

Advice from college coaches:

Research the college first. **Do NOT go to a college that you would otherwise not attend if a soccer program didn't exist there.** Know what it takes academically to get into the school you're interested in.

College soccer coaches agree: academics rule. Be specific in your letters to coaches as to why you are interested in the college and program. **DO NOT** do mass mailings.

Videos should be 5 minutes maximum and are for identification purposes only. They may stir coaches' interest and possibly result in them coming to watch you at a tournament but offers are not made based upon video footage.

An accompanying short letter should include the following: jersey number, uniform color, identification of your position, what team you're on and the coach's name and contact information.

They do **NOT** want to hear parents in the background. Use a tripod. The video does not have to be professionally produced, just has to be good quality.

Be advised that college coaches look at Facebook pages and other social media. Think carefully about what you put out there.

Coaches do NOT want to hear from parents.

When looking at programs, players should examine systems/styles of play and how players and coaches communicate.

Investigate programs you're interested in to see whether and when they offer ID camps. For a fee, players can attend an ID camp to be evaluated by the coaching staff of a specific school. Coaches from multiple schools will sometimes be present at the same camp to evaluate players.

Think about what you want to get out of your college experience before pursuing particular programs. College soccer is a significant commitment, particularly at the higher levels.

The options for playing in college are the following:

NCAA (National Collegiate Athletic Association Division 1, 2 and 3)

NAIA (National Association of Intercollegiate Athletics)

NJACC (National Junior College Athletic Association)

NWAC (Northwest Athletic Conference)

Club/Intramural soccer.

The NCAA and NAIA are the two main separate governing bodies of college athletics. The NCAA consists of approximately 1200 schools and has 3 main divisions. **Only Division 1 and 2 schools offer athletic scholarships. The NAIA consists of approximately 300 schools and has 2 main divisions. Most offer scholarships.** Competitive levels for NAIA Division 1 schools are similar to NCAA Division 2 schools.

NCAA Division 1 and 2: typically large public universities

NCAA Division 3: typically small private colleges

NAIA: typically small private colleges

NJCAA (nation-wide) or NWAC (represents 35 colleges from Idaho, Oregon, Washington and British Columbia): Junior or Community colleges

If you plan on pursuing NCAA colleges at the Division 1 or 2 level or NAIA colleges, you are required to create a profile on their specific eligibility websites that will include core high school courses, GPA and standardized test scores.

NCAA eligibility center website: www.ncsasports.org

NAIA eligibility center website: www.playnaia.org

Please note that NCAA rules state that coaches cannot contact freshmen and sophomores.

Captain U and other comparable website profiles can sometimes be useful but it does NOT make you more recruitable. GPA, SAT/ACT, video footage and personal letters are better tools for the recruitment process.

It is advisable to look at the rosters and recruits on the websites of the colleges you are interested in to get a realistic idea of where you might stand as a player.

Some programs have tryouts after the recruiting process is over but it is rare to gain a spot on a college team through this route.

Junior/Community colleges remain viable routes to NCAA and NAIA schools as players generally still have 2 years left of eligibility after graduating.

The following websites can provide more information about soccer programs at junior/community colleges:

www.nwacsports.org

www.njcaa.org

In 2015, the Legislature passed the "**Oregon Promise**" which provides tuition grants for those who plan to attend and pursue a certificate or degree at one of Oregon's 17 community colleges. **The deadline for application is March 1st.**

For more information regarding this program, eligibility requirements, frequently asked questions and an application, refer to the following websites:

<http://www.oregonstudentaid.gov/osac-doc/OregonPromiseFactSheet.pdf>

<http://www.oregonstudentaid.gov/oregon-promise.aspx>

The Western Undergraduate Exchange (WUE) is a program in which participating states offer reduced resident tuition rates to students outside of their home state. You need to apply early for this as many institutions offer only a limited number of WUE awards/year.

The participating states include the following: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Utah, Washington, Wyoming, and the Commonwealth of the Northern Mariana Islands.

