



TCU College Relations Manual

Updated for

2023

Dave Brown, Director of Coaching, M. Ed.

Introduction: This manual and site are a combination of information from the NCSA (Next College Student Athlete) organization, public or non-profit sites and original writings or tools from Dave Brown. In addition to being the Thurston County United Director of Coaching, Dave currently works as a college advisor, has worked for over 20 years in higher education and holds a master's degree in higher education Student Support Services from Western Washington University.

Overview: This guide includes information for those students who are certain they want to play college soccer, those who don't, and those are still deciding. For reference, the words college and university, though having different meanings, are used interchangeably. Also, the name "primarily four-year college" typically refers to two-year (community) colleges but is often used now since many of the near-thirty community and technical colleges in Washington State offer numerous 4-years degrees, including Bellevue (Community) College which currently offers **twelve** bachelor (4-year) degrees.

Guide to Using this Manual:

- **Navigation:** If you are reading this on Microsoft Word, use CTR+F to pull up and use the **Navigation Bar** to your left and use the Headings tab to move easily between sections and topics or to look up a key word or phrase.
- **ED NOTE:** Goes further into a subject or provides information specific to our club.
- **Insider Tip:** Are things that you are not likely to hear directly from a coach or in a publication but can give you valuable insight into college and the recruiting process.
- **Activity for Students:** Important but realistic activities that players and students should complete themselves or with help to take learn an active role in the recruiting process.
- Words or phrases that are in **bold, underlined and in blue** are links that will take you to other resources. **Ctrl+Click** on a word or hover a word and use the right mouse click feature to open a link.

Some Basics:

Self-Recruiting: Unless you are a youth National or Regional Team player, very few Division I coaches are going to come knocking on your door. To be successful and to have the best possible choices to end up in the college and/or soccer program that's a good match for you, you are going to have to be an active participant; a "**self-recruiter**" in other words. There is a college soccer program for everyone in our club – it's just a matter of finding which is going to be a match for you. ***One of the biggest things you have going to you is your ability to express your sincere interest in a college program and your knowledge of both the soccer program and academics there.*** By doing so you and being able to communicate the reasons for your interest, you automatically separate yourself from the vast majority of student-athletes who are looking to play.

Review of Academic Definitions:

The following and many other academic terms can be [found here in this guide](#) from *US News & World Report*.

- University, college, department, specialty, research institution, land-grant institution, public, private. For the purposes of this document, the words of college and university are interchangeable.
- [College vs. University](#) defined
- Acceptance into a university and into the College of Business & Economics, for example, are two separate things
- A guide to the differences in grants, scholarships and public and private aid [can be found here](#).
- Regional universities
- Liberal Arts colleges

This guide was prepared for Thurston County United and Chinqually United Soccer Club players, parents, coaches and staff by Director of Coaching Dave Brown, and is reserved for their use.

Dave Brown

M. Ed., US Soccer B License, CSCS

Director of Coaching

Thurston County United/Chinqually Booters

doc@thurstoncountyunited.org

Chapter 1: Where to Start on Your College Search

Where to Start Your College Search for Those Who Are or Are Not Looking to Play College Soccer. There's a lot of great sites and information sources, including *US News & World Report* and *Forbes*, but I recommend starting with these three:

- [College Board Big Future](#) is for anyone, whether they are interested in playing college soccer or not. The College Board is the company that brings you the SAT and the P-SAT, but you don't have to take them to use this excellent free service.
- [Niche'](#): Is loaded with information on the size and atmosphere of schools and their respective towns including cost, campus feel, athletics and student life, rating of academics and comments from students themselves.
- [College Raptor](#): "We'll match you against every U.S. 4-year college to find the fit for you, and automatically build a list of colleges we think you should check out. College Raptor is a free tool that allows prospective college students and their families to discover college options based on individual fit and net price of attendance. Our tool collects basic information about academic performance, desired criteria, and financial capacity to determine which colleges fit your abilities, meet your criteria, and fall within your budget." [College Raptor FAQ's](#).
- [Next College Student Athlete \(NCSA\)](#): Specifically for students focused on playing soccer or other sports. Start with a search of [men's](#) or [women's](#) college soccer programs an overview of [getting started with the college recruiting process](#) and a [coach's perspective on recruiting](#).

Chapter 2: Researching and Choosing Colleges:

Suggested Reading: [Picking the Right College by USA Today](#)

Whether you are focused on playing college soccer or not, you will be looking at several factors when considering a college:

- Do they have your program of study?
- Public vs Private
- Large vs Small
- Campus Atmosphere/Diversity
- Urban vs Rural vs Smaller Town or City
- Near or Far
- On or off-campus housing, sororities and fraternities; dorms, shared housing near campus, etc.
- What is the soccer program like: DI, DII, DIII or NAIA or community college and how are those all different?

Your Target List of College and Universities (start with from 3 to 5 if your list is small now). This is a sample of an easy way to start your list if you have none. The sites listed on **page 4** provide ways for you to create bigger, faster and more accessible lists electronically.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

What are the educational options out there for me?

Four-Year Public: Examples in Washington include the UW, WSU, Western, Central and Eastern and The Evergreen State College as well as branch campuses.

Four-Year Private: Examples in Washington include St. Martin’s, University of Puget Sound and Seattle University.

Two-Year Public: Examples in Washington include South Puget Sound, Tacoma and Pierce colleges. Some like Whatcom CC and Bellevue College include dorms as well as outstanding soccer facilities.

Accredited Public Vocational and Trade Schools: *Examples in Washington* include Bates Technical College, Lake Washington Institute of Technology and Bellingham Technical College.

Accredited Online Schools include Washington Governor’s University and University of Massachusetts Global (UMass Global), formerly Brandman University, with classroom facilities in Lacey.

INSIDER’S TIP: The majority of “two-year’ (or community) colleges in Washington offer limited four-year degrees as well. **Bellevue College** – a primarily two-year institution which is now the **third largest college or university in Washington**, offers four-year degrees in a **dozen majors**, including Accounting, Computer Science, Data Analytics, Digital Marketing, Health & Wellness, Healthcare Informatics, Healthcare Management & Leadership, Information Systems & Technology, Interior Design, Molecular Biosciences, Nursing (RN to BSN) and Radiation & Imaging Sciences. **PS**. In some parts of the country, community colleges are referred to as **Junior College’s** or “JUCO’s.

Activity for Students: Use one of these online sites – [College Board Big Future](#), [Niche’](#), [College Raptor](#), [Next College Student Athlete](#), or the provided simple spreadsheet (Attachment H) to track your interests.

Chapter 3: How to Do Deeper Research into a College's Academics and Athletics from Your Computer

Chapter 4: For Students Interested in Playing Collegiate Soccer

- [Understanding NCAA Divisions](#): Start by reading the article [here](#) (from Next College Student Athlete). This article also includes “*Why an NAIA school might be your best bet*” and “*Don’t ignore community colleges.*”
- **Insider Tip:** [Here](#) is a great search tool for WA, or any [other state men’s and women’s NCAA, NAIA and community college programs](#), provided by the NCSA.
- [NSCA: How Do Colleges Recruit Athletes?](#) “How does college recruiting work? For many families, the most difficult part of the recruiting process is understanding how colleges recruit, evaluate and show interest in student-athletes. To better explain the college recruiting process, let’s look at it [from a coach’s perspective.](#)”
- [College Recruiting and COVID](#) by NCSA. **ED NOTE:** The worst of the pandemic might be behind us but the logjam in recruiting it has caused will be with us for at least a few years to come.

Men’s Collegiate Soccer

- [Understanding how to use the men’s NCAA soccer recruiting rules and calendar.](#)
- [See how you stack up against other athletes using the men’s soccer recruiting guidelines to find the best division level for you by reviewing the men’s soccer recruiting guidelines.](#)
- [Learn how college men’s soccer scholarships work and see how much men’s soccer scholarship money you might qualify for.](#)
- [See what it takes to get recruited for men’s soccer.](#)

Women’s Collegiate Soccer:

[Here](#) you can review the college women’s soccer recruiting rules and calendar, **see how you stack up** against other athletes using the women’s soccer recruiting guidelines and discover the best division level for you by reviewing the women’s soccer recruiting guidelines.

Insider Tip: Are you wondering if playing community college soccer is the right choice for you? See this article from 2019: [Highline Women's Soccer sends nine on to four-year schools - including six to NCAA Division IA](#). You can find a listing of Regional (WA, OR, ID) Community Colleges from the [NWAC](#) and Men’s [NWAC Soccer Programs 2021 Standings](#) that will let you see which community college programs are near you and how competitive they are.

Doing Further Research on Athletics on Your Own

Athletics: If you have not already, go to on the athletics website of a college and review the Men’s or Women’s Soccer Roster and schedule. Here are some questions you may want to review:

- How many players are there in your position and what years in college are they?
- Do you know any of the players there that you would compare yourself against?
- What size is the coaching and training staff? Does the Coaching Staff page state that there is a part of the medical training staff and/or the strength & conditioning staff assigned to women's soccer? Here is an example of a **DI school** with a large staff [here](#) and [here](#).

