the Various Associations'

NCAA Guidelines

Students that plan to compete in athletics at the college level must meet certain eligibility requirements set forth by the NCAA. Students who have not met the NCAA eligibility requirements will not be allowed to participate in college athletics.

We have including the following link to assist you in this process. For information go to: <https://web1.ncaa.org/eligibilitycenter/common/>

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 on line are as follows:

1. Go to the NCAA Clearinghouse web site at <http://www.ncaaclearinghouse.net>
2. Once there, click on PROSPECTIVE STUDENT-ATHLETE
3. Once on the Welcome to student information page, click on DOMESTIC STUDENT RELEASE FORM
4. Once on the Student release form (U.S.) page, complete this page accurately
5. Print an extra copy of your student release form for your counselor.
6. You will still need to notify your counselor that you registered on line so that your transcript will be sent to the NCAA Clearinghouse.

What are the Divisions of the NCAA?

Division I

Division I member institutions have to 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. Maximum Scholarships for mens soccer programs are 9.9 and for womens soccer programs its 14. Most programs carry between 26-32 players depending on the school.

For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=1>

Division II

Division II institutions have to 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 a number of local or in-state student-athletes. Many Division II student/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. For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=2>



Division III

Division III institutions have to 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/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.

For a list of member schools/sports link: <http://web1.ncaa.org/memberLinks/links.jsp?div=3>



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

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 of your junior 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 senior year. Remember, this deals only with outbound communication from a coach.
- You can call or meet with a coach at any point in your high school career. That's right; 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! Take control!***

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. Certainly we recommend doing this – while also sending them regular updates to your own soccer profile.

Why 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/or 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! A lot of 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/universities.
- By investigating many different types of colleges, you will have a better idea of your likes and dislikes in a college/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!
- It is just 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. 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/university.

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/university that you hear from. Who knows – it may even be the one you decide upon!



How to Contact a Coach

Initial Interest Letter/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. Here are some things to include:

- You name, high school, current grade level.
- Your email address, phone number
- Academic interests – GPA, Test Scores, AP or advanced classes
- Current club team, recent team accomplishments
- Club team league and tournament schedules
- Something that is unique to that school – so no other school could have gotten that letter
- High school soccer experience, years of varsity experience, team accomplishments, and personal awards – although this is least of interest to them.
- Genuine Interest or feeling from you when you write them – NOT A FORM LETTER!

How Frequent Should I be Contacting the Coach?

Schedule of Emailing Coaches

It is recommended to have regular contact with coaches. Now we don't recommend each week sending the same email over and over again but as long as you are giving the coach/staff new and important information or an update to an accomplishment they received it is ok to shoot them a quick note. Examples – you just got new SAT scores, your schedule for a tournament is released, your schedule has been updated, your team had a great accomplishment (State Cup), or you noticed because you have been following the program that they just won a big game or made the tournament etc.

Sample Timeline of Contact with School X

Email 1 - Initial Letter Sent (includes Tournament Dates)

Email 2 – Tournament Schedule for your next tournament – 3 weeks prior to tournament – mention anything going on with their soccer program or school

Email 3 – Resend tournament schedule with any schedule updates – 1 week prior to event – mention anything going on with their soccer program or school

Email 4 – 2-3 days following the event – asking for any feedback if they saw you play and giving them dates of your next tournament – then repeat the same process for each of your tournaments.

Its ok to send emails outside of this schedule as well – maybe you are attending a camp – or your team made the state cup final four – anything you feel is important that can add value to your ongoing email conversation.

*****DON'T BE DISCOURAGED IF THEY DON'T RESPOND – SOME DO AND SOME DON'T – THEY ARE BUSY – KEEP BEING PERSISTENT AND GIVING THEM USABLE INFORMATION!! *****

Sample Letter 1

Coach Jones:

My name is Kelvin Trueblood and I am a sophomore at Bayville High School here in Williamsburg, VA. The College of William & Mary is one of my top choices for both academics and soccer. W&M is one of the best Liberal Arts colleges in the country, with a rich history connected to the founding of our nation. I like that the students have such a strong sense of school pride, filling the stadiums, whether it's for soccer, football, or baseball.

