

## CONTACTING COACHES

Contacting coaches will be a HUGE part of your recruiting process. Your initial contact will most likely be by email and then as you progress through the process you will begin speaking to coaches face to face on unofficial and official visits as well as speaking to coaches on the phone.

### Email Contact

Refer to the sample emails in the resources guide. Utilize the email or portions of each that are most suitable to your situation. **DO NOT HAVE YOUR PARENTS SEND EMAILS FOR YOU!** Coaches want to hear from you and need to know that you are showing a genuine interest in their school. When emailing a school, send the email to the head coach as well as the assistant coaches.

Remember, college coaches receive hundreds of emails per week so if you do not receive a response right away, **KEEP TRYING**. Due to NCAA restrictions, some coaches will not be able to respond to you depending on when you send your email. Educate yourself on those restrictions so that you are aware of the timelines that coaches are able to contact you.

### Visits

**Unofficial Visits** (*you pay for the costs of the visit*)

**Official Visits** (*school pays for any or all of the costs of the visit*)

Be prepared with a list of questions for the coach and make sure to take a copy of your updated soccer resume with you to leave with the coach. Show your personality and speak clearly when meeting with the coach. Be on your best behavior when not only interacting with the coach and any other staff members, but also when interacting with the players.

### Phone Calls

Whether you initiate the phone call or the coach calls you, speak clearly and be prepared with a list of questions that you would like to ask the coach. Refer to the resources guide for assistance in this area. Write down responses to your questions and any pertinent information about the school that will help you with your decision process. Do not leave things open ended when ending the call. Find out what your next step is with that coach and their school.

### Sending a Highlight Video

Having a quality soccer recruiting video can prove quite helpful during the recruiting process. College coaches generally don't have the time it takes to see hundreds of soc-

cer recruits in person. Video can be a helpful first step in getting the attention of a college coach. A well-done video and effective distribution strategy can be an important step in opening the door of the recruiting process.

Keep it brief! Send 5-8 minutes of video highlights of your play. Coaches don't have time to watch more than video than that. If for some reason they want more, they will contact you and request it. After reviewing the video, the coach may decide at this point if he is going to or not going to send staff to see you live.

Video tape multiple games. Preferably from an elevated position and then clip the video down to include 5 seconds before and 5 seconds after you touch the ball. Do this until you have 5-8 minutes of video.

### **Tips that should help you at this stage of the recruiting process:**

- Be as proactive about the process as you can. The more coaches you communicate with the more options you have and the more familiar you will become with the types of questions they will ask.
- A college coach can only call or visit you after July 1 of your junior year. That means a coach cannot place an outbound call to you, nor can he or she initiate a visit to your home or school specifically to talk to you about playing a sport at his or her school, until the summer before your senior year. Remember, this deals only with outbound communication from a coach. If a coach tells you s/he cannot talk to you, do not take it personally: it's part of the rules.
- It is important to respond to all coaches, and do not burn any bridges. For example, you may desperately want to go to College A, while College B is a distant second. But perhaps you are a right back, and College A has three very strong right backs already, all of whom are returning next year, so that coach may not have a spot for you. College B is in desperate need of a good right back and you would be the perfect fit. If you ignore the coach of College B, s/he will go find a different right back and suddenly you are left without an option. Plus, there are many things, such as a visit to a school, that may change your mind.
- Visit the school. Learn about Unofficial Visits and Official Visits in the Campus Visits section later in this document.
- Do not commit until you are 100% certain.