

# ***RUSH SOCCER***

COLLEGE ADVISORY PROGRAM (CAP)



COLLEGE ADVISORY PROGRAM





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## COLLEGE ADVISORY PROGRAM (CAP)

The CAP program is part of every Rush player's experience once they enter May of their 8th grade year. CAP program's mission is to help all of our players navigate the college recruiting process effectively and efficiently. By ensuring that our players are prepared for every stage of this process, they will have the knowledge and tools to maximize their potential to play soccer in college.

### Benefits:

1. College Fit Finder (every player will have free access to this in May of 8th grade year and beyond)
2. SAT/ACT Prep Courses in conjunction with Magoosh
3. Individual highlight video creation
4. Rush guest player system - want to go to college in a different part of the country? Rush will help you to guest play for a Rush team in that area and facilitate this process!
5. CAP Director - this person will be accessible to all of our players and will set up team meetings, webinars, materials and much more to help every player through this process.

### Resources:

1. [www.rushcollege.com](http://www.rushcollege.com)
2. CAP Chat podcast through the Rush Podcast Network
3. Rush Soccer College Advisory Program (on Facebook)

Josh Tyler  
#RUID

**JOSH TYLER  
NATIONAL CAP DIRECTOR  
RUSH SOCCER**



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## COLLEGE FIT FINDER

Every player in Rush will be entered into and have access to [College Fit Finder](#) beginning in May of their 8th grade year.

This web-based program has numerous benefits and features that will help players begin the recruiting process, stay organized throughout the process, and ultimately find a great college fit in the end.

### Features for Players:

- Athlete profiles - a comprehensive and visually appealing display of your profile
- College profiles - get an in-depth look at each college and program
- Athlete messaging - send messages to college coaches through the system
- Printable Profiles - automatically produces printable resume for college coaches
- College Search - most robust college search tool available to student-athletes
- Favorite Colleges - save your favorite schools
- Preferences - log your college preferences to help with your search
- Percentage matching - proprietary algorithm matches players to colleges
- Activity log - stay organized with a full accounting of all recruiting activity



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## HOW TO START SEARCHING FOR THE RIGHT FIT

### When picking a school, important factors to consider:

- Location
- Major
- Size of School
- Cost (and options for financial aid)
- Level of Play
- Would you be happy if you couldn't play soccer there?

### Researching the soccer team at the School:

- Level of play
- Look at their current roster
  - Where did the current players play?
  - What level did they play at?
  - Who is graduating for your entry year?
  - What do they study typically?

### Types of Financial Aid:

- Merit - this type of scholarship is based on your academic achievement
- Need - this type of scholarship is based on your parents FAFSA form
- Athletic - this type of scholarship comes from the athletic department
- Once you have been given all of the financial aid information from a given school, it's best to compare final prices when looking at Cost rather than at how much you are being awarded.



*University of Buffalo*



*Rochester Institute of Technology*



*Syracuse University*



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## TIMELINES - FRESHMAN YEAR

Start out with sending emails to assistant coaches and be program specific. [Emails](#) should include knowledge of the program and it's never too early to start developing your highlight tape. Begin to take unofficial visits to understand likes and dislikes in colleges.

- Be sure your [College Fit Finder](#) account is as complete as possible
- Look into joining [college exposure camp](#) for the summer
- Make a [highlight video](#)
- Send introduction letters to coaches
- Go on unofficial visits to colleges
- Build relationships by making phone calls and sending emails
- Attend recruiting showcase events or similar

### Rules/Tips to Remember:

- Coaches are watching your development throughout high school at camps, in school and on the field
- **Standouts are proactive**, it's never too early for **you** to write a letter or make a call to coaches
- DI and DII coaches can't personally contact you until end of Sophomore year, **but you can contact them**
- DIII and NAIA coaches can contact you at anytime



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## TIMELINES - FRESHMAN YEAR

### FRESHMAN YEAR TO-DO LIST

#### ACADEMICS

- > Academics are VERY important.
- > **Study — Study — Study.**
- > Get a GREAT start on your GPA.
- > **Meet** with your guidance counselor to discuss a solid academic curriculum.

