



LUFC COLLEGE CORNER

WORK ETHIC | HUMILITY | MINDSET | BE GOLDEN



LUFC'S COMMITMENT TO COLLEGIATE DEVELOPMENT

LUFC is committed to supporting our players in their pursuit of academic and athletic development in the next phase of their lives post high school.

Our coaching staff works diligently to guide, educate and support our players in the pursuit of academic and athletic exposure in higher education as demonstrated by our commitment to individual player development, coach communication, player profile building, and exposure at competitive college showcases, leagues and State and National Cups.

Our LUFC collegiate mission is to support, prepare and provide the best environment and opportunity for our players to excel in the next stages of their academic and athletic careers.

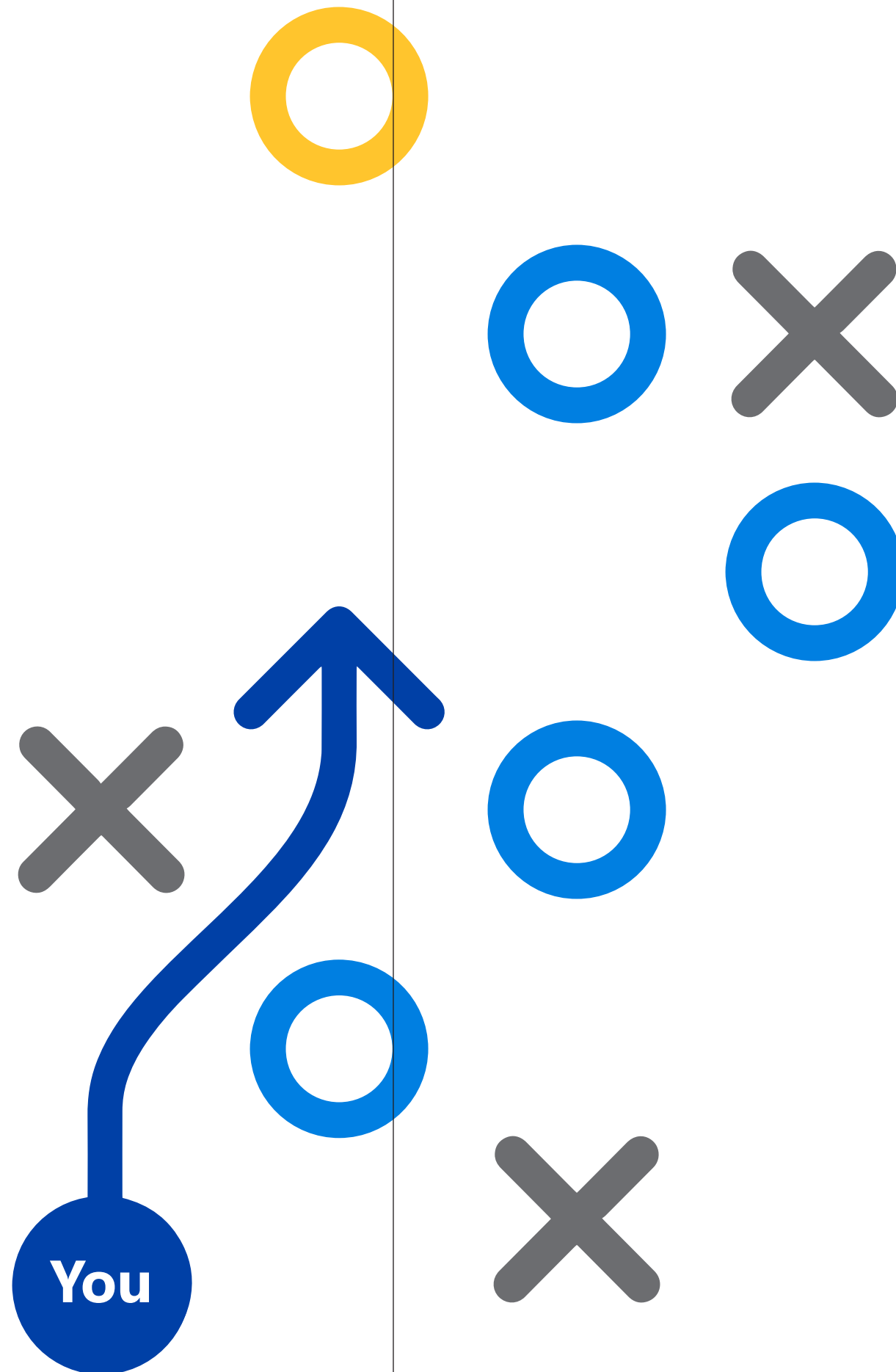
BUILDING YOUR PATHWAY

Throughout the process of your collegiate research, recruitment and applications, **LUFC** coaches and staff will continue to be a resource to build each detail and step to educate and support in your recruitment.

We are committed to building each detail of the focal points of coming to a decision, preparing your interests and research as well as exposure and recruitment. Our **Year-to-Year Checklist** allows for you to stay on course to build the details and education that we have provided.

WE ARE YOUR #1 FAN

R | **RESOURCES & PREPARATION**
See this section for a complete list of resources.



CONTENTS

Understanding
Governing Bodies &
Divisions of Play

Academics

Athletics

Shortlist:
Making A Choice

Resources &
Preparation

Year-to-Year
Checklist

FAQs

UNDERSTANDING THE GOVERNING BODIES AND DIVISIONS OF PLAY

Collegiate Athletics Governing Bodies

NCAA and NAIA are two separate governing bodies of college athletics. The NCAA consists of three divisions in collegiate soccer whereas the NAIA consists of two divisions in collegiate soccer.

NCAA: DI, DII, DIII (National Collegiate Athletic Association)

NAIA (National Association of Intercollegiate Athletics)