While I have not yet taken an official campus tour, I have visited the campus numerous times to attend sporting and cultural events. I feel like I have grown up watching Tribe soccer, going to games with my parents and also with my Legacy Soccer Club teammates. I have participated in your Colonial Kicks Soccer Camp in the past and hope to attend next summer.

I am an honor student taking Advanced Placement classes and my GPA is 3.875. I have not yet taken the SAT/ACT. I will graduate in June 2017.

I play midfield for my club team, the Virginia Legacy Soccer Club U16. My club team is currently playing in the Club Champions League and our record is 7-2. I am currently third in goals scored and second in assists. My club coach is George Ball who is happy to talk to you (see contact information below).

As a freshman I played midfield (center and wing) for Bayville's Varsity team and received All-Conference 2nd Team honors. My Bayville coach is Brian Newell and he is happy to speak to you from both the high school and club perspective (see contact information below).

I will be playing in the CCL College Showcase coming up in December and my schedule is listed below in case you or one of your assistant coaches will be attending this Showcase, I hope you will be able to come watch me play. My jersey number is 25, we wear green or white jerseys.

Friday, December 5th:

Location: Warhill Sports Complex, 5700 Warhill Trail, Williamsburg, VA, 23188

Time: 6:30pm; Field: TBD

Opponent: Beach FC

Saturday, December 6th and so on for Sunday.

Coach contact information:

George Ball (Club) – ball18@cox.net / mobile: (757) xxx-xxxx

Brian Newell (BHS) – newell@gmail.com / mobile: (757) xxx-xxxx

I will send a follow-up with my remaining tournament and high school schedule when it is released. I will be at the following events in Dec, Jan, Feb and March.....list them out.

Sincerely,

Kelvin Trueblood

xxx-xxx-xxxx

Attach Soccer Resume or Link to Soccer Profile if using Soccer Recruits



Athletic Resume/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. Don't 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 club team. That is a great way to be seen by a prospective coach.

Sample Resume

Kelvin Trueblood
123 Wherever Street
Williamsburg, VA 23188
Phone: 123-456-7890 (h)
Cell: 012-345-6789 (cell)
E-mail Address:
Parents Name:

Graduation Date: June 2017

Personal Information:

Height: 5'11" Weight: 175

DOB: 1/30/99

High School Information:

Name:

Address:

Phone Number

High School Coach:

Coach Home Number:

Guidance Counselor:

School Fax Number:

Academic Achievements:

Athletic Achievements:

Club Soccer:

High School Soccer:

Other Sports:

Extracurricular Activities:

ODP Experience:

Academic Achievements:

Educational Goals:

Comments:



Do You Need a Video?

College coaches are eager to see you in action. Videotapes are not always necessary, but if a coach requests one, you should try to provide it. It does not need to be an elaborate, state-of-the-art video. Use a tripod when filming to avoid jostling or shaking. If a coach requests the tape – you can always ask what they prefer – a game film or highlights.

Keep in mind players don't get recruited off of game films – they are typically supplements or an aid for coaches that won't get a chance to see you play regularly.

A good videotape will include:

- 10 to 15 minutes of unedited game film. It should be no longer than 15 minutes.
- Some highlight clips. Show different skills. Use game film when possible.
- For a goalie it can consist of:
 - Crosses and shot stopping.
 - Footwork.
 - Verbal communication in a game situation.
 - Participation in different goalie drills.

How to plan a Campus Recruiting Visit

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, why not 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 of 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 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.
- 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.
- Visit with players. Talk with the freshmen and sophomores to get their perspective on first-year experiences.
- Take notes regarding your visit.
- Always write a thank-you email to the coach after your visit.

What questions should you ask teammates on the team while on campus visits?

- How many hours a day will athletics keep me from my studies?
- Does the coach discourage you from taking classes in your major that may conflict with practice?
- What percentage of athletes will graduate in four years? Five years?
- Is free tutoring available? How do I arrange for it?
- Do you like the coach?
- 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?
- 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?



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/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. 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. For non highly recruited athletes – D1 programs may still be looking to fill one or 2 spots into winter/early spring of your senior year.

Division II colleges/universities are typically the next to finish up their recruiting classes. Some Division II colleges/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, 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/university has a different situation.