#### EXTRAS

- > Be sure you are on College Fit Finder
- > **Involve** yourself in extracurricular activities like clubs/honor society/church group.
- > Get your own email address.

#### SOCCER

##### Development is Priority #1

- > Evaluate your soccer weaknesses and work on improvement.
- > Meet with coaches and create an action plan based on goals.
- > Practice on your own — fundamentals and ball skills.
- > Take ownership.
- > Consider attending a College soccer summer camp or ID camp.
- > Practice communicating with Coaches
- > Watch College Soccer Programs, Understand the level.
- > Work on your College Fit Finder Profile and Build Your College List

**BE SEEN -- WITH YOUR PEERS -- this is the year to travel – tournaments.**  
**BE SEEN -- Attend a school's College ID camp.**  
**BE SEEN -- Start having your games filmed**  
**SEE -- watch college soccer games -- see what it's like at the next level.**



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## TIMELINES - SOPHOMORE YEAR

- [Highlights tape](#) - film your games
- Look into joining ID camps for the summer, top 3-5 choices for schools
- Continue to research prospective schools
- Narrow down your prospective list of schools using [College Fit Finder](#)
- Continue to build relationships by making calls and emails
- Fill out recruiting questionnaires (on soccer program websites)
- Make unofficial visits
- Coaches can call you starting June 15th of Sophomore Year

- They can only send you generic camp information until 6/15



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## TIMELINES - SOPHOMORE YEAR

### SOPHOMORE YEAR TO-DO LIST



#### ACADEMICS

- > Academics are VERY important.
- > Evaluate your academic weaknesses and work on improvement.
- > Get with a tutor if needed
- > **Study — Study — Study.**
- > Improve on your GPA.
- > Meet with your guidance counselor to discuss a solid academic curriculum.
- > **Identify core courses** at your high school — GPA based on these.
- > Take "academic" electives — languages/mathematics/sciences.
- > Sign up for Magoosh

#### SOCCER

- Development is Priority #1
- > Evaluate your soccer weaknesses and work on improvement.
  - > Meet with Coaches and create an action plan based on goals.
  - > Practice on your own — fundamentals and ball skills.
  - > Take Ownership.
  - > Be sure to attend a college's soccer summer camp or ID camp.
  - > Practice Communicating with Coaches
  - > Watch College Soccer Programs, understand the level.
  - > Continue to build your College Fit Finder Profile
  - > Be a member of a strong team and a very strong club.
  - > Make "unofficial" visits.

**BE SEEN -- WITH YOUR PEERS -- this is the year to travel - tournaments.**  
**PARTICIPATE in US Training Centers/ODP**  
**BE SEEN -- Attend a school's College ID camp.**  
**BE SEEN -- Have 4 or 5 short highlight videos.**  
**SEE -- watch college soccer games -- see what it's like at the next level.**



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## TIMELINES - JUNIOR YEAR

- Continue to film and update your [highlights tape](#)
- Follow-up with coaches you've contacted in a **timely** manner, invite coaches to watch you play at national events and showcases
- Ask coaches where you stand on their recruits list, proactive in asking questions
- Fill out questionnaires
- Respond to **every** coach
- Make [unofficial visits](#) to schools
  - DI coaches cannot discuss recruiting with you during unofficial visits
  - DII/DIII/JUCO/NAIA coaches can)
- Make official visits to schools
  - DI only allows 5 visits, one per school
  - DII/DIII can be unlimited visits but only one per school

### Rules/Tips to Remember:

- Contact coaches at least once a week
- Take the ACT/SAT
  - If you have not signed up for the ACT or SAT: your Junior year is the time
  - Use [Magoosh](#) to increase your score

### Eligibility Center

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school (not needed for D3/JUCO). You will also need to complete the NAIA Eligibility Center as well. Unless you have committed to a college, we advise that you register for both NCAA & NAIA

- [NCAA Eligibility Center](#)
- [NAIA Eligibility Center](#)

### College Exposure/ID Camps

It is very important to sign up to college exposure camps and college ID camps. This is one the best ways to be in front of college coaches.

