

ISC Gunners FC College Placement Program

4 Year Plan Overview, Player Profile & Communication

Girls U14-U15 (6pm-730pm)

Girls U16-U17 (8pm-930pm)

Wednesday March 2nd

Swedish Hospital Cafeteria



Welcome & Thank You

- Welcome to our 8th ISC Gunners FC College Placement Program event, and our 1st Girls Event of the 2015-2016 Year.
- Thank you for your time, interest and commitment to our ISC Gunners FC Program, and specifically our College Placement Program.
- Please feel free to ask a question or comment at anytime during the presentation.
- We will provide follow up information from this evening via email and our website - www.iscgunners.org



Agenda

- Overview of ISC Gunners 'College Placement Program
- 4 Year Plan - Year, Academics, Soccer, College Search & To Do Lists
 - *Freshman Year through Senior Year*
- Campus Visits - Unofficial & Official
- NCAA Rules
- Player Profile & College Fit Finder
- Upcoming ISC Gunners CPP Events - Spring 2016
- Q &A



College Prep Program Overview

- Mission:
 - Help players find a college that will fit them in all aspects of their life - athletically, academically, environmentally, etc.
- Overview:
 - Using College Fit Finder (CFF) we will help players to identify their top schools.
 - Our CPP Director will meet with players individually to provide support throughout the recruiting process - this includes contacting schools and helping communicate with college coaches
 - We will be holding College Prep Events throughout the year - including seminars, college games and guest speakers



4 Year Plan - Freshman Year

- Players and families should begin preparing for the College Search & Recruiting Process their FRESHMAN YEAR OF HIGH SCHOOL.
- The earlier you begin the process, the more prepared you will be.
- Start the groundwork and be one step ahead of the game.
- Coaches will start recruiting early - In many cases the higher the level, then the earlier this process starts.



4 Year Plan - Freshman Year - Academics

- **Establish Strong Study Habits**
 - Find a balance between school & athletics (Student-Athlete)
- **Start building a strong academic background**
 - Take 'core' classes and challenging courses
- **Meet with an academic advisor**
 - Make sure you are on the right track
- **Know the eligibility requirements to play soccer in college**
 - Research NCAA, NAIA, JC



4 Year Plan - Freshman Year - Soccer

- **Work on your own with a ball daily!**
 - Improve technique & areas which need improvement, specific to your position & realistic to what you would do in games.
- **Find additional training opportunities!**
 - ISC Gunners Guest Play & additional training sessions, the PSPL Surf Academy, WYS EPD, Private Training, Strength & Conditioning, Crossfit etc.
- **Watch and attend soccer games!**
 - International, Professional, Collegiate, High School, Premier PSPL, Premier RCL, the US Development Academies and/or ECNL.



4 Year Plan - Freshman Year - College Search

- **Begin researching colleges and soccer programs**
 - Begin creating a list of 30 potential colleges - 10 target, 10 dream & 10 safety schools - start with a large list, keep your options & interests open.
- **College Considerations**
 - Research Private v Public, Big v Small, Location, Academic Rigor, Majors, Specialized Schools - Business, Law etc.
- **Financial Considerations**
 - In state v out of state, financial planning & needs, scholarships, FASFA.
- **Soccer Considerations**
 - Level of play, style of play, coaching staff, facilities, reputation etc.



4 Year Plan - Freshman Year - To Do

- **Seek out Volunteer positions & Employment alongside other interests:**
 - Start building a well rounded resume, this will help on a college application, Coaches & Colleges want to see what value you can add to their program.
- **Attend a Collegiate Soccer Camp:**
 - Find a camp with many schools attending, or attend a camp specific to the school/s that stand out to you and your interests, start to get a feel for the process & experience.
- **Review Freshman Year Performance - Academics & Athletics:**
 - Make sure you are on the right track going into Sophomore year - Plan!



4 Year Plan - Sophomore Year

- Players and families should start getting *much more serious about, and committed to, the College Search & Recruiting Process during their Sophomore Year* of high school.
- This is the year to start contacting College Coaches and going on campus visits, across the board to a wide range of schools - evaluate locations, size of school, different feels of the Campuses and Programs.
- Players should start collecting Game Footage (Video) to put into a recruiting video to provide to coaches via email & mail - very important in the modern game!



