

The logo of the Alexandria Soccer Association is a shield-shaped crest. At the top, a white banner contains the word "ALEXANDRIA" in blue, block letters. The shield is divided into four quadrants by a vertical and a horizontal line. The top-left quadrant features a red and white soccer ball. The top-right quadrant contains a red rampant lion. The bottom-left quadrant is empty, and the bottom-right quadrant contains a red rampant lion. The entire crest is rendered in a light blue, semi-transparent style.

ALEXANDRIA

# Alexandria Soccer Association

College Soccer Recruitment Manual

Adapted with permission from Lexington FC's Parent Information website.

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## Introduction

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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.

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 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 and keep your grades up. You should be a student first and an athlete second.

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, NCAA Division III and NAIA have different rules for what coaches may do during the recruitment process. Do your homework and remember to ask questions.

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

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Many of these items pertain to NCAA schools only. It's always best to check with the umbrella organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules. For NCAA schools always check here for the latest information: <http://www.ncaa.org/student-athletes/resources/recruiting-calendars/2014-15-recruiting-calendars>

### ***Freshman 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

- **Start off strong academically!**
- Begin compiling a list of possible colleges or universities that meet your interests and research their academic and athletic programs.
- Take the PSAT test.

### ***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

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- **Keep your grades up!**
- Begin compiling a list of possible colleges or universities that meet your interests and research their academic and athletic programs
- 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.
- Keep a record of athletic achievements.

### ***Junior Year***

As of September 1, you can now talk on the phone with a coach at NCAA Div. I level (June 15<sup>th</sup> for NCAA Div. II). If you are a top level player, expect some phone calls. If not, call the coach yourself. A letter followed by a calls shows interest in the program.

- **Keep your grades up!**
- Send coaches updated resume and player profile, send dates of tournaments and league games.
- Organize a filing system on colleges that respond to your inquiry and indicate interest. You will need names and phones numbers of coaches and also when they indicated interest.
- 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. Start by calling the coach at your least favorite school. You will probably be nervous when you talk to this coach however, by talking to a coach at your least favorite college/university, you will gain confidence for when you contact the coaches who are higher on your priority list.
- Most likely, if you are calling a coach, you will get his or her voicemail. Practice leaving a message beforehand. You can even call yourself and leave a practice voicemail on your cell phone. If you do get in touch with a coach, make sure you take notes on the conversation. Also, keep a list of your top five questions to ask and make sure that these questions cannot be answered by looking on the website.
- Play in College Showcase tournaments, summer tournaments or participate in ODP events.
- Attend any recruitment seminars at these tournaments. Also attend College Fairs and register your sport with each college.
- Consider attending the summer camp/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 to complete Clearinghouse requirements.
- Stay in touch with your high school counselor.
- Obtain financial aid form (FAFSA).

## **Senior Year**

When classes begin, you may start taking official visits to the schools that have interest and vice versa.)

- **Don't let down in your class work. Finish strong.**
- Check status with the NCAA Clearinghouse.
- Narrow your search to 5 schools.
- Complete FAFSA form again with recent tax information.
- 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, and 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 in November and December.
- 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**

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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 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.

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? Or hospitable?

## **Education Yourself about the Colleges on Your Visit**

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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.

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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, Over 1,100 Women's Scholarship Programs Listed (Official Athletic College Guide Soccer Women). Make sure and talk to your Club and High School Coaches about various college programs. The University of Florida also maintains a webpage that lists links to US colleges and universities that offer bachelors and master's degrees. That link is: <http://www.clas.ufl.edu/au/>

## **Educate Yourself about the Various Associations**

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### ***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: <http://www.ncaa.org/student-athletes/future/eligibility-center>

### ***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.

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

- **Division II**

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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 no 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. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs. 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>

### ***What is the NAIA?***

The National Association of Intercollegiate Athletics (NAIA) has different eligibility requirements for student-athletes. To be eligible to participate in intercollegiate athletics as an incoming freshman, two of the following three requirements must be met:

- Have a 2.0 (C) or higher cumulative final grade point average in high school.
- Have a composite score of 18 or higher on the ACT Assessment or an 860 total score or higher on the SAT I on a single test administered on a national test date.
- Have a top-half final class rank in his or her high school graduating class.

