



# Washington Timbers F.C.

## College Recruiting Guide



**Freshman year:** Check with counselor to make sure you are taking your NCAA Required Core Courses (see NCAA Eligibility Center Website). Identify 6-10 schools in varying Divisions that you might consider. Email coaches prior to each major event you are playing in (check website for attending coaches at event). Attend 1 or 2 ID Camps of your choice. Start your HS career with the highest GPA possible. Start lifting, working on technical development and conditioning on your own. Be aware of what you are posting on social media. Start creating highlight video (HS and Club).

**Sophomore year:** Register with the NCAA Eligibility Center <https://web3.ncaa.org/ecwr3/>. Upload transcripts to Eligibility Center. Increase your communication to schools via email, phone calls and attending ID Camps pick top 2 to attend to make an impact on your recruiting. Make sure your GPA is as high as possible. Keep working on taking NCAA Required Core Courses. Start to narrow schools down, by visiting campuses. Play in as many showcase events as possible. Keep up on communication with colleges. Stay persistent even if they aren't responding. Increase your lifting and conditioning program during your own time. Update coaches via email every two weeks of progress and highlights. Watch the schools you are interested in online and/or in person. Be aware of what you are posting on social media. Continue to improve highlight video. Take SAT/ACT in June. June 15<sup>th</sup> after completion of Sophomore year, you can be contacted by a coach.

**Junior year:** Update transcripts on NCAA Eligibility Center. Start to identify the schools you will visit, both officially and unofficially. Review our handout on "Dos and Don'ts to College Visits". It's best to have your schools narrowed down to three at this point. Coordinate with colleges to get to ID camps and coordinate visits. Continue to get the best grades possible. Increase your lifting and conditioning program on your own time. Update coaches via email every two weeks of progress and highlights. Watch the schools you are interested in online and/or in person. Be aware of what you are posting on social media. Continue to improve highlight video with most recent games/trainings. Communicate with admissions office. Verbally Commit. Take SAT/ACT again if needed.

**Senior year:** Finish up NCAA Required Courses. Continue to get stronger, faster, more technical. If committed already, develop a plan with your college coach to be in the best shape possible. Do your summer packet and then some prior to going off to school. If you are not committed yet, find a JC, or roster spot with a university where you can play. Many schools will look for last minute roster fills due to injury, transfer, etc. Fulfill graduation requirements. Connect with admissions office at the university where you have committed.