

JUST4GK — MALE GOALKEEPER COLLEGE PREP NOTES FORM

BUILT ON
GOALKEEPER
TRAINING

Goalkeeper Recruiting Tracker | Ages 15–19 | Rules sourced from naaa-soccer-recruiting.com

Name: _____ Grad Year: _____ Date Started: _____
 Club / Team: _____ GPA: _____ Intended Major(s): _____
 SAT Score: _____ ACT Score: _____ Target Test Date (if retaking): _____
 Primary Contact (Parent/Guardian): _____ Phone: _____

BEFORE YOU START — RECRUITING RULES BY DIVISION

Rules below sourced from naaa-soccer-recruiting.com. Verify current rules at naaa.org as guidelines may be updated annually.

<p>NCAA D1 DIRECT CONTACT OPENS June 15 after sophomore year. Coaches may call, email, or message you directly. CAMPUS VISITS Official & unofficial visits allowed starting August 1 heading into junior year. OFFERS Most verbal offers happen between sophomore and junior years. Timing varies by program. EVALUATION Coaches may watch you at showcases as early as 9th grade — before contact is allowed.</p>	<p>NCAA D2 DIRECT CONTACT OPENS June 15 after sophomore year. Very similar to D1 rules. CAMPUS VISITS Official & unofficial visits allowed starting August 1 before junior year. OFFERS Partial athletic scholarships are standard. D2 Women's: up to 9.9 total scholarships per team. EVALUATION Heavier evaluations typically begin 10th–11th grade.</p>	<p>NCAA D3 DIRECT CONTACT No limits — coaches can call and email at any time with no restrictions. CAMPUS VISITS Official visits allowed starting January 1 of junior year. SCHOLARSHIPS No athletic scholarships — but merit aid and need-based aid packages can be strong. Always run the net price calculator. EVALUATION Coaches prioritize academics and character. Evaluations often 10th–11th grade.</p>	<p>NAIA DIRECT CONTACT NAIA rules are generally more flexible than NCAA. Contact can happen earlier. SCHOLARSHIPS Athletic scholarships available. Can be a strong option with meaningful aid. RECRUITMENT TIMELINE Often recruit well into senior year and beyond — more flexibility than D1/D2. ELIGIBILITY Register at the NAIA Eligibility Center (playnaia.org) by end of junior year.</p>	<p>JUCO DIRECT CONTACT No strict early contact restrictions — coaches often reach out through senior year. SCHOLARSHIPS Scholarships available at many programs. 2-year path to a 4-year program. RECRUITMENT TIMELINE Recruit into senior year and beyond. A real and respected path — not a fallback. TRANSFER PATH Strong JUCO GKs regularly transfer to D1/D2 programs after 1–2 years.</p>
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The Transfer Portal Has Changed Everything: Programs — especially D1 — now fill GK spots mid-season through the portal instead of waiting for high school recruiting. That means fewer open spots and earlier verbal offers. Research how often a target program pulls GKs from the portal vs. recruiting out of high school. The portal is also a real path for you after your freshman year if the fit isn't right.

GK-Specific Reality: Most programs carry 2–3 goalkeepers max. That means you need to research how many GKs are on each roster, what years they are, and who is graduating — BEFORE you reach out. Coaches won't tell you if the spot is already gone. Do your homework first.

■ ■ ■ UPCOMING RULE CHANGE — NCAA D1 MEN'S SOCCER (Effective Aug. 1, 2027)

Adopted by D1 Men's Soccer Oversight Committee — subject to D1 Cabinet review June 23–24, 2026.

The D1 men's soccer season moves to a **two-semester model** starting Aug. 1, 2027. The 25-game maximum is maintained, redistributed across fall and spring.

FALL SEGMENT	SPRING SEGMENT	CHAMPIONSHIP
Late Aug → Sat before Thanksgiving Max 18 contests Fewer midweek games = less missed class time	Mid-Feb → D1 Championship Max 10 contests More recovery between matches	Moved to Spring (was December) Specific dates TBD

Transfer Window Change (2027–28): One **15-consecutive-day window** in spring, opening the day after the D1 Men's Soccer Championship — replacing the current 45-day split window.

What this means for you: If you graduate 2027 or later, your collegiate career spans both semesters. Ask target programs how they're adapting recruiting, roster management, and spring scheduling.

Understanding Scholarship Types — Know What You're Being Offered:

<p>FULL ATHLETIC</p> <p>Covers tuition, room, board, and books. Rare for GKs at D1. Soccer is an equivalency sport — most athletes receive partial aid.</p>	<p>PARTIAL ATHLETIC</p> <p>Most common D1/D2 GK offer. Your portion of the team's total scholarship budget. A partial offer is NOT a bad sign — it's the standard. <i>D1 Women's: 14 total D1 Men's: 9.9 total</i></p>	<p>PREFERRED WALK-ON (PWO)</p> <p>Guaranteed roster spot, no athletic money. Common at big D1 programs. Stack with academic and merit aid. A very real path for GKs at Power programs.</p>	<p>D3 / NEED-BASED AID</p> <p>D3 programs offer no athletic scholarships — but strong academic merit and financial aid packages can still be generous. Always run the net price calculator.</p>
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SECTION 1 — ATHLETIC PROFILE SNAPSHOT

Update this each training block — college coaches want to see growth, not just a snapshot.

