



MFCA

TAKING YOUR SOCCER PLAYER'S JOURNEY TO NEW HEIGHTS

The team at My Future College Athletics, made up of experienced college coaches, is dedicated to helping athletes and their families achieve their dreams both on and off the field. Through expert college recruiting guidance and advanced soccer training, your athlete can unlock their full potential.

The college recruiting process can be complex, but with the right support and guidance, your athlete can confidently navigate their path to collegiate soccer success. That's why we are here.

As a member of My Future College Athletics, your athlete will:

- Work with experienced college coaches to stand out in the recruiting process.
- Develop a standout recruiting profile that captures the attention of college coaches.
- Learn proven performance habits and techniques from experts who know what it takes to succeed at the next level.
- Access a detailed digital curriculum tailored to prepare them for the demands of collegiate soccer.

This program is designed for parents who want to ensure their athlete has every opportunity to success in the competitive world of college soccer.

Give your athlete the tools they need to excel with guidance from seasoned college coaches and a step-by-step roadmap to success.

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MY FUTURE COLLEGE ATHLETICS

THE DEFINITIVE GUIDE TO



COLLEGE SOCCER RECRUITING

**A COMPREHENSIVE, STEP-BY-STEP GUIDE TO HELPING YOUR
ATHLETE NAVIGATE THE RECRUITMENT PROCESS AND
ACHIEVE THEIR DREAMS OF COMPETING IN COLLEGE**

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WHO WE ARE:

It is never too early to begin preparing for college to ensure the best possibility of finding the perfect fit when that time inevitably arrives. My Future College Athletics (MFCA) is dedicated to simplifying and streamlining both the college recruitment possibilities and the process in advance by providing a comprehensive, one-stop shop. Stop worrying about falling behind, not knowing who to ask for recruiting and academic questions, and not being prepared. Welcome to the only place where you can ask unlimited questions about the recruiting process and get the advice you really need.

Our team is a group of experienced professionals who have been through the college preparation and recruiting process and have experienced it first-hand. From former college student-athletes, current college student-athletes, college coaches, and parents of student-athletes, to academic counselors, certified strength & conditioning trainers, certified nutritionists, doctors in visual training, and others, we aim to ensure that we have you covered with anything that you may need to prepare yourself in finding your eventual chapter as a collegiate student-athlete.



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INTRODUCTION:

Welcome to the Complete Guide to College Soccer Recruitment. Whether your student-athlete is just beginning their journey into the world of college athletics or seeking the tools to stand out in a competitive landscape, this guide is your ultimate resource for navigating each step of the process with clarity and confidence. At My Future College Athletics, we understand how critical it is to find the perfect fit—both academically and athletically—and we’re here to ensure that your athlete is fully prepared for every phase of this transformative experience.

This guide offers an in-depth roadmap to help your soccer player succeed, beginning with researching prospective colleges that align with their aspirations and culminating in the exciting moment of officially joining a team. Along the way, we’ll provide practical advice and proven strategies to help your athlete build relationships with coaches, create a standout recruiting profile, and understand what college coaches are looking for in prospective players. From crafting the perfect email to preparing for campus visits, this comprehensive guide is designed to take the guesswork out of recruitment, giving your athlete the tools they need to secure their spot and thrive in the college soccer world.

We’re committed to helping you and your athlete navigate this exciting chapter with confidence, ensuring that they make the most of the opportunities ahead. Let’s work together to turn their dream of playing college soccer into a reality.



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CHAPTER 1: RESEARCH & DECIDE

Step 1: Identify Potential Schools

Help your student-athlete research colleges that align with their academic goals, athletic abilities, and personal preferences. Consider factors like school size, location, available majors, campus culture, and level of soccer competition. Finding the right fit ensures your athlete thrives both academically and athletically.

Action Steps:

- Create a list of 20-30 schools that align with your athlete's academic and athletic goals.
- Get feedback from coaches to determine which divisions or programs best suit their abilities.
- Research schools online, focusing on academic offerings and athletic opportunities.
- Be proactive with this. The sooner you begin, the better off you will be.