4 Year Plan - Sophomore Year - Academics

- **Continue building a strong academic background:**
 - Take 'core' classes and challenging courses
- **Take the PSAT:**
 - Use results to identify areas to strengthen
- **Meet with an Academic Advisor:**
 - Make sure you are on the right track
- **Make sure you are meeting the eligibility requirement to play college soccer:**
 - Research all levels, NCAA, NAIA, JC
- **Register with the NCAA Eligibility Center:**
 - www.eligibilitycenter.org



4 Year Plan - Sophomore Year - Soccer

- **Work on your own with a ball daily!**
 - Improve technique & areas which need improvement, specific to your position & realistic to what you would do in games.
- **Find additional training opportunities!**
 - ISC Gunners Guest Play & additional training sessions, the PSPL Surf Academy, WYS EPD, Private Training, Strength & Conditioning, Crossfit etc.
- **Watch and attend soccer games!**
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4 Year Plan - Sophomore Year - College Search

- **Begin researching colleges and soccer programs**
 - Begin creating a list of 30 potential colleges - 10 target, 10 dream & 10 safety schools - start with a large list, keep your options & interests open.
- **College Considerations**
 - Research Private v Public, Big v Small, Location, Academic Rigor, Majors, Specialized Schools - Business, Law etc.
- **Financial Considerations**
 - In state v out of state, financial planning & needs, scholarships, FASFA.
- **Soccer Considerations**
 - Level of play, style of play, coaching staff, facilities, reputation etc.



4 Year Plan - Sophomore Year - To Do

- **Seek out Volunteer positions & Employment alongside other interests:**
 - Start building a well rounded resume, this will help on a college application, Coaches & Colleges want to see what value you can add to their program.
- **Attend a Collegiate Soccer Camp:**
 - Find a camp with many schools attending, or attend a camp specific to the school/s that stand out to you and your interests, start to get a feel for the process & experience.
- **Start contacting Coaches of Colleges that your are interested in:**
 - Send an email, profile, video, tournaments, camps you will be attending, etc. Make phone calls & work to arrange meeting on unofficial visit.
- **Schedule Unofficial Visits:**
 - Visit college campuses and take their admission tours to gain insight into type of school settings that may interest you.
- **Review Sophomore Year Performance - Academics & Athletics:**
 - Make sure you are on the right track going into your Junior year - Plan!

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4 Year Plan - Junior Year

- Your Junior Year of High School *is one of, if not the most, critical year for you in regard the College Search and Recruiting Process!*
- All of your hard work and advanced planning in your Freshman & Sophomore Year will have a dramatic impact on your Junior Year - do things early!
- Many players will start to verbally commit to College Programs & Coaches across the Country - the higher the level the earlier this takes place.
- Many schools will finish their recruiting of a Class (2018, 2019, 2020) by the end of a player's junior year! The higher the level of Program/College, the earlier this is completed by Coaching Staffs!



4 Year Plan - Junior Year - Academics

- **Maintain a good GPA:**
 - Make sure you meet the requirements for admission and/or academic scholarships
- **Register and take the SAT / ACT:**
 - Send results to NCAA Eligibility Center
- **Meet with academic advisor:**
 - Seriously looks at majors and admission requirements
- **Register with the NCAA Clearing House:**
 - Send in transcripts at the end of Junior Year



4 Year Plan - Junior Year - Soccer

- **Work on your own with a ball daily!**
 - Improve technique & areas which need improvement, specific to your position & realistic to what you would do in games.
- **Find additional training opportunities!**
 - ISC Gunners Guest Play & additional training sessions, the PSPL Surf Academy, WYS EPD, Private Training, Strength & Conditioning, Crossfit etc.
- **Watch and attend soccer games!**
 - International, Professional, Collegiate, High School, Premier PSPL, Premier RCL, the US Development Academies and/or ECNL.
- **Work on and record physical attributes!**
 - Sprint Times, 1 Mile Time, 2 Mile Time, Vertical Jump etc.



4 Year Plan - Junior Year - College Search

- **Start to Narrow Down your list of 30 plus colleges:**
 - Academic Majors, College Considerations, Scholarship Offers, Soccer considerations - above all else - BE REALISTIC!
- **College Considerations**
 - Research Private v Public, Big v Small, Location, Academic Rigor, Majors, Specialized Schools - Business, Law etc.
- **Financial Considerations**
 - In state v out of state, financial planning & needs, scholarships, FASFA.
- **Soccer Considerations**
 - Level of play, style of play, coaching staff, facilities, reputation etc.