For Girls – the timelines are moved up about a year in some circumstances. Colleges are looking at Sophomores and Juniors much earlier to make commitments – so again you must spend time on the process early so you are ahead of the game in case you are needed to make commitments prior to your senior year.

Again all schools are different and these are just guidelines. You can also ask schools when you make contact with them what graduation year they are focusing on at that time.

Information for Parents and Guardians

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. Have questions call: 877-262-1492. You can check their eligibility at the clearinghouse Web site: www.ncaaclearinghouse.net.



Financial Aid

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.
- The athletics scholarship 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.



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. 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/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! University financial aid budgets are limited and are awarded on a first come first serve basis, so the earlier you submit your FAFSA, the better your chances of receiving aid. Each college/university has a specific deadline and at a certain point, the money does run out.

National Letter of Intent

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 NLI call 317-223-0706 or visit the NLI Web site at www.national-letter.org This is only for D1 Athletes receiving some sort of scholarship.

Scouting/Recruiting Services

During high school, you might be contacted by a scouting/recruiting service. The NCAA does not sanction or endorse any of these services. Remember, a scouting/recruiting service cannot base its fee on the amount of the student's scholarship. There cannot be any money back guarantee. These services are unnecessary as we mentioned earlier – this is a self recruiting process that relies on you to get the most out of it. That combined with the staff and contacts at the Legacy along with the environments we provide will allow for opportunities to play at the next level.



Soccer Camps:

Soccer camps are a great recruiting tool if used properly. Most schools will provide Summer Camps (3-4 days) which allow you to have a longer evaluation period while some schools may also provide College ID camps (1 or 2 days) which allow you to get in and get out without spending too much time but still getting seen over a weekend.

Summer Camps:

Summer camps provide a great experience for players to be evaluated over 3-4 days from coaches at the school and typically also be seen by other college coaches assisting at the camp. It also provides value in which players get to spend 3-4 days on the campus – walking to the facilities, living in the dorms, eating the food, interacting with the staff and getting a great feel for what life could be like at that college.

We recommend the younger players as Freshmen and Sophomores look to spend their time at larger university camps to get a feel for what college life is like and start to determine things they like and dislike. As a Junior and heading into your Senior year – its recommended that if you are looking to attend a summer camp that you use it to your advantage – typically meaning attending a camp of a school that is a finalist on your list and you have already been engaged in talks in and they want to see you for an extended evaluation at their camp. **DO NOT ATTEND A D1 CAMP HEADING INTO YOUR SENIOR YEAR IF YOU HAVENT ALREADY BEEN TALKING TO THAT SCHOOL.**

College ID Camps:

Fairly new – College ID Camps are a great tool for players to have the same experiences over the summer but in a shorter evaluation and a fraction of the price. Typically they are 1 day camps where players will have a practice in the morning, lunch on campus, small tour of the facilities and then games in the afternoon before heading out. It allows you to quickly experience the school, perform in front of the coaches and other outside coaches and get back home without interfering with most players busy schedules.

Below are College ID Camps upcoming for schools:

Men:

William and Mary Men – Colonialkicksoccercamps.com – possible Feb 2015

CNU – cnusports.com – Feb 1, 2015

JMU – jmusports.com – Feb 28, 2015

GMU – gomason.com

Longwood – longwoodlancers.com

Lynchburg College – athletics.lynchburg.edu – click on camps

Mary Washington - umweagles.com – Jan 17th, 2015

Women:

William and Mary – johndalysoccercamp.com

CNU – ladycaptainsoccercamp.com

JMU – jmusports.com

GMU – gomason.com

Mary Washington – umweagles.com - March 15, 2015

Lynchburg – athletics.lynchburg.edu - April 5, 2015

Virginia Tech – hokiesports.com - April 19, 2015

Univ. of Richmond – richmondspiders.com - April 26, 2015



Soccer Recruits – Recruiting Tool

Virginia Legacy is proud to announce its relationship with Soccer Recruits. Soccer Recruits are an online platform to assist players in the college search and communication process. Its online database allows you to search schools using a variety of parameters (academics, distance, size etc) and then having one click access to the schools soccer home pages and direct email access to the entire coaching staff from the selected schools. It also allows you to create a soccer specific online profile which automatically attaches to all emails you send through the system. Players then have access to see when coaches are viewing their profiles – and most importantly the Club Staff has access to see what schools players are contacting, what coaches are interested in the club’s players and ability to recommend schools to players to ensure players are targeting the correct level schools for their playing ability. For more information – or to sign up please contact Bobby O’Brien – obrien@valegacysoccer.com.

