

2008
College Program
What You Need To Know To Get Started

Phase I.

Informal meeting with all U-16 and U-17 boys and girls about the SUSC College Program.

Here the coaching directors will meet with players to help them start the process of thinking about life after high school. Most of you will elect to attend a college or University in the U.S. and many will play soccer at that particular institution. This program is designed to help you decide what and where the best fit is for you, and try to ensure that you have all of the information possible when you make your college choices. Below is a series of information selected from different sources. Each player should now begin to look at this information and start the process of deciding his or her college future.

Selecting A College

- 1) First Consideration Must be Academic
 - a. Fields of study
 - i. Identify your general and specific interests
 - b. College Size
 - i. Do you want a broad range of activities (i.e., larger schools offer more)
 - c. Location
 - i. Close to home?
 - ii. Rural or urban
 - iii. Climate?
 - d. College Environment
 - i. Does the school have a particular religious affiliation?
 - ii. Coed or single-sex institution?
 - iii. Private or State University?
 - iv. Are sororities and fraternities important?

- 2) Consider the Athletic Program
 - a. Identify your skills
 - i. What are your strengths
 - ii. Is your style of play compatible with the program you are interested in?
 - iii. What is your potential to contribute to the program?
 - b. Identify potential colleges
 - i. Can you be competitive at the college's level of play?
 - ii. Chance of making the team?
 - iii. Potential playing time?
 - iv. Competence and personality of coach?

- 3) Contact Schools
 - a. Phone call
 - b. E-mail
 - c. Cover Letter & Resume
 - d. Campus Visits

- 4) Know the recruiting rules
 - a. NCAA Example:
 1. A college coach may not have off-campus contact with a recruit until July 1st after his/her Junior Year in High School
 2. A recruit may not practice with a Division I team on a campus visit
 - b. NCAA – www.ncaa.org
 - i. NCAA Clearinghouse – www.ncaaclearinghouse.net
 - c. NAIA – www.naia.org
 - d. NJCAA – www.njcaa.org
 - e. NCCAA – www.thenccaa.org

What does it take to play in college?

Anson Dorrance – Head Coach UNC Women

A player needs certain technical, tactical, physical, and psychological qualities. I would say the most important of all these qualities is your psychological strength, because the quality that separates winners is the ability to constantly reach down to find something deep inside them to make the commitment other people are not willing to make.

Psychological Component

This is the capacity to be able to deal with all kinds of adversity. In great duals, there are defining moments. When you are competing, you measure your capacity to take physical risks, your capacity to push through pain threshold, and your capacity to not back down psychologically from someone.

Physical Component

A lot of this is inherited – your quickness, speed, agility, and strength, but some of it can be developed. You can improve your quickness, endurance, and to a certain extent, you can develop speed. The person who fills the physical dimension is the one who has an intelligent and consistent work ethic to improve all physical qualities. Most people don't have the understanding that all these things work against each other.

Technical Component

Speed of play is the critical element in a player's technical and eventually, tactical development. Speed of play is your ability to do things quickly with seamless effort. As you go from one level to the next technically, you are required to be able to do things so much faster under pressure, and do things without time and space more efficiently. That's the ascension of your tactical growth.

Tactical Component

The tactical requirement actually has two parts. Your tactical requirements are having the awareness as to what is going on in the game by seeing it, then having the decision-making process to sort out what's best.

Phase II.

Seacoast United Soccer Club-College Forum

On a date in February, TBA, SUSC will host all U-16 and U-17 boys and girls and their parents at the Wentworth-by-the Sea Hotel in Newcastle, NH. Present at the forum will be five guest speakers that will present a different topic that relates to how a Seacoast United soccer player can find the right college.

The topics to be discussed are:

The Right Fit. Items like college academic life, university size and location, level of competition/play at the particular college will be discussed.

The Recruitment Process. How do college coaches notice you and how do you market yourself? When and how do you contact a coach and what responses can you expect are among the items to be discussed.

NCAA Rules. The difference in recruiting, schedules, and rules as compared to division I, division II, and division III schools. Also the NCAA clearinghouse will be discussed.

What to Expect Your Freshmen Year. A depiction of what a typical freshmen year is like for a college athlete. Training Schedules, Class Schedules, Off-season routines and requirements.

Academics / Red Shirting / Financial Aid. The ins and outs of a selection of important topics.

Parent Player Questions and Answers.

Phase III.

