

Welcome to Hawai'i Rush Big Island CAP!

We hope this program (which is included with your RUSH player membership) will be the start of a successful search/path for our RUSH Big Island players to find a college that FITS, whether you aspire to play college soccer or just want to find colleges that may fit your interest/situation. We hope CAP, for those of you that use it, will be a program that gives our RUSH Big Island student-athletes a plan to follow, to be able to pick their college and not be waiting for a college or a coach to pick them.

Please download (maybe printout also) this Information/Fact Sheet to your computer or phone, **PLEASE READ OVER parts #1 and #2 first**. Also, please look at the links to other important information within each part, regarding the NCAA rules and some resources to possible financial aid, to help you understand the college recruiting process. Then, in **part #3**, you will begin to build your Student-Athlete PLAYER PROFILE on the *College Fit Finder* website. We wish everyone the best and hope CAP will be a help. Contact me through the REMIND app if you have questions.
Mahalo, Coach Steve Petner - Hawai'i Rush Big Island CAP Coordinator

#1 How to Get Recruited to Play College Soccer (this is a good place to start - explains some of the process)

Have you always dreamed of playing soccer in college, but then think "How do I even get recruited?" or "Is it too late for me to get started?" If you don't really know where to start in the college recruiting process, that's ok, you're not alone. These are common questions that many soccer players/parents are faced with, but don't know where to start. So, here is a brief explanation for you to help during this process. To start, here is a basic [fact sheet](#) to learn more about college recruiting.



Hawai'i Rush
Big Island



1. When you should start planning for college

It's never too early to start planning for college. The more prepared you are, the better chances you have of succeeding. But as a rule of thumb, you should start thinking about college around your Freshman to Sophomore year of high school. This isn't to say that Juniors and Seniors will have a more difficult time being recruited and accepted into their dream program, but you will be a few steps behind in the process.

2. What you need to plan for

You may be wondering what it takes to play soccer in college. Well, that largely depends on your goals. Different colleges have different requirements and are looking for different qualities in student athletes. Therefore, the first thing you need to do is figure out what your goals are.

- Do you want to play in-state, out of state, or does location matter?
- Do you have to play Division I, or are Division II or III options for you?
- How important are academics and extracurricular programs?
- What do you want to get out of your experience?
- What does life look like after college?
- Do you have to get a scholarship? **Another helpful Resource on scholarship and grant financial aid [here](#).**

Just start brainstorming and create a list of everything you want out of your soccer career, college, and life after college. Keep this list handy, as you will use it help select colleges later on, but for now, **use this list to come up with your top 3-5 goals**. These goals should help give you a better idea of the path that is right for you, so take this seriously, because it will help guide you over the next few years.

3. Where do you want to play

So now that you have your top 3-5 goals, and probably a broad list of additional goals and requirements, you can start developing a list of colleges you may be interested in (You will be doing this on the *College Fit Finder* website). You can start by searching for schools and programs based on your list of goals. However, don't let this limit you too much. It's good to have a solid list of 10-20+ schools to start, so you don't want to eliminate schools from the list just because you "think" they aren't what you want. For example, you may have your eyes set on playing Division I and won't accept anything less. That's not the best approach though. The level of talent and opportunity at many of the Division II and III schools are really good also. So, don't exclude every school that doesn't meet all of your requirements, because at this point you don't know yet, what schools will be the best fit for you. You will then want to start researching the schools in more depth in order to narrow it down to 6-8 schools by your Junior year, that not only seem like a good fit for you, but that also seem like you would be a good fit for them - *College Fit Finder* will help with this.

Good research and documentation are very important in this step so that you can get a better understanding of the schools you want to go to and the programs you want to play for. It will also help you make decisions further on in the process.

4. On-Field Development

Regardless of what colleges you're interested in, you will want to develop your skills as much as possible, but as was mentioned before, different colleges want different things. So, if there is a specific college that you really want to go to that you know is in need of a possession minded center mid, you can focus extra effort on developing your possession skills that will make you stand out more as a center mid that can possess the ball and control the game.