NJCAA (National Junior College Athletic Association)

Generally speaking, eligibility requirements and scholarship rules for NCAA are stricter than those of NAIA.

NJCAA is an association of community and junior colleges. These colleges are two-year colleges that can offer only two years of athletic eligibility before stepping into a four-year program. These institutions offer the opportunity for students to obtain an AA degree that transfers towards an undergraduate degree.

Student-athletes are able to transfer to a four-year college after one or two seasons of used eligibility if they meet NCAA and transferring school requirements.

Financial Aid & Scholarships

Association		Athletic Scholarship	Academic or Non-Athletic Scholarship
NCAA	Division I	☀️	☀️
	Division II	☀️	☀️
	Division III		☀️
NAIA	Division I	☀️	☀️
	Division II	☀️	☀️
NJCAA	California Schools		☀️
	Out-of-State Schools	☀️	☀️

Get smart
on college
athletics



NCAA
ncaa.com

NAIA
naia.org/landing/index

NJCAA
njcaa.org/landing/index

ACADEMICS

The academic process of any college search has to start with academics. It is extremely important that prospective student-athletes understand the requirements, demands and expectations that an academic institution holds. It is also extremely important that the desired school matches the student-athlete's interests and expectations. You should be in regular contact with your high school academic counselor and advisors throughout your high school career.

Majors Offered

Although you do not have to initially declare a major in your first year, it is important that your academic interests can be fulfilled by the prospective school.

Academic Requirements

It is important that you target and research schools that you can gain admission to. While some athletic programs can help with admission acceptance, this should not be relied upon. Detail into the specific requirements and academic demands are extremely important when narrowing down your search and list. SAT/ACT and GPA as well as other application demands are important in making this assessment.