Legacy Alumni –

2014

<u>Name</u>	<u>College</u>
Aaron Kaye	Mary Washington
Michael Bly	Randolph Macon
Patrick Murphy	Washington and Lee
Logan Smith	Eastern Nazarene
Nick Dey	Earlham College
Cap League	VMI
Sean Colwell	Coast Guard
Rachael Brewer	CNU
Aaliyah Lyttle	VMI

2013

<u>Name</u>	<u>College</u>
Reilly Maw	William and Mary
Sam Blosser	CNU
Alex Emerson	CNU
Emery Trott	Haverford
Mitchell Williams	SIU- Edwardsville
Josh Calderon	Navy
Jack Nichting	UVA – Club Soccer
Dan Geyer	VMI
Hunter Vaughan	North Carolina Wes

2012

<u>Name</u>	<u>College</u>
Sarah Watson	Longwood
Nicolette Young	Virginia Tech
Liz Nickerson	Southern Connecticut
Kaitlyn Bly	CNU
Chelsea Wolfe	CNU
Meredith Baldasere	VMI
Alexis Williams	Haverford
Chandler Wingreen	Charleston Southern

2012 – Cont.

<u>Name</u>	<u>College</u>
Leslie Coates	Methodist
Morgan Singer	Lynchburg
Ali Stauffer	Slippery Rock
Jocelyn Evans	Howard
Phil Geyer	Roanoke
David Harpen	VMI
Alex Guerra	VMI
Tory Schneider	Emory and Henry
Patrick Kelly	Mary Washington
Hunter Hartnett	CNU
Joe Martin	Ferrum
Earl Rimbey	Lynchburg
Tajee Harley	Lynchburg
Scotty Cooper	Mary Washington
Austin Denney	Virginia Wesleyan
Drew Friedrichs	Middlebury College
Sherlanda Buskey	Virginia Wesleyan

2011

<u>Name</u>	<u>College</u>
Patrick O’Brien	William and Mary
Jalon Brown	CNU
Alec Faulkner	CNU
Trevor Davis	Lynchburg College
Kendall Pressey	Chowan College
Seth Polk	Waynesburg
Jacob Mader	Bluefield College
Preston Bremus	ODU
Robert Stephens	Hampden-Sydney

2010

<u>Name</u>	<u>College</u>
Connor McGregor	Gonzaga



2010 - Cont.

<u>Name</u>	<u>College</u>
Patrick Sopko	Navy
Richard Scruggs	VMI
Steve Mallon	VMI
Jason Haas	Hampden-Sydney
Josh Richardson	Virginia Wesleyan
Robert Finn	Roanoke College
Ryan Baker	Eastern Mennonite
Scott Holthaus	Hampden-Sydney
Josh Rumble	Elmira College
Bryan Talbert	Hampden-Sydney
Corey Sindle	Randolph College
Lauren Gough	William and Mary
Carlaine Myers	University of Tampa
Anne Wallace	JMU
Brittany Dunn	CNU
Stephanie Marshall	Ferrum College

2009

<u>Name</u>	<u>College</u>
Robert Alberti	Virginia Tech
Scott Cutler	Hampden-Sydney
Sean Moriarty	CNU
Andrew Bonorden	CNU
Karl Kummer	CNU
Noah Jefferson	CNU
Drake Kuhn	William and Mary
Dani Gunderson	Radford
Liz Palmer	Elon
Nicole Cunningham	U of Nebraska-Omaha
Luci Legaspi	Davis and Elkins

2008

<u>Name</u>	<u>College</u>
Kramer Runager	CNU
Justin Wolfe	CNU
Winston Mattheisen	CNU
Danny Franklin	CNU
John Tarley	Mary Washington
Trevor Moyer	CNU
Sean Dreybus	Appalachian State
David Haas	CNU
Kristin Davenport	Vermont

