

STUDENT ATHLETES & THE COLLEGE SEARCH



Jennifer “JT” Thomas

jt.thomas11@yahoo.com

<https://www.jtcollegeconsultant.com>

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JT

- Player, Division I College Soccer in the 80s
- High School Teacher, Coach & Athletic Director
- CAL Women's Soccer Coach
- USSF A License
- WUSA Commentator
- Olympic Development Coach
- High School College Counselor
- U5-U19 Boys Competitive Club Coach
- Independent College Consultant: working with athletes and clubs
- Parent - Recently in the Process!



Reality Check #1 – The Numbers

ESTIMATED PROBABILITY OF COMPETING IN COLLEGE ATHLETICS NCAA 2021

	Overall % HS to NCAA	% HS to NCAA DI	% HS to NCAA DII	% HS to NCAA DIII
W SOCCER	7.2%	2.4%	1.9%	2.9%
M SOCCER	5.6%	1.3%	1.5%	2.7%
BASEBALL	7.5%	2.2%	2.3%	2.9%
SOFTBALL	5.6%	1.8%	1.7%	2.2%
VOLLEYBALL	3.9%	1.2%	1.1%	1.6%
MSWIMMING	7.2%	2.8%	1.2%	3.2%
W ICE HOCKEY	26.2%	8.9%	1.1%	16.2%

Reality Check #2 – The Money

ATHLETIC SCHOLARSHIPS

“The odds of landing a college scholarship in many major sports are lower than the chance of being admitted to Harvard, Yale, Princeton or Stanford.”

Kelly Holland CNBC – Think Again. Scholarships are the “holy grail”?



“According to recent statistics, about TWO PERCENT of high school athletes are awarded athletics scholarships to compete in college.”

NCAA 2020

Approximately 2% of student-athletes will earn athletic scholarships.

More academic and financial aid than athletic aid...so study hard!



Reality Check #3 – The Recent Trends

Covid, Transfer Portal & International Impact

- 1. NCAA Extra Year of Eligibility:** The NCAA has allowed an extra year of eligibility for DI, DII & DIII athletes if their team did not compete in more than 50% of their scheduled season in 2020-21 during the pandemic. This impact should fade in 2024 and end by 2025.
- 2. NCAA Transfer Portal:** Created in 2018, the transfer portal manages the system for athletes who want to change colleges. In 2022, 20,911 Division I, student-athletes entered the Transfer Portal, an increase over the 17,781 in 2021. For soccer, 920 players went into the portal in 2021, and 1,357 in 2022...an upward trend.
- 3. International Athletes:** 20,000 international students competing in the NCAA (12% in DI).
 - 64% = M & W Tennis
 - 47% = W Ice Hockey
 - 37% = M Soccer
 - 40% = W Golf
 - 21% = M & W Water Polo
 - 11% = W Soccer

Result: These changes/trends have resulted in fewer roster spots and more competition for incoming freshman. Student athletes should enlarge and vary their lists. Add multiple colleges in various divisions, conferences, associations, geographical locations and rankings.

**CAST A WIDE NET, THINK ABOUT ALL YOUR COLLEGE PRIORITIES (NOT JUST SPORTS)
& CONSIDER THE BROKEN LEG TEST!**

That said...

the experience of college athletics lasts a lifetime!



Where is my best athletic college fit?



Division I

Division II

Division III








NCAA Division I

The most expensive, competitive, and time consuming division of the NCAA:

- Approx. 350 institutions
- Big budgets & facilities: PAC 12?, ACC, Big 10, SEC, Big 12
- Big commitment
- Big scholarship money, except none for Ivy's
(ex. DI Football is allowed a maximum of 85 full rides)
- Toughest eligibility requirements: graduate high school with 16 core courses. "2.3 or Take a Knee."
- NO TEST SCORES REQUIRED FOR NCAA (Jan. 2023)

Examples: CAL, Stanford, Santa Clara, SJSU, UCSB, Washington, Michigan, Wake Forest, Duke, Georgia, Ohio State, Colorado, DU, Air Force, and Ivys/Cal Poly (DI – AA FCS Football).

DI - Alabama Football Roster

 Sports Athletics Tickets Watch/Listen Fans Shop						
Football						Roster
56	Seth McLaughlin	OL	6-4	295	So.	Buford, Ga. / Buford
44	Damon Payne Jr.	DL	6-4	297	Fr.	Belleville, Mich. / Belleville
52	Braylen Ingraham 	DL	6-4	298	R-So.	Fort Lauderdale, Fla. / St. Thomas Aquinas
85/60	Kendall Randolph	TE/OL	6-4	298	R-Sr.	Madison, Ala. / Bob Jones
71	Darrian Dalcourt	OL	6-3	300	Jr.	Havre de Grace, Md. / St. Frances Academy
94	DJ Dale	DL	6-3	300	Jr.	Birmingham, Ala. / Clay-Chalkville
59	Anquin Barnes Jr.	DL	6-5	305	Fr.	Montgomery, Ala. / Robert E. Lee
70	Javion Cohen 	OL	6-4	305	So.	Phenix City, Ala. / Central
76	Tommy Brockeremeyer	OL	6-5	305	Fr.	Fort Worth, Texas / All Saints Episcopal
79	Chris Owens	OL	6-3	305	R-Sr.	Arlington, Texas / Lamar
50	Tim Smith	DL	6-4	308	So.	Gifford, Fla. / Sebastian River
90	Stephon Wynn Jr.	DL	6-4	310	R-Jr.	Anderson, S.C. / IMG Academy
48	Phidarian Mathis 	DL	6-4	312	R-Sr.	Wisner, La. / Neville
98	Jamil Burroughs	DL	6-3	312	So.	Powder Springs, Ga. / McEachern
78	Amari Kight	OL	6-7	318	R-So.	Alabaster, Ala. / Thompson
75	Tommy Brown	OL	6-7	320	R-Jr.	Santa Ana, Calif. / Mater Dei
55	Emil Ekiyor Jr. 	OL	6-3	324	R-Jr.	Indianapolis, Ind. / Cathedral
65	JC Latham	OL	6-6	325	Fr.	Oak Creek, Wis. / IMG Academy
77	Jaeden Roberts	OL	6-5	328	Fr.	Houston, Texas / North Shore
96	Tim Keenan III	DL	6-2	335	Fr.	Birmingham, Ala. / Ramsay
74	Damieon George Jr.	OL	6-6	339	So.	Houston, Texas / North Shore
68	Alajjujan Sparks Jr.	OL	6-4	345	So.	Hoover, Ala. / Hoover
73	Evan Neal	OL	6-7	350	Jr.	Okeechobee, Fla. / IMG Academy

Check Rosters...size, experience, position, and grad year matters.