Academic Counseling

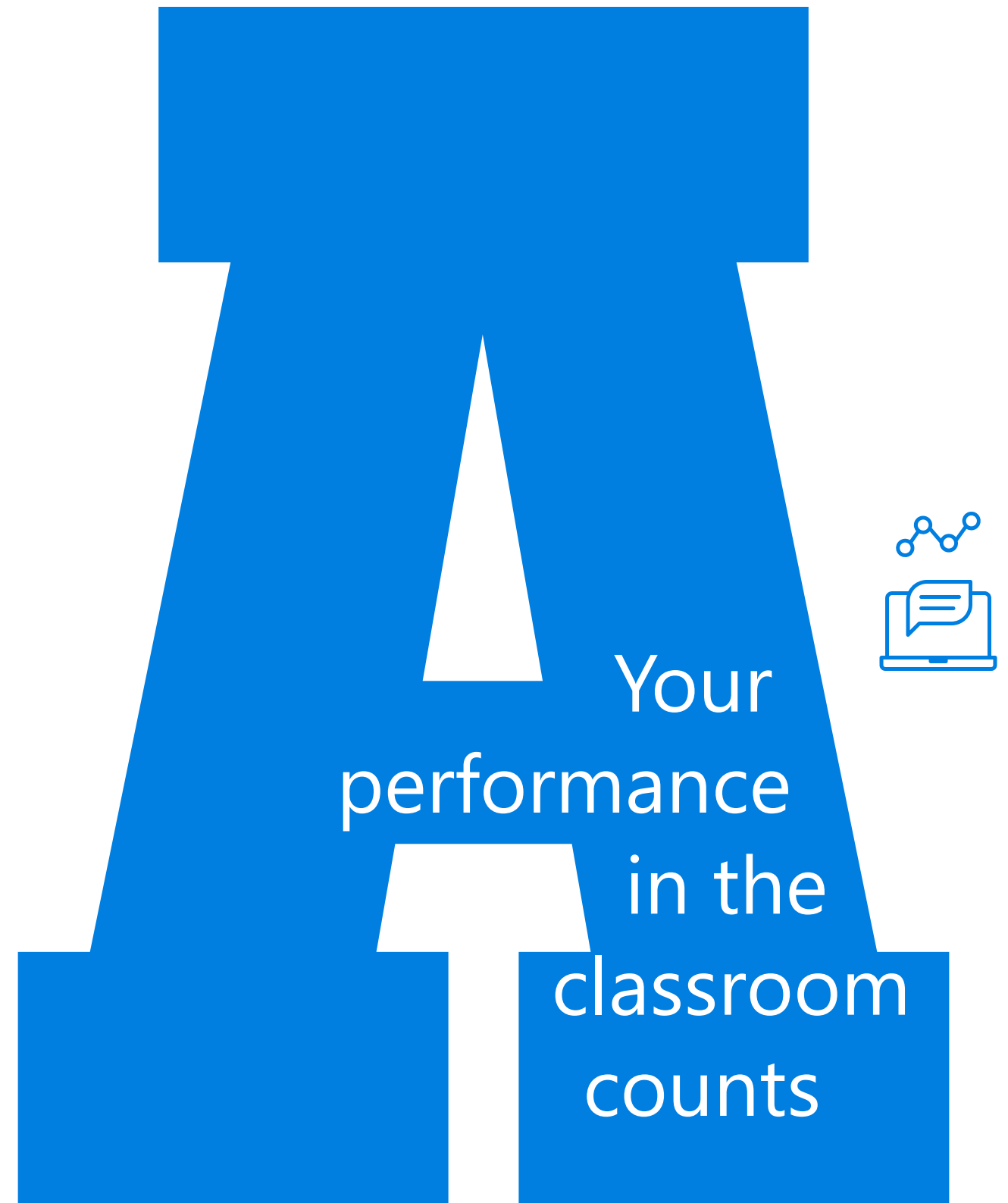
It is extremely important that you regularly meet and seek academic advice from your counselor. Academic counselors can provide support and knowledge in specific areas such as the demand of each school, helping you structure your application and your extracurricular plans in application.



NFHS (Eligibility)
nfhslearn.com

SAT
collegeboard.org/sat

ACT
act.org





ACCELERATE


ATHLETICS

With over 1,000 Men's and 1,000 Women's College Soccer programs across the whole country, making the right choice can be a tough one. In order to narrow down this search, understanding the different governing bodies and playing levels are extremely important. Understanding each specific athletic and soccer program is also very important. For aspiring student-athletes, communication, player profiling, building footage and playing exposure is key in being recruited and helping yourself get recruited. If your intention is to walk-on then you can also be a "recruited walk-on." This would define a player who is not receiving athletic aid but does make a commitment to join the program. Walk-on opportunities should be handled just as a player who is seeking athletic scholarship.

