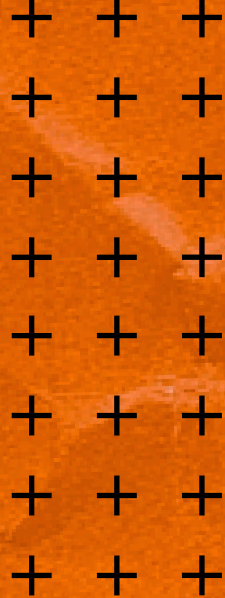
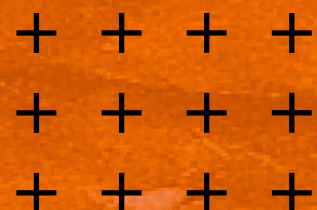


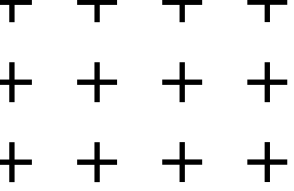
COLLEGE SOCCER RECRUITING GUIDE

**GUIDE TO NAVIGATING COLLEGE
SOCCER RECRUITMENT**



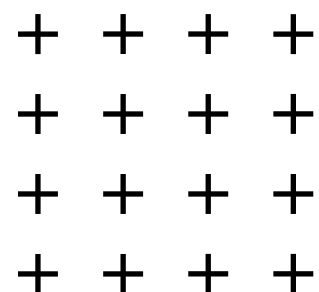
BOYS SOCCER





INTRODUCTION

This guide was developed with direct input from over 10 college coaches across all divisions, including Carnegie Mellon University, Seton Hill, Penn State campuses (Main, Beaver, Greater Allegheny, New Kensington), La Roche, and Grove City. It combines expert advice, coach interviews, transcripts, and call notes to help Greater Latrobe soccer families better understand and prepare for the collegiate recruitment process.



1. WHAT COLLEGE COACHES ARE LOOKING FOR

Highlight Reels

- Start your video with your name, position, school, club, graduation year, and contact info.
- Upload to YouTube or similar—do NOT email large files or attachments.
- Showcase multiple strengths—not just goals or footwork.
- Keep it under 3–5 minutes, and lead with your best clips.
 - **Length:** Keep videos under 3–5 minutes.
 - **Structure:** Lead with your strongest moments. Include 10–15 seconds before and after the play.
 - **Content by Position:**
 - Defenders: Tackling, pressing, clearances, positioning
 - Midfielders: Vision, passing, transition play, creating chances
 - Attackers: Scoring, off-ball runs, pressing, assists
 - **Presentation:** Start with player info (name, grad year, position, club, contact info). Use clear labeling or visual markers.
 - **Format:** Share via YouTube, Google Drive, or NCSA with permissions set. Do not attach large files or send via text.

"Think of your highlight reel as a resume. Pick the moments that sell you." – Coach Oscar Umar, PSU Main Campus

Academic and Personal Fit

- **GPA Thresholds:** Most programs expect a minimum of 3.0; more competitive schools expect 3.5+.
- **Course Rigor:** Honors, AP, and Dual Enrollment courses are a plus. Avoid niche electives that may not transfer.
- **Well-Rounded:** Coaches value character, leadership, and work ethic. Being a "captain in waiting" counts.
- **Fit First:** Location, size, campus culture, academic major, and roster needs matter just as much as athletic prestige.



2. THE RECRUITING TIMELINE

When to Start


- **Freshman Year:** Begin researching schools and programs.
- **Sophomore Year:** Create a highlight video, attend local ID camps, and begin coach outreach.
- **Junior Year:** Get serious. Narrow your list, attend targeted ID camps, and start campus visits.
- **Senior Year:** Finalize communication, apply, and secure your spot.

Key Milestones

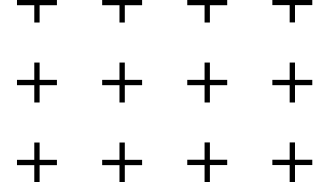
- **July 1st, after sophomore year:** NCAA D1 & D2 coaches can begin official recruiting conversations.
- **ID Camps:** Best attended between the summer of your sophomore and junior year.

"You want to be on a coach's radar before your junior year. Don't wait."

– Coach Brandon Bowman, Carnegie Mellon University



3. HOW TO REACH COACHES



Email Do's and Don'ts

Do:

- Send it yourself (not your parent)
- Use the correct coach name and school name
- Include GPA, intended major, and video link
- Add your schedule if applicable

Don't:

- Copy/paste mass emails
- Oversell or exaggerate stats
- Send with typos or vague messaging

Example Email Template

New message

To [Coach Email Address]

Subject Class of 2026 Midfielder – Interest in [School Name]

Dear Coach [Last Name],


My name is [Your Name], and I'm a 2026 graduate from Greater Latrobe Senior High School. I play center midfield for Latrobe and for [Club Team]. I currently have a 3.7 GPA and am interested in pursuing a degree in [Major].