NCAA Division II

Intermediate level as an alternative to the highly competitive DI and the non-scholarship DIII:

- Approx. 300 members
- More limited scholarship opportunities and more partial scholarships
(ex. DII football is allowed 36 scholarships).
- Eligibility requirements: graduate high school with 16 core courses and earn a minimum 2.0 GPA.
- NO TEST SCORES REQUIRED FOR NCAA (Jan. 2023)

Examples: SFSU, East Bay, Chico, Humboldt, Sonoma, Monterey, Dominican, Colorado Springs, Western Washington, Simon Frasier, Tampa and Eckerd.



2021–22

Began the cross country season with a 39th place finish (8k time of 26:13.2) September 10, 2021 at the San Francisco State Invitational...Recorded a time of 25:11.1 on the way to placing 19th September 25, 2021 at the Cougar Challenge...Posted a 15th place finish October 9, 2021 at the Western Washington Bill Roe Classic, completing the 10k layout in 32:12.9...Earned All-CCAA honors with a seventh place finish (8k time of 24:56.3) October 23, 2021 at the CCAA Cross Country Championships, helping the Wildcat men capture the program's 19th consecutive conference crown...Delivered a 10k time of 31:19.4 to finish 13th and earn All-West Region honors November 6, 2021 at the NCAA West Regional...Wrapped up the fall with a 143rd place finish (10k time of 33:01.8) November 20, 2021 at the NCAA Cross Country Championships in Saint Leo, Florida...On the track, competed primarily in the 1,500- and 5,000-meter runs...Provided a solid leg in the Wildcats' school and meet record time (9:58.69) in the distance medley relay April 2, 2022 at the Mike Fanelli Track Classic...Posted a personal best 5k time of 14:26.48 May 15, 2022 at the Bryan Clay Invitational...Earned a pair of All-CCAA honors by finishing second in the 1,500m (3:47.09) and third in the 5,000m (14:27.74) May 7, 2022 at the CCAA Track & Field Championships...Ran the seventh-fastest 1,500m time in program history (3:44.64) May 26, 2022 during the NCAA Track & Field Championship preliminaries...Followed it up on May 28 with a sixth place finish (3:47.86) in the 1,500m finals, earning All-America honors...2021–22 CCAA All-Academic selection...Named to both the USTFCCA All-Academic Cross Country and Track & Field Teams.

2020–21

Did not compete in either cross country or track due to the COVID-19 pandemic.

2019–20

Named All-CCAA and conference Newcomer of the Year in cross country in 2019...Opened the season posting an 8k time of 25:45.0 on the way to a 13th place finish September 13, 2019 at the Stump Invitational...Placed 39th and notched season-best 8k time (24:49.9) September 28, 2019 at the Capital Cross Challenge...Finished 11th at with a 10k time of 32:29.4 October 12 at the Western Washington Classic...Placed 11th at the CCAA Championships, recording an 8k time of 25:16.7 and helping the Wildcats win the program's 18th straight cross country conference title...Wrapped up the XC campaign with a 42nd place showing (season-best 10k time of 30:52.4) November 23, 2019 at the NCAA XC Championships in Sacramento...Did not run during the 2020 track & field season...Earned 2019–20 CCAA All-Academic honors.

NCAA Division II West Region Cross Country Championships

November 19, 2022 | Amend Park 5101 King Ave E Billings, Montana 59101
 HOST: Montana State University Billings DIRECTOR: Andrew Bonner TIMING: Competitive Timing
 REFEREE: Kirk Keller STARTER: Dave Coppock
 LIST OF EVENTS: [Men's 10k](#) [Women's 6k](#)

Men's 10k Team Results (10k)

PL	Team	Total Time	Avg. Time	Score	1	2	3
1	Chico State	2:32:36	30:31	48	3	8	9
2	Western Washington	2:33:38	30:43	82	10	13	15
3	Azusa Pacific	2:34:38	30:55	111	14	20	21
4	Simon Fraser	2:35:09	31:01	126	1	11	29
5	Cal Poly Pomona	2:35:34	31:06	127	6	18	32
6	Biola	2:36:06	31:13	147	4	28	31
7	Alaska Anchorage	2:38:17	31:39	235	2	7	38
8	Fresno Pacific	2:38:29	31:41	236	5	44	61
9	San Marcos	2:40:09	32:01	295	22	46	57
10	CUI	2:40:11	32:02	298	52	54	55
11	San Francisco St.	2:41:37	32:19	345	40	41	81
12	Cal Poly Humboldt	2:41:57	32:23	347	24	35	84
13	Western Oregon	2:42:39	32:31	371	26	68	75
14	Stanislaus State	2:42:33	32:30	374	49	53	78
15	Saint Martin's	2:43:10	32:38	396	30	79	87

NCAA Division III

Largest of the three divisions with approx. About 445 schools that range in size from 500-10,000 students:

- Do not offer athletic scholarships.
- Small class sizes, regional season play, and the opportunity to play more than one sport in college.
- Each campus determines their own eligibility requirements.
- **NO TEST SCORES REQUIRED FOR DIII NCAA.**