Player Profile

Building a player profile will be important for all prospective student-athletes. This player profile will be used in communication, request for more information and for marketing yourself. You will need to create a soccer resume that supports the talent you have and touch on other key details that can support potential recruitment.

See next page spread for an example Player Profile.

Build your
student-athlete
profile 

Communication with Coaches

Communication is key. College coaches are not only looking for talented players, they are looking for student-athletes who carry good character, communication skills and show maturity. A college coach is making a big commitment and one that is likely to stand over multiple years. All communication should be handled professionally and timely.

When communicating with a college coach you should be inquisitive, ask questions that you have, and explore further details about the program and school. This should branch out to players on the rosters, professors as well as counselors and the admissions department. Prospective student-athletes can and should attend official and unofficial visits.

Official Visit: Organized via the soccer coach.

Unofficial Visit: Organized via yourself.

The email you send to a coach should serve as an introduction. You will want to show the coach that you have:

- ① Researched their program,
- ② Have the potential to be a student-athlete, and
- ③ Give them a schedule of where they can watch you.

Emailing will be the key communication point for initial contact, recruiting and all other communication. When emailing a college coach the following guidelines should be considered.

See next page spread for Guidelines for Emailing Coaches and an Example Letter.

5

Player Photo

Player Name

Player Profile

Graduation Class

Birth Date

HeightWeight

Position #1

Position #2

Contact Information

Parent(s) Name

Address

City, State, Zip

Phone Number

Email

ATHLETIC / ACADEMIC ACHIEVEMENTS & HONORS

Club Soccer

Club Name

Club Team Name

Achievements & Honors

List

Coach(s) Contact Information

Coach Name

Phone Number

Email

Personal Video Footage Link

Highlights / Full Game

High School Sports

High School Name

High School Team

Achievements & Honors

List

Coach(s) Contact Information

Coach Name

Phone Number

Email

Academics

GPA

SAT / PSATACT

Achievements & Honors

List

Intended / Interested Major

Major / Undecided

Character Reference

Comments

LAGUNA UNITED FOOTBALL CLUB

12 LUFC COLLEGE CORNER

Guidelines for Emailing Coaches

Personalize each email.

If you don't take the time to personalize the email to the coach, they won't take the time to respond. College coaches receive hundreds of emails each week. They can tell when an athlete has taken the time to write them a personalized email and when someone is using a form letter, just changing the name of the coach and school.

Include the contact information for your coaches.

College coaches have rules and regulations they have to adhere to. If you are emailing a college coach before they are allowed to respond to your email, they need the contact information for your coaches so they can let them know they are interested.

Provide basic athletic and academic information.

Provide basic information of your profile, include your age, graduation date, intended year to start attendance, playing position(s), club and team information, academic history and GPA/honors.

Let them know where you will be competing.

Provide a list of upcoming games and events that coaches may be able to find you at.

Provide an attached Player Profile.

This should include more detail of who you are and what you have achieved both athletically and academically. Include references and contacts for these individuals. Highlights and full game videos should be linked to this as well.

See the Example Letter opposite this page for emailing coaches.

EXAMPLE LETTER

[Date]

Dear Coach [Coach Name],

My name is [Your Name], and I am part of the graduating class of [20##]. I am interested in attending the [Name of School] and learning more about your soccer program while majoring in [Name of Major or "Undecided in a Major"].

I currently play for LUFC [Age and Team Name] and at the position(s) of [position(s)].
[Include a brief introduction of your player attributes.]

Attached, you will find my player profile that includes more of my academic and athletic information and history. If you need any further information regarding my playing ability and or character, please contact my coach (who is cc'd to this email) at [Coach email address] or call [him/her] at [###-###-####].