Using the information presented in phase I and II and the resources listed to create a checklist of what you need to do to find your college or University.

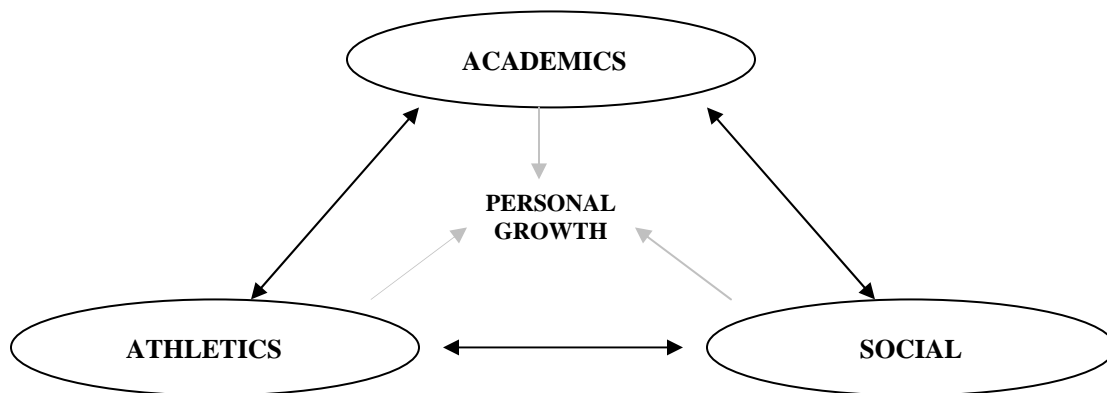
College Planning Checklist:

Junior Year

- 1) Meeting with Guidance Counselor
- 2) Schedule SAT or ACT
- 3) Develop college contact list
- 4) Write to College Coaches
- 5) Relay Schedule to College Coaches
- 6) Visit College Fairs
- 7) Visit Colleges & Arrange for Interview and Tours
- 8) Keep up with school work and On-Field Work
- 9) Register with NCAA National Clearinghouse

Senior Year

- 1) Keep in touch with college coaches
- 2) Retake SAT or ACT if necessary
- 3) Complete Applications
- 4) Get Letters of recommendation
- 5) Narrow College Wish List
- 6) Final Campus visits before decision



Essential Questions To Consider:

Academically – Will I have the desire, support, and ability to succeed here?

Socially – Will I be comfortable with my surroundings and able to grow as a person?

Athletically – Will I contribute and become a better player?

Collegiate Athletic Eligibility Requirements

- 1) Minimum GPA of 2.5 on a 4.0 scale
- 2) Credit in at least 14 core academic courses, including:
 - a. 4 years of English (3 years for D II)
 - b. 2 years of Math
 - c. 2 years of Social Science
 - d. 2 years of Science (1 lab science minimum)
 - e. 1 additional year of English, Math, or Science
 - f. 3 additional years any of above or a foreign language

- 3) NCAA Division I & II
 - a. Earn a summary of at least 37 on the ACT or a combined score of 400 in the Math and Verbal Sections of the SAT***
- 4) NCAA Division III
 - a. Based on eligibility requirements set by the member institution and the college's participating athletic conference
- 5) NAIA
 - a. Based on any two of the three requirements outlined below
 - i. Minimum GPA of 2.0 on a 4.0 scale
 - ii. Combined score for the SAT of 860 or ACT of 18
 - iii. Rank in the top 50% of high school graduating class

Using the SUSC coaches as a resource.

Tony Lepore BS Management, MEd Education Counseling/Consultation Keene State College

Matt Sprague BA Natural Science St Anselm College

Dave Burgess BS Computer Science, MBA Computer Science West Virginia Wesleyan College

Kim Foley BS Child and Family Studies University of New Hampshire

Ian Burgess BSC Furness College, MBA West Virginia Wesleyan College

Paul Willis BS Business Administration/Physical Education West Virginia Wesleyan College

Matt Glode BA Psychology University of New Hampshire

Karen Biagini BS Sports Administration University of New Hampshire

John Price BS Exercise and Sports Science Auckland University

Karl Edmonds BS Business Administration/Sports Management, MS International Business Southern New Hampshire University

Useful Tool.

The Sports Source-Official Athletic College Workbook.

www.thesportsource.com

1 800 862-3092

Using the SUSC Alumni as a resource.

[Click here for a list of SUSC Alumni and where they went to college](#)