Step 2: Research Soccer Programs

Dive deeper into each school's soccer program by reviewing team performance, coaching staff, and playing style. Ensure the program aligns with your skills, goals, and playing preferences.

Action Steps:

- Review team rosters, highlights, and coaching staff on school athletic websites.
- Identify programs with scholarship opportunities or open roster spots that match your abilities.
- Compare team playing styles and roster profile to assess potential compatibility.



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CHAPTER 1: RESEARCH & DECIDE

Step 3: Evaluate the Division Levels

Realistically assess the level of competition where you can succeed. NCAA Divisions I, II, III, NAIA, and junior colleges vary in intensity, scholarships, and commitments. The right division balances athletics, academics, and personal development.

Action Steps:

- Understand the differences between division levels and scholarship opportunities.
- Match your skills to divisions that fit your abilities and long-term goals.
- Prioritize schools that foster academic and athletic balance for overall growth.



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CHAPTER 2: FILL OUT RECRUITING QUESTIONNAIRES

Step 1: Locate the Form

College soccer programs often provide recruiting questionnaires on their websites to identify potential recruits. These forms serve as a vital first step in the recruiting process.

Action Steps:

- Find and complete the recruiting questionnaires for each target school.
- Double-check that all details, including academic achievements and soccer stats, are accurate and up-to-date.

Step 2: Provide Complete Information

Coaches evaluate more than just athletic stats—they want to see academic performance, leadership qualities, and well-rounded individuals.

Action Steps:

- Complete every section of the form, including GPA, SAT/ACT scores, and extracurricular activities that demonstrate leadership.
- Emphasize notable achievements, such as academic awards or soccer-related recognitions, to stand out.

Step 3: Keep Records of Submissions

Maintaining a system to track questionnaire submissions and responses from coaches will help stay organized throughout the process.

Action Steps:

- Create a spreadsheet to log each submission date, along with reminders to follow up as needed.



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CHAPTER 3: LEVERAGE SOCIAL MEDIA

Step 1: Engage Actively

Follow coaches and teams of interest on platforms like Instagram, Twitter, and Facebook. This demonstrates genuine enthusiasm and helps them stay connected.

Action Steps:

- Engage with soccer programs by liking, commenting, and interacting with posts.
- Stay active by sharing relevant updates and joining discussions.

Step 2: Observe Team Content

Pay close attention to team updates, recruitment announcements, and insights into their culture. This will help you better understand the team's values and dynamics.

Action Steps:

- Monitor updates on camps, showcases, and recruitment events.
- Discuss the team's culture and values to determine if it aligns with your goals.

Step 3: Stay Updated

Track important events like camps and games to help you prepare for recruitment opportunities. Being proactive ensures they're ready to showcase their skills when it matters most.

Action Steps:

- Add key ID camps and showcases to a shared family calendar.
- Stay engaged with players and coaches to learn their style of play.



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CHAPTER 4: CRAFTING A MESSAGE (EMAIL OR DM)

Step 1: Introduce Your Athlete

Writing a concise, personalized email or direct message is an essential step to introducing yourself. Highlight your stats, share your highlight video, and explain your interest in the program.

Action Steps:

- Craft a professional message that emphasizes your strengths.
- Include a link to your highlight reel and academic achievements to make a strong impression.

Step 2: Personalize the Message

Make the message specific to the program to demonstrate that you have done your research and are genuinely interested.

Action Steps:

- Research the team and coaching staff to incorporate details that make the message unique.
- Encourage your athlete to express authentic enthusiasm and show they've done their homework.

Step 3: Be Concise

Coaches receive many inquiries, so it's important to keep the message brief and direct while including essential information.

Action Steps:

- Focus on key points: stats, highlight video, academic interests, and contact details.
- Use a clear and specific subject line (e.g., "Soccer Prospect – Class of [Year] – Midfielder") to grab attention.



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CHAPTER 5: VIDEO EVALUATIONS (HIGHLIGHTS)

Step 1: Choose Key Moments

Work with your athlete to pick their best plays to create a strong highlight reel that effectively showcases their abilities and strengths.