I will be participating in the following upcoming games and events and would like to invite you to come and watch my games. Please see my schedule below:

Date	Time	Matchup	Location (Field, City, State, Zip)

Sincerely,

[Your Full Name]
Laguna United FC & [High School]
[Jersey Number]

Video

As part of any recruiting cycle, coaches will need footage of your games. College coaches will request individual highlights as well as full game footage. In support of this, **LUFC** supports its players and teams in building this footage. For more information on videographers and club support, please email: info@lagunanunited.org

LUFC Playing Exposure

In order to showcase your talents, it is important that you are exposed to coaches across the nation. **LUFC** places its high school-aged teams in multiple college showcases across the year, both in California and out-of-state. **LUFC** is also a member club in the US Club Soccer National Premier League, commits its teams to California Regional Leagues, and continues to explore all other playing levels that will produce more collegiate exposure for our players. **LUFC** has an extensive coaching staff and strong community relations that can also support communication, develop contacts, and provide introductions to potential schools and coaches of interest.

Research

Understanding the program you are looking at will be extremely important. Just as a school might have an academic identity, it may have a soccer identity as well. This could come in the style of play and the type of players they recruit. Prospective student-athletes should watch film of the team. Keep an eye on the results and success they are having as well as evaluate where you might fit into the program. Coaches may be looking for specific positions, so researching the current roster to see how many players are graduating or seeing the age/class of the roster may be the difference in a coach showing interest, available athletic scholarship, and playing time.

Click on the bars below to see a complete list of soccer programs.

LIST OF MEN'S SOCCER PROGRAMS

LIST OF WOMEN'S SOCCER PROGRAMS

Finances

The financial capabilities and resources are key to any final decision. A loan, scholarship or grant could be the difference between choosing one school from another. In order to finalize a decision, students should be prepared in understanding the school's yearly and total costs as well as different opportunities to offset these costs. Information such as "in-state" and "out-of-state" tuition is extremely important, just as research into different loans, grants, scholarships and academic financial aid is.

Certain schools have the ability to offer athletic scholarships as well. This scholarship money is controlled by the coaches in their recruitment and could be limited due to commitments to players on the current roster that are returning. Coaches are also limited with the amount of scholarship that they can provide in one year. For example, a fully-funded NCAA DI Men's program can only provide 9.9 athletic scholarships at one time and a fully-funded NCAA DI Women's program can only provide 14 athletic scholarships at one time. These scholarships can be provided in the form of equivalents or in full. The pursuit of other financial packages could also be a selling point for recruitment and the demand for athletic scholarship may become feasible to finalize a full tuition offer.

How do you fit
to give yourself the
best opportunity?



R

FAFSA
studentaid.ed.gov/h/apply-for-aid/fafsa

FASTWEB
fastweb.com

SHORTLIST: MAKING A CHOICE

When making a final decision, key points of consideration could include, level of play, academics, finances, distance from home, climate, school or class size, athletic facilities and much more. Before coming to this conclusion, you should create a shortlist.

LUFC supports the college aspiration of families involved in soccer. A college education can be expensive and making the right choice can be stressful. Through the College Board website, a search of over 3,700 colleges and universities across the country will help you profile the options and build your shortlist. Begin with the College Search Step-by-Step interactive guide to help you through the process of discovering what college is right for you.

Starting with this exercise and tool, gives you the best opportunity to find a college that best suits your needs. You can change your criteria as many times as you would like and each time you do, you will be provided with an updated list of colleges that best fit your most up-to-date criteria.

83% of all soccer parents say that the most important promise they make to their child is that of a college education.