METRIC	CURRENT ENTRY	UPDATED
Height		
Weight		
Dominant Foot		
GK Years of Experience		
Club Team / Level (ECNL, MLS Next, etc.)		
State / Regional Honors		
Academic Honors / GPA		
Hudl Profile Link		
NCSA / SportsRecruits Profile Link		

Recruiting Bio (write in your own words — use this in your intro email to coaches):

DIGITAL FOOTPRINT CHECK

Coaches Google and Instagram athletes before responding to emails. This is part of your first impression.

- Googled my own name — results are clean and appropriate
- Instagram profile is either private or reflects someone a coach should see
- Hudl profile is complete, updated, and set to public
- No public posts, photos, or comments I'd be embarrassed to show a college coach

NIL AWARENESS

NIL (Name, Image, Likeness) is now part of the college landscape. Know what you have before a coach asks.

Any current brand partnerships or sponsorships?

Yes No

If yes, list them (partner name, what you do, any social following):

Social media following (Instagram, TikTok, YouTube — total approximate):

Why it matters: At D1 and D2, coaches increasingly factor NIL potential when evaluating athletes. If you have brand partnerships (like a glove company relationship) or an engaged following, mention it appropriately. It's part of your total value as a recruit.

Tip: A coach initiating contact with you is a meaningful signal of real interest. Always follow up within 48 hours. If a coach goes quiet after initiating, one polite follow-up is appropriate — then move on.

SECTION 4 — RECRUITING TIMELINE CHECKLIST

Check off as you complete each step. Bring this to training so Coach Jerimy can help guide you.

FRESHMAN YEAR (9TH GRADE) — START BUILDING

- Focus on skill development and strong academics — this is the foundation everything else is built on
- Start gathering game footage with GK-specific angles (distribution, set position, saves)
- Begin researching potential schools — division level, program culture, location, academics
- Registered with the NCAA Eligibility Center (ncaa.org) — recommended by end of freshman year for D1/D2 targets
- Note: D1 coaches may already be watching you at showcases even before contact is allowed — compete as if every event is being evaluated

SOPHOMORE YEAR (10TH GRADE) — GET ACTIVE EARLY

Key D1 & D2 Date: June 15 after sophomore year. This is when D1 and D2 coaches can begin contacting you directly by phone, email, or message. Before this date you can still email coaches — they just cannot initiate two-way contact. Do not misread coach silence before June 15 as rejection. It is the rule.

- Created a Hudl profile and uploaded first GK-focused highlight reel (3–5 min, best clips first)
- Created profile on NCSA or SportsRecruits
- Researched divisions — understand the real differences between D1, D2, D3, NAIA, and JUCO (see division grid above)
- Had a real conversation with parents about priorities: academic fit, location, program level, cost
- Checked my own digital footprint (Google search + social media review)
- Started researching GK rosters at target schools — how many keepers, what years, who graduates
- Attended ID camps at 1–2 target schools
- Beginning June 15: reached out via email to target coaches with Hudl link + recruiting bio

JUNIOR YEAR (11TH GRADE) — PRIME RECRUITING PERIOD

Key D1 & D2 Date: August 1 heading into junior year. Official visits (school-funded) and unofficial visits (self-funded) are now allowed at D1 and D2 programs. This is your highest-impact semester — be organized and proactive. For D3: official visits are allowed starting January 1 of junior year.

- Narrowed target list to 10–15 schools with roster research done (see Section 2)
- Submitted recruiting questionnaire on every target school's athletics website
- Sent first intro email to GK coaches at all target schools — includes Hudl link, recruiting bio, grad year
- Updated Hudl reel with recent footage — 2–3 min max, best clips only, current season footage included
- Attended at least 1 ID camp or showcase where target coaches can evaluate you in person
- Spoken with at least one current college GK at a top target school
- Reviewed financial aid options with family — ran net price calculator for top 5 schools
- Actively in communication with coaches who have shown real interest
- Discussed transfer portal awareness with Coach Jerimy — understand the realistic path at each division

Class of 2027 and beyond: NCAA D1 men's soccer moves to a two-semester season effective August 1, 2027. Ask target programs how they are adapting spring schedules, championship preparation, and recruiting calendars. The transfer window shifts to one 15-day window post-championship (2027–28). See the Legislative Update on page 1.

