



College Prep Notes Form

Goalkeeper Recruiting Tracker • Men's Soccer Edition • Ages 15–19

MEN'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.
- **Official / Unofficial Visits:** Eligible starting **Aug. 1 before junior year**.
- **D3:** No contact limits at any time. **NAIA / JUCO:** recruit into senior year and beyond.
- **Transfer Portal Warning:** Programs use the portal to fill GK needs mid-season. 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 — 28-player roster limit)	June 15 (soph.)	Opt-in schools may fund up to 28 scholarships (not all fund the full amount); ask each program
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)
- Partial Athletic (most common, D1 / D2)
- Preferred Walk-On (PWO) — a real strategy
- D3 / Need- & Merit-Based Aid

NCAA Eligibility Center

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

UPCOMING RULE CHANGE — NCAA D1 MEN'S SOCCER

ADOPTED — effective Aug. 1, 2027 (2027-28 academic year). The NCAA Division I Men's Soccer Oversight Committee adopted legislation moving the sport to a **two-semester season model**.

Segment	When	Max Contests
Fall segment	Late Aug → Sat. before Thanksgiving	~18
Spring segment	Mid-February → Championship	~10
Championship	Moves to SPRING (dates TBD)	—

- Overall **25-game total maximum is maintained**, redistributed across the two semesters.
- The College Cup moves from December to the spring.
- **Transfer window:** becomes one **15-consecutive-day spring window**, opening the day after the D1 Men's Championship — replacing the current 45-day split window.

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 — 5 seasons / 5 years (see above).
D2	Own eligibility rules (age-based model in progress); confirm with the school.
D3	No blanket 5-year clock — runs on a 10-semester / 15-quarter enrollment rule.
NAIA	Its own system (generally 10 semesters of attendance) — historically the most flexible.
JUCO	Junior-college years used to count against the NCAA clock; recent court rulings (Pavia case) 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:

NCSA / Recruiting Profile Link:

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)

Existing Partnerships / Deals

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

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 (Email/Call/Visit/Event)	Who Initiated (Me / Coach)	Response / Next Step

SECTION 4 — Recruiting Timeline Checklist

Work the checklist grade by grade. Consistency wins offers.

Freshman / Sophomore — Build the Foundation

- Complete recruiting profile (Hudl, NCSA)
- Play at the highest club level you can
- 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)
- 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) — a real strategy
- Confirm scholarship funding in writing
- Sign / commit

Class of 2027+ — Heads Up

The D1 men's season moves to a two-semester model in **Aug. 2027** (see the full breakdown on page 1). Ask every program how they're adapting their schedule, roster, and recovery plan.

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?

D1 Men's Soccer — 2027 Season Change Questions

- How are you adjusting training for the two-semester model?
- How will the fall/spring split affect my playing time year one?
- What's your plan for the spring Championship schedule?
- How does the new 15-day transfer window change your roster planning?
- How will recovery & academics be managed across both semesters?

My Own Questions:

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.