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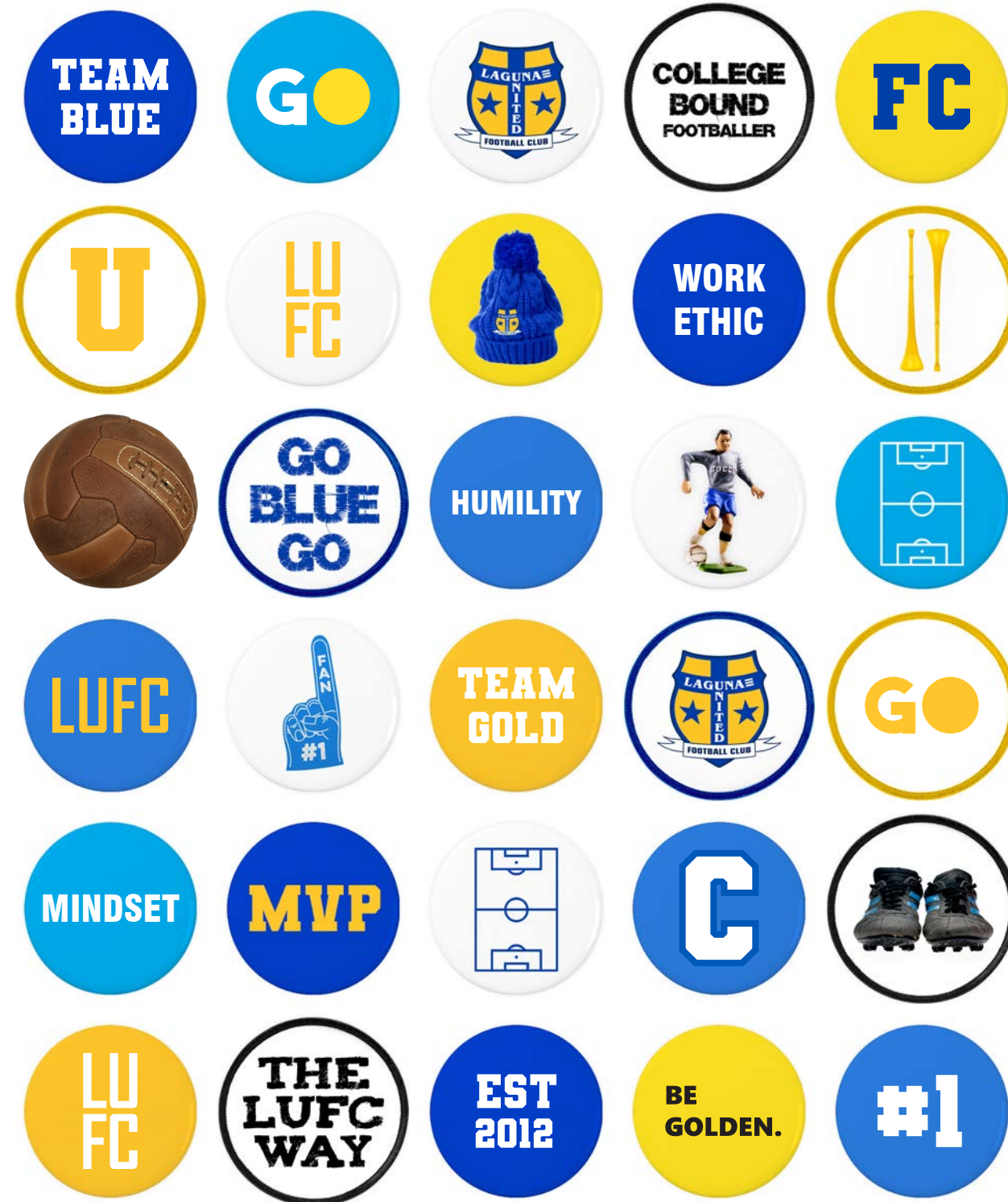
B2002 Blue

National Letter of Intent signed,
committing to NCAA DII:

**Concordia University,
Irvine**

WE ARE YOUR #1 FAN

BE GOLDEN.





RESOURCES AND PREPARATION



FAFSA

This is a FREE Application for Federal Student Aid (FAFSA). This financial aid is for federal and state granted finances to attend a public or private college institution. FAFSA is based on financial need per merit of the individual student. FAFSA also provides financial aid opportunities that extend throughout specific skills/ awards and different financial aid offerings throughout different colleges and universities. Individuals intended on heading to college should file for the FAFSA scholarship opportunity.