[Here](#) is the sample of the staff available to support the soccer team on a [DII team](#).

How did the team do last year? Typically, the team's web page will list Conference games and non-conference games. Keep in mind that a poor season record may not necessarily be a bad thing. A strong season with lots of returning players may mean that it is hard to break into the line-up, while a poorer record with lots of players graduating may mean a better opportunity for you to play as a first-year player.

- Try and see if there are some **video clips** or **full games** you can watch on their websites. It might take a little digging to find, but they are there.
- Are you a **two-sport athlete** and is there a chance to play both sports? This is much more likely at a Div. III, NAIA or community college program. It may provide the opportunity to earn sports scholarships for more than one sport.

Insider Tip: By checking their individual statistics you can find out a bunch of information, including who on the team had the most playing minutes, how many games they played in and how many of those did they start as well as goals and assists. There is other information there as well you might find interesting. [Here is an example](#) of this for a **Div. II Men's soccer team**.

Top Men's Colleges by Division: (click below for links and to "favorite" a college)

[Top NCAA Division 1 Men's Soccer Colleges](#)

[Top NCAA Division 2 Men's Soccer Colleges](#)

[Top NCAA Division 3 Men's Soccer Colleges](#)

[Top NAIA Men's Soccer Colleges](#)

Top Women's Colleges by Division: (click below for links and to "favorite" a college)

[Top NCAA Division 1 Women's Soccer Colleges](#)

[Top NCAA D2 Women's Soccer Schools](#)

[Top NCAA Division 3 Women's Soccer Colleges](#)

[Top NAIA Women's Soccer Schools](#)

Chapter 5: Understanding the Recruiting Process

How to Get Recruited: [Starting the Recruiting Process article from NCSA](#).

An excellent NCSA guide to [How Colleges Recruit Athletes](#) can be found here.

College Recruiting and COVID by NCSA (Check for updates): Even as we move out of the COVID era, the pandemic will have created a recruiting “logjam” that will last for several seasons.

Your [NSCA Profile](#): Free for basic profile. **Complete** as fully as possible and **use as many tangibles as possible**. Mile and half-mile time, 40-yard dash, Vertical jump, Broad jump, 20-yard shuttle, Three-cone drill, 60-yard shuttle.

See *Attachment D for a Glossary of Common Recruiting Terms* (from *U Recruit U.com*)

How to Negotiate Your Athletic Scholarship Offer: See [this excellent article](#) and video on the subject [here](#).

Other Soccer Recruiting Websites: While this NCSA soccer recruiting guide is a thorough resource for student-athletes looking to make their way onto a college roster, there are also several websites that offer pertinent information on the college recruiting process. From club soccer tournament rankings to college recruiting news, websites such as *GotSoccer*, *Top Drawer*, *Soccer Wire*, *US Youth Soccer* and *US Club Soccer* can offer helpful tips.

Chapter 6: Creating Your Highlight or Skills Video

The Important Role of Highlight and Skills Videos in Recruiting (NCSA):

ED NOTE: Several teams within our club use either the Trace or the Veo match recording systems. Both systems make editing raw game footage into a highlight tape very easy.

“There is no denying the crucial role highlight videos can play for many student-athletes in their [recruiting process](#). College coaches are extremely busy; it would be impossible for them to travel the country to evaluate every potential recruit. Highlight videos are a chance to get student-athletes in front of coaches and give them an unbiased look at their skills and abilities. It’s a fact that online recruiting profiles that include a highlight video receive more than 10 times as much traffic as those without one. [A great highlight video](#) can sometimes be a difference-maker that gets a student-athlete some serious attention from college coaches.”

Highlight video vs. skills video: “A highlight video is exactly that: Clips of your game footage that highlight your talent and skill. These videos are important because they save coaches time by allowing them to quickly review hundreds of student-athletes without having to visit them in person. A skills video, unlike a highlight video, includes a series of staged sport-specific actions outside of a game setting. It is not necessary for every sport or position but can be a helpful way to demonstrate to coaches your technical abilities and mastery of a key skill. If you haven’t gotten any attention from your junior year highlight video, update it with good clips from the first few games of your senior year.” **NCSA**

How do I put together a highlight video?: After you’ve collected enough footage, it’s time to start editing. The goal is to put together a video that showcases what your student-athlete can do, as this is one of the main [ways coaches evaluate a potential recruit](#) from *USA Today*.

- “About **3 to 5 minutes** is the right amount of time for your main video. You can always update and send a college coach additional clips as your season progresses. If a coach wants to see footage of a whole game, they will request it.
- Include **the right highlights**. If you’re an attacking midfield player and your strength is assisting on goals, highlight that along with scoring and skills. If you are a centerback, you might want to show that you can score goals on corner kicks, but your major focus should be stopping opponents from scoring goals.
- Showcase your **best clips first**. Sometime coaches won’t watch more than the first 20 or 30 seconds of your video. If you start out strong, you have a better chance of capturing their attention.
- Use freeze **frames and/or spot shadows**. Right before the action begins, freeze the video so the coach can see what has been set up. Then, add a circle or arrow to identify yourself.
- Include footage from **before and after the play**. Coaches aren’t just interested in the execution; they want to see how you react and communicate during gameplay.
- Make sure the **quality of the video is high**. You might have made an amazing play, but if the camera is shaking and you’re out of focus, you’re more likely to be looked over. Coaches are making split-second decisions when they watch highlight videos. Don’t give them any reason to stop watching.
- Provide detailed information along with your video. The **first frame of the video should include** your name, school, jersey number, position, graduation year and contact information. You can also add sport-specific measurements such as height, weight, etc.”

Insider Tip: Regarding being scouted in general: You never know when you are being watched. Sometimes a head coach who is recognizable will be there watching you but there is just as good a chance that it is an assistant coach or another colleague or friend of a coach watching. If there are only ten people at a game, two of them may be there to look at you and/or another player. **Everything you do will be watched as an indication of your character and attitude since this is one thing a coach cannot see in stats and in game play.** Are you a positive and support teammate? Do you

scowl or pout when you are substituted? Do you actively encourage your teammates when you are on the bench? Are you the first or the last at the end of a game to help pack up balls and equipment?

Activity for Students: Complete the college **student-athlete questionnaires** for one to five of your five college choices. Virtually every college program will have one and if you can't find it on their athletics website simply type the **1.** name of the college or university you are interested in and **2.** "**MEN'S or WOMEN'S** soccer student questionnaire" or "prospective **MEN'S or WOMEN'S** soccer player questionnaire" into Google and you will find it. It might also be found on the athletic page of the team you are interested in, often under the "Recruiting" or "Other" tab.

Sample student-athlete questionnaires

Here are example questionnaires for the University of Puget Sound in Tacoma and WWU in Bellingham as well as

[South Puget Sound Community College:](#)

[University of Puget Sound Women's:](#)

[University of Puget Sound Men's:](#)

[WWU Men's Soccer:](#)

[WWU Women's Soccer:](#)

[Whatcom Community College \(all sports\):](#)

As mentioned, this is a fill in the blank form and will be similar to other ones you will be completing in. For that reason, here are a couple of helpful tips:

INSIDER'S TIP: Go to the questionnaire of whichever college you may be interested in and **copy the questions** in it before pasting them into a Word or similar document. Review and make sure you have all the information needed to complete BEFORE you start to fill it out. This way you won't get stuck in the middle of it looking for something.

INSIDER'S TIP: Type out your information on Word, etc. and then cut and paste into the document for **three reasons:**

1. So that you will be able to use the spell and grammar check feature.
2. Sites crash, and computers freeze. You do not want to get near the end of your application and lose all your previous work as they don't typically have a "Save" feature.
3. Many of the sites will use a similar format and it will make it much easier for you to cut and paste instead of having to re-create the information over and over.

Of course, use good grammar and spelling. This is like a job application and is not a text to a friend. **Always**, use a capital **I** when referring to yourself. In addition to helping students prepare college and scholarship applications in my day job, I also serve as a scholarship **reader** - grading scholarship applications. Small i's when referring to yourself; misuse of "there," "their" and "they're," etc. are big no-no's and will cost you points on your application.

Chapter 7: A Strategy for Contacting Soccer Coaches by Dave Brown

ONE: Do your research about the academics and the athletic program at your target school. This includes:

Follow the school, its athletic department and its soccer team on **Twitter** and other social media and program them so you'll get notifications each time a new Tweet comes out. Make sure your own Twitter (and any other social media accounts) are clean and professional and soccer and/or academic focused. (You can create two separate accounts if you want – one for soccer and one for personal.)