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. If you have additional questions about NAIA eligibility, contact them at:

NAIA, 23500 W. 105 Street, P.O. Box 1325, Olathe, Kansas 66051-1325 or by phone at 413-971-0044 or on-line at: <http://www.naia.org>.

For a list of member schools: <http://www.naia.org/ViewArticle.dbml?ATCLID=205322922>

For rules on financial aid, campus visits, etc.: [NAIA College-Bound Student-Athlete Guide](#)



### ***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 non-traditional backgrounds and whose purpose in selecting a junior college may be as varied as their experiences before attending college.

For information on schools and eligibility requirements go to: <http://www.njcaa.org/colleges.cfm>

For a list of member schools by gender and sport: <http://www.njcaa.org/members-sport.cfm>

### ***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 outreach and ministry, and for the maintenance, enhancement, and promotion of intercollegiate athletic competition with a Christian perspective.

For information on schools and eligibility requirements go to: <http://www.thenccaa.org/>

For a list of member schools by region: <http://batchgeo.com/map/8895b078aa03f91ea82dfd9f3e2762ba>

### ***What if you are home-schooled?***

Home schooled students who want to play DI or II college sports must register with the clearinghouse and meet the same requirements as all other students. After registering, the home-schooled student must send the following information to the eligibility center:

- Standardized test scores must be on an official transcript from a traditional high school or be sent directly from the testing agency.
- Transcript listing credits earned and grades.
- Proof of high school graduation.
- Evidence that home schooling was conducted in accordance with state law.
- List of texts used throughout home schooling (including text titles, publisher and in which courses it was used).

For more information refer to the NCAA website at [www.ncaa.org](http://www.ncaa.org). It is important for you to check with the colleges you are interested in to verify your courses and any other requirements.

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

(Some of these items pertain to NCAA schools only. It's always best to check with the umbrella organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules).

There can be a lot of confusion about contacting college coaches, especially if you are new to the recruiting game. 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.

### ***Why is responding to all college coaches 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**

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### **Cover/Interest Letter**

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 home address, email address, phone number. (It is suggested that you give them a home number instead of or in addition to your cell, since it may not always be convenient for you to talk to them on your cell phone);
- High school soccer experience, years of varsity experience, team accomplishments, and personal awards;
- Current club team, recent team accomplishments; and
- Academic interests

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**Sample Letter**

Date

Coach's Name  
University Name  
Address  
City, State, Zip

Dear Coach \_\_\_\_\_,

My name is Joe Smith, and I am currently a senior at TC Williams High School in Alexandria, Virginia.

I am also the starting forward on my high school team and have led them in goal scored for the past three years. My team won the state championship in 2014. We are currently ranked first in the state. I was named honorable mention all-state in 2013 and second team in 2014. I apply for the Alexandria U-17 Boys Arsenal team. My team recently won their division in the SAC Columbia Fall Class. In 2014, I made the State ODP team. My coach, Ryan Alexander, said he would be happy to speak with you on my behalf.

I have spent time doing research on what colleges would be a good match for me academically and athletically. I am interested in majoring in psychology with a minor in English. I am very interested in your college and soccer program and would appreciate receiving information from you.

Thank you for your time, and I look forward to hearing from you in the near future.

Sincerely,

Joe Smith

(Include mailing address & contact information)

***Athletic Resume/Profile***

You should put together a resume that includes your basic 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, including 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.