<https://studentaid.ed.gov/sa/fafsa>



FastWeb

Scholarship Search Website

FastWeb is the Google search engine of college scholarships. This search engine provides a full list of scholarship and financial aid opportunities to help with tuition and other costs of college. There is a wide variety of scholarships and financial aid on offer to student-bound individuals.

<http://www.FastWeb.com>



NCAA Eligibility Center

The NCAA Eligibility Center is the arm of the NCAA responsible for determining the academic eligibility and amateurism status for all DI and DII student-athletes. This is something that all prospective student-athletes need to complete in order to compete at an NCAA institution. You should register with the NCAA Eligibility Center at the beginning of your junior year of high school.

<http://www.ncaa.org/static/2point3/>



NAIA Eligibility Center

The NAIA requires all student-athletes to have their eligibility determined before they can play. All athletes are required to complete and should start the process during the beginning of your junior year of high school.

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



NJCAA

Membership as a student-athlete is available for two years. Athletic scholarship is available to student-athletes, however, this is not the case for schools in California. In order to participate in an NJCAA sanctioned sport, a student-athlete must be in good academic standing—in accordance with the rules and bylaws of the NJCAA, the member region and the individual institution. He/she must be an amateur; who has not exhausted his/her eligibility; and who is in good health.

<https://www.njcaa.org/landing/index>



NFHS Learning Center

Each governing body has core and key eligibility requirements for all student-athletes. These can range from academic to athletic restrictions and expectations.

<https://nfhslearn.com/?courseID=14000>



College Board

SAT College Entrance Exam and Scholarship

The SAT is one of two exams that is required for a student-athlete to take in order to be eligible to attend college. Every student-athlete must achieve a certain score on the SAT in order to be eligible to play collegiate athletics; these scores differentiate between DI, DII and DIII accompanied with GPA requirements. Through the College Board website, you can register for an upcoming SAT exam and have your scores sent to the college of your choice. This website also provides practice exams and other learning tools to help prepare for the exam itself.

<http://www.collegeboard.com>



ACT Student

ACT College Entrance Exam and Scholarship

The ACT is the second of two exams that you can take to be eligible to attend college and obtain clearance through the NCAA and NAIA eligibility centers. Through the ACT website, you can register for an upcoming ACT exam, have your scores sent to the college of your choice, and even take practice exams to get prepared for the real one.

<http://www.actstudent.org>



National Letter of Intent

The NLI is the final step in your commitment to become a student-athlete.

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



YEAR TO YEAR CHECK LIST

Freshman Year

- ☐ Meet with your high school counselor and inform them that you want to play college athletics. They will then make sure you are taking the proper courses.
- ☐ Look up information regarding information on eligibility and recruiting. We suggest that you download a copy of the "NCAA Guide for the College-Bound Student-Athlete."
- ☐ Prepare yourself to attend any one of the collegiate athletics programs offered by the governing bodies of NCAA, NAIA and NJCAA. Prepare yourself for multiple options by studying up on the requirements of each program and level.
- ☐ Build a "Freshman" highlight video.



Sophomore Year

- ☐ Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- ☐ Look up national testing dates to take Pre-ACT (PLAN) and/or Pre-SAT (PSAT).
- ☐ Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.) Check NAIA and NJCAA eligibility as well.
- ☐ Build a "Sophomore" highlight video.
- ☐ Start to research potential schools of interest.
- ☐ Start the recruiting process by formulating emails of interest.
- ☐ Start the recruiting process by planning calls and direct coach contact.



Stay on task

Junior Year

- ☐ Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- ☐ Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.)
- ☐ Register with the NCAA Eligibility Center. Do so with the NAIA as well.
- ☐ Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center by the end of your Junior Year.
- ☐ Look up national testing dates to take ACT and/or PSAT.
- ☐ Prepare for the ACT and/or SAT by taking a prep class.
- ☐ When you take the ACT and/or SAT, make sure you request that your scores are sent directly to the NCAA Eligibility Center.
- ☐ Take the SAT II, if you are considering a school that requires it.
- ☐ Build a "Junior" highlight video.
- ☐ Build your Player Profile (see Player Profile template example).
- ☐ Start to narrow and create a "schools of interest" shortlist.
- ☐ Look into unofficial visits of schools of interest.
- ☐ Develop template emails and start to send initial statements of interest and personal details.
- ☐ Start to make recruiting calls.
- ☐ Look at potential college ID Camps.
- ☐ Research college application deadlines and plan ahead.