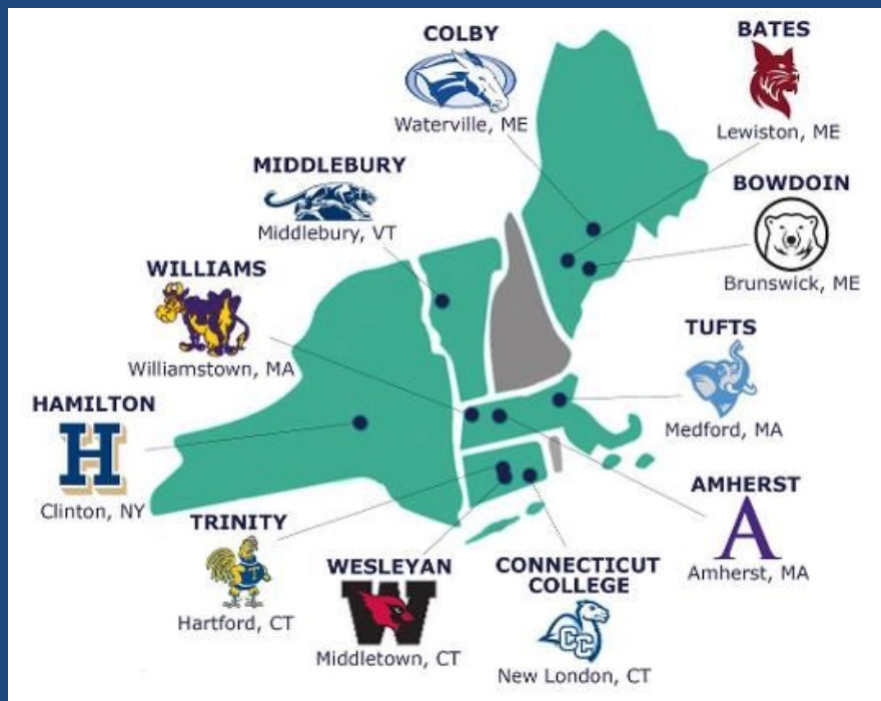
Examples: UC Santa Cruz, L&C and Puget Sound, Wash U, NYU, Macalester, Emerson & Vassar

**Exceptions = Colorado College DIII school – DI in W Soc & M Hockey
Johns Hopkins DIII school – DI in Men's/Women's LAX*

Division III Conferences:

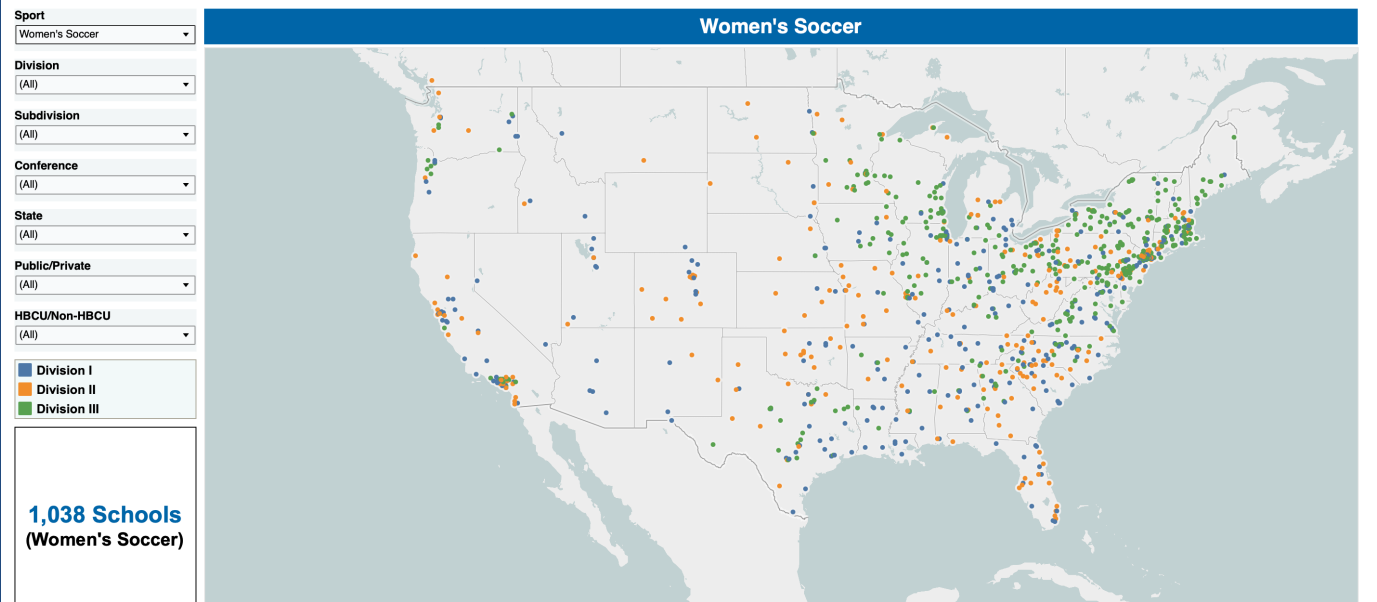
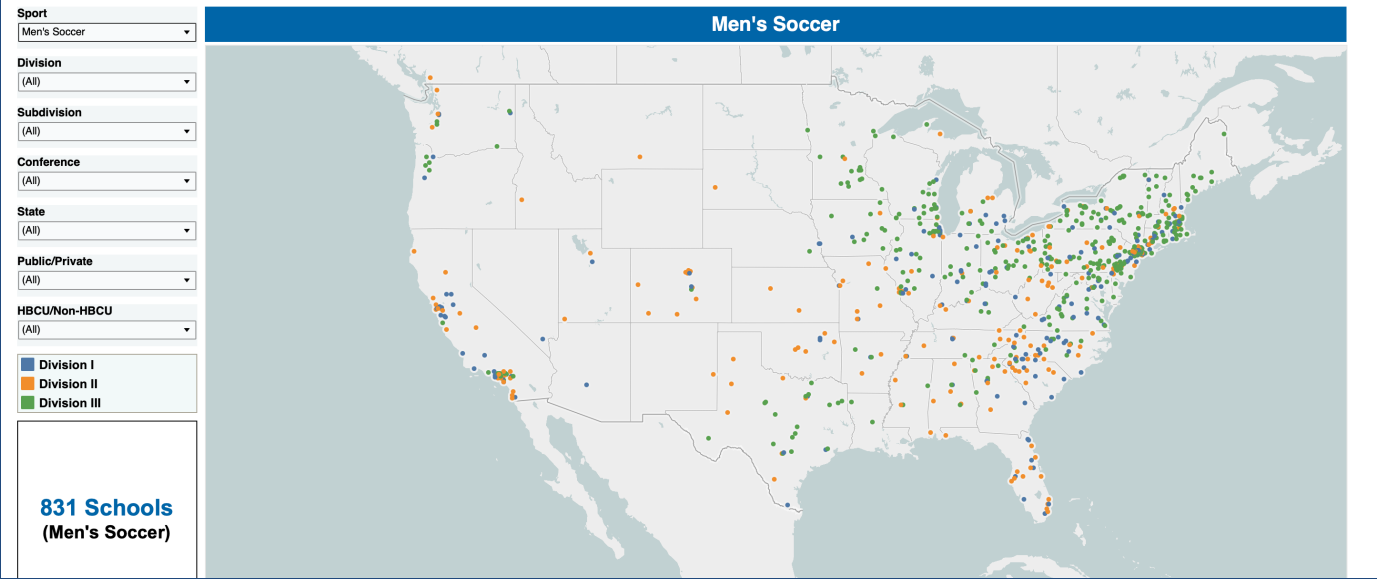
Wide Range of Academic Selectivity