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**Sample Resume**

***Profile of Jose Smith***

Graduation Date: June 2015

123 Alexandria Way

Alexandria, VA 22304

Phone: 703-555-5555

Cell: 703-555-5554

Email address:

Parent(s) Name(s):

Personal Information

Height: 5'10"	Weight: 155 lbs	DOB: 1/20/97
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***High School Information:***

Name:

Address:

Phone Number:

High School Coach:

Coach Home Number:

Guidance Counselor:

School Fax Number:

Athletic Achievements:

Club Soccer:

High School Soccer:

Other Sports:

Extracurricular Activities:

ODP Experience:

Academic Achievements:

Educational Goals:

Comments:

## **Do You Need a Video?**

Colleges coach 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. Teams may request use of the Alexandria Soccer office's tripod and GoPro to film games.

### ***Game Film***

Use 10-15 minutes of unedited game film. It should be no longer than 15 minutes long. Use game film whenever possible to show highlights and skills in the context of the game.

### ***Skills Tape***

For field players, a skills tape should consist of:

- Receiving, both in the air and on the ground;
- Different type of passing/distributing;
- Power and finesse shooting;
- Dribbling; and
- Agility with the ball

For goalkeepers, a skills tape should consist of:

- Crosses and shot stopping;
- Footwork;
- Verbal communication in a game situation; and
- Participation in different goalie drills.

## **How to Plan a Campus Recruiting Visit**

(Some of these items pertain to NCAA schools only. It's always best to check with the umbrella organization 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, and therefore, the student you see on campus may not be full-time students. At many Div. 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 one 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 (5) official visits in which the college pays for part or all of your expenses (Div. III is unlimited). Completion of the SAT and/or 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 year classes. 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 you can 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 meeting with department chair in your area of interest;
- Ask to meeting 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 freshman and sophomore's to get their perspectives on first-year experiences;
- Take notes regarding your visit; and
- Always write a thank-you letter to coach after your visit.

### ***What is the recruiting timeline?***

Division I programs are on a timetable that is a little slower and longer. The majority of all Division 1 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 1 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/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 II, NAIA, and Junior College 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.

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## Questions to Ask Prospective College Coaches

*(From 2008 NCAA College-Bound Student-Athlete publication, pages 23-28)*

### **About Athletics**

Here are some questions to ask about the athletics program:

- What positions will I play on your team?
- What other players may be competing at the same position?
- Will I be redshirted my freshman year?
- What are your training and conditioning expectations?
- What is your coaching style?
- How long do you plan to remain as the coach?
- What are preferred, invited or uninvited walk-on situations?
- How many students receive scholarships?
- Who else are you recruiting for my position?
- Is medical insurance required for participation?
- Does the college provide the insurance or must I purchase it?
- What is the cost of insurance?
- If I am injured while competing, who is responsible for my medical expenses?
- What happens if I transfer to another school?
- Does the college provide the insurance or must I purchase it?
- What is the cost of insurance?
- If I am injured while competing, who is responsible for my medical expenses?
- What happens if I transfer to another school?

### **About Academics**

Here are some questions to ask about the academic program:

- Ask about the major program you are interested in. How good is the Department?
- What percentage of players on scholarship graduate?
- Do you have academic programs that support your athletes?
- 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?

### **About College Life**

Here are some 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 have 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?

### ***About Financial Aid***

Here are some questions to ask about financial aid:

- How much financial aid is available for both the academic year and summer school?
- What does your scholarship cover?
- How long will the scholarship last?
- Can I work while playing sports?
- What kinds of employment opportunities are available to me?
- Can I be employed in-season, out-of-season or during vacation periods?
- What is not covered by the scholarship?
- 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?
- What scholarship money is available after eligibility is exhausted to help complete your degree?
- What scholarship money is available if you suffer an athletic career-ending injury?

### ***Questions for current players***

Here are some questions to ask current players:

- 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 cut players?
- How many classes will I miss due to athletic commitments? Can I make tests or work before absences?
- How does the team travel?
- How many hours a day do you study?
- How many players are on the roster?