Action Steps:

- Focus on plays that demonstrate their skills in their specific position.
- Ensure the video is high-quality, with clear footage and easily viewable plays.

Step 2: Emphasize Strengths

Customize the highlight reel to highlight your athlete's position-specific skills. For example, defenders should show tackles and positioning, while forwards should feature goals and assists.

Action Steps:

- Capture attention by making the first 30-45 seconds impactful.
- Use multiple camera angles where possible for a more comprehensive showcase.

Step 3: Share Through Platforms

Upload the video to your NFCA Player Profile, making it accessible for coaches and staff to view.

Action Steps:

- Add your athlete's name, position, and contact details to the video description.
- Include the video link in all communications with coaches to streamline access.

***NOTE: Refer to MFCA's Highlight Video Assistance service on highlight reel details**



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CHAPTER 6: BUILDING DIGITAL CONNECTIONS

Step 1: Follow Up

After sending the initial message, encourage your athlete to politely follow up within 1-2 weeks if they haven't received a reply.

Action Steps:

- Send a follow-up email asking if the coach has reviewed the highlight reel.
- Request feedback or areas where your athlete can improve to increase their chances.

Step 2: Maintain Consistency

Encourage your athlete to stay consistent with updates, keeping coaches informed of their progress, game schedules, and recent achievements.

Action Steps:

- Send brief, regular updates highlighting accomplishments and upcoming games.
- Show commitment and development to reinforce their dedication.

Step 3: Engage by Asking Questions

Help your athlete build relationships by asking meaningful questions about the team's needs and the recruiting process.

Action Steps:

- Inquire about the next steps in the recruiting journey.
- Seek advice on how your athlete can improve and contribute to the team.



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CHAPTER 7: LIVE EVALUATION

Step 1: Participate in ID Camps (if applicable)

ID camps provide a valuable opportunity for coaches to assess your athlete's skills in action if it's the right situation. Focus on attending camps where coaches from your target schools will be present and you have had prior dialogue with.

Action Steps:

- Register early for camps that feature coaches from top programs.
- Prepare by researching what specific skills and attributes coaches might prioritize.

Step 2: Compete in Showcases

Showcase events give your athlete exposure to multiple college coaches at once, increasing their chances of being noticed and recruited.

Action Steps:

- Attend regional or national showcases where college coaches are scouting talent.
- Use these events to demonstrate your athlete's ability to perform under pressure.

Step 3: Inform Coaches

Notify coaches ahead of time about the camps or showcases your athlete will attend to encourage them to come and watch.

Action Steps:

- Share a detailed schedule, including game times and locations, with interested coaches.
- After the event, send a follow-up email thanking coaches for their time and interest.

***NOTE: Refer to MFCA's Recruitment Consulting services on determining whether or not an ID camp is worthwhile**

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CHAPTER 8: PHONE CONVERSATION

Step 1: Prepare in Advance

Before speaking with a coach, ensure you have prepared a list of thoughtful questions about the program, recruiting process, and how you might contribute to their team.

Action Steps:

- Develop questions about team culture, roster needs, and academic opportunities.
- Practice the conversation with your athlete to boost their confidence and readiness.

Step 2: Maintain Professionalism

A phone call is often the first live impression a coach gets of your athlete. Encourage them to speak clearly, confidently, and with professionalism throughout the call.

Action Steps:

- Ensure your athlete communicates their interest in the program and highlights their key strengths.
- Conclude the call with gratitude for the coach's time and the opportunity to connect.

Step 3: Inquire About Next Steps

Guide your athlete to end the conversation by asking about the next steps in the recruiting process, showing their enthusiasm and commitment.

Action Steps:

- Ask questions about the recruiting timeline, upcoming visits, or camp opportunities.
- Keep the dialogue open to demonstrate ongoing interest in the program.



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CHAPTER 9: OFF-CAMPUS CONTACT

Step 1: Understand NCAA Rules

Ensure you and your athlete are familiar with when and how off-campus contact is permitted under NCAA regulations, as the rules differ by division.