Insider Tip: College coaches **will** do a web search on you to try and find any insight into your character and lifestyle through your social media accounts. *'Nuff said.*

Insider Tip: [Create a Google Alert](#) about the college and the soccer program and check their websites regularly. [LinkedIn](#) is also a good way to find out about a coach's background and history of longevity with a program.

TWO: Prepare three basic email messages:

One that introduces yourself and includes basic information on you, your high school and club soccer background and some key facts such as your position, height and what you consider your strengths as a soccer player as well as why you are interested in this particular school. It - as all of your email – should have a link to any player profile you have and/or video highlights.

A **second** email based on your academic and other interests. Do some research and find out the following so that you can talk about them as a reason for your interest in **their** school:

- Do they have your general program of study?
- Do they have your specialty if you have chosen one?
- Is their school known for their program?
- Do they have a student club in your interest area? Business Club, Future Physical Therapists, or Education or Pre-Law Club as well as other groups such as a student Latino/a Medical Professionals Club or other any other affinity groups?

Activity for Students: Find out how many official [student clubs the University of Washington](#) sponsors. Are you surprised by the number?

A **third** email focused on athletics:

- Describe why you like their program, how you think you'd fit in and what you think you can contribute. Again, do some research by looking for games or highlights on their team's website or on YouTube.
- Focus on what you like best and what you think are your strengths in soccer and what you feel you have improved on the most.
- Is there a player on their roster or one of the coaches (head or assistant) that might be familiar with you or have a similar background?

THREE: Choose your target schools and write a *personalized* note every two weeks after writing your initial introduction letter:

1. One **academic**-focused message that mentions something you read about a program or an alum from the college working in your chosen field, etc., then two weeks later;

2. One **athletic**-focused message that addresses any new developments in your game or schedule, anything you have seen about them on social media, any additional highlights you've seen, any chance to talk to any of their players.

Address your letters to the head coach and all of the **assistant coaches who are often in charge of recruiting**. Make you sure you check the college's website to make sure the coaches names and info are up to date. Coaches change positions fairly regularly in some cases.

What not to write about:

- What can you offer me for a scholarship?
- Will I be a starter? - though if you have been in contact for a while it is perfectly appropriate for you to ask them where they see you fitting into their program.
- **Don't ask any questions that you can find on the website**. This just makes you look lazy and/or uninterested.
- Treat this like a job interview where you never ask about salary, vacation or benefits until you have received an offer or significant interest from a coach. Talk only about opportunity, match, what you can contribute and not what you are hoping to receive – beyond a great education and athletic experience.
- There is a time and place for you to [negotiate your scholarship offer](#) down the road.

Insider Tip: These do not need to be lengthy messages; in fact, it is better if they are short and to the point. Two or three paragraphs and always include your basic information in both your **email heading** and in your signature line*.

There is really no such thing as writing – or, if okay with the coach – texting, too much as long as you are succinct and not asking them to respond constantly. For that matter, don't expect that you will hear back from them right away or even a while down the road. The pandemic caused a lot of changes – head coaches may have been furloughed during much of the year and are still getting back up to speed with recruiting or planning; assistant coaches who often handle much of the recruiting might have been laid off or had hours reduced and administrative support for coaches may have had other duties added to their workload.

All of your communications should be proofed for spelling, punctuation and grammar. This is a professional communication – not one to a friend or teammate.

You may enjoy this short video as well from a college player: [How to Email College Coaches- 5 Different Types of Emails](#)

ED NOTE: *Is this a lot of work?* Yes, **absolutely**. But you are potentially asking a school to make a \$20,000 \$40,000 or \$100,000 investment in you for athletics and/or academics over four years. They are not going to just hand it to you.

Additional Reading: [NSCA How to Email College Coaches](#)

*Example Signature Line

Thank you,

Jacquie Grealish

Class of 2022

Senior Attacking Midfielder/Winger

GPA: 4.0 | ACT: 32

Generic High School, Lacey, WA

Online profile: www.myNCSAprofile.org

Phone number: 333-555-1234

Social media @ Assists_R_Me

Chapter 8: College ID Camps

There are two main types of ID camps:

1. Those that **are held at an individual colleges or universities**. They will be held at that college and run by the staff at that college. The advantage is that you will have a chance to see that campus, meet that coaching staff, possibly sample meals in the cafeteria and see what dorms and residential life are like there.
2. Those that are held at a “neutral site” by a “**third party**” and have invited coaches from several colleges or universities there. Sites could include at Starfire or at another club for example. The advantages are that you will obviously have the chance to be seen and to meet other coaches from several college or university teams.

Insider Tip: In either case, this is not a time to be a shrinking violet or to get shy. Prepare an “elevator speech” about yourself and be ready to walk up to a coach, look them in the eye, give them a firm handshake and tell them why you might be interested in attending their school, if indeed you are.

[Men’s Soccer ID Camps Nationwide:](#)

[Women’s Soccer ID Camps Nationwide](#)

[Washington men's soccer ID camps](#)

[Washington women's soccer ID camps](#)

Information in the [WPL Surf Academy Camp](#) which is through our League and in our own backyard:

[Tips For Your Next College Soccer ID Camp | Advice from a College Coach](#)

Do's and Don'ts for College ID camps from [Beast Mode Soccer](#)

Factors in Choosing an ID Camp: 1.) Are you potentially interested in the college that is holding them and 2.), does the camp look like a good experience regardless? I would say some of the criteria might include: Will the players get a real look at college life there in the process, including staying in a dorm if it's an overnight camp? Is a college tour included? Will they have an opportunity to meet with a counselor in a group setting to hear about academics, financial aid and college life? Probably most importantly - Is the college soccer program really interested in you? If a player is invited for a reason more than they appear on a mailing list, that is a good reason to go.

Insider Tip: Remember that ID camps are a win-win for the college. If a player is truly a prospect the camp gets to look not only at your skill and athletic ability, but they get to see how you interact with coaches, current players and other prospects. If they have NO interest in you, they are still getting your money, so players should choose carefully. One or two and not much more than that unless you are really wanting to compare different camps.

Additional Notes on ID Camps:

Q. “What are the best ID camps to attend?”

- A.
- Ones at schools a player would realistically like to attend and/or find out more about

- Ones that are third party and invite multiple college coaches from areas you'd consider, such as: California or Washington, as most of the coaches there will tend to be local/regional.
- Those where you have been **really** invited as opposed to receiving a mass mailing, i.e., the coach says "I had a chance to see your team play at XYZ vs ABC. You really played well, and I'd like to invite you to camp" or ones where a player has sent his info and profile and said *"I'm interested in your camp. Do you think it will be a good investment for me and why?"* which should prompt the coach to look at their profile and his film and say *"Yes, we would really like to have a look at you."* Don't be afraid to ask *"Really? What did you see in my play that makes you think I would be a good match for your program?"*
- Ones where he might have a chance to find out more about academics*, housing, food, student life and see some of the town.

*Not always easy since camps are on weekends and faculty are off campus, but I would honestly encourage - **if** the student is "there" yet - to look at a specific school's XYZ department, look at the specialties and strengths of said school, internships and research opportunities and even check out the research and publications of the faculty a student thinks they most likely might align with. There might be a chance for a student to arrive on a Friday or stay over to Monday to meet with a faculty member or a department. **Most faculty or staff will be impressed with a student who has done their homework.** A player will not get marked down for being a savvy consumer.

Depending on the size of the school, the department, division or the college (as in College of Business and Economics, the College of Science and Technology, etc.), the admissions officer of that department, division or college of a university if they have one and if not, with the general admissions office, are worth researching.

Take a look at the list of coaches planning to attend or who attended in the past. Is the school you are interested in represented there **or could they be**? There might be a coach sitting on the fence about attending where your interest and outreach to them will get them committed to attending.

Here is a NCSA video on ID Camps you might want to look at: https://www.youtube.com/watch?v=IGLI_01IF6o

You might choose to watch only the highlighted sections:

[0:48](#) Show outline

[1:23](#) What to look for in a camp.

[3:36](#) Division 3 Recruiting Coordinator Jon Lyons at Bridgewater State talking about how they approach camps

[5:15](#) How to pick the right camps

[6:11](#) NCSA's free search tool to find events: tournaments, camps and combines

[8:59](#) What to do BEFORE attending a camp

[11:53](#), Follow up tips and next steps for juniors and underclassmen

Live Q & A: [14:40](#) What age should athletes be reaching out to coaches about camps?

[16:56](#) Do coaches ever "pull" a verbal offer?

[18:14](#) How are players still signing with programs during the dead period?

[21:07](#) Is there a difference between a college ID camp and an ID camp?

[22:17](#) Not every camp invite is something to be suspect of

[27:57](#) Summary

Chapter 9: Vocational and Trade Schools - Apprenticeships and the Skilled Trades

Accredited Public Vocational Trade Schools in Washington: While many community colleges in Washington have outstanding trade and vocational programs, several excellent trade and vocational colleges also exist in our state. Our closest trade and technical college, Bates Technical College, includes [degree and certificate programs](#) in aerospace, audio/visual technology and communication, business administration, [dental assisting](#), construction, engineering, health care, information technology, manufacturing, fire service, transportation and culinary arts.