If you are not constantly getting better, you are falling behind. So, you should always continue training and developing. Even professional athletes work every day to become better and continue training to help them develop at the next level. We hope you will get that training experience as part of being a RUSH player. So, if you aspire to play soccer in college and beyond, you should always be developing your skills and improving as a player, both with your team(s) and on your own, whether that's practicing, working out, or just watching game film of your games or soccer on television.

5. Off-Field Development

When it comes to being recruited to play college soccer, coaches aren't only interested in your abilities on the field, they are also interested in your GPA, test scores, extracurricular activities, and overall character. And just like your on-field skills, developing off the field is very important regardless of where you want to go.

Based on the research you have done, you should know exactly what each school is looking for out of their recruits and potential student-athletes, so you should have an idea of what areas to focus on.

For instance, maybe your dream school only expects you to have 3.0 GPA, but they want you to be very involved in extracurricular activities. In this case, don't neglect your grades, but make an extra effort to get involved with different groups and communities to build your resume, so that it stands out to your ideal college coaches.

It is very important that you focus on your academics, because your GPA and test scores could end up being the deciding factor on whether or not you get recruited to play Division I or Division II soccer, where you could qualify to get a scholarship. Some of the major differences that set you apart from other recruits could also come from that off the field performance.

For additional information, PLEASE check out this [NCAA Guide for Student Athletes](#). This Guide gives lots of information!

6. Get in front of your target coaches

When you have your list of colleges narrowed down to 6-8, and you are developing your on-field and off-field resume, how do you actually get yourself noticed? This is where your *College Fit Finder* PLAYER PROFILE will help your process.

You can make the contacts through *College Fit Finder* and also other ways (College Showcase(s), ODP, College Camps, etc.).

College Fit Finder has a CAMPS section where there is a listing of camps (maybe held by the coach of the school you want to attend or they would be at another camp as a coach). You can go to these camps as an individual, and this may be another path that can lead to connecting with coaches.

Please see the current 2019-20202 Recruiting Calendars information on pages 35-36 at [NCAA Guide for Student Athletes](#)

Here, briefly, are the current rules for DI, DII, and DIII soccer recruiting.

Recruiting Method	Division I Soccer M/W
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and non-athletics recruiting publications at any time. A coach may begin sending you recruiting materials and electronic correspondence June 15 between your sophomore and junior year in high school.
Phone Calls to a Coach	You or your family may call a coach beginning June 15 between your sophomore and junior year in high school.
Phone Calls from a Coach	A coach may call you or your family beginning June 15 between your sophomore and junior year in high school.
Off-campus Contact	A college coach may have contact with you or your family off of the college's campus beginning August 1 of your junior year in high school.
Unofficial Visit	You and your family may visit a college at your own expense beginning August 1 of your junior year in high school.
Official Visit	A college may pay for you to visit the college beginning August 1 of your junior year in high school. Between June 15 before your junior year and the end of your senior year in high school, you may make only one official visit per college and up to a maximum of five official visits to Division I colleges.

Recruiting Method	Division II Soccer M/W	Division III Soccer M/W
Recruiting Materials and Electronic Correspondence (e.g., recruiting letters, social media messages, text messages)	You may receive brochures for camps, questionnaires, NCAA materials and non-athletics recruiting publications at any time. A coach may begin sending you printed recruiting materials June 15 between your sophomore and junior years in high school.	You may receive printed materials any time.
Telephone calls	No limit on number of calls by college coach beginning June 15 between your sophomore and junior years. You may make calls to the coach at your expense.	No limit on number of calls or when they can be made by the college coach. You may make calls to the coach at your expense
Off-campus contact	A college coach may have contact with you or your parents/legal guardians off the college's campus beginning June 15 between your sophomore and junior years. No limit on number of contacts off campus.	A college coach may have contact with you or your relatives or guardians off the college's campus after your sophomore year. No limit on number of contacts off campus.
Unofficial visit	You may make an unlimited number of unofficial visits any time, except during a dead period.	You may make an unlimited number of unofficial visits any time.
Official visit	A college may pay for you to visit the college beginning June 15 between your sophomore and junior years. Between June 15 before your junior year and the end of your senior year in high school, you may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division II colleges.	A college may pay for you to visit the college beginning January 1 of your junior year in high school. Between June 15 before your junior year and the end of your senior year in high school, you may make only one official visit per college and up to a maximum of five official visits to Division I colleges. There is no limit to official visits to Division III colleges.