Action Steps:

- Review the NCAA guidelines to confirm compliance during the recruiting process.

Step 2: Set Expectations

When meeting a coach off-campus, use the opportunity to discuss expectations, potential roles, and ways to improve your fit for the team.

Action Steps:

- Talk about how you can contribute to the team and what specific skills the coach values.
- Note the coach's feedback and create a plan to address any recommendations.

Step 3: Maintain Communication

Following the off-campus meeting, regularly update the coach to demonstrate their continued interest in the program.

Action Steps:

- Send periodic updates on your updated highlight video, achievements, progress, and upcoming games or camps.



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CHAPTER 10: UNOFFICIAL VISIT

Step 1: Explore the Campus

Plan an unofficial visit to tour the campus and athletic facilities. This visit will provide insight into the environment and help determine if it's the right fit.

Action Steps:

- Attend a team practice or game to observe the team's dynamics and culture.
- Experience campus life to assess if it aligns with your preferences and needs.

Step 2: Meet the Coaching Staff

Use the visit as a chance to introduce yourself to the coaching staff in a relaxed setting, fostering a personal connection.

Action Steps:

- Schedule a meeting with the coach to ask questions about the team and program.
- Encourage your athlete to build rapport with the coaching staff to make a positive impression.

Step 3: Assess the Fit

Take this opportunity to evaluate whether the school meets your academic and athletic needs.

Action Steps:

- Discuss the team's culture, campus environment, and academic offerings.
- Determine if this school feels like the right place for you to thrive and grow.



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CHAPTER 11: OFFICIAL VISIT

Step 1: Accept the Invitation

Being invited on an official visit signals strong interest from the coach. If you are enthusiastic about the program, you should accept and prepare for the visit.

Action Steps:

- Confirm the visit dates with the coach and make necessary arrangements.

Step 2: Experience Team Life

During the visit, you will spend time with the team to understand what being a student-athlete at the school entails.

Action Steps:

- Ensure you participate in practices, meals, and meetings to gain a genuine sense of the program's culture.

Step 3: Discuss Financial Opportunities

Be sure to ask about available scholarships and financial aid options during the visit.

Action Steps:

- Clarify the details of scholarship offerings and explore other potential financial aid opportunities (ie. minimum SAT/ACT scores to meet possible thresholds for discounted tuition).



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CHAPTER 12: OFFER

Step 1: Clarify the Verbal Offer

If a coach offers you a spot on the team or a scholarship, ensure they fully understand the specifics of the offer.

Action Steps:

- Confirm scholarship amounts, your 4-year development trajectory, and the role you are expected to fill on the team.

Step 2: Evaluate the Offer Carefully

Be sure to take your time when deciding. You should weigh the pros and cons and consult with family or mentors before making a commitment.

Action Steps:

- Review all aspects of the offer, including athletic, academic, social, and financial considerations.

Step 3: Show Gratitude

Regardless of whether you accept or decline, you should thank the coach and maintain a professional relationship.

Action Steps:

- If accepting, express excitement and a commitment to the program.
- If declining, thank the coach and leave the door open for future opportunities.



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CHAPTER 13: APPLY FOR ADMISSION

Step 1: Submit the Application

Once you have chosen a school, complete the college application and ensure all necessary documents are submitted on time.

Action Steps:

- Include all required materials such as essays, recommendation letters, and transcripts.
- Monitor submission deadlines and verify that everything is submitted.

Step 2: Communicate with Coaches

Keep the coach informed about your application status and any updates related to the admission process.

Action Steps:

- Notify the coach when the application has been submitted.
- Provide updates if there are changes to the application or admission progress.

Step 3: Complete Financial Aid Forms

Apply for financial aid by completing forms like the FAFSA and exploring available scholarships.

Action Steps:

- Apply for both academic and athletic scholarships offered by the school.
- Stay organized and meet financial aid deadlines to secure opportunities.



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CHAPTER 14: NEGOTIATE FINAL OFFER

Step 1: Review and Compare Offers

If you have received multiple offers, work to evaluate each package carefully, factoring in both scholarships and financial aid options.