NESCAC

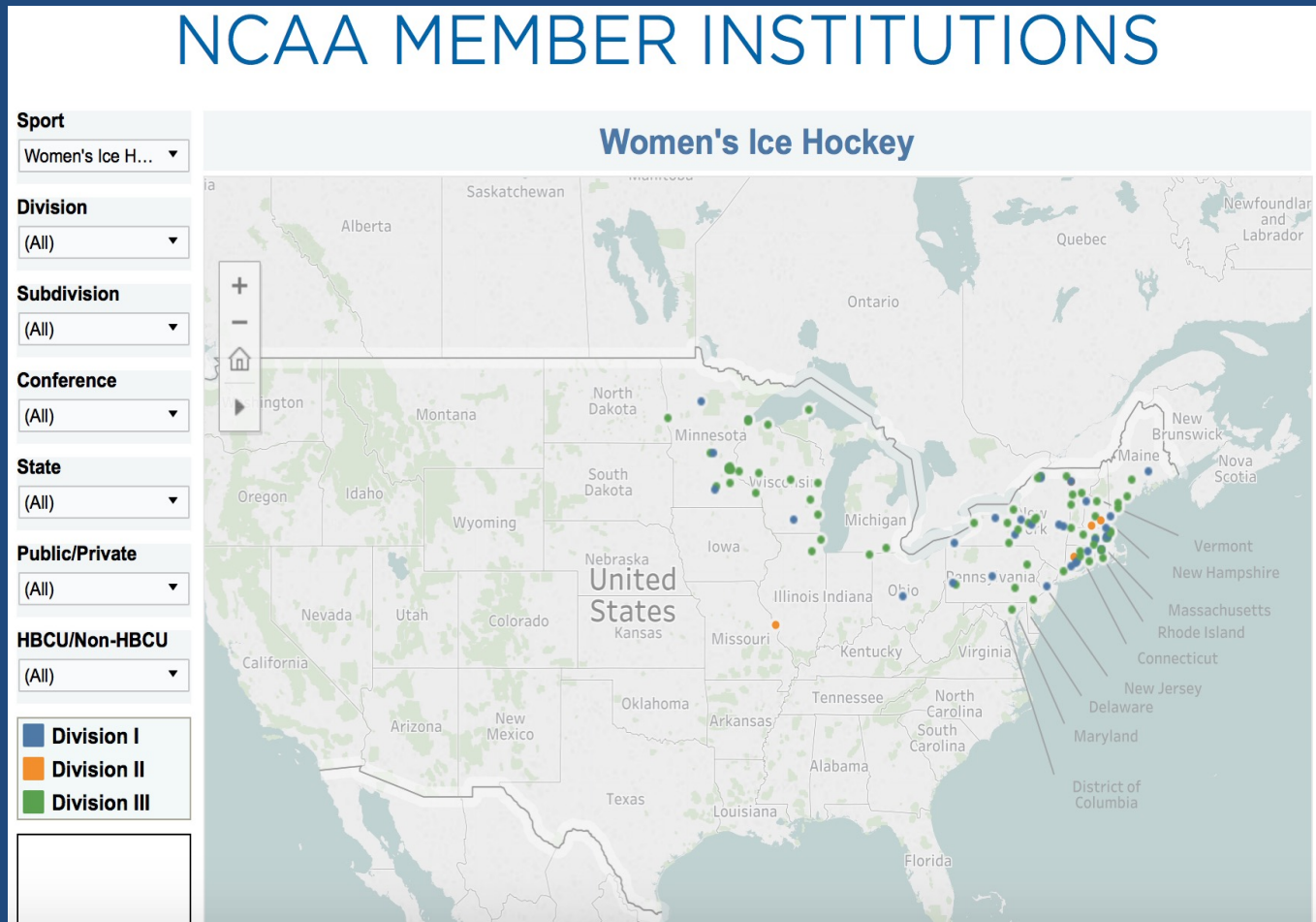


Pomona-Pitzer,
Claremont-Mudd-Scripps,
Cal Tech, Chapman,
Redlands, Whittier,
Cal Lutheran, Oxy &
La Verne

NCAA Membership Maps: DI, DII & DIII Men's & Women's Soccer



NCAA Membership Map: Women's Hockey



<http://www.ncaa.org/about/resources/research/ncaa-member-institutions>

NAIA & College Club



NAIA

- Similar to DII in recruiting/eligibility
- Some athletic scholarships
- Many private, faith based & smaller schools.
- NAIA Membership Map
- **Examples: UC Merced, Soka, Evergreen, CSU Maritime & Embry-Riddle Aeronautical.**