- Know that the school fits your criteria
- Know and understand the level of play at the school as well as your own



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## TIMELINES - JUNIOR YEAR

### JUNIOR YEAR TO-DO LIST



#### ACADEMICS

- > Study -- Study -- Study --  
Your GPA is VERY important!
- > Add your academics to College Fit Finder
- > Sign up for Magoosh: [Rushcollege.com/magoosh/](http://Rushcollege.com/magoosh/)
- > Take the SAT and ACT -- again and again -- scores will improve.
- > Become familiar with the Financial Aid and Scholarship process.  
[Rushcollege.com/financial-aid-101/](http://Rushcollege.com/financial-aid-101/)
- > Ask your parents: Who is paying for college?
- > Have your favorite schools on College Fit Finder
- > Sign up for NCAA & NAIA Eligibility Centers.  
[Rushcollege.com/junior-year/](http://Rushcollege.com/junior-year/)

#### SOCCER

- > Make "unofficial" visits.
- > BE SEEN -- Be sure to attend College ID & College Exposure Camps
- > BE SEEN -- Highlight Videos should be completed
- > SEE -- watch college soccer games -- see what it's like at the next level.
- > Compete - PRACTICE and PLAY with teams at the next level.
- > Practice on your own -- fundamentals and ball skills.
- > You should be training/fitness 6 days a week



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## TIMELINES - SENIOR YEAR

- NCAA & NAIA Eligibility needs to be completed
- Continue to get fully evaluated
- Follow-up with coaches and respond in a **timely** manner
- Continue to communicate with coaches and build relationships
- [Apply to the schools](#) - applications
- Apply for financial aid - [FAFSA.edu.gov](https://fafsa.edu.gov) starting January 1st
- Sign and commit to a school and program
- **BEGIN PREPARING FOR YOUR COLLEGE CAREER**
- Once you have committed: update your status on **College Fit Finder** so Rush can [celebrate your achievement](#)



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## TIMELINES - SENIOR YEAR

### SENIOR YEAR TO-DO LIST



#### **What You Should be Doing to Prepare for College and College Soccer**

- > NCAA & NAIA Eligibility needs to be completed and added to College Fit Finder.
- > Apply to schools
- > Apply for Financial Aid:  
**[Rushcollege.com/financial-aid-101/](http://Rushcollege.com/financial-aid-101/)**
- > Take the ACT/SAT again if needed
- > Sign and Commit to a school and program.
- > Once you commit update your status on College Fit Finder so Rush can celebrate your commitment
- > Stay in shape



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## TIMELINES - SENDING SHOWCASE EMAILS

### 30 days prior

Email colleges that you are interested in to invite them to the tournament. You can get a list of colleges attending from the tournament website.

### Example Email

The **bold** and underlined areas are places that you should include your **own** information.

Soccer Tournament Attendance - Jane Doe 2023 Graduate - Center Back - ...

coach@soccerprogram.edu

Soccer Tournament Attendance - Jane Doe 2023 Graduate - Center Back - 2003G Rush

Dear Coach **Smith**,

My name is **Jane Doe** and I am writing to you to express my interest in attending the University of Hawaii and playing for your program. Currently, I am a **Junior** at Fort Zumwalt West High School and will graduate in **2023**. I primarily play **center back** but have played as a holding mid and wing-back.

I plan to study oceanography and understand that the University of Hawaii has an excellent program. I also feel that I can contribute to the solid soccer program that you have established. Currently, I play for the **2003G Rush Team** for the Missouri Rush Soccer Club. I am also a member of the Region IV 2003 Girls Team and have just returned from Argentina.