Action Steps:

- Analyze all offers with your family, considering the balance between athletic, academic, social, and financial aid.

Step 2: Approach Negotiations Professionally

If negotiation is needed, help your athlete handle the discussion with respect and gratitude toward the coach, and *be honest*.

Action Steps:

- Be transparent with the coach and express appreciation for any adjustments or flexibility provided.

Step 3: Explore Additional Financial Aid

Inquire about extra financial aid options that could reduce tuition costs further.

Action Steps:

- Ask about additional academic scholarships, work-study opportunities, or other financial aid programs available through the school.



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CHAPTER 15: COMMIT

Step 1: Make a Verbal Commitment

After you decide on a program, make a verbal commitment to the coach and team.

Action Steps:

- Call the head coach to confirm your decision and express your excitement.

Step 2: Finalize the Commitment

Make the decision official by completing any necessary forms or agreements during the designated signing period.

Action Steps:

- Participate in a signing ceremony at school or at home.
- Keep important documents for future reference, such as signed agreements.

Step 3: Celebrate the Achievement

Recognize your athlete's success by celebrating their commitment and sharing the milestone with others.

Action Steps:

- Announce the commitment on social media, thanking supporters and mentors.
- Embrace the moment and prepare for the next phase of your athlete's soccer journey.



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CHAPTER 16: CONSISTENCY & CONTINUATION

Step 1: Keep Training — Don't Take Your Foot Off the Gas

Committing to a program is not the finish line – it's the starting line for the next phase of your journey. College coaches expect you to arrive ready to compete from day one, both physically and mentally. Stay locked in on your training, stay disciplined, and continue to raise your standard every day.

Action Steps:

- Maintain your workout schedule and technical training intensity.
- Follow your strength and conditioning program consistently.
- Keep refining your fundamentals – passing, first touch, speed, and decision-making.
- Compete in games, pickup sessions, and training environments that challenge you.

Step 2: Keep Pushing Academically

Your academic performance matters just as much as your athletic readiness. A strong GPA and disciplined study habits not only keep you eligible but can also open additional scholarship opportunities. The habits you build now will directly impact your transition into college life.

Action Steps:

- Stay focused in the classroom through graduation – finish strong.
- Communicate regularly with teachers and advisors to stay ahead.
- Take advanced or honors-level courses if possible to prepare for college rigor.
- Use your downtime to improve time management and study skills.



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CHAPTER 16: CONSISTENCY & CONTINUATION

Step 3: Continue Building Momentum and Maturity

The best players don't relax after committing – they double down. This period is your opportunity to separate yourself from the average athlete. Keep developing as a player, a student, and a person.

Action Steps:

- Set new short-term and long-term goals to keep yourself motivated.
- Stay humble, stay coachable, and seek feedback from mentors.
- Represent yourself with professionalism and gratitude in every setting.



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COLLEGE SOCCER RECRUITING SUMMARY

Following these 16 steps offers the most comprehensive roadmap to help student-athletes find the right college and succeed both academically and athletically. The process begins with researching and selecting schools that match academic goals and athletic abilities, ensuring a solid foundation for future growth. Engaging with coaches by completing recruiting questionnaires and building relationships through social media further enhances visibility and demonstrates genuine interest.

Crafting personalized emails or direct messages, followed by one strong highlight video, showcases the athlete's skills and dedication. Establishing consistent digital conversations keeps the athlete on a coach's radar, while strategically attending the right ID camps and showcases provides live opportunities to demonstrate talent under pressure. Off-campus meetings and unofficial visits offer critical insight into team culture and campus fit, while official visits deepen connections with coaches and teammates.

When an offer is extended, taking time to evaluate its financial, academic, social, and athletic aspects ensures a balanced decision. Applying for admission and financial aid solidifies the path forward, while negotiating offers strengthens the athlete's value. Finally, the commitment process celebrates success and prepares the athlete for this transformative chapter.

By following these steps, student-athletes maximize their opportunities, gain confidence, and set themselves up for long-term success as collegiate student-athletes.