4 Year Plan - Junior Year - To Do

- **Seek out Volunteer positions & Employment alongside other interests:**
 - Start building a well rounded resume, this will help on a college application, Coaches & Colleges want to see what value you can add to their program.
- **You MUST be communicating to coaches of colleges that you are interested in:**
 - Send them email, profile, video, tournaments and camps you will be attending. Make phone calls and arrange meetings on unofficial visits! Over Communicate! Be Pro-Active!
- **Attend a Collegiate Soccer Camp:**
 - Find a camp with many schools attending & 100% attend camps specific to the school/s that stand out to you, get yourself in front of those coaches whom you want to impress!
- **Schedule Unofficial Visits:**
 - Visit college campuses and take their admission tours to gain insight into the type of school settings that may interest you.
- **Review Junior Year Performance - Academics & Athletics:**
 - Make sure you are on the right track going into your Senior year - Plan!



4 Year Plan - Senior Year

- Your Senior Year of High School is the *year for you to make FINAL DECISIONS in the College Search and Recruiting Process!*
- The National Letter of Intent signing day is in February each year - with players across the country formally committing to programs & Colleges.
- If you are still uncommitted by February, then we should start looking at alternative options as soon as possible!



4 Year Plan - Senior Year - Academics

- **Maintain a good GPA:**
 - Make sure you meet the requirements for admission and/or academic scholarships
- **Register and take the SAT / ACT:**
 - Send results to NCAA Eligibility Center - Retake & Retake Again if you need to improve your score!
- **Meet with academic advisor:**
 - Seriously looks at majors and admission requirements
- **Register with the NCAA Clearing House:**
 - Send in transcripts at the end of Senior Year



4 Year Plan - Senior Year - Soccer

- **Work on your own with a ball daily!**
 - Improve technique & areas which need improvement, specific to your position & realistic to what you would do in games.
- **Find additional training opportunities!**
 - ISC Gunners Guest Play & additional training sessions, the PSPL Surf Academy, WYS EPD, Private Training, Strength & Conditioning, Crossfit etc.
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- **Work on and record physical attributes!**
 - Sprint Times, 1 Mile Time, 2 Mile Time, Vertical Jump etc.



4 Year Plan - Senior Year - College Search

- **Start to confirm & complete your list of 30 plus colleges - with a narrow shortlist of 10:**
 - At this point you should have narrowed down your list to a handful of realistic schools specifically evaluated by you and your family, with good communication about the opportunities available to you!
- **College Considerations**
 - Research Private v Public, Big v Small, Location, Academic Rigor, Majors, Specialized Schools - Business, Law etc.
- **Financial Considerations**
 - In state v out of state, financial planning & needs, scholarships, FASFA.
- **Soccer Considerations**
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4 Year Plan - Senior Year - To Do

- **Make Final Decisions on your applications:**
 - Decide which schools you will be applying to - 5-6 recommended.
- **Attend any Collegiate Soccer Camps ASAP:**
 - If you are still searching, this could still be a chance to be seen by coaches.
- **Apply for Financial Aid:**
 - Fill out FASFA forms and any other financial aid that is available.
- **Schedule unofficial and official visits:**

Visit college campuses and take their admission tours to gain insight into the type of school setting that may interest you, meet with college coaches
- **Make Final Decision to Commit:**
 - Review offers, sign National Letter of Intent



Campus Visit Information - ‘Unofficial’

- **Unofficial Visit:**

Any visit by you or your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is complimentary admissions to a home athletic contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.



Campus Visit Information - 'Official'

- **Official Visit:**

During an official visit, the college can pay for the transportation to and from the college for you, lodging and meals (Division 1 allows for up to three meal per day) for you and your parents or guardians, as well as reasonable entertainment expenses including three tickets to a home sports event. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript and ACT, SAT or PLAN score (test scores are required for Division 1 only) and register with the NCAA Eligibility Center.



Campus Visit Information - ‘Unofficial’

- **Unofficial Visits:**
 - Recommended to go on as many as possible.
 - Reach out to the school and coaches beforehand to arrange meeting on visit.
 - Get to know the campus, type of school, what classes are like.
 - Get to know the coaches, players and team.
 - Try to view a game or practice .