My club team, **2003G Rush Team**, will be participating in the Show-Me Showdown on **September 13-15** in St. Louis, MO. I would like to invite you to watch me play. I will follow up with our schedule shortly.

Thank you in advance for your time and consideration.

Sincerely,

**Jane Doe**  
(303) 986-5200  
janedoesoccer2023@gmail.com

Club Coach  
**Paul Simon**  
(314) 867-5309  
paulsawesomerush@gmail.com

[College Fit Finder Profile Link](#)

Send



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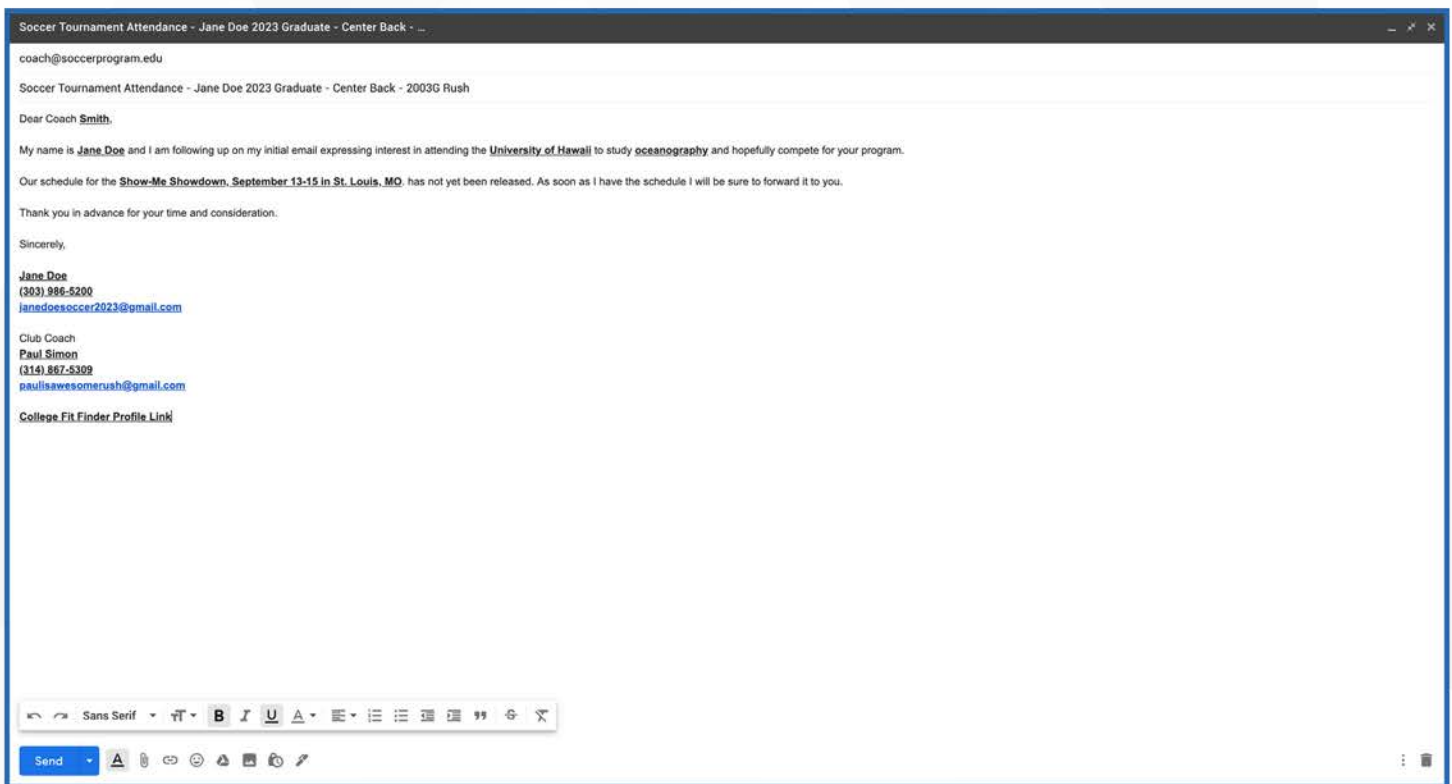
## TIMELINES - SENDING SHOWCASE EMAILS

### 20 days prior - scheduled is NOT released

If the schedule is NOT released, follow up with an email letting the coach know the update.