Building your pathway to become a student-athlete requires you to stay on course with the details of preparing and meeting eligibility requirements.

Senior Year

- ☐ Meet with your high school counselor and make sure you are on track to meet all of your requirements by reviewing your academic progress.
- ☐ Check for any rule changes regarding eligibility and recruiting. The easiest way is to download a NEW copy of the "NCAA Guide for the College-Bound Student-Athlete." (Remember, rules can change from year-to-year.)
- ☐ If you have not already done so, register with the NCAA Eligibility Center (formerly known as NCAA Clearinghouse).
- ☐ Make sure your high school counselor sends your transcripts to the NCAA Eligibility Center and at the end of your Junior Year.
- ☐ At the end of your Senior Year, make sure your high school counselor sends your Final Transcript and Proof of Graduation to the NCAA Eligibility Center.
- ☐ If needed, re-take the ACT and/or SAT. Make sure you request that your scores are sent directly to the NCAA Eligibility Center.
- ☐ Ask your college coach/potential colleges where you are considering attending, about applications, application deadlines, application waivers and anything else on how to apply to the school and for financial aid.
- ☐ Submit all applications to all colleges that you are considering.
- ☐ Research and apply for financial aid at all colleges that you are considering attending.
- ☐ Complete and submit FAFSA (Free Application for Federal Student Aid; <http://www.fafsa.ed.gov/>). Even if you do not think you will qualify, submit an application because many other scholarships require that you have filled this out as a starting point.
- ☐ Research and apply for outside scholarships. The internet is a great tool for this research.
- ☐ Build a "Senior" highlight video of game footage.
- ☐ Include video footage of a full game.
- ☐ Finalize and continue to add to your Player Profile.
- ☐ Finalize your "schools of interest" shortlist.
- ☐ Look into unofficial visits of schools of interest.
- ☐ Request official visits from schools of interest.
- ☐ Develop template emails and start to send initial statements of interest and personal details.
- ☐ Make recruiting calls.
- ☐ Look at potential college ID Camps.





FREQUENTLY ASKED QUESTIONS

When do I need to declare a major?

All student-athletes entering their fifth semester of full-time enrollment must declare a major.

What kind of academic performance do I need to maintain for eligibility?

Each college will have their own standards, as will a specific team or athletic department. Academic performance may also affect grants, loans or scholarship provided as well.

Do colleges provide Career Services?

Yes. Check each school for specific details and services.

How does my academic schedule work with my athletic schedule?

Usually, you will be assigned to an athletic-academic advisor. This advisor can support you in building your class schedule around your athletic schedule.



Can I transfer?

Yes. Academically, it will be important for you to understand how many units completed will carry over. Athletically, there can be restrictions imposed by coaches and governing bodies when transferring between the same division.

When is the collegiate soccer season?

The collegiate soccer season is Fall. Pre-season usually starts in August before school starts, with the season running through November. There is a Spring season that is shortened and has restrictions on practices and matches.

What is a "Red Shirt"?

A "red shirt" is an athlete who is withdrawn from college sporting events for a year to extend their period of playing eligibility by a further year at this level of competition.

What is a "Grey Shirt"?

A "grey shirt" is an incoming college freshman who postpones his/her enrollment in classes until the second term of his/her freshman year. This means they don't take classes until the Winter term. A student-athlete can receive a scholarship offer that would start in the second semester, after the upcoming season. They go to class for the first semester as part-time students, either at the school or at a junior college, without starting their eligibility clocks.

Ask us more 

info@lagunanunited.org

**WE
ARE
YOUR
#1
FAN**