The main goal when approaching coaches is to be professional and courteous and show them how interested you are in their program and why they would be crazy not to recruit you.

7. Make yourself stand out

Ok, so now you have the coach's attention and are in communication on a regular basis, but how do you really impress them so that they want you on their team? Everything that you have been doing up to this point should help you stand out and impress your potential coaches. If you did your research on the schools and coaches, you should already know what they are looking for. Also, over your HS Freshman, Sophomore, and Junior years you should have been developing your resume and highlight videos to promote the qualities that your ideal programs are looking for, and now it will all be on your *College Fit Finder PLAYER PROFILE*. It is very important to create a player profile or resume and a highlight video with actual game film and training clips that highlight your skills in the areas that coaches are interested in - **(For BI RUSH players we will be using *The College Fit Finder website*)**. Most players these days are not making videos or building a player profile like this, or if they are, they make it very generic instead of creating it specific to their target coaches. You will be much more likely to stand out if you personalize your resume and/or videos as this will show the coach not only that you have the requirements they are looking for, but you are also committed to their program.

When making a highlight video, you may want to start out with a short 3 to 5 minute video of your best clips. If the coach is interested after this, they may request full game videos to watch even more. It is very important to film as many games as possible to make sure you capture as many highlights as you can to create the best video possible.

Assuming you have done all of your preparation and have sent the coaches your profile and highlight videos on your *College Fit Finder PLAYER PROFILE*, it's now just a matter of being professional in your communication and performing your best in the classroom, during training and games. Even when you aren't playing your best game, the least you can do is keep your head up and try your hardest. Always assume that someone is watching you. **So, always give your best effort, and I am confident that your hard work will pay off.**

8. Next steps and choosing a college

By your junior year, when you are deeper into the recruiting process and have had the opportunity to research your top 6-8 schools, and have been in communication with the coaches, you should have a much better understanding of each program. So, by now you should be able to narrow it down to your top 3-4 programs. At this point, you should start making visits to your top 3-4 schools (follow the NCAA rules). One of the things that brings the most clarity during your recruiting process is actually going to the campus and walking around. Seeing where you'll be spending the next 4 years, seeing what the athletic facilities are like, and talking more with the coaches and staff can have a huge impact on your decision. So, if possible, it is highly recommended that you visit the schools. Once it finally comes down to making a decision, you just have to do what's best for you. What school checks most, if not all of your requirements? There is no definitive answer for this, but when the time comes, you will most likely know what feels right. We wish the Best of Luck to you, and we are here to HELP!

#2 <https://rushcollege.com/> This explains CAP information from the National RUSH website.

Please visit this National RUSH website page about **CAP** to view the video from Josh Tyler, the National Rush College Advisory Program (CAP) Director, he gives a good overview of **CAP** and what it is all about on the main page. At the bottom of that main page you can find out more about colleges and the **College Fit Finder**, which is the website where you will build your **PLAYER PROFILE**. It would be a good idea to look under the other tabs **Recruitment 101** and **CAP Chat** for additional topic information too.

<https://hawaiiirush.soccer/college-advisory-program/> This is the link for **CAP** information from the Hawai'i Rush Oahu website, if you want to look it over also. Please contact me (Coach Steve Petner) on the **REMIND** app, not the contact person for Oahu RUSH.