They also support apprenticeships as follows: Washington Ironworkers Union [Pre-Apprenticeship](#) and [Apprenticeships](#).

Why Choose a Vocational, Trade or Technical College: “Trade schools offer several benefits over four-year academic programs. Earning a vocational certificate or degree generally takes 1-2 years, allowing learners to enter the workforce more quickly. Vocational programs often cost less than academic degrees. According to the National Center for Education Statistics, in 2009, professionals with an occupational credential had a 4% higher employment rate than professionals with an academic degree.”

Certificates in Washington State: “Certificate programs in Washington State are designed as fast-track ones that lead to direct employment. Many can be completed in less than a year. As an additional option, students can use credit earned in the certificate programs towards an associate degree in Washington State.”

Examples include Pierce College’s [Fitness Coach Certificate](#) and [Kinesiology](#) (AAS-T) Course and Physical Therapy Assistant Trainer at Lake Washington Institute of Technology.

[Listen to Mike Rowe of Dirty Jobs, CNN Interview](#) on the value of education combined with experience and hard work.

Insider Tip: A friend of mine worked for many years for a paving and construction company with branches statewide. Her on-the-job experience combined with some classes in business and construction management at her local community college allowed her to work her way up from being a road flagger, to operating heavy machinery, to becoming manager of her branch. In 2010 her annual salary was \$100,000 and her typical annual bonus was an **additional** \$100,000! **Never discount the value of working in the skilled trades.**

Chapter 10: Applying to College

When: “The majority of students apply to school regular decision. These are the college application deadlines you might have heard all about, usually from December to January – but check each college you are interested in! The most common RD deadline is January 1. January 15 is a popular one, too. (From the [Khan Academy College Admissions Master Timeline](#).)

“Is it too late to apply to college for 2023 grads? The answer is **No**. Several hundred colleges continue to accept applications and admit students **until the start of the fall semester**. This is the time to look at colleges known as “Late Application” or “Late Deadline” schools.” [From Prep Scholar](#).

INSIDER TIP: Also look to see if there is an **application fee waiver** at any college. It may be hard to find, so use the name of the institution you are interested in and the phrase “application fee waiver” to Google it. Generally, if you qualify for the PELL Grant you qualify for a tuition waiver.

Here are the instructions **from Western Washington University** on how to attain a fee waiver. Many colleges will have less stringent policies.

Fee Waiver: “You may request a fee waiver if you have extreme financial need, or a low [Student Aid Index \(SAI\)](#) (formerly called the Expected Family Contribution or “EFC”) if receiving financial aid. When you apply online you will have the option to request a fee waiver at the time you submit your application. If you plan on using the paper application, please contact our office for a fee waiver request form and submit your form with your completed application. To prevent processing delays, students who plan to request an application fee waiver should submit their application well in advance of the application deadline.”

Chapter 11: Resources for Completing College Applications

Same advice for completing your college sports questionnaire is here:

INSIDER'S TIP: Go to the application page or portal of whichever college you may be interested in and copy the questions in it before pasting them into a Word or similar document. Review and make sure you have all the information needed to complete BEFORE you start to fill it out. This way you won't get stuck in the middle of it looking for something.

INSIDER'S TIP: Type out your information on Word, etc. and then cut and paste into the document for three reasons:

1. So that you will get the benefit of spell and grammar check.
2. Sites crash, and computers freeze. You do not want to get near the end of your application and lose all your previous work as they may not have a "Save" feature.
3. Many of the sites will use a very similar format and it will make it much easier for you to cut and paste instead of having to re-create the information over and over.
4. Be aware that your college application may have a number of small (2 to 4 paragraph) essays *in addition* to your main essay.

[Anatomy of a College Application](#) from *College Choice.com*: Provides a simple and useful breakdown of what you'll need to start, the elements of a good entrance essay, things to avoid and how to make your application stand out.

Other help in preparing your college application can be found in a number of sources, including those below as well as how to apply guides from your destination college. Here is an example [guide page from Western Washington University](#).

The "[College Essay Guy](#)" provides both a commercial service but also an outstanding number of great free resources. You can also find [his books on Amazon](#), other retailers or public and school libraries. You can also find a number of his free resources organized in one place on his outstanding [College Application Hub](#).

The Common App: "The Common Application is a single online college application form used by over 900 colleges and universities. Instead of filling out the same general information—like your address, GPA, and extracurriculars— a dozen times, you only have to do it once." *From the Princeton Review*.

The Coalition App: Multiple schools, including the University of Washington accept the Coalition Application.

INSIDER'S TIP: As mentioned earlier, use correct grammar and spelling. This is like a job application and is not a text to a friend. **Always**, use a capital I when referring to yourself and others by name or title. Small i's when referring to yourself; misuse of "there," "their" and "they're," etc. are big no-no's and will often cost you points on your application.

Chapter 12: Career Exploration Tools

Knowing what you want to do after college will help with your college choice, motivate you and help you apply what you are learning to what you want to do after college

Washington Career Bridge: Search for educational programs and plan your career in Washington. Explore careers, view job trends and find the educational programs that will help you get there.

O*NET® Career Exploration Tools. Not sure what you want to study or do after college or trade school? O*NET is a set of self-directed career exploration/assessment tools to help workers consider and plan career options, preparation, and transitions more effectively. Users of the tools may link to the more than 950 occupations, allowing individuals to make a seamless transition from assessing their interests, work values, and abilities to matching their job skills with the requirements of occupations in their local labor market.

Still need more ideas? Check out [14 Free Career Sites for High School Students](#).

Activity for Students: Find five different jobs or careers you did not know existed before now. Some examples might be: an actuary, an anesthesiologist assistant, a supply chain manager, a genetic counselor or a [construction estimator](#).

If you are not focused on playing college soccer, review at least one college, university or tech training institute and see if they have your **academic program** and find out what might be the specialties in it. What is interesting to you? Which are hiring, working conditions and worker satisfaction like in your chosen field? [O*NET OnLine](#) and other career sites available through your school or library. [Glassdoor.com](#) can help you find out information about specific employers.

Dental hygienist, sonography, welding, accounting, aviation mechanics, diesel mechanic, construction management, physical therapy assistant, pre-nursing, computer graphics, medical coding and billing. or any other high-skilled trades? Think of Lake Washington Institute of Technology, Clover Park Technical College, South Puget Sound Community College or any other **accredited and non-profit college or institute** where you will be able to complete a 2-year Associates Degree or Certification that could take one year or less to complete.

A listing of Washington trade and technical schools as well as community colleges can be found in *Attachments B and C*.

Chapter 13: College Costs

[College Tuition Is Rising at Twice the Inflation Rate](#), *Forbes Magazine 2020*: “The cost of attending a traditional four-year university has been rising more than twice as fast as inflation, and two-year community colleges a third faster. Bachelor’s degrees cost an average of \$5,504 per year to pursue in 1985, according to the National Center for Education Statistics, a subagency of the U.S. Department of Education. In 2017 it was \$27,357.”

Information and tools on how to figure the cost of education:

[What the Net Price Calculator Is](#): This calculator is intended to provide estimated net price information to prospective students and their families based on what similar students paid in the comparison year. Net price is defined as estimated cost (price) of attendance—including tuition and required fees, books and supplies, housing and dining, and other related expenses—minus estimated grant and scholarship aid.

[How Do I Use a Tuition Calculator?](#) *U.S. News and World Report*, “The cost of attendance isn't always clear, since many families don't pay the sticker price once financial aid and institutional grants are factored into the bill. "I would advise all families to fill out the net price calculator on the website for each school under consideration to have the best possible understanding of the costs involved at the various options," says Colleen Ganjian, founder of DC College Counseling.”

Sample [Net Price Calculator, Western Washington University](#): “Welcome to Western Washington University's Net Price Calculator! Please begin by reading and agreeing to the statement below. Then follow the instructions on the subsequent screens to receive an estimate of how much students similar to you paid to attend Western in the 2020-2021 comparison year.

“By clicking on one of the calculator selections below, I acknowledge that the estimate provided using the calculator does not represent a final determination, or actual award, of financial assistance, or a final net price; it is an estimate based on price of attendance and financial aid provided to students in the comparison year. Cost of attendance and financial aid availability change year to year. The estimates shall not be binding on the Secretary of Education, the State of Washington, or Western Washington University.”

“Let’s Get Started on figuring [your Net Cost here!](#)”

Activity for Students: locate the [Net Price Calculator](#) for at least one of the schools you are interested in and work with your parents to do the math on college costs using variables such as living on or off campus, purchasing a full or partial meal plan and how much discretionary income you feel you will need.