College Club Sports

- Dream College with no NCAA/NAIA team.
- Dream college but not your level of play.
- Less commitment but full schedule of trainings and games.
- **Examples: UCLA, USC, CAL, Colorado, CC, Wesleyan, NYU, etc.**

Community College

2022 CCCAA Rankings Nor Cal Baseball

CCCSIA BASEBALL POLL (Apr. 12)		
Rk.	School	Record
1.	Ohlone (12)	30-2
2.	Saddleback	24-8
3.	Glendale (1)	26-5
4.	San Joaquin Delta	23-7
5.	Santa Ana	24-7-1
6.	Fresno City	18-5
7.	Pasadena City	25-8
8.	Mt. San Antonio	24-7
9.	Folsom Lake	23-6-1
10.	Feather River	26-7
11.	Riverside City	21-10
12.	Palomar	22-9
13.	El Camino	25-8
T14.	Skyline	23-7
T14.	Butte	23-10
16.	Santa Rosa	20-9
17.	Merced	20-11
18.	Long Beach City	20-11

Student athletes who are not ready for a four-year college experience due to academic, athletic, social or financial reasons.

Research CCCAA website for teams, rankings, schedules and coach contact information.

<http://www.cccaasports.org>

<http://www.njcaa.org/>

Ask CC coaches how many past players have gone on to four-year colleges.

Examples = CSM, Santa Rosa, Marin, Chabot, DVC, Foothill, and Alameda.

After I find my athletic fit...

HOW DO I GET RECRUITED?

The process is different for blue
chip vs. white chip athletes!

Blue Chip Athletes (2%)... Are In The Driver's Seat



Highly valued & recruited athlete:

- College coaches will make contact with these athletes early (fresh/soph year) through club coaches.
- Coaches spam, call, email, these recruits, their families, and their coaches as often as the NCAA permits (and then some).
- Coaches attend their tournaments and sometimes even high school games.
- June 15th after sophomore year = text, email, phone call and commitments (varies by sport—LAX is Sept. 1st).
- Jr/Sr Year = Paid official visits to campus.
- Coaches visit high schools with principal's permission.
- Blue Chips tend to “verbally commit” to colleges early in the process.
- Some blue chips go pro straight out of high school.

WHITE CHIPS (98%)... MUST MARKET THEMSELVES!

- Keep your grades up so you have more options.
- NCAA no longer requires standardized testing (1/27/23). A few colleges still do.
- Talk to high school coaches/club coaches, trainers, and camp/showcase coaches to determine best athletic fit.
- Create a resume/profile with brief athletic, academic & personal information.
- Create a cover email letter.
- Register for the NCAA/NAIA Eligibility Center (by junior year).
- Get to know the NCAA/NAIA websites and understand the recruiting rules specific to your sport and division.
- Search NCAA “NCAA Membership Map” to determine which colleges have your sport and division(s).

<https://www.ncaa.org/sports/2021/5/3/membership-directory.aspx>

- Create a big list and MAKE CONTACT!! Email resume/cover letter and more!! Show interest often so they don't forget you.

Be your own agent. **Role of the athlete, parent, coach and counselor. College coaches do not want to hear from parents or counselors, unless they ask. Athletes need to drive the process; high school/club coaches need to advocate for them. Parents can help monitor the process and counselors can help guide student athletes toward the best fit while managing the eligibility centers.**

Social Media Matters!

The image shows a screenshot of a Twitter thread. On the left, three tweets from coaches at Penn State, Duke, and SMU are displayed. On the right, a tweet from @djonkinssports is shown with its replies and engagement metrics.

Penn State

Herb Hand @CoachHand
Dropped another prospect this AM due to his social media presence...Actually glad I got to see the 'real' person before we offered him.

Duke

Derek Jones @dukecoachdj · 14h
Our jobs depend on the young men that we recruit. Your social media pages say a lot about your character, discipline & common sense. #Ap2w

SMU

Coach Justin Stepp @coachjstepp · Jan 8
Came across an awful Twitter account today. Shame the kid was a really good player...On to the next one...get a clue!

djonkinssports St Lukes The Woo... FOLLOW
85 likes 13h
College coaches are dropping recruits due to social media posts. What does your social media presence say about you ?
#thinkbeforeyoupost
#athlete
#sports
#chistlukes
#djonkinssports
@whiteheadJordyn @whitehead_tristan
That's what private accounts are for
If you can lose your job, you can lose your scholarship. It's a brand to protect
@ex_twonvict @nattinthehatt just a reminder that employers will check all of your social media . Don't put it on the web if you


“KEEP IT CLASSY”

Make it work FOR you...not against you.

Humbly post your accomplishments & tag coaches

Build an on-line presence. What comes up if you google yourself?

Sample Athletic Resume/Profile

Sammy Soccer Forward/Attacking Midfielder Class of 2020	10 Soccer St Anywhere, CA 510 xxx-xxxx Sammysoccer10@ gmail.com
OBJECTIVE: To join a top NCAA Division I Program with strong academic credentials and immediately contribute to the team. I dream of starting on a Division I team.	
	MAVERICKS BLACK 01B Rank #15 Norcal, #28 Region 4 <ul style="list-style-type: none">1st Place Monarcas Champion Cup 2015Team Captain 2016, 2017, 20181st Place Mustang Stampede Tournament 2017
	BERKELEY HIGH SCHOOL <ul style="list-style-type: none">Varsity Starter, scoring leader 2017Freshman starter, 2016 (BHS rules state that freshman cannot play on Varsity or Junior Varsity)Top Scorer awardLed Freshman team to best record in 4 yearsAttacking mid/winger/center forward
	OTHER <ul style="list-style-type: none">ODP 2002 All Star Team-Interregional Tournament- 2016, 2017ODP Region IV Team –2015, 2016, 2017ODP Region IV Costa Rica Tournament 2016ODP NorCal StateTeam-2015, 2016, 2017, 2018PDP NorCal Team –2015, 2016, 2017, 2018PDP Manchester City Cup, San Diego 2017USSF Grade 8 Referee
	UPCOMING SOCCER TOURNAMENTS 2018 <ul style="list-style-type: none">Las Vegas Players Showcase, March 9-11Gothia Cup, Sweden, July 11-21
	REFERENCES <ul style="list-style-type: none">Mavericks 01B Black Head Coach: Jennifer "JT" Thomas jt.thomas11@yahoo.com, 510 909-6466ODP 2002 Regional Team Head Coach: Matt Broadhead mbroad79@hotmail.com 801-520-7158
SOCCER STRENGTHS <ul style="list-style-type: none">Exceptional dribbling and movement in the attacking thirdAccuracy with passes/through ballsCreativity in the attacking thirdGreat anticipation skills on defenseTenacious defender – track and win second ballsAgility, balance and quicknessVersatility - play outside back and forward for ODP and PDP team	
PROFILE <ul style="list-style-type: none">Height: 5'6"Weight: 130 lbs.Overall GPA: 3.84Honors & A.P. Courses: AP Art History, AP Spanish LiteratureBilingual – English and Spanish	