SENIOR YEAR (12TH GRADE) — CLOSE IT OUT

- Final Hudl reel updated with current season footage
- Actively in communication with 3–5 programs that have shown real interest
- Completed at least one official or unofficial campus visit
- Reviewed and compared all scholarship/financial aid offers side by side
- Understood the difference between a verbal commitment (not binding) and a signed NLI (binding)
- Made commitment decision
- Signed NLI (if applicable — D1/D2 only)
- Personally notified coaches at every other school I was considering — be professional, the soccer world is small

No offer by senior year? Don't panic. NAIA and JUCO programs recruit well into senior year and beyond. The transfer portal also creates a real mid-year and post-freshman market. Walk-on or PWO at a program you love, prove yourself, and the door opens. Many GKs find their best landing spot after one year of college soccer. This is a strategy — not a failure path.

SECTION 5 — CAMPUS VISIT NOTES

Fill out within 24 hours of each visit while it's fresh. Bring questions from Section 6 with you every time.

School: _____ Visit Date: _____ Type: Official Unofficial

Who I met with: _____

What the coach said about my role / fit on the roster: _____

What stood out — positives: _____

Concerns or things I didn't love: _____

Scholarship / aid discussed: Full Partial PWO Not yet

Gut feeling: Strong yes Maybe Probably not Definitely not

School: _____ Visit Date: _____ Type: Official Unofficial

Who I met with: _____

What the coach said about my role / fit on the roster: _____

What stood out — positives: _____

Concerns or things I didn't love: _____

Scholarship / aid discussed: Full Partial PWO Not yet

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What stood out — positives: _____

Concerns or things I didn't love: _____

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Gut feeling: Strong yes Maybe Probably not Definitely not

SECTION 6 — QUESTIONS TO ASK COLLEGE COACHES

Check off ones you've asked. The GK roster questions should be answered BEFORE your visit if possible.

GK-SPECIFIC ROSTER QUESTIONS (ASK BEFORE COMMITTING TO A VISIT)

- How many goalkeepers are currently on your roster? What years are they?
- How many GKs are graduating or leaving after this season?
- Are you currently looking at the transfer portal for the GK position?
- Do you have a dedicated GK coach? Who is it and what's their background?
- What would my realistic role look like as a freshman — and what would I need to earn playing time?

PROGRAM CULTURE & DEVELOPMENT

- How would you describe your GK development philosophy?
- What does a typical training week look like in-season vs. off-season?
- How do you handle goalkeeper rotation — is there a clear #1 or do you rotate?
- Can I speak with a current goalkeeper on your roster — even just for 10 minutes?
- How would you describe the team culture?

ACADEMICS & LIFE BALANCE

- What does a typical athlete's daily schedule look like during the season?
- What academic support resources do athletes have access to?
- What do most athletes study or major in?

SCHOLARSHIP, AID & NIL

- Can you walk me through the athletic scholarship offer — is it partial or full, and what does it cover?
- Is the scholarship renewed annually? What are the performance or conduct conditions?
- What does a typical total financial package look like when you stack athletic aid with academic and need-based aid?
- Does your program have NIL collective or partnership opportunities for athletes?

D1 MEN'S SOCCER — 2027 SEASON CHANGE QUESTIONS

For any D1 men's program, ask these now — coaches should already be planning for the new model.

- How is your program preparing for the two-semester season model taking effect August 1, 2027?
- How will spring games affect academic scheduling and athlete workload?
- What does the new spring championship preparation timeline look like for your program?
- How will the shift to one 15-day transfer window (post-championship) affect your roster management?
- Will recruiting timelines or scholarship offers change given the new season structure?

MY OWN QUESTIONS

- _____
- _____
- _____
- _____
- _____

SECTION 7 — HIGHLIGHT REEL TRACKER

Keep this current — coaches discard stale reels. Hudl is the standard platform. Always send a direct Hudl link, not a YouTube link or file attachment.

Hudl Profile Link: _____
Last Updated: _____ Reel Length: _____ Most Recent Footage From: _____

What's in my reel right now:

- Intro clip — name, grad year, club, position (first 10 seconds)
- Shot stopping — reactions, diving saves, set position
- Distribution — throws, goal kicks, drop kicks
- High ball / aerial claiming
- Sweeper-keeper / off-line decisions
- 1v1 situations
- Communication / organizing defenders (if available on film)

What needs to be added or updated from recent sessions or games:

Coach Jerimy's reel feedback:

Reel rule: Keep it under 3 minutes. Lead with your 3 best clips. Coaches decide in the first 30 seconds whether to keep watching.

SECTION 8 — NOTES & REFLECTIONS

Conversations, feelings, decisions, questions for Coach Jerimy — use this space freely.

Remember: The transfer portal changed the landscape, but it didn't change what makes a keeper valuable. Do the work, build your reel, stay organized, and be someone coaches want in their program. The right fit exists — your job is to find it and earn it.

Just4GK — Training Excellence. One Session at a Time.

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Recruiting rules sourced from ncaa-soccer-recruiting.com. Verify current NCAA rules at ncaa.org.