

# NOTRE DAME ACADEMY SOCCER COLLEGE INFORMATION

The following pages are intended to help guide you into a higher level of academics and soccer after high school if you choose to pursue that route. I will do all I can to help, but the bulk of the work remains with you. Much of the information was taken from Soccer America Magazine and the NCAA website.

## As a Sophomore.....

Continue to develop your soccer and academic skills. Evaluate your soccer strengths, identify areas that need work, and determine what you can do to improve. Practice to minimize your weaknesses, train to improve your strengths, and study. Attend soccer camps in order to meet coaches and see how you compare with other soccer players. Since many soccer camps are held on college campuses, they provide a great opportunity to see schools and coaches. This will also give you an idea of the factors involved in choosing a college, such as size, distance from home, and atmosphere. Believe it or not, college is just around the corner.

Talk with your high school coaches. Start planning for college. Your guidance counselor will help you schedule courses that will prepare you for college and qualify you with the NCAA Clearinghouse. Prepare for the SAT or ACT exams by taking the PSAT or PLAN. Take practice exams and read as much as possible to strengthen your vocabulary.

## As a Junior.....

This is the year to gain recognition, but don't be distracted. Sharpen your focus academically and athletically. School courses at this grade level are much more difficult and athletic competition is tougher. Peak mental and physical condition is necessary if you want to impress potential suitors.

Compile a videotape of yourself in competition that can be sent to college coaches for an evaluation. Develop a plan that will help you get noticed by college coaches. Continue to attend soccer camps where coaches are working. Monitor the courses you are taking to ensure you are on track to graduate. Take the SAT or ACT exams more than once, if possible. Many colleges consider the highest scores on these exams.

Think about what type of college is a good match for you academically, personally and athletically. If you're not sure, visit a variety of colleges to gain some insight.

If you are considering colleges that require an essay, think of topics about which to write. Have a great academic and athletic year!

## As a Senior.....

Stay sharp in school and in competition.

Complete your college application as soon as it arrives in the mail. Don't procrastinate.

Be prepared to talk to college coaches or **contact them**, if necessary. Don't make a quick decision about a school. Once you've been accepted to a school (or schools), pay another visit to the campus. Learn as much as you can about each school before making your final decision. Visit the colleges that interest you. ***This is considered an EXCUSED absence from practice.***

If college coaches have not contacted you, be proactive. Contact and visit coaches at colleges that match your interests.

Take the SAT or ACT exams again. File paperwork with the NCAA Clearinghouse if you feel you are a Division I or Division II athlete. ***Packet available in Counseling and the Athletic Director's office.***

Once you've been accepted to colleges, revisit or visit the ones at the top of your list. When you think you've found the right place, confirm for yourself that this is where you want to spend your college years.

Meet with the coaches and other athletes, spend a night on campus, sit in on classes, and try the food.