



SOPHOMORE YEAR

- Send resume & cover letter along with tournaments you will be attending (see examples).
- Take PSAT/SAT/ACT Test
- Check with academic counselor to make sure you are on track to graduate.
- Think about attending an overnight soccer camp of a potential college. This gives you a great chance to see the campus, athletic facilities and meet the coach and learn his coaching style.
- Continue to represent your state, region, or national team.
- Continue to travel to high level tournaments.
- Set-up files - begin to assemble college information
- Review progress with parents/coaches
- Begin to identify 10-20 college programs (your coach can give a good assessment now of realistic level schools to play for) including Div. 1, 2, 3 and NAIA schools. ACADEMICS are the most crucial part in making a college decision. Find schools that will benefit your area of interest and academic ability. Base your decision's on academics.... not soccer.
- Begin a College Contact List
- Plan next year's academic program
- Attend College Night at high school gather college information brochures
- Continue requesting information
- If you have not taken the PSAT plan to do this now
- Begin to look at university and their soccer program. Example the coach history, teams record lately, conference they are in, what kind of players do they recruit (only 6ft. tall?), how many center forwards do they have, etc... You can find this info at the university's website under athletics and then the soccer link. For example:
 - University of Connecticut: (www.uconn.edu)
 - Women's soccer: <http://www.uconnhuskies.com/sports/WSoccer/index.html>
 - *You will usually find a menu on either side of the page that has a team roster, statistics, coaches, etc...*
- Make sure you are keep coaches posted on soccer tournaments, ODP, etc. Try e-mailing coaches/universities you are interested in once every one/two months. *You must put in the work to market yourself!* This becomes more important your sophomore and junior year.
- Assess what regions of the United States you would MOST want to play in: the west coast (California, Oregon, etc.) What weather do you want to live in all year? What regions do you not want to play in?
- When you attend tournaments your sophomore and junior year see if you can visit colleges near that tournament and visit the school and its campus. If you give the soccer coach of that school a big enough "heads up" you can often arrange to meet and talk with them. This acts as an "unofficial visit." You can also look at schools that are close to Albuquerque. (UNM, Ft. Lewis, ENMU, NM Highlands, etc.)