



# College Prep Notes Form

Goalkeeper Recruiting Tracker • Women's Soccer Edition • Ages 15-19

## WOMEN'S EDITION

Athlete Name

Grad Year

Position

Current Club / Team

GPA

Date

### Before You Start

The recruiting landscape has changed — NIL, the transfer portal, roster limits, and earlier contact windows. Use this tracker to stay organized and ahead.

- **NCAA Contact Rules:** D1 & D2 coaches can first contact you on **June 15 after sophomore year**. You can email anytime — coaches read early.
- **Recruiting Pace (Women's):** D1 women's coaches identify players in **8th–9th grade** and send questionnaires before June 15. Verbal interest in freshman/sophomore year is common — don't wait.
- **Official / Unofficial Visits:** Eligible starting **Aug. 1 before junior year**.
- **Transfer Portal Warning:** Programs use the portal to fill GK needs. Research each target's portal activity.
- **GK Roster Reality:** Most programs carry **2–3 GKs**. Check roster depth & graduation before outreach.

### Division Comparison Grid — Scholarships & Contact

| Level | Scholarships                                    | First Contact   | Notes                                                                                                    |
|-------|-------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------|
| D1    | Up to 28 (2025-26 House settlement, up from 14) | June 15 (soph.) | Opt-in schools now use roster limits — up to 28 funded scholarships; ask each program how many they fund |
| D2    | 9.9 total (equivalency, unchanged)              | June 15 (soph.) | Partial scholarships common; split across roster                                                         |
| D3    | No athletic aid                                 | No limits       | Need- & merit-based aid only; strong academic packages                                                   |
| NAIA  | Varies by school                                | Flexible        | Register at playnaia.org; recruits later into senior year                                                |

#### How Scholarships Work Now

Soccer used to be a pure **equivalency sport** (a fixed pool of scholarships split into partials across the roster). Under the 2025-26 House settlement, **D1 opt-in schools now use roster limits and may fund up to 28 scholarships**. **D2 and D3 are unchanged** — D2 remains equivalency (9.9), D3 offers no athletic aid. Always ask each program how many scholarships they actually fund.

### Scholarship Types — Quick Key

- Full Athletic (rare)
- Preferred Walk-On (PWO) — a real strategy
- Partial Athletic (most common, D1 / D2)
- D3 / Need- & Merit-Based Aid

#### NCAA Eligibility Center

Any athlete pursuing D1 or D2 must register with the **NCAA Eligibility Center** at [eligibilitycenter.org](https://eligibilitycenter.org). Do this early in your junior year and keep your academic record on file.

## DEAD PERIODS — ACTION NEEDED

Dead Periods (2026-27): \_\_\_\_\_

■ **CONFIRM BEFORE FALL.** Verify the exact 2026-27 dead-period dates at [eligibilitycenter.org](https://eligibilitycenter.org) before the season. Historically these fall around **mid-November** (around the championship) and **mid-December through early January** — but they shift each year. Write the confirmed dates on the line above.

## SECTION E — Eligibility Clock — How Long Can You Play?

Your eligibility “clock” starts when you **first enroll full-time in college** — NOT when you graduate high school. These rules apply the same to all Division I athletes (men's and women's).

### The NEW Division I Rule (adopted June 2026)

**5 seasons of competition within a 5-year window.** This fully takes effect for the **2027-28 school year**. Athletes with eligibility remaining after 2025-26, or entering in 2026-27, get whichever system (old or new) benefits them most — no one loses ground in the switch.

### The OLD Rule (still governs recent athletes)

**4 seasons of play within a 5-year window.** The extra year allowed for a **redshirt** — training with the team without using a playing season.

### By Division

| Level | How the Clock Works                                                                                                                                                      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| D1    | New age-based model — <b>5 seasons / 5 years</b> (see above).                                                                                                            |
| D2    | Own eligibility rules (age-based model in progress); confirm with the school.                                                                                            |
| D3    | No blanket 5-year clock — runs on a <b>10-semester / 15-quarter</b> enrollment rule.                                                                                     |
| NAIA  | Its own system (generally <b>10 semesters</b> of attendance) — historically the most flexible.                                                                           |
| JUCO  | Junior-college years used to count against the NCAA clock; recent court rulings ( <b>Pavia case</b> ) have made JUCO a far more viable path without burning eligibility. |

### Smart Moves for a Goalkeeper

- **Don't burn a season for no reason** — if you won't see real minutes as a freshman, a redshirt preserves a year (keepers often win the job a year or two in).
- **JUCO is a legitimate development path**, not a penalty.
- **The clock rewards patience** — great for a position where peak years come later.
- **ALWAYS re-confirm the current rule** with the specific school's compliance office at commitment time — these rules changed twice in 18 months.