Chapter 14: Financing Your Education

College Costs: Vary widely in Washington State, from the most expensive - Whitman College in Walla Walla at **\$53,420** annual tuition - to **\$4,127** per year at South Puget Sound and Centralia colleges for in-state residents or \$3,635 at Bellevue College. These are tuition costs only and do not include accommodation, books and fees and other charges.

Insider Tip: Net Price Calculators can be found for most any college by Googling “Net Price Calculator” and the name of the college you are looking for. They can provide customized information based on financial aid, living on or off campus, meal plans, books and fees, etc.

For most every family, seeking financial aid starts with the completing the FAFSA or the WASFA.

The FAFSA: U.S. citizens and eligible non-citizen students will be considered for grants, loans and work-study funds upon completion of this form. Federal aid can be used at technical, two-year and four-year colleges and universities across the country. Learn more about eligibility requirements and complete the FAFSA at FAFSA.gov and studentaid.ed.gov. Other help with the FAFSA can be found at the [Official Guide to Completing the FAFSA](#) and the [Guide to the FAFSA Process and Contact information](#). The FAFSA just became much easier to complete since technology allows families to download family income information directly from their IRS tax returns.

The WASFA: Students who are not eligible for federal financial aid due to immigration status may be eligible for several Washington State financial aid programs, including the [State Need Grant, the College Bound Scholarship, State Work Study, or Passport Scholarship](#). Learn more about eligibility and complete the WASFA at readyssetgrad.org

Activity for Students: Work with your parents to estimate your [Student Aid Index](#) (SAI), formerly called the [EFC](#) and know why is it important **and** locate the [Net Price Calculator](#) for at least one of the schools you are interested in.

Chapter 15: The Four Main Types of Financial Aid

What Are Different Types of Financial Aid? From U.S. News and World Report

1. Grants
2. Scholarships
3. Work-Study Jobs
4. Loans

GRANTS:

There are two main types of public grant aid:

1. **Need-based** and **merit-based**. Federal need-based aid, for instance, is determined by a family's demonstrated ability to pay for college as calculated by the FAFSA.
2. Merit aid, on the other hand, can be awarded by an institution, college or private organization to a student for a specific talent or an athletic or academic ability. These awards aren't based on financial need.

Federal Grants include the PELL Grant. Additional information on federal government grants for students attending colleges, career schools, and universities can be found here at the [U.S. Department of Education's Student Aid](#) site. The U.S. Department of Education (ED) offers a variety of federal grants to students attending four-year colleges or universities, community colleges, and career schools. Check out these common grant programs for more details and to learn how to apply. Additional information on the PELL and Federal Supplemental Educational Opportunity Grants (FSEOG) can be found here.

State Grants: An overview of grants available to Washington State students is [here](#). These include:

1. The **Washington College Grant** (WCG) is one of the most generous financial aid programs in the country. People of all ages from low- and middle-income families may qualify to get money for college, career training, and participating apprenticeships. Funding is guaranteed to eligible students.
2. The **College Bound Scholarship** provides an early (middle school) promise of financial aid to students from low-income families.
3. The **Washington State Opportunity Scholarship** helps low- and middle-income Washington students earn degrees, certificates, or apprenticeships in high-demand trade, health care, or STEM fields and launch careers in Washington State.

Other Washington Grants: The Washington State Educator Workforce programs provide financial aid to attract and retain teachers, the Washington Health Corps programs support licensed health professionals in providing primary care at approved sites in critical shortage areas and the Aerospace Loan Program supports training for entry-level aerospace workers.

Financial Aid Calculator: This tool *estimates and calculates* potential awards from the Washington College Grant and Pell Grant programs.

Additional information: [Financial Aid 101 Presentation](#): For students interested in attending college in Washington and beyond.

ACADEMIC SCHOLARSHIPS

Online Resources for Students:

[TheWashBoard.org](#) “is a free, student-centered, online clearinghouse for Washington students seeking college scholarships. This user-friendly site allows students to search and apply for scholarship opportunities that are specific to their academic interests, college, university, or other criteria. Students can easily see what criteria are required and apply for only those scholarships that are a good fit. Scholarships are available year-round, so students should keep their profile up to date and log-in periodically to see if there are new matches.”

[National Scholarship Finder](#) - US Department of Education financial aid and scholarship finder.

[SallieMae](#) - Scholarship Search - Features over 600,000 scholarships, grants, tuition waivers, internships, and fellowships.

[College Board Scholarship Search](#) - Locate scholarship and other information that matches your educational level, talents, and background.

Search for more Scholarships: In addition to scholarship search tools be sure to check with:

- High school counselors
- Colleges and universities you are interested in attending (including departments)
- Local banks, credit unions and department stores
- Employers - and parents' employers
- Member organizations (such as YMCA, Elks, Rotary, etc.)
- Local civic organizations, foundations

Insider Tip: Many more dollars are given out in the form of academic scholarships than as athletic scholarships.

You can get a **very rough** idea of how much a college has **available** to give out by finding out how large their endowment is divided by the number of students enrolled there. For example, this chart below lists both the **endowment size** and the **number of students** at the **University of Puget Sound** in Tacoma. If you'd like to get an estimate of how much the college potentially gives out in scholarship dollars, divide the endowment by number of students and then times that amount by .05% **or** the average amount of returns on investments that year.

This number equals the approximate money the college generates from its endowment annually. This **does not mean** all of that money is available for scholarships as some of it may be earmarked for named chairs or professorships, equipment for specific programs or even operating dollars, but it might get you in the ballpark of the amount of scholarship dollars granted. $\$378,600,000 / 2,600\text{students} \times .05 = \$7,820$ per student. **Again, this is a very crude estimate which may not include individual scholarships granted by families or businesses on an annual basis and obviously *not every student* receives a scholarship.**

College or University	Endowment Size	Student Body #	\$ per Student
University of Puget Sound, Tacoma, WA	\$378,600,000	2,600	\$ 7,820 figured at a conservative .05% return on investment.

Source, Wikipedia

Insider Tip: Don't be turned off by the cost of a private university compared to a public university. After you have been offered a financial aid package that includes grants, academic and athletic scholarships by both, the cost **to you** for the two educations may be very close or similar.

WORK STUDY

State Work Study: State Work Study is financial aid for low- and middle-income students. Qualifying students get an approved job, on- or off-campus, to support their education. For more information about Washington State Work Study, please visit the [Washington Student Achievement Council](#) website.

The advantages of on-campus work-study are many: You work site is typically close to your classes so you can leave work 5 or 10 minutes ahead of class and make it there in time. If it comes to a clash between school and work, school is the priority and if you are lucky you may be working in a field that is close to your academic interests and/or learning important office, people or maintenance skills.

STUDENT LOANS

Financial Aid for Students usually begins with the FAFSA or the WASFA addressed in detail [here](#).

“Learn More About Financial Aid in Washington State:

- Not sure where to start? Plan your future with college and career training information and resources.
- Review our [Financial Aid 101 presentation](#) for an overview of the financial aid application process.
- What's the difference between a grant and a scholarship? What does it mean if a loan is unsubsidized? Get to know financial aid terms with the [federal aid glossary](#).
- The U.S. government offers tax benefits that can help students and families pay for education. Learn more [about tax benefits for education](#).”

INSIDER TIP There are two major types of college loans - **subsidized and unsubsidized** and if you do need loans, you want the first one! Learn more about the differences here: [Subsidized and Unsubsidized Loans](#) and for more detailed information check this [Federal Student Loans: Basics for Students](#). Our goal is to have you leave college with no or the smallest amount of loans as possible, but this is not always doable. Read the following article and be a wise consumer.

[Financial Literacy for College Students, US News & World Report, Beverly Harzog, April 15, 2020 below](#). Improve your financial literacy while in college. Learn how to budget, pick up the basics of credit, saving and investing.

- [6 Money Mistakes College Students Make](#)
- [Federal Work-Study: Frequently Asked Questions](#)
- [5 Tips for Budgeting in College](#)
- [Ways To Save Money in College](#)
- [How to Save Money When Grocery Shopping on a Budget](#)
- [How Much Rent Can I Afford?](#)
- [12 Ways to Save on Utilities](#)

Chapter 16: Understanding Athletic Scholarships

[Excerpts from 5 Myths About Athletic Scholarships](#), from *US News and World Report*. By Deborah Ziff Soriano and Emma Kerr. March 24, 2021.

“Here are five myths about athletic scholarships that families should avoid.”

“Myth 1: Everyone on an Athletic Scholarship Gets a Full Ride

The average athletic scholarship is about \$18,000 per Division I student-athlete, based on numbers provided by the NCAA – an amount that typically won't cover annual college costs. Per *U.S. News* data for 2020-2021, the average tuition and fees at ranked public schools for out-of-state students was \$21,184, and the average cost amounted to \$35,087 at ranked private schools.

Only some sports offer full-ride scholarships. These are called head-count sports, Leccesi says. In the NCAA, these include only football for the [Football Bowl Subdivision](#), formerly known as Division I-A, and basketball for Division I. For instance, an NCAA Division I Football Bowl Subdivision team is allowed 85 scholarships per year for 85 athletes. These cannot be divided among more athletes, Leccesi says.