I've included a link to my 3-minute highlight reel below and would love your feedback. I'm especially interested in your program because [insert specific reason].

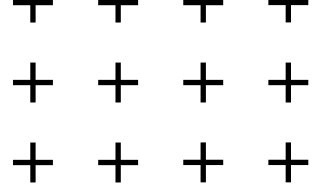
[Highlight Reel Link – YouTube, Google Drive, etc.]

Thank you for your time and consideration.

Sincerely,
[Your Name]
[Phone Number] | [Email Address]

Send

- ✓ **Reminder: Don't send large files — always use a shareable video link & make sure permissions are set before you send.**



4. CHOOSING THE RIGHT CAMPS

ID Camp Tips

- Attend camps for schools you're serious about. Coaches notice.
- Check who will be coaching: Multi-school ID camps can help, but not all attending coaches are actively recruiting.
- Look for campus integration: Camps scheduled with open houses or tours are ideal.
- Avoid money-grabs: Large camps (100+ players) often offer limited exposure.

Types of Camps

- **College-Specific:** Best for targeted exposure
- **Multi-School:** Broader exposure, less personal attention
- **Third-Party Showcases:** Events like Jefferson Cup, ECNL, Blue Chip



5. BEYOND THE FIELD: EVALUATING FIT

- Define your 'non-negotiables'—what matters most to you.
- Dual enrollment is often more useful than AP classes.
- Poor parent behavior can negatively impact recruitment.
- Character and attitude are tiebreakers between equally talented players.

What to Look For

- Roster size and class breakdown (e.g., are 7 forwards already returning?)
- Positional needs in your graduating year
- Coach stability (how long have they been with the program?)
- Campus environment, distance from home, dorm life
- Academic reputation and financial aid offerings
-

Financial Planning

- Division I and II may offer athletic scholarships—but many are partial.
- Division III and NAIA often offer strong academic scholarships and aid.
- Submit your FAFSA early to understand your true cost: fafsa.gov

***"You're not just picking a soccer program.
You're picking your next 4 years."***

– Coach Chris Karwoski, La Roche University



6. ADDITIONAL ADVICE FROM COACHES

"Sell us on your mindset, not just your foot skills."

– Coach Mark Duffield, PSU New Kensington

"We've passed on players because of parent behavior."

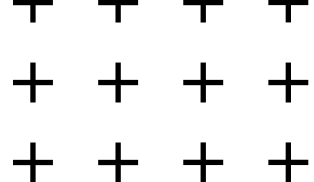
– Coach Jason Broadwater, PSU Greater Allegheny

***"Make your video and information easy to find.
No attachments."***

– Coach Martin Freese, PSU Beaver

"You don't need NCSA to get recruited—you need initiative. Recruiting is a people business, not a platform business."

– Coach Chris Karwoski, La Roche University



FINAL THOUGHTS

This process is personal—not one-size-fits-all. You don't need to play D1 to succeed or enjoy your college journey.

Helpful Links & Resources

- NCAA Eligibility Center: web3.ncaa.org/ecwr3
- FAFSA Financial Aid: studentaid.gov
- College Navigator (compare colleges): nces.ed.gov/collegenavigator
- Sample Recruiting Questionnaires: Check individual program websites under "Athletics > Men's Soccer"

QUICK-REFERENCE CHECKLIST FOR PLAYERS & FAMILIES

Getting Started

- Research 10–15 schools that interest you
- Create a recruiting profile with key stats & video
- Talk to your coach about your goals and level of play

Video & Communication

- Film and edit a 3–5 minute highlight reel
- Upload to YouTube or Drive (shareable link)
- Draft a personal email template for coaches

Outreach

- Contact 4–5 schools by the end of your sophomore year
- Follow up with thank-you emails and updates
- Complete online recruiting questionnaires

Exposure

- Register for 2–3 ID camps or showcases
- Schedule college visits during junior year
- Evaluate each program for academic, athletic, and personal fit

Financial Prep

- Apply for FAFSA early in senior year
- Research merit-based scholarships and grants
- Understand the cost breakdown for each school on your list





PREPARED BY:
JESSICA STEPHENSON, PRESIDENT
GREATER LATROBE BOYS SOCCER BOOSTER ASSOCIATION
LATROBEBOYSSOCCER@GMAIL.COM | WWW.LATROBEBOYSSOCCER.COM