This resume/profile can be used to post, to send to coaches, to help fill out recruiting questionnaires and for your college application activities list.
Add references (and ask them if it's okay first)!

Sample Cover Letter Email

Subject Line: Name, Grad Year, Team, Topic

Dear Coach(s) _____, *(email all coaches on staff)*

My name is _____, and I will graduate in (year). I am a (year in school) at _____ High School in California with a ____ grade point average. I currently play for the _____ club (you can add more info here to highlight your club team). As well as continuing my education, I would like to play soccer at the (DI, DII, DII, NAIA, NJCAA) collegiate level.

School specifics here or at the beginning. *(I'm interested in your 'college' because of... stuff...make this specific but not too long. Put in something specific about the school or program, a friend that speaks highly of it, or if you know the coach mention it, or simply congratulate them on a good season or recent win).*

While I understand that NCAA rules do not allow you to contact me by phone or email until June 15th of my junior year (this is for DI & DII schools in some sports, not DIIs, LAX is 9/1), I am attaching a resume of my personal, athletic, and academic information. This link will take you to a short video of me in action _____ (optional or send later). My coaches contact information is _____ (name, email and phone if you are a sophomore so they know who to contact).

I am interested in, and looking forward to, learning more about 'school' and the 'mascot'. I would appreciate receiving information about your upcoming ID and summer camps.

Go (Mascot), (your name)

** Create a specific email to use for this process that your parents can access to help.*

**Add an email signature here with your name/grad yr, high school/GPA, club team/position/#, cell phone, SM handles, and your video link!*

**Change the coach's names, schools, and make sure the font is consistent EVERY TIME. No one likes spam.*

NCAA RULES

<http://www.ncaa.org>



See the NCAA/NAIA websites regarding rules, compliance, recruiting, eligibility and amateurism as they vary significantly by division, sport, gender and school.

After initial contact with coaches, **WHITE CHIPS MUST...**

- Track coach's responses & non-responses equally.
- Fill out athlete questionnaires/profiles on college websites.
- Complete free and easy profiles to build your on-line presence.
- Make a short highlight video and send the one click link.
- Stay in contact with coaches (send tournament updates early). Send new emails from the old email chain so they know you've already made contact.
- Visit campuses. Attend games/matches/meets to show interest and determine fit. If possible, watch practices & attend class.
- Attend ID Camps, summer camps, prospect camps, invitational camps, tourneys and combines (ask for feedback). Make contact to let them know you're coming and send thank you's after. Get exposure!
- Study each team's roster to determine how many will graduate your year and what positions will become available.
- The goal is to build a relationship and get to a call, text, or visit.
- Keep your high school counselor in the loop!!!

**Avoid the "one and done"! One contact or evaluation is not enough.
Learn from the veteran parents/athletes in your sport who have been there and
are now wearing the sweatshirt!!!**