2007

<u>Name</u>	<u>College</u>
Tyler Clare	UNC Wilmington
Mike Scruggs	West Va Wesleyan
Matt Burleson	Barton College
Heidi Lancaster-Taylor	Barton College
Antonio Harley	Appalachian State
Vicky Johnson	Randolph Macon
Graham Costa	Virginia Wesleyan

2007 - Cont

<u>Name</u>	<u>College</u>
Justin Clark	Virginia Wesleyan
Cliff Kipper	CNU
Kate Ramsay	Methodist College
Michael Boyko	Bridgewater College

2006

<u>Name</u>	<u>College</u>
Aubrey Bonorden	North Carolina Wes.
Ben Phelps	Averett University
Danielle Boyes	Mount Olive College
David Giunti	Methodist College
Jessica Robbins	VMI
Jordan Chapman	Lynchburg College
Jordan Mayer	Wingate University
Patrick Brown	Lynchburg College
JP Blosser	Campbell University

2005

<u>Name</u>	<u>College</u>
Alex Spirn	Longwood
Andrew Evans	Virginia Wesleyan
Andrew Hoxie	William and Mary
Anthony Banach	Averett University
Brandon Young	High Point
Bryan Davis	CNU
Catherine Gerhardt	Washington and Lee
Hannah Moyer	Roanoke College
Jack Collins	Ferrum College
James Corbin	CNU
Jamie Caraway	Georgia Southern
Jamie Gunderson	Methodist College
Jeff Imgrund	Averett University
Jonathan Anderson	CNU
Jeff Moore	Longwood
Jordan Harris	Merchant Marine
Justin Madrid	Campbell
Kellie Jenkins	William and Mary
Marcus Dixon	Longwood
Marica Betoney	CNU
Michael Krewinghaus	Hampden-Sydney
Michael Stark	Roanoke College
Riley Blanton	Brown University
Ryan Eure	Appalachian State
Ryan MacArthur	VCU
Stefan Malone	Mary Washington
Teddy Barry	Virginia Wesleyan

2004

<u>Name</u>	<u>College</u>
Stuart Moore	North Carolina Wes.
Josh Finley	North Carolina Wes.
Elyse Hall	Randolph Macon



2004 - Cont.

<u>Name</u>	<u>College</u>
Marie Finley	Methodist College
Luke Taylor	Bridgewater College
Allie Kotula	Rhodes College
Casey Driver	Chowan College
Brock Hughes	JMU / CNU
Shawn Trueblood	CNU
Rocky Mullenax	CNU
Chris Brown	Boston College

2003

<u>Name</u>	<u>College</u>
Vanessa Barrios	VMI
Karen Bill	VMI
Raveon Pulliam	VMI
Cory Ragsdale	Lynchburg College
Ashley Jefferson	Randolph Macon
Ashley Imgrund	Guilford College
Melissa Kinkoph	Simmons College
Joan Gill	Ithaca College
Bryan Beers	Mary Washington
Alex Phillips	Washington and Lee
Sean Charles	CNU
Carl Griffiths	Wheaton College
Phillip Brown	Hampden-Sydney
Derrick Shaw	CNU
Brett Noble	Mary Washington
Mike Mausteller	CNU
Simon Blecher	CNU
David Smith	CNU
Daniel Forgarty	CNU
Galen Small	CNU
Steven Keller	CNU

2002

<u>Name</u>	<u>College</u>
Ben Crowder	CNU
Austin Yoffy	Delaware
Blake Sporer	Barton College
Charlie Howe	Virginia Tech
Chris Madrid	CNU
Dane Wendell	Randolph-Macon
George Nagle	Appalachian State
Taylor Reed (Club)	Indiana University
Andrew Hebert	Johnson and Wales
Megan Giunti	CNU
Emily Behncke	Princeton University
Carolyn Cross	U of Penn
Kathleen McCormack	CNU
Michael Farino	Virginia Tech
Michelle Mausteller	Elon (Club)
Pete Van Hooser	West Point Prep

2002- Cont.