### Example Email

The **bold** and underlined areas are places that you should include your **own** information.



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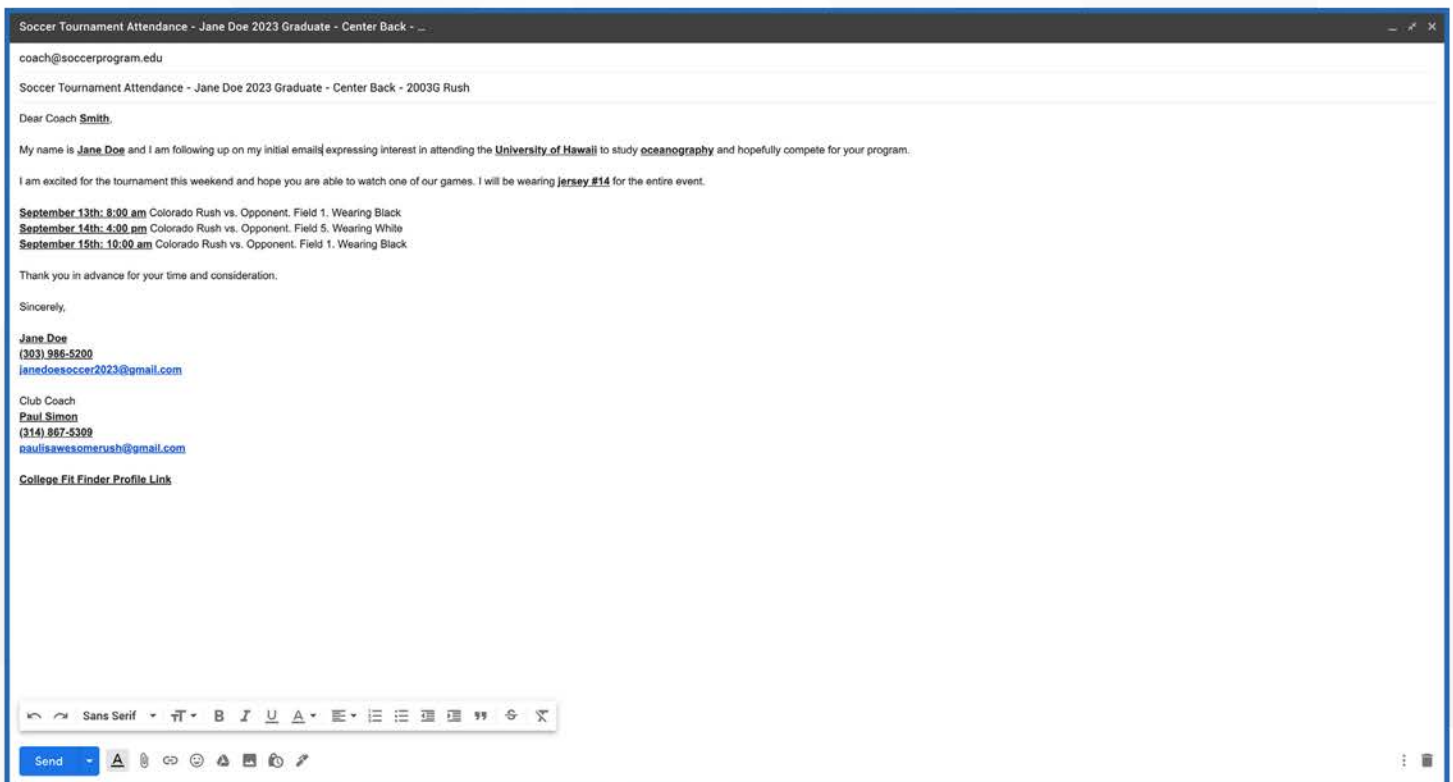
## TIMELINES - SENDING SHOWCASE EMAILS

### 2 days prior

Just a reminder email with your schedule attached.