SAMPLE TRACKING TEMPLAT

Contacting Colleges ☆ 📎 ☁️
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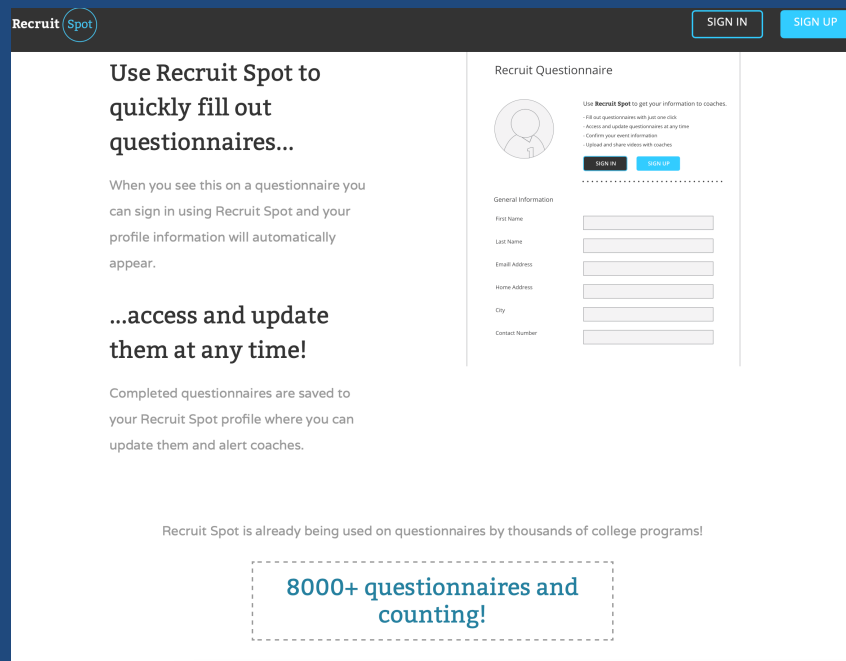
	A	B	C	D	E	F	G	H	I	J	K	L	
	Tier	College	Divison	Undergrad pop	Coach	Email address	Recruitin g Profile	Emails Sent	Emails Received	Questionnaire	Virtual tour	Campus (1-5)	Class size
2	Tier 1: School & soccer fit	Haverford	D3	1300	Zach Ward	zward@haverford.edu		7/8/20; 10/13/20; 12/28/20; 2/14/21	5/18/20	4/15/20			
3	Tier 1: School & soccer fit	Swarthmore	D3	1500	Eric Wagner	ewagner1@swarthmore.edu		7/5/20; 10/13/20; 2/14/21	4/16/20; 5/4/20	4/14/20	No		3
4	Tier 3 - question on school fit	Kenyon	D3	1700	Chris Brown	brownch@kenyon.edu		4/5/20; 10/13/20; 2/14/21		4/14/20			
5	Tier 3 - question on school fit	Bates	D3	1700	Tyler Sheikh	tsheikh@bates.edu		10/13/20; 2/14/21					
6	Tier 3 - question on school fit	Bowdoin	D3	1800	Scott Wiercinski	swiercin@bowdoin.edu		4/24/20; 10/13/20; 2/14/21	4/16/20; 4/27/20; 7/9/20; 10/16/20; 2/22/21	4/15/20	Yes		3.5 17 (9
7	Eliminated	Amherst	D3	4800	Justin Serpone	jserpone@amherst.edu			5/31/20	4/14/20			
8	Tier 1: School & soccer fit	Williams	D3	2000	Erin Sullivan (HC)/Matt Davis (AC)	Erin.Sullivan@williams.edu / mkd2@williams.edu		4/16/20; 7/7/20; 7/8/20; 7/10/20; 7/12/20; 7/14/20; 10/13/20; 1/15/21; 2/14/21; 2/17/21	4/15/20; 4/17/20; 7/8/20; 7/9/20; 7/12/20; 7/15/20; 10/14/20		4/14/20		
9	Tier 3 - question on school fit	Middlebury	D3	2600	Alex Elias	aelias@middlebury.edu		7/8/20; 10/13/20; 2/14/21; 2/17/21 (2)	2/15/21 (2); 2/18/21	4/14/20			
10	Tier 3 - question on school fit	Oberlin	D3	2800	Blake New	blake.new@oberlin.edu		7/8/20; 10/13/20; 10/14/20; 2/14/21; 2/17/21	10/14/20; 10/16/20; 2/15/21; 2/22/21	4/14/20	Aerial only		3
11	Tier 1: School & soccer fit	Celgate	D4	3000	Erik Renning	eronning@celgate.edu		6/26/20; 10/13/20	6/29/20; 10/19/20		Yes		1.5 47-ek
12		Massachusetts Institute of						4/21/20; 10/13/20; 12/28/20;					

What column(s) would you add...what other factors are important to you in a college?

Complete Recruiting Questionnaires (on college athletic department websites)

Recruitspot.com

Sample Questionnaire



Recruit Spot

SIGN IN SIGN UP

Use Recruit Spot to quickly fill out questionnaires...

When you see this on a questionnaire you can sign in using Recruit Spot and your profile information will automatically appear.

...access and update them at any time!

Completed questionnaires are saved to your Recruit Spot profile where you can update them and alert coaches.

Recruit Questionnaire

Use **Recruit Spot** to get your information to coaches.

- Fill out questionnaires with just one click
- Access and update questionnaires at any time
- Confirm your event information
- Upload and share videos with coaches

SIGN IN SIGN UP

General Information

First Name

Last Name

Email Address

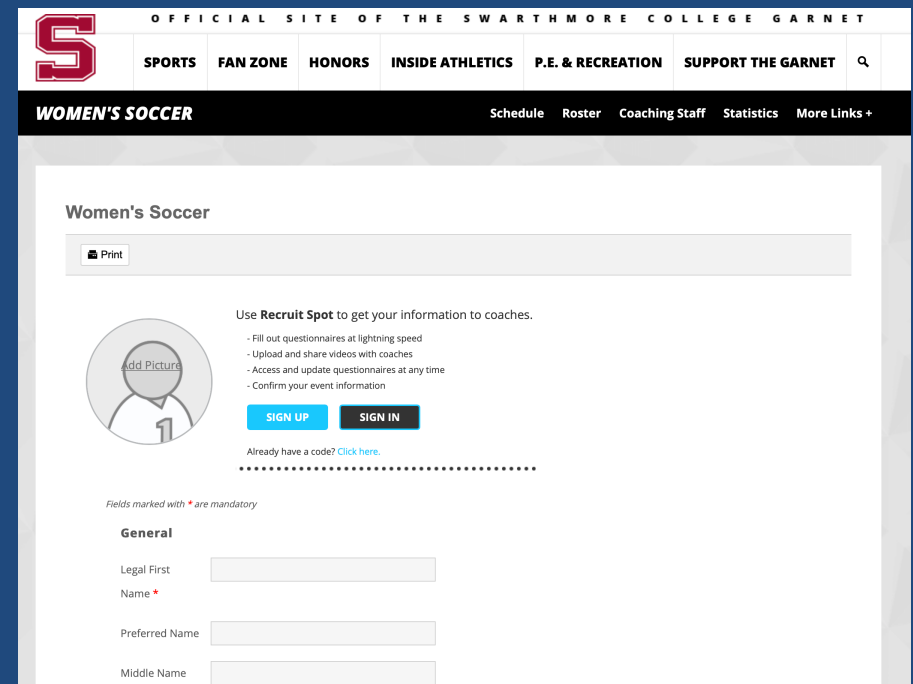
Home Address

City

Contact Number

Recruit Spot is already being used on questionnaires by thousands of college programs!

8000+ questionnaires and counting!



OFFICIAL SITE OF THE SWARTHMORE COLLEGE GARNET

S

SPORTS FAN ZONE HONORS INSIDE ATHLETICS P.E. & RECREATION SUPPORT THE GARNET

WOMEN'S SOCCER

Schedule Roster Coaching Staff Statistics More Links +

Women's Soccer

Print

Use **Recruit Spot** to get your information to coaches.