## Information for Parents & Guardians

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*(Some of these items pertain to NCAA schools only. It's always best to check with the umbrella organization to verify recruitment rules. The governing organizations meet on a regular basis and can change rules).*

### **Amateurism and Academic Eligibility**

If your child plans to compete, practice, or receive an athletic scholarship to 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 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.

If you have questions, please call: 877-262-1492

You can check your child's eligibility at the clearinghouse website: <http://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 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 must be 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 things to know about athletic scholarships from Division I or II schools:

- All athletic scholarships are limited to one year. There are no four-year athletic scholarships
- Athletic 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 the family, but it is always best to have a plan to pay for college if an athletic scholarship is canceled or reduced.

For more information on financial aid at NAIA schools, visit <http://www.naia.org/ViewArticle.dbml?ATCLID=205322931>

### ***FAFSA Information***

The first step for obtaining financial aid is to fill out the FAFSA (Free Application for Federal Student Aid) at [www.fafsa.org](http://www.fafsa.org). The biggest mistake a lot of families make is not filling out the FAFSA 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 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 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 1st 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 website at: <http://www.national-letter.org>.

### ***Agents***

During high school, agents may contact your child and show interest in representing them. NCAA rules do not prevent meetings or discussions with an agent. However, your child may jeopardize their eligibility in a sport if they agree, verbally or in writing, to be represented by an agent while attending high school or college, regardless of whether the agreement become effective immediately or after their last season of college eligibility. Accepting gifts, either the athlete or parent, can also jeopardize college eligibility.

### ***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 am

## **Frequently-Asked Questions**

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

A: A student becomes a prospect starting the 9<sup>th</sup> grade.

Q: When can a student-athlete receive phone calls from a college recruit?

A: For Div. I, it is after September 1<sup>st</sup> before junior year. For Div. II, it is June 15<sup>th</sup> before junior year. For Div. III, it is not restricted.

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

A: Any face-to-face contact with a college recruiter is considered contact.

Q: How many official visits is a student-athlete allowed?

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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 fees 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?

A: A student-athlete can take a maximum of five and another five 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 more information, go to: <http://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 or more prospects is considered a telephone call.

Q: Does the NCAA have restrictions on scheduling class 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 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 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 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 or call you or your parents during this time.

Q: How many scholarships are available to NCAA Division I soccer programs?

A: Not all athletic scholarships are full-ride scholarships like football and basketball, so called "headcount sports"; most are classed as "equivalency sports", like soccer. Put simply, this means that coaches can "share" their allocation between a larger numbers of player. The NCAA allows each Division I soccer program 9.9 scholarships for men and 14 for women. The NCAA Division II ration 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!

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Q: Do all associations (NCAA-Div. I & II, 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 scholarship opportunities. For example, JUCO soccer is played at the Div. I and III level for both men and women, but sports scholarships are only offered for Division I. 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. Always remember to ask questions. You can contact Alexandria's Director of Coaching (Ryan Rich), your high school coach, club coach, and players you know that have been through the process.

## **Club Contact Information**

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### ***Physical Address:***

1108 Jefferson St.,  
Alexandria, VA 22314

### ***ASA Office Contacts***

Office Manager: Ann Clark  
Travel Registrar: Ryan Rich  
Phone: 703-684-5425  
Fax: 703-739-9668

### ***Mailing Address:***

Alexandria Soccer Association  
P.O. Box 25996  
Alexandria, VA 22314

### ***Technical Staff:***

Executive Director: Tommy Park ([tpark@alexandria-soccer.org](mailto:tpark@alexandria-soccer.org))  
Director of Coaching: Ryan Rich ([ryan.rich@alexandria-soccer.org](mailto:ryan.rich@alexandria-soccer.org))  
Director of Youth Development: Chris Arnold ([carnold@alexandria-soccer.org](mailto:carnold@alexandria-soccer.org))  
Director of Recreation & Programs: Jim Hogan ([jhogan@alexandria-soccer.org](mailto:jhogan@alexandria-soccer.org))