<u>Name</u>	<u>College</u>
Ryan Angus	VMI
Nick Luina	Air Force Acad Prep
Terri Kaminiski	CNU

2001

<u>Name</u>	<u>College</u>
Nick Yannitello	CNU
Peter Labrano	Coast Guard Academy
Kolby Runager	South Carolina
RC Milne	Longwood

2000

<u>Name</u>	<u>College</u>
Alex Brown	William and Mary
Bobby O'Brien	Virginia Tech
Brannon Thomas	William and Mary
Bryan Wells	Louisville
Caroline Sims	Hollins
Cassie McDaniel	Virginia Wesleyan
Eric Burke	Hampden-Sydney
Honor Huckaby	Longwood
Kai Evans	Virginia Tech
Katie O'Donnell	College of Charleston
Matt Pauls	VCU
Michael Aiken	Virginia Wesleyan
Morgan Edwards	East Carolina
Patrick Werner	Delaware
Patrick Whitehead	Hampden - Sydney
Rosie Russo	CNU
Spencer Long	Delaware
Will Swink	Hampden - Sydney

Pre - 2000

<u>Name</u>	<u>College</u>
Graham Albert	William and Mary
Matt Arnold	Washington and Lee
Matt Behncke	Princeton
Chrisney Brooks	Maine
Meaghan Cathcart	ODU
Jeremy Conkle	Longwood
Pete Coughter	William and Mary
Andy Crapol	William and Mary
Paul Derosa	VMI
Shawn Edwards	CNU
Jason Farino	CNU
Matt Hansen	William and Mary
Chris Haywood	ODU
Katie Hodge	North Carolina Wes
BJ Jenkins	Randolph Macon/CNU
Seth Jenkins	Hampden-Sydney
Dustin Keese	Radford
Kyle Korte	Virginia Tech



Pre – 2000 – Cont.

Name	College
David Kozak	JMU
Danny Liebler	Catawba
Tara Manson	Randolph Macon
John McCormack	CNU
Adam Meade	VCU
Bret Myers	Richmond
Bobby Mitchell	American
Matt Nealy	Navy
Eric Norfleet	Methodist
Michael Piranian	Virginia Tech
Craig Pittinger	CNU
Scott Powers	William and Mary
Byron Rausenberger	Duke
Andy Ross	William and Mary
Mike Ryan	JMU
Scott Sachs	CNU
Steve Sachs	CNU
David Schiffrin	William and Mary
Brian Schwab	Mercer/ CNU
Jennifer Schwab	CNU
Charles Sears	Hampden –Sydney
Josh Shaw	CNU
Jeff Skinner	Delaware
Justin Smiley	William and Mary
Brent Trainum	CNU
Trevor Upton	William and Mary
Shea Vosler	CNU
Larry Walk	CNU
Robbie Wright	Univ. of Virginia

Common 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 July 1st of the student's senior 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 September 1st of the student's junior 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/athlete can take a maximum of five and another 5 after you graduate. An Official visit is an appointment made by the student/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/SAT test scores, high school transcripts. For information go to: www.NCAA.org

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

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- *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!

Always remember to ask questions. You can contact us and speak with the Club's Technical Director or Director of Coaching, your club coach, and players you know that have been through the process.

**VIRGINIA LEGACY
CONTACT INFORMATION**

Office Staff:

Bobby O'Brien - Technical Director
757.871.1494
obrien@valegacysoccer.com

Kelvin Jones - Director of Coaching
757.345.1569
kjones@valegacysoccer.com

Shawn Trueblood - Director of Coaching - Peninsula
757.570-7065
strueblood@valegacysoccer.com

Alex Spirn - Community Soccer Director
757.880.3078
aspirn@valegacysoccer.com

Tracy Trueblood - Administrator
757.253.8572
Admin@valegacysoccer.com

Office Hours:

Monday: 9:00 AM - 4:00 PM
Tuesday: 9:00 AM - 4:00 PM
Wednesday: CLOSED
Thursday: 12:00 PM - 7:00 PM
Friday: 9:00 AM - 4:00 PM

Office Address

109 Bulifants Blvd - Suite A
Williamsburg, VA 23188
757.253.8572 (O)
757.253.8573 (F)