NCAA Rules

NCAA RECRUITING AND COMMUNICATION RULES

- **Sophomore Year:**
 - **Recruiting Materials**
 - You may receive brochures for camps, questionnaires, NCAA materials, and non-athletics recruiting publications.
 - **Telephone Calls**
 - You may make calls to the coach at your expense only. College coach cannot call you.
 - **Off Campus Contact**
 - None Allowed
 - **Official Visit**
 - None Allowed
 - **Unofficial Visit**
 - You may make an unlimited number of official visits, except during a dead period



NCAA Rules

- **Junior Year:**
 - **Electronic Correspondence**
 - All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school.
 - **Recruiting Materials**
 - You may begin receiving September 1 of your junior year.
 - **Telephone Calls**
 - You may make calls to the coach at your expense
 - **College Coaches may call you**
 - May not be made before September 1 at the beginning of your junior year. (unlimited)
 - **Off-campus Contact**
 - Allowed starting July 1 after your junior year.
 - **Official Visit**
 - None allowed
 - **Unofficial Visit**
 - You may make an unlimited number of unofficial visits, except during a dead period.



NCAA Rules

- **Senior Year:**

- **Electronic Correspondence**

- All forms of electronic correspondence permissible September 1 of your junior year. Correspondence must be private until you provide a written commitment to the NCAA school.

- **Recruiting Materials**

- Allowed

- **Telephone Calls**

- You may make calls to the coach at your expense

- **College Coaches may call you**

- Allowed (unlimited)

- **Off-campus Contact**

- Allowed

- **Official Visit**

- Allowed beginning opening day of classes your senior year. You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division 2 colleges.

- **Unofficial Visit**

- You may make an unlimited number of unofficial visits, except during a dead period.

- **How often can a coach see me or talk to me off the college's campus?**

- A college coach may contact you or your parents/legal guardians not more than three times. Unlimited number of contacts and evaluation after you sign an NLI, written offer of admission and/or financial aid; OR after the college receives a financial deposit from you.



NCAA Rules

- **Divisions 2 and 3:**
 - **Recruiting Materials**
 - You may receive printed materials at any time
 - **Telephone Calls**
 - No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense.
 - **Off-campus contact**
 - A college coach may begin to have contact with you or your relatives or guardians off the college's campus after your sophomore year. No limit on number of off-campus contacts
 - **Unofficial Visit**
 - You may make an unlimited number of unofficial visits any time.
 - **Official Visit**
 - You may make official visits starting January 1 of your junior year. (Effective August 1, 2015). You may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division III colleges.



College Fit Finder

Website Link - <https://www.collegefitfinder.com>

- Team Profile Link - <https://www.collegefitfinder.com/team/937>
- Player Profile Link - <https://www.collegefitfinder.com/m/claudioalongo/937>
- Each player U14+ already has an account ready to go.
 - Username: firstnamelastname
 - Password: firstnamelastname



ISC Gunners - CPP Events - Spring 2015

Boys High School Games:

- Friday, March 18th - Curtis HS @ Skyline - 7:30pm
- Friday, March 25th - Woodinville @ Issaquah - 7:30pm
- Thursday, April 28th - Issaquah @ Skyline - 7:30pm

Women's College Games:

- Saturday, April 9th - UW @ Seattle Reign - 7:00pm
- Saturday, April 30th - SPU @ UW - 7:00pm



Upcoming Local & National ID Camps

- March 26 - Seattle U Spring ID Camp
- April 16-17 - Whitman ID Camp
- May 1-2 - UW ID Camp
- May 21 - Western Washington ID Camp
- May 22- Central Washington ID Camp
- June 3-5 - Arizona Elite ID Camp

** Full list of upcoming ID Camp on CPP page of ISC Gunners Website.*



Tentative 2016-2017 College Showcase Plans

- Summer/Fall 2016 - TBC
 - Showcase of Champions - June 2016 - Redmond, WA
 - So Cal Summer Showcase - June 2016 - Norco, CA
 - Carlsbad Elite College Showcase - June 2016 - Carlsbad, CA
 - Crossfire Challenge Showcase - July 2016 - Redmond, WA
 - NPL National Finals - July 2016 - Aurora, CO
 - PAC NW ID Camp - July 2016 - Tukwila, WA
 - Surf Cup - July 2016 - San Diego, CA
 - West Coast FC Summer Classic - August 2016 - Orange County, CA
 - Surf College Cup - November 2016 - San Diego, CA
 - Starfire Thanksgiving S/C - November 2016 - Tukwila, WA



Q & A