### Example Email

The **bold** and underlined areas are places that you should include your **own** information.



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## TIMELINES - SENDING SHOWCASE EMAILS

### Post Event

Send a thank you email to the coach.

### Example Email

The **bold** and underlined areas are places that you should include your **own** information.

*(If a parent/team manager is able to grab business cards and you know a coach watched your game your first line should be: "Thank you very much for watching some of our game this past weekend!")*

Soccer Tournament Attendance - Jane Doe 2023 Graduate - Center Back - ...

coach@soccerprogram.edu

Soccer Tournament Attendance - Jane Doe 2023 Graduate - Center Back - 2003G Rush

Dear Coach **Smith**,

I hope you were able to catch one of our games at the Show-Me Showdown this past weekend. We went 5-0 and were tournament champions! I played the entire tournament as a center back and scored two goals: one from a corner kick and the other was a far-post run. My teammates played a great ball in and I was able to get my foot on it.

Thank you in advance for your time and consideration and hope to hear from you soon.

Sincerely,

**Jane Doe**  
(303) 986-5200  
[jansdoesoccer2023@gmail.com](mailto:jansdoesoccer2023@gmail.com)

Club Coach  
**Paul Simon**  
(314) 887-5309  
[paulisawesomerush@gmail.com](mailto:paulisawesomerush@gmail.com)

[College Fit Finder Profile Link](#)

Sans Serif - [Rich Text Editor Icons]

Send [Additional Icons]



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## GENERAL E-MAIL EXAMPLE

### Example Email

The **bold** and underlined areas are places that you should include your **own** information.

John Doe 2022 Graduate - Striker - 2004B Rush

coach@soccerprogram.edu

John Doe 2022 Graduate - Striker - 2004B Rush

Dear Coach Jones,

My name is John Doe and I am writing to you to express my interest in attending Boston College and playing for your program. Currently, I am a Junior at Green Mountain High School and will graduate in 2022.

I plan to study communications and understand that Boston College has an excellent program. I also feel that I can contribute to the solid soccer program that you have established. Currently, I play for the 2004B Rush Team for the Colorado Rush Soccer Club. I am also a member of the Region IV 2003 Boys Team and have just returned from Costa Rica.

I wanted to share my schedule with you to see if you would be able to find time to watch me play. Once the tournament schedules are released I will share them with you.

**Tournaments**

- Heritage Cup 2018 - 11/15/2018-11/18/2018 - Gilbert, AZ
- RSU-AZ Holiday Classic 2018 - 12/7/2018-12/9/2018 - Chandler, AZ
- Bazooka Soccer College Showcase - 3/2/2019-3/3/2019 - Apopka, FL

**League Play**  
Here is a link to my season schedule on the league website: <http://www.soccerleague.com/seasonschedule>

Thank you in advance for your time and consideration.

**John Doe**  
(303) 986-5200  
[johndoesoccer2023@gmail.com](mailto:johndoesoccer2023@gmail.com)

**Club Coach**  
**Paul Simon**  
(314) 867-5309  
[paulsaawesomerush@gmail.com](mailto:paulsaawesomerush@gmail.com)

**College Fit Finder Profile Link**

Send



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# COLLEGE ID EVENT OR CAMP/CLINIC E-MAIL EXAMPLE

## Example Email

The **bold** and underlined areas are places that you should include your **own** information.