- Fill out questionnaires at lightning speed
- Upload and share videos with coaches
- Access and update questionnaires at any time
- Confirm your event information

SIGN UP SIGN IN

Already have a code? [Click here.](#)

Fields marked with * are mandatory

General

Legal First

Name *

Preferred Name

Middle Name

Go to [Recruitspot.com](https://recruitspot.com), create an account, and it will help you auto-fill some of the time-consuming recruiting questionnaires on your list.

THE VIDEO...varies by sport and acts as a teaser to get coaches interested

The Highlight Video

- ✓ 4-5 minutes.
- ✓ 20-30 clips.
- ✓ Circle/arrow and pause.
- ✓ Best to worst from all teams, camps, tourneys.
- ✓ Show all parts of your game.
- ✓ Appropriate crowd noise or music.
- ✓ Front slide with name, grad year, club team/position(s), high school/GPA, email and photo.
- ✓ Last slide for references, club/high school coaches.
- ✓ Update often; keep it current.
- ✓ Store clips and highlight reels on YouTube channel. Only one click away for coaches. Make it easy!
- ✓ Skills videos for keepers, baseball and others.

The video became a bigger piece of the process in 2020...and will continue to be in the future!

What the soccer coaches say....

“Start with a title page with your name, club, position, GPA, test scores & graduation year. References on the final page.”

“Pan broadly from a high angle and identify yourself with an arrow, circle, or pause so I can tell quickly and easily where you are. No more than five minutes long.”

“A shaky or field level video won’t hold my attention.”

“Show your best highlights first to get my attention, generate interest, and then get me to keep watching.”

“If you don’t impress me in 30 seconds, it will be deleted.”

“No juggling!”

“I don’t just want to see you scoring goals, even if you’re a forward. Show me different parts of your game.”

“Pick a good song!”

Blue Chip or White Chip?



11/1/25



JT'S STUDENT ATHLETE TO DO LIST

- ✓ Talk to Coaches/Trainers/Counselors/Teammates about your potential level of play.
- ✓ Study team rosters to determine the needs of the team and compare your statistics.
- ✓ Clean up social media (use it as a force of good, not evil). Follow coaches/programs.
- ✓ Create an easy/clean email that the entire family can monitor.
- ✓ Build a Big & Varied List – Use NCAA Membership Map to help research programs and ask your coaches, counselor, and older players/parents on your team. Consider all aspects of college: athletics, academics, cost, location, size, and vibe! Vary your list with programs from different divisions and conferences.
- ✓ Resume – ask your references if it's okay to list them.
- ✓ Email Cover Letter Template (with signature to all coaches)
- ✓ Make Initial Contact with coaches.
- ✓ Track Responses/Non-Responses.
- ✓ Understand the recruiting rules specific to your sport/division/association. (EX. DI & DII coaches cannot contact you until June 15th after sophomore year, but DIII & NAIA coaches can make contact earlier).
- ✓ Fill out Prospective Athlete Questionnaires/Profiles on college athletic websites. Recruitspot.com
- ✓ Make Highlight Video (iMovie + Clipgrab.org or Hudl)
- ✓ Register for NCAA/NAIA Eligibility Center (DIII & JUCO player do not need to register).
- ✓ Earn the highest GPA possible in the most rigorous courses possible.
- ✓ Take standardized tests early (PSAT/SAT/ACT).
- ✓ Exposure: Ask coaches where they will be recruiting!
 - Attend ID Camps/Combines/Clinics/Showcases
 - Play for the best team/coach possible
 - Attend top tournaments
 - Have your coach contact college coaches on your behalf
 - Attend/watch local college games, meets, and competitions to see where you stand
 - Visit campuses, programs and coaches (unofficially & officially)
- ✓ Continue to Contact Coaches/ Email Campaign – send video, test scores, transcripts and keep them updated on your most recent athletic accomplishments to show interest. MVP, personal best, All Star Selection, etc.
- ✓ ID Camp Tip - email the coach before, make contact during, and send a specific thank you after the camp.
- ✓ Keep your high school counselor in the loop to help you with the process (taking calls from coaches and sending transcripts to NCAA/coaches/admissions offices).
- ✓ **BE YOUR OWN AGENT!!!**

**Timelines will vary depending on sport, gender, division, conference, college and coach. The top athletes in most sports will tend to verbally commit early to the top conferences and teams (Power Five or 4 Conferences). Women's sports tend to have earlier verbal commitments than the men. Many athletes don't commit until their senior year but have started the process much earlier.*

RESOURCES

- **NCAA Membership Map (DI, DII, DIII)**

<http://www.ncaa.org/about/resources/research/ncaa-member-schools>

- **NCAA Guide to the College Bound Student Athlete –**

<http://www.ncaa.org/student-athletes/future/educational-resources>

- **NCAA & Eligibility Center – <https://web3.ncaa.org/ecwr3/> and**

<http://www.ncaa.org/student-athletes/future>

- **NAIA - <https://www.naia.org/landing/index>**

- **NAIA Interactive Membership Map - <https://www.naia.org/schools/membership-map>**

- **Community College Soccer - <https://www.cccaasports.org/sports/msoc/index>**

- **College Club Soccer - <http://play.nirsa.net/soccer/weekly-rankings/>**

- **NACAC Get in the Game Brochure –**

<https://www.nacacnet.org/news--publications/publications/get-into-the-gamr/>

- **NACAC's Student Athlete Advising E-Learning Course –**

<https://www.nacacnet.org/professional-development/elearning/the-counselors-guide-to-the-student-athlete-advising-process/>

- **Recruit Spot: Helps Athletes Complete Online Recruiting Questionnaires**

<http://www.recruitspot.com>

- **College Board: Student-Athletes - Choosing a College**

<https://professionals.collegeboard.org/guidance/prepare/athletes/college>

- **NCAA: Choosing a College Questions to ask the Coaching Staff**

<http://www.ncaa.org/student-athletes/future/choosing-college>

Jennifer "JT" Thomas
jt.thomas11@yahoo.com
<https://www.jtcollegeconsultant.com>



11/7/23

FINAL THOUGHTS & GOOD LUCK!