Please refer to the website for the Western Interstate Commission for Higher Education (WICHE) for a complete list of participating two- and four- year colleges: www.wiche.edu

The athletic conferences in our region are the following:

PAC-12 (Div 1)

Arizona (women)

Arizona State (women)

California (men and women)

Colorado (women)

Oregon State (men and women)

Stanford (men and women)

UCLA (men and women)

University of Oregon (women)

USC (women)

Utah (women)

Washington (men and women)

Washington State (men and women)

West Coast Conference (Div 1)

BYU (women)

Gonzaga (men and women)

Loyola Marymount (men and women)

Pacific (men and women)

Pepperdine (women)

Portland (men and women)

Saint Mary's (men and women)

San Diego (men and women)

San Francisco (men and women)

Santa Clara (men and women)

Great Northwest Athletic Conference (Div 2)

Central Washington University (women)

Concordia University- Portland (men and women)

Montana State University Billings (men and women)

Northwest Nazarene University (men and women)

Saint Martin's University (men and women)

Seattle Pacific University (men and women)

Simon Fraser University (men and women)

Western Oregon University (women)

Western Washington University (men and women)

PacWest conference (Div 2)

Academy of Art (men and women)

Azusa Pacific (men and women)

BYU-Hawaii (men and women)

California Baptist (men and women)
Chaminade (men and women)
Concordia (men and women)
Dixie State (men and women)
Dominican (men and women)
Fresno Pacific (men and women)
Hawai'i Hilo (men and women)
Hawai'i Pacific (men and women)
Holy Names (men and women)
Notre Dame de Namur (men and women)
Point Loma (men and women)

Northwest Conference (Div 3)

George Fox (men and women)
Linfield (men and women)
Lewis & Clark (women)
Pacific (Ore.) (men and women)
Pacific Lutheran (men and women)
Puget Sound (men and women)
Whitman (men and women)
Whitworth (men and women)
Willamette (men and women)

The following represents only a partial list of the different colleges in the West for high school players who are interested in attending ID (identification) camps throughout the year. For a fee, any high school player (generally sophomores, juniors and seniors) can attend.

Keep in mind that schools are always being added or changing divisions so check the school's athletic websites for more information.

MEN

NCAA

Division 1 (9.9 athletic scholarships available for rosters of 25-30 players)

California Polytechnic State University (campus location specific)

California State University (multiple campuses)

Gonzaga University

Loyola Marymount University

Oregon State University

San Diego State University

Santa Clara University

Stanford University

St. Mary's College of California

University of California (multiple campuses such as Berkeley, Los Angeles, Santa Barbara)

University of Portland

University of San Diego

University of San Francisco

Division 2 (9 athletic scholarships available)

California Polytechnic State University (campus specific)

Concordia University, Portland

Seattle Pacific University

Sonoma State University

Division 3 (no athletic scholarships available, only academic and financial need)

Claremont -Mudd -Scripps

George Fox University

Linfield College

Occidental College

Pacific University

Pacific Lutheran

Willamette University

NAIA (12 scholarships available)

Corban University

Eastern Oregon University

Multnomah University

Oregon Institute of Technology

Southern Oregon University

Warner Pacific College

NWAC

Lane Community College

Rogue Community College

WOMEN

NCAA

Division 1 (14 scholarships available)

Brigham Young University

California Polytechnic State University (campus location specific)

California State University (multiple campuses)

Gonzaga University

Loyola Marymount University

Oregon State University

Portland State University

San Diego State University

Santa Clara University

Stanford University

St. Mary's College of California

University of California (multiple campuses such as Berkeley, Los Angeles, Santa Barbara)

University of Oregon

University of Portland

University of Southern California

Division 2 (9.9 scholarships available)

California State University (multiple campuses)

California State Polytechnic University, Pomona

Concordia University, Portland

Seattle Pacific University

Sonoma State University

University of California, San Diego

Western Oregon University

Division 3 (no athletic scholarships available, only academic and financial need)

Claremont-Mudd-Scripps

George Fox University

Lewis & Clark College

Linfield College

Occidental College

Pacific University

Pacific Lutheran

Willamette University

NAIA (12 scholarships available)

Corban University

Eastern Oregon University

Southern Oregon University

Warner Pacific College

NWAC

Lane Community College

Rogue Community College