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## **SOCIAL MEDIA**

**85 PERCENT OF COLLEGE COACHES SURVEYED BY CORNERSTONE REPUTATION SAID THEIR STAFF CONDUCTED ONLINE RESEARCH OF RECRUITS. OF THESE COACHES, 87 PERCENT HAVE TURNED TO FACEBOOK, 79 PERCENT HAVE USED TWITTER AND 65 PERCENT HAVE LOOKED AT INSTAGRAM TO GAIN INSIGHT INTO A RECRUIT'S CHARACTER.**

Like it or not, Social Media can change your future. What you post on social media stays with you. Before a coach invites you on campus, most likely they have searched social media for you, spoken with your coaches, teammates, and anything else that they can find.

Every dollar spent is under scrutiny and every little detail of you, as a player, as a person, your character, work ethic and more come into play. When they are looking for a recruit, they are looking for someone that their college will invest a lot of money into — sometimes hundreds of thousands of dollars in scholarship money, training and equipment. Coaches want to make the best decision they can, as it can impact their careers, their paychecks, and the well-being of their families.

If you are not able to control yourself on social media, will you be able to control yourself on the field? In the classroom? With your teammates? Social media gets a quick glimpse into who you really are. What do you want your social media to say about you?

Remember, just because you are not doing anything wrong, that Red Solo cup does not help your case.



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## POSTIVE SOCIAL MEDIA

Don't get us wrong, social media can be used in a positive way. Post pictures of you playing soccer, working out at 6am on the field. Make it your goal to post something positive every day.

Posting something positive, or motivational every day helps you stay on track. If you can post something positive every day, you will become more positive. After 2 weeks you will see your outlook on life change, for the better.

If you win an award, post it. If you attend a camp, check in. Check in before games. Post your scores, etc.

### Social Media Tips

- Set your profiles to public. It seems very easy to just hide your profiles, but if your profiles are restricted, many coaches will assume you have something to hide. Make it easy for the coach to find you.
- Follow and like the programs you are interested in. Follow their games, scores and updates. It gives you talking points when chatting with the coaches about their program.



*Post about campus tours*



*Post about signing day*



*Post about your workouts*



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## EMAIL DOs and DON'Ts

### DOs:

- Let the coach know that you are interested in the program. Mention something about the soccer program: awards, recent wins, etc
- Let the coach know why you are a good fit for his program (area of study, personal connections, school or program characteristics, etc.).
- Make sure that you keep your email short and clear. Ask your parents or another adult to check your grammar and spelling
- Create your own [email address](#) and email coaches using that account. It is helpful to include your name and graduation year in your email address (e.g., mikesootsoccer2024@gmail.com).
  - Put your full name, high school, and graduation year (again) in the subject line when contacting coaches the first time
  - Coaches receive multiple emails each day, so making it easy to know where you are from and when you graduate will help you get better recognition
- Include your **College Fit Finder** profile link

### DON'Ts:

- Address a coach by their first name
- Send an email filled with unimportant details
- Send emails to coaches from your parents' email accounts
- Have your parents email on your behalf
- Send a mass email (the same email to many different coaches) without personalizing each email to that specific coach and school
- Send an email that has not been proof read to check for grammar, spelling and readability



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## IN PERSON DOs and DON'Ts

### DOs:

- Introduce yourself to the coach with a good handshake
- Introduce any other family members who are with you to the coach
- Be sure to let the coach know that you are interested in the program and look forward to getting to know more about the school
- Answer the coach's questions directly and clearly
- Show the coach that you are confident (but not arrogant) in yourself and your ability to play
- Make eye contact and use a firm handshake when you meet the coach and when you leave
- **Be yourself!** If you want to find the best coach for you, you shouldn't pretend to be a different kind of person

### DON'Ts:

- Try to "sell" yourself to the coach
- Be shy
- Let your parents introduce you to the coach
- Have your parents do all the talking
- Be disrespectful of anyone, including other players competing for your spot
- Focus entirely on soccer - be prepared to talk about your other interests (like what you want to study or what you want to do as a career) when asked



*SUNY Cortland Women's Soccer*



*Binghamton Men's Soccer*



*St. Rose Women's Soccer*



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