Basketball, volleyball, tennis and gymnastics offer full scholarships for women.

All other sports are called **equivalency sports**, which means the available scholarship money for each team can be divided among players. There are no restrictions on how many athletes can be on scholarship, and the allotted number of awards can be divided however the coach chooses, Leccesi says. This includes all other Division I sports and all NCAA Division II sports; National Association of Intercollegiate Athletics, or NAIA, sports; and junior colleges.

Students should keep in mind that while Division I schools may provide multiyear scholarships, some awards must be renewed each year. Additionally, according to the NCAA, scholarships can be canceled at the end of or during the award period if the student-athlete becomes ineligible, commits fraud, engages in misconduct or quits the team for personal reasons.

Because competition is stiff and not everyone will receive a full scholarship, prospective student-athletes often use self-promotion strategies to maximize their scholarship amount by engaging with teams and college coaches on social media.

Myth 2: Athletic Scholarships Are Available Only for Football, Basketball and Baseball

Courtineé Walker, a freshman at [Cornell University](#) in New York, spent more than 16 hours a week practicing cheerleading in high school. Her hard work paid off when, in 2020, she was awarded the National Society of High School Scholars Student Athlete Scholarship.

"This scholarship was focused on how my sports participation benefited me and challenged me when it came to balancing my academics," Walker says, and it worked well for her situation because Cornell does not offer merit aid. "It's always worth submitting an application, because NSHSS offers internships and other scholarships, and they can offer aid throughout your college career and beyond."

Despite the myth that awards are offered for only a few sports, partial scholarships are available for everything from golf to water polo to rowing.

Leccesi says students should weigh a partial athletic scholarship against other financial aid offers. They may actually receive more financial aid from a school with a **large endowment** that can offer merit-based scholarships.

"Sometimes even when you get an athletic scholarship, it's not going to be your best financial offer," he says.

Myth 3: You Must Be Able to Play at Division I Level to Get a Sports Scholarship

Although NCAA Division I schools may be among the most prominent ones to offer athletic scholarships, talented student-athletes can look to Division II, junior colleges or other conferences for scholarship offers.

"When people think of athletic scholarships, they tend to focus on the career-track athletes at Division I or Division II schools," James W. Lewis, president of the NSHSS, wrote in an email. "It is important to know that there are college scholarships out there for accomplished high school athletes, even if they don't plan to pursue athletics in college or career."

Mesa Sr. says his son found he got a more lucrative offer from Saint Xavier, which is in the NAIA. An NCAA school, he says, "may tell you they want you to come play football, but they may only offer you 10% of your tuition and room and board."

Division III schools do not award athletic scholarships, but they do grant other forms of financial aid, Randolph says. Often, schools will take into account [extracurricular activities](#) such as sports when awarding merit scholarships, she says. "These Division III schools have athletic teams, and they do want good players on their teams," she says. "They do take into account if a student is a student-athlete, and they're looking to recruit them to come to that Division III school."

Myth 4: You Don't Need Good Grades for an Athletic Scholarship

When students sign a letter of intent to play at a school, Randolph says, stipulations frequently are attached, such as maintaining a minimum [GPA](#) and good conduct. Randolph advises students to be aware of what they're committing to before they sign a letter of intent.

Mesa Sr. says it was clear that grades during the recruiting process and then for maintaining a scholarship were important to interested colleges. "It's a job," he says.

"They're paying for your education. They're paying for your food, room and board and everything else. Something is expected of you. You're going to go out and perform on the football field, but you're also going to be a person of character. You're going to be a good ambassador of the school."

To receive a scholarship from an NCAA institution, as well as to practice and play freshman year, incoming students must meet NCAA academic requirements. Students must complete 16 core courses according to the NCAA's specifications and timeline; earn at least a 2.3 GPA in those core courses; meet the [sliding scale requirement](#) of GPA and ACT or SAT test score, which requires a higher SAT or ACT score if a student-athlete has a lower GPA; and graduate from high school.

Though these are the typical requirements, due to the disruptions caused by the coronavirus pandemic, students who plan to enroll full time in the 2021-2022 academic year and play NCAA Division I or II athletics can forgo taking the standardized tests and remain NCAA eligible.

Myth 5: College Coaches Will Contact Players

Student-athletes looking to stand out in the crowded field of scholarship applicants should know that college coaches won't always initiate contact with prospective players. In fact, in some cases coaches are limited by [NCAA rules](#) from actively contacting students, Lewis says.

But, he says, "that doesn't limit a student or a student's coach from reaching out to a university coach."

"One of the most frustrating aspects of recruiting is not hearing back from a college coach," Lewis says, and this can be because the student is looking at the wrong college, it's the wrong fit for the student's stats or a coach is barred from reaching out to recruits.

Completing a college's online questionnaire and reaching out with updated stats whenever they're available can help athletic scholarship applicants stand out, Lewis says."

Other Articles from US News and World Report:

How to Turn Extracurricular Activities into College Scholarships.

Article: [Out of State Tuition and Athletic Scholarships from the Informed Athlete](#).

Activity for Students: Gather together your basic information now – name of your high school, past jobs or volunteer information with titles, organization name, dates served and supervisor's contact and references as well as contact information from past coaches, grades and test scores if you have them and start to brainstorm on your essay. (See information from the *College Essay Guy* website; "[How to Write a College Essay: Complete Guide and Examples](#) and [14 Scholarship Essay Examples That Were Awarded Thousands](#) and read "[Can I Just Reuse Essays on Multiple Scholarships?](#)" by *College Raptor*).

Chapter 18: Finding and Applying for Academic Scholarships

ONE: Local Scholarships:

Most applications are due from late Fall to late Winter of your senior year while another set are often due in the spring.

Sources local to you:

Examples from area high schools:

[Olympia High School](#)

[Timberline High School](#)

[Tumwater High School](#)

[North Thurston High School](#)

[Shelton High School](#)

Yelm High School: Not currently available

Curtis High School: partial listing [here](#):

[Lakes High School](#):

Also:

[Find Local Scholarships in Your Own Backyard, 10 Sites to Kick Off Your Scholarship Search, Getting Free Money for College](#) (2-minute video), from *US News & World Report*.

TWO: Scholarships from the college or university you are planning on attending:

To find these simply place the name of your target schools along with “undergraduate scholarships” into the website of the school of your choice and you will find a number of scholarships you are eligible for. **Often you will only have to complete one application to apply for several scholarships.** Here are some examples:

CWU - Scholarships Central

UW - Undergraduate Scholarships/Husky Promise

EWU – Scholarships

WSU– “Every year WSU awards approximately \$392 million in scholarships and financial aid.”

WWU – WWU Scholarships for Incoming Freshmen and Transfer Students

South Puget Sound Community College – Scholarships

Etc.

Activity For Students: Use the [College Board Big Future Scholarship Search](#) function account to organize your applications to select scholarship providers with their information on file so students can apply in a fraction of the time.

Attachment A: Recruiting Checklists by Academic Year; What Should I Be Doing When? *from the NCSA*

[Fall Recruiting Checklist for Freshmen](#)

[Fall Recruiting Checklist for Sophomores](#)

[Fall Recruiting Checklist for Juniors](#)

[Fall Recruiting Checklist for Seniors](#)

Attachment B: Four-Year Colleges and Universities in Washington State

Washington State is home to six public four-year colleges and universities and many independent colleges, universities and career schools. The colleges and universities listed below offer bachelor's degrees and are **regionally accredited** by the [Northwest Commission on Colleges and Universities \(NWCCU\)](#).

- [Bastyr University](#)
- [Central Washington University](#)
- [City University of Seattle](#)
- [Cornish College of the Arts](#)
- [Eastern Washington University](#)
- [Gonzaga University](#)
- [Heritage University](#)
- [Northwest Indian College](#)
- [Northwest University](#)
- [Pacific Lutheran University](#)
- [Saint Martin's University](#)
- [Seattle Pacific University](#)
- [Seattle University](#)
- [The Evergreen State College](#)
- [University of Puget Sound](#)
- [University of Washington](#)
- [University of Washington Bothell](#)
- [University of Washington Tacoma](#)
- [Walla Walla University](#)
- [Washington State University](#)
- [Washington State University Tri-Cities](#)
- [Washington State University Vancouver](#)
- [Western Governors University](#)
- [Western Washington University](#)
- [Whitman College](#)
- [Whitworth University](#)
- [Western Governors University, Washington \(online only\)](#)
- [University of Massachusetts Global \(UMass Global\)](#), formerly Brandman University, Lacey, WA. (Hybrid format; online with some in-person classes).

Attachment C: Public Community and Technical Colleges in Washington State.