*Eligibility rules current as of July 2026 and subject to ongoing change.*

## SECTION 1 — Athletic Profile Snapshot

Fill in your key metrics — coaches want the numbers up front.

|                     |  |                                      |  |
|---------------------|--|--------------------------------------|--|
| Height              |  | Weight                               |  |
| Dominant Foot       |  | Years as GK                          |  |
| Current Club        |  | Club Level (ECNL / GA / NPL / Other) |  |
| Vertical / Wingspan |  | Key Honors / Awards                  |  |

**Hudl Link:**

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**NCSA / Recruiting Profile Link:**

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**Recruiting Bio (2–3 sentences — who you are as a keeper):**

### Digital Footprint Checklist

- Hudl profile complete & up to date
- NCSA / SportsRecruits profile live
- Highlight reel linked in every profile
- Recruiting email address (professional) created
- Social media cleaned up & coach-appropriate
- Academic info (GPA / test scores) posted

### NIL Awareness

Name, Image & Likeness matters even before college. Track it now.

**Current Social Following (total)**

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**Existing Partnerships / Deals**

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**NIL notes / brands you'd want to work with:**

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## SECTION 2 — College Target List

Build three tiers. Research roster depth before you reach out.

### DREAM SCHOOLS

| School | Div. | GKs on Roster | GKs Grad. | Portal Activity | Q'naire Sent | Contact Made |
|--------|------|---------------|-----------|-----------------|--------------|--------------|
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |

### TARGET SCHOOLS

| School | Div. | GKs on Roster | GKs Grad. | Portal Activity | Q'naire Sent | Contact Made |
|--------|------|---------------|-----------|-----------------|--------------|--------------|
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |

### SAFETY SCHOOLS

| School | Div. | GKs on Roster | GKs Grad. | Portal Activity | Q'naire Sent | Contact Made |
|--------|------|---------------|-----------|-----------------|--------------|--------------|
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |
|        |      |               |           |                 |              |              |

## SECTION 3 — Coach Communication Log

Log every touchpoint. Coaches notice who follows up.

| Date | School | Coach | Type<br>(Email/Call/Visit/Event) | Who Initiated<br>(Me / Coach) | Response / Next Step |
|------|--------|-------|----------------------------------|-------------------------------|----------------------|
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |
|      |        |       |                                  |                               |                      |

## SECTION 4 — Recruiting Timeline Checklist

Women's recruiting starts early. Use grade-by-grade checkpoints.

### 8th Grade — On the Radar

- Start a Hudl profile & capture game clips
- Get as much game time as possible. Experience is important and also game footage
- Coaches begin identifying players — be visible at showcases

### Freshman / Sophomore — Build the Foundation

- Complete recruiting profile (Hudl, NCSA)
- Email target coaches (you can reach out anytime)
- Attend ID camps at target schools
- June 15 after sophomore year: D1/D2 coaches can contact you

### Junior Year — Get Active

- Register with the NCAA Eligibility Center ([eligibilitycenter.org](http://eligibilitycenter.org))
- Take official & unofficial visits (eligible Aug. 1)
- Follow up consistently with interested programs
- Keep highlight reel current

### Senior Year — Close It Out

- Finalize your list & compare offers
- Consider Preferred Walk-On (PWO) opportunities
- Confirm scholarship funding in writing
- Sign / commit

## SECTION 5 — Campus Visit Notes

Capture your gut reaction while it's fresh — you'll forget details fast.

### VISIT 1

|           |  |      |  |                       |  |
|-----------|--|------|--|-----------------------|--|
| School    |  | Date |  | Official / Unofficial |  |
| Who I Met |  |      |  | Role / Fit            |  |

*Positives / Concerns / Scholarship type / Gut feeling*

### VISIT 2

|           |  |      |  |                       |  |
|-----------|--|------|--|-----------------------|--|
| School    |  | Date |  | Official / Unofficial |  |
| Who I Met |  |      |  | Role / Fit            |  |

*Positives / Concerns / Scholarship type / Gut feeling*

### VISIT 3

|           |  |      |  |                       |  |
|-----------|--|------|--|-----------------------|--|
| School    |  | Date |  | Official / Unofficial |  |
| Who I Met |  |      |  | Role / Fit            |  |

*Positives / Concerns / Scholarship type / Gut feeling*

## SECTION 6 — Questions to Ask College Coaches

Come prepared. Great questions signal a serious recruit.

### GK Roster & Depth

- How many GKs are on the roster? How many are graduating?
- Where do you see me fitting in year one?
- What's your GK development / training plan?

### Program Culture

- How would you describe the team culture?
- What does a typical week look like in and out of season?

### Academics

- What academic support is available for athletes?
- What majors do most players pursue?

### Scholarship & NIL

- How many scholarships do you fund at this program?
- What would my offer look like, and is it renewable?
- How does the program support NIL opportunities?

### Women's Program Specific

- What's your track record developing female goalkeepers?
- Do you have NWSL / pro or national-team pathways?
- How has the move to up-to-28 scholarships changed your funding?

### My Own Questions:

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## SECTION 7 — Highlight Reel Tracker

Hudl / Reel Link

Last Updated

### Reel Checklist — every reel should show:

- Intro clip (name, position, grad year, club)
- Distribution (throws, goal kicks, punts)
- Sweeper-keeper actions
- Communication / organizing the back line
- Shot stopping (variety of saves)
- High balls / crosses claimed
- 1v1 situations

### Coach Feedback on Reel:

## SECTION 8 — Notes & Reflections

Open space — offers, decisions, questions, gut checks.