



# NAVIGATING THE PATH

THE COLLEGE SELECTION PROCESS  
FOR ATHLETES



# WHAT ARE COACHES LOOKING FOR?

- Manners, Always wearing your Jersey.
- Honesty, Loyalty
- An academic student
- Strong Work Ethic
- Good Teammate



# WHAT ARE COACHES LOOKING FOR?

Coaches want student-athletes who will positively represent the program on and off the field. These character traits can separate you from the competition.

- Competitive
- Resilient
- Role Model
- Talented Athlete
- Self Regulation and Self Awareness



# A PARENT BRAG SHEET

Rank Outstanding to Average for your son or daughter

**Dependability:** On time, gets results, meets deadlines

**Maturity:** Poise, Emotional Stability, resilient

**Personality:** Respectful, considerate, likeable

**Appearance:** Dresses appropriately

**Behavior:** Well-mannered, sincere, and self advocates

**Work Habits:** Self-reliant, takes initiative without being told

**Leadership:** Decisive, self-confident, empathetic



**PLAYERS!** List five adjectives to describe yourself



# NCAA –WHAT IS IT

Established in 1906, The National Collegiate Athletic Association serves as the governing body for more than 1300 education organizations.

- 335 active division I members
- 335 active division I members
- 432 active division 3 members

A key difference between the three divisions is that Divisions I and II may offer athletic scholarships. Division III may not.



# DECIDE EARLY HOW YOU WILL DEFINE SUCCES

Happy person, healthy person? Future CEO? Better academic school?  
Support system at college? Positive relationships?

## Why is this important?

- Approximately 3500 colleges or universities with opportunities to play. **The competition is strong.**
- There are 394,105 girls playing soccer in High School.
- H.S. to college is 7.2 % (I 2.4 %, II 1.9%, III 2.9%)
- Approximately eight million athletes play High School sports and 480,000 athletes compete in NCAA athletics.



# THOSE WITH A PASSION TO PLAY HAVE A GOOD EXPERIENCE

- Do you play for the love of the game?
- Will you play and train after you commit?
- Will you embrace your role? position? starting/not starting? traveling? red shirt? number?
- Will you play Division II or III for better opportunities? Multiple sports? Study abroad?
- Is your focus the process or the outcome, what will the college coach see when he/she scouts you? When you go on a visit or attend a college camp?



# EARNING A SPOT

- Will you strive each year, preseason, season and off season?
- Will you develop grit and perseverance?
- Will you sacrifice traditional student experiences?
- Will you look at long-term benefits and not immediate gratifications?
- Do you want the journey?

Playing a sport in college is a tough commitment, but it will be the best experience of your playing career if you love to play!



# PHILOSOPHY: COME FROM STRENGTH AND SELF ADVOCATE

- Decide what are your absolutes and what are your non-negotiables.
- Who are the influencers and what relationships do you need to cultivate? Authentic references.
- Getting into the school and receiving an offer is step one. Remaining at the school is the most important step. The transfer rate for women's soccer is one of the highest of all sports in the country.



# WITH SO MUCH, WHERE DO I START?

Your first step is deciding on a list of schools,

- Be realistic and varied
- Know the academics
- Know the athletics
- Know the environment
- Know the finances
- Contact then coach
- Contact the athletes
- Be persistent





Everyone needs  
to know this!

## ACADEMICS

You have a **MUCH** greater chance of getting an athletic scholarship if you get an academic one.

- Go to a school that has a major that you are interested in and can succeed in
- Know what resources are available for you to be successful, tutors, study hall.
- Many schools have academic help that is specific for athletes.



# ATHLETICS

- Research the Support for the program
- Decide if you want to be a part of a Division I-II or III program and what that means
- Research the program, the coach and the team
- Make sure that the philosophy and expectations the coach is discussing are aligned with your expectations for your college experience



# ATHLETICS CONTINUED

**It is all about Fit! Is this the environment and program for You ?**

If you play outside midfielder and that team has a history of not playing with outside midfielders- that may be something to address with the coach.

If you are a goalkeeper and there are 4 Freshman and Sophomore goalkeepers on the roster.....

If a coach does not show interest in you, it could be because you don't "fit" the needs of the program. It may have nothing to do with your abilities. Don't be discouraged, appreciate the honest feedback and move on. If you really want to play, there is a school for you.



# YOU MUST DRIVE THE BUS!

Being realistic is the key and remember the selection process is a two-way street. Recruit/Scout the team

- Make sure that you see the team play and get a good understanding of where you might fit in
- Will you be able to contribute to a program?  
(whatever that means to you)
- Will you be a better athlete/ person when you walk away after four years?



# THE BIG QUESTIONS

If for some unexplainable reason sports were no longer in your life, would you be happy being a student at this school?

Would you be okay if the coach who recruited you was not your coach at the school.