Many WA community colleges also offer 4-year degrees as well. Check individual colleges to see offerings. Many, but not all, offer varsity soccer programs. Check out which do at the Northwest Athletic Conference or [NWAC site](#).

[1 – Bates Technical College](#)

[2 – Bellevue College](#)

[3 – Bellingham Technical College](#)

[4 – Big Bend CC](#)

[5 – Cascadia CC*](#)

[6 – Centralia College](#)

[7 – Clark College](#)

[8 – Clover Park Technical College](#)

[9 – Columbia Basin College](#)

[10 – Edmonds CC](#)

[11 – Everett CC](#)

[12 – Grays Harbor College](#)

[13 – Green River CC](#)

[14 – Highline CC](#)

[15 – Lake Washington Technical College](#)

[16 – Lower Columbia College](#)

[17 – North Seattle CC](#)

[18 – Olympic College](#)

[19 – Peninsula College](#)

[20 – Pierce College-Fort Steilacoom](#)

[21 – Pierce College-Puyallup*](#)

[22 – Renton Technical College](#)

[23 – Seattle Central CC](#)

[24 – Shoreline CC](#)

[25 – Skagit Valley College](#)

[26 – South Puget Sound CC](#)

[27 – South Seattle CC](#)

[28 – Spokane CC](#)

[29 – Spokane Falls CC](#)

[30 – Tacoma CC](#)

[31 – Walla Walla CC](#)

[32 – Wenatchee Valley College](#)

[33 – Whatcom CC](#)

[34 – Yakima Valley CC](#)

Families are encouraged to consider **only accredited public and private** not-for-profit community colleges, technical and trade schools.

Attachment D: A Glossary of Common Recruiting Terms (from [U Recruit U.com](http://URecruitU.com))

Here's a list of common recruiting terms that can help clarify the many aspects of recruiting.

Calendars - Coaches and their associates are restricted to certain times during the year when they can contact players, and in what way this contact is made. Calendar dates include contact periods, dead periods, evaluation periods and quiet periods.

College ID Camps - Combines are a camp or clinic where players scrimmage and perform various physical exercises to rate their physical fitness.

Commitment - An oral or verbal commit is a non-binding agreement between a student-athlete and prospective school. While it is tentatively understood that the student-athlete will accept the scholarship offer and attend the school, he/she is free to explore offers with other institutions until a letter of commitment has been signed.

Contact Period-During a contact period a college coach may have face-to-face contact with college-bound student-athletes or their parents, watch student-athletes compete and visit their high schools, and write or telephone student-athletes or their parents.

Core Courses- Students must complete [16 core courses](#). 10 of these courses must be completed before the seventh semester of high school, with grades being locked in after that time (students cannot retake for the possibility of a better score).

Core courses include:

- Four years of English
- Three years of math
- Two years of natural/physical science
- Two years of social science
- One additional year of English, math, or science
- Four years of additional courses including any of the above, foreign language, or religion/philosophy

Dead Period- During a dead period, a college coach may not have face-to-face contact with college-bound student-athletes or their parents, and may not watch student-athletes compete or visit their high schools. Coaches may write and telephone student-athletes or their parents during a dead period.

Early Action- Nonbinding plan that allows an athlete to submit his or her application in early fall. The college lets the student know whether he or she is accepted by early January, but the student has the right to wait until May 1 before responding. This gives a student-athlete time to compare colleges, including financial aid offers, before making a final decision.

Early Decision- A binding agreement whereby a student-athlete accepts an offer prior to National Letter of Intent Day. A student can apply Early Decision to only one college. A student who is accepted as an ED applicant must attend the college.

Eligibility Center/Clearing House- The NCAA Eligibility Center is the first step in the recruitment process. The Eligibility Center handles all inquiries regarding an individual's initial-eligibility status. The Eligibility Center also maintains and processes all of the initial eligibility certifications.

Equivalency Sports- Programs that fall into this category – all sports – including men’s and women’s soccer other than men’s basketball, women’s basketball, football, women’s gymnastics, women’s tennis, and women’s volleyball – can offer full or partial scholarships. *vs.*

Head Count Sports- A college team is restricted in the number of athletes that can be on scholarship. They can’t divide that money up to give half scholarships to more athletes. Head count scholarship sports are Football (FBS only), Basketball (DI men’s and women’s), Tennis (DI women only), Gymnastics (DI women only) and Volleyball (DI women only).

Evaluation Period - During an evaluation period a college coach may watch college-bound student-athletes compete, visit their high schools, and write or telephone student-athletes or their parents. However, a college coach may not have face-to-face contact with college-bound student-athletes or their parents while not in the college’s campus during an evaluation period.

Full Ride- These are the most coveted type of scholarships, and full-rides don’t just cover tuition and fees. They also provide funding for books, supplies, room and board, and possibly even additional living expenses. These are most common in Division I athletics (football, basketball and volleyball), *but still quite rare.*

Merit Scholarship- Division III doesn’t actually award athletic scholarships, but that shouldn’t stop prospective student athletes from applying to one of the more than 450 excellent colleges and universities in this grouping. While they may not receive that particular type of funding, more than 75 percent of all student athletes at Division III schools are awarded a merit scholarship for academic achievement or receive financial aid.

National Association of Intercollegiate Athletics- The NAIA functions in much the same way as Division II of the NCAA in that it is comprised of athletic programs from smaller colleges and universities. This organization is popular for international students hoping to play in America as there are fewer restrictions than in the NCAA.

National Collegiate Athletic Association- The NCAA regulates the athletes of the 1,281 member institutions. Under the umbrella of the NCAA are three divisions (1, 2, and 3) which are determined by the size of the school and its budget.

National Junior College Athletic Association- The NJCAA exclusively organizes athletic programs for two-year institutions. Although the smallest of the associations, students who elect to play sports at an NJCAA school often benefit from lower tuition rates, an opportunity to better their grades in order to gain more scholarship funding, and the option to transfer to an NCAA or NAIA school after two years. (ED NOTE: Our local regional community college league is the NWAC and is one of the stronger CC leagues in the nation for soccer.

National letter of intent (NLI) - An official agreement between a student-athlete and a prospective school stating the agreement to attend that institution for one academic year in exchange for athletics aid. Once a student-athlete has signed with a prospective school, he/she can no longer be contacted by prospective schools for recruitment.

National Signing Day- The first Wednesday in February is the official signing day for high school football. Following this date, student-athletes may sign letters of intent with prospective schools to attend that institution for one academic year in exchange for athletics aid.

Official Visit- Official visits include any visit to a prospective school by a student-athlete paid for by the school. Official visits include schools paying for transportation, room and meals and entertainment. Recruits are allowed up to 5 official visits to Division 1 and/or Division 2 levels and you can only take one visit, per school.

Partial Scholarship- Partial scholarships cover a portion of expenses – most commonly starting with tuition and fees – but students will still need to pay for a portion of their education. They are typically allocated based on a set percentage and are commonly found in Division II athletics.

Quiet Period- During a quiet period, a college coach may only have face-to-face contact with college-bound student-athletes or their parents on the college's campus. A coach may not watch student-athletes compete (unless a competition occurs on the college's campus) or visit their high schools. Coaches may write or telephone college-bound student-athletes or their parents during this time.

Redshirt- Also known as a "Fifth Year Senior," redshirt refers to a student-athlete who extends four seasons of play over five years. A redshirt player typically sits out of games for a season, while still attending practices and classes. A redshirt season typically occurs during your freshman year or when a season is cut short due to injury.

Sliding Scale- Division I and Division 2 uses a sliding scale to match SAT/ACT scores and core-course grade-point averages to determine eligibility. *The sliding scale balances your test score with your GPA.* If you have a low-test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible.

Two-Year Tuition- Not all two-year institutions provide scholarships, but student athletes who complete the first half of their degrees in these schools before transferring to a four-year school can save thousands of dollars in tuition and fees, often without sacrificing their level of play. *While only one percent of high school freshmen were recruited to play on DI basketball teams during the 2012-2013 academic year, transfer students made up 14.5 percent of recruits during the same time frame.*

Unofficial Visits- These visits occur when student-athletes and their families pay their own expenses when visiting a prospective school, including transportation, room, meals and entertainment. if possible, families should avoid making these visits during a "dead period."

Walk On- This term refers to a student-athlete who plays and trains on a collegiate team without an athletic scholarship.

Rules on athletic eligibility for the [NCAA](#) and the [NAIA](#) are here care of NCSA.

Attachment E: Academic Scholarship Essay Outline by Dave Brown

Insider Tip: Typically, writing a **scholarship essay** is the most daunting part of completing and submitting a scholarship application. Use this format as a starting point on your scholarship essay. Also keep in mind that ***your scholarship essay may have several elements that can be used in your college entry application essay.***

RESEARCH/BEFORE YOU START:

Can you write intelligently about your chosen career path and area of study? If you are interested in getting a degree in business, can you articulate why and what would be your area of specialty? Business colleges and degrees can prepare students for work in the areas of accounting, consulting, supply chain / procurement, entrepreneurship, hospitality, management, finance, human resources, management, marketing and sales or real estate, medical field and many other fields.

Do you know what education is required and how long it will take to complete? The required degree to become a Physical Therapist is now a Doctor of Physical Therapy or (DPT), a program that typically takes three years of additional study beyond a bachelor's degree.

Be as specific as you can be but be realistic and give yourself some career options. Your goal might be to become a neuro-surgeon but not everyone can be or choose to be one based on both academic and physical requirements. But if your passion is to be in the health field working with neuro-science - alternative careers include being a neurologist, a neurosurgical physician's assistant, doing related research, pharmaceutical, neuropsychology and psychiatry.

1. INTRO AND OPENING

Past:

- Who are you - basic information: Incoming freshmen, transfer student, Running Start student, etc.?
- Where you come from and why that matters: Have you lived in a number of places and or just one and has that impacted your ability to adapt or feel committed to an area?
- Past activities, work and volunteer experience and **more importantly**, *what did you take from them that will help you be a better student and successful in your chosen area?* Skills, realizations, lessons learned.
- Obstacles overcome. You chance to be as candid as you'd like in sharing some of your life story. As Ethan Sawyer "The College Essay Guy" states, obstacles "can be put on a spectrum with things like getting a bad grade or not making a sports team on the weaker end and things like escaping war or living homeless for three years on the stronger side. While you can possibly write a strong essay about a weaker challenge, it's really hard to do so."

Currently:

- What academic track are you on and why? How did you choose it? Strive to articulate a compelling and specific reason/s and possibly inspired by a life event or something learned. If you don't know yet, are there classes and subjects you are enjoying or excited about taking?
- Current grades and/or what classes are you passionate about? If you have challenges, how do you plan to overcome them? And are your grades on an upward trajectory?

2: NEAR TERM FUTURE

- If you are entering a four-year school, do you know what you plan to major in now or are you hoping to use your first year or two to decide that?
- If you are entering community college, what are your plans after earning your Associates of Arts/Science (2-year degree) or your bachelor's degree (4-year degree) or beyond? Have you given any thought to your next educational move and if so, why are you interested in that school?
- What is the typical educational path of someone in your chosen field? An advanced (master's or doctorate) or professional studies to become a lawyer, doctor or dentist?
- What are other options might be of interest to you and of service to your community or to society in general?

3. FARTHER TERM:

- What will your career look like? What are some possibilities?
- What will you be giving back to the community? (This community; community in broadest sense) How will you do so? *Pro Bono* work, volunteer, serve as a role model?

4. WHY ARE YOU A GOOD INVESTMENT?:

- Applying for a scholarship is asking a school or organization to make an investment in you. ***Why are you a good investment?*** (Ever watch Shark Tank?)
- Track record: What have you done or shown in the past in terms of achievement, contribution to society or to those around you?
- Motivation: Can you demonstrate or give an example of your level of commitment toward your education and your future?
- Newfound passion, life changing event or insight: Is there something in your life that has driven you toward the education and career path you are interested in and if so, tell the readers something about it.

GENERAL

- Elements or sections in this template are placed in a specific order ***but that does not mean you have to follow it.*** If you have a great opening story on why you chose a certain field or area of study, start with that for example.
- Tone: Write in a warm but professional tone.
- Misspellings/grammar – Use MS Word or another word processing tool with a robust spelling and grammar check feature.
- Use a thesaurus if needed but don't use words that are not "you" or do not fit the rest of your writing style.
- Be as specific as possible and use examples and stories to make your essay interesting.

- The other sections of your application will likely include your academic and work history including a transcript and a resume, so you don't have to rehash that information in your essay, but if you **do** mention a past or current position, employer or an influential book, make sure to get the details right.
- Think about your target audience as you write. Typically, the people who will be reading your essay and application may be admissions office staff or a committee composed of staff, faculty and sometimes community members. Remember that they will often be reading a large number of scholarships. What you can share that is compelling, well-articulated, easy to follow and relate to by the reader will be remembered.

Insider Tip: Your essay is not the place to come off as arrogant or self-centered, but it is also not the place to hide your accomplishments. If you got straight B's taking AP classes, working 20 hours a week mornings before school and also never missing a club or high school training session; that is something to be proud of and to make a part of your essay.

Attachment F: Other Scholarship Sources and Resources

From www.scholarships.com

- [Scholarships for Muslim Students:](#)
- [Scholarships for African American Students:](#)
- [Scholarships for Hispanic Students:](#)
- [Scholarships for Native American Students and Here:](#)
- [Scholarships for Christian Students:](#)
- [Scholarships for Asian and Vietnamese Students:](#)
- [Merit Based Scholarships:](#)
- Scholarships for **Gap Year** students [here](#) and [here](#).

[How to Create a College Recruiting Resume'](#), by *Athletic Scholarship Net*. Only needed if you will not be creating a profile on NCSA or similar.

Additional Scholarship Application Resources

[How to Write a College Essay](#) - *US News & World Report*:

[How to write a Diversity Essay on Your College Application](#) by the “College Essay Guy.” Ethan Sawyer is the founder of this organizations which provides a range of free and commercial products, including excellent books that can be found [here](#).

[College Essay Examples](#) - *US News & World Report*:

[Typical Scholarship Essay Questions or Prompts:](#) by *Going Merry*

Top 10 scholarship essay prompts and how to answer them by [GoingMerry.com](#) which also has a great number of other items

1. How will this scholarship help you?
2. How have you contributed to your community?
3. Tell us about yourself.
4. Tell us about a time you failed and what you learned from it.
5. What are your academic and/or career goals?
6. What impact has sports had on your life?
7. Why do you deserve this scholarship?
8. Tell us about a time when you had a belief or idea challenged.
9. How are you unique? (Discuss your background, identity, interest, or talent)
10. Why do you want to study/pursue [X]?

Insider Tip: Unless it is your style of working, don't start by writing free-flow and in a stream of consciousness manner. Create an outline, which lead to bullet points. Bullet points become sentences, which naturally grouped together, become paragraphs. Paragraphs, then become your rough draft, which upon reflection and review by you and another person and careful proof-reading, becomes your essay.

Attachment G: College & Career Compass Washington

[College & Career Compass Washington](#): is another great comprehensive site run by the Washington Student Achievement Council, with information on a number of subjects focused on helping Washington high school students.

College & Career Compass Washington [Backpack](#): Find guidance and resources, organized into four areas.

[Costs of College](#)

Explore how financial aid can help you pay for your degree.

- Value of College
- College Expenses
- Types of Financial Aid
- Applying for Financial Aid
- Scholarships
- Washington College Grant

[Preparation & Enrollment:](#)

Brush up on academic skills to make sure you're ready.

- Study Skills
- Standardized Test Preparation (SAT or ACT)
- Transitioning out of High School
- STEM or STEAM Programs

[Education Pathways](#)

Learn about the many pathways through education, and how to find yours.

- Types of Academic Programs
- Career Pathways
- Choosing a College
- Ways to Attend

[Student Supports](#)

Find resources and services to meet your individual needs.

- Balancing Life and College
- Transportation
- Health Care
- Students with Disabilities
- Students of Color
- Immigrant Students
- LGBTQ+ Students

[Educational programs](#)

Search educational programs that you want to explore.

In Closing

Inspiration: There are all kinds of paths to the next level of soccer. If you have aspirations to play soccer at a high level, even starting with modest recognition, consider watching the documentary *Rise and Shine: The Jay DeMerit Story* [here](#) and [here](#) to find the story of an American who went from sleeping on park benches in London to starting in the English Premier League and captaining the US National team as well as the Vancouver Whitecaps.

My Hope: Is that this guide has been helpful to you in broadening horizons and letting you see the range of educational and training opportunities that are available to you as a high school student. Talk to your parents, your coaches, your counselors and successful business owners and tradespeople and you will find that the opportunities available to you in Washington and beyond are many and varied. Also remember that 80% of college students will [change their majors](#) at least once, and it's estimated that most people [will have 12 jobs](#) during their lives. Don't be afraid to start and then to make the best of it once you have started. Like anything, ***you'll get out of your education what you put into it!***

Additional Help: If a TCU student or student-athlete would like to confer with me to get some additional assistance with their college choice, how to create a target list, further research a college's academic or athletic programs, seek help with identifying or applying for scholarships or they can feel or with their college application essay they can be in touch directly with myself at doc@thurstoncountyunited.org.

I was deeply gratified to recently attend graduation at a prestigious public institution, after [helping](#) a student receive a three-year full-ride scholarship valued at **over \$170,000**. ***The biggest two things that that student did to get to that figure was to seek advice and to apply!***

Remember, the only stupid question ***is the one you don't ask!***

Dave Brown

M. Ed., US Soccer B License, CSCS

Director of Coaching

Thurston County United/Chinqually Booters

doc@thurstoncountyunited.org