#3 <https://www.collegefitfinder.com/>

This is the part of CAP that finds your college FIT and will get you connected to coaches and schools.

Now it is time to begin building your **PLAYER PROFILE** and finding what schools are a **FIT** for you.

- **CLICK** on the *College Fit Finder* link above.
- **CLICK** on *Login* in the upper right and enter the username and password that I sent you in the **REMIND** app message.
- When the page opens up you will have the **COLLEGES** tab open (blue line over the tab shows that it is the tab open) -- look at the right side of the page and **CLICK** on the three lines which opens up the same tab choices and also an **ACCOUNT INFO** tab - here you can change your password and **change back** from the different screen you will be on when you go under the **PROFILE** tab.

Below is a brief explanation of what you will find in the **tabs** at the top of both screens: the same tab-categories are found under the 3 lines on the right side of the page, plus the **ACCOUNT INFO** tab. Please go through the **TABS** in the order I have them listed below and to begin building your **PLAYER PROFILE**.

SUPPORT: This is a good place to start on *College Fit Finder*. Under this tab are six videos that will explain how to get started with *CFF*.

PLEASE CLICK THE SUPPORT TAB FIRST, and view the videos to see how to set up the PLAYER PROFILE.



PROFILE: **NEXT - CLICK the PROFILE tab to access a different screen with different tabs (see below).** **CLICK** on the three lines on the right of the screen at any time and select **ACCOUNT INFO** to **change back** from this **PROFILE** tab screen to the main screen with the tabs (PROFILE, VIDEOS, RECRUITING, COLLEGES, CAMPS, SUPPORT).



- **CLICK** on each of the tabs (Overview, Video, Athletics, Academics, References, Contact) and fill in as much information as possible at this time. Your **PLAYER PROFILE** information will **build-up/change** over time. You can change your information at any time, which can then change colleges that may be a fit for you.
- You also have the ability to **PRINT** out a brochure of your **PLAYER PROFILE** to hand out to coaches at tournaments, camps, or try-outs. Just click the **PRINT** button.

VIDEOS: Players can download videos for the **PLAYER PROFILE** here. It can also be done from the **PROFILE** tab.

RECRUITING: Players open up each category here and put in information to help *CFF* determine the colleges that could be a fit for you. **PLEASE** fill in your information for each category's drop-down choices. (Division, Location, School Size, Majors, Public/Private, Campus Setting, Religion)

COLLEGES: Under this tab you will find **ALL** colleges that have M/W soccer programs and can sort them in several ways (information in the gray area on the left will populate from answers you filled in under the **RECRUITING** tab **or** you can change it on this page also). **CLICK** on a college and it will open on the right with information on the school, a link to their website, **as well as contact info for the coach.**

CAMPS: Under this tab you will find information about any camps that any college holds or camps a coach may attend, as well as other kinds of College ID camps. This information may give you **that chance** to get in front of the coach(es) of schools you want to try to attend. This is an awesome resource for players and parents!

ACTIVITY: Under this tab you can see all activity that has taken place on your **PLAYER PROFILE**

College Fit Finder website (Player - Master Sheet FAQs)

[Video Tutorials/Other FAQs for more in depth information.](#)

How do I edit my profile?

- Log in, click Profile on the top left.
- You can edit fields by clicking directly on the field itself.
New fields appear as --, so click the --
To change existing fields, click on the text you already entered.
- Player Overview - Click [HERE](#)
- Player College Search/Favorites/Messaging - Click [HERE](#)
- How do I edit my videos? Click [HERE](#)

How do I enter my commitment?

- Click [HERE](#)

How do I change my password?

- Click your photo in the top right corner. Select Account Info.
- Note: If you haven't added a photo, this will appear as a gray circle.

How do I print my profile PDF?

- Log in, click Profile at the top left, click Print at the top right.

When I'm viewing my profile, how do I get back to the original screen?

- Click the orange CFF circle on the top left to go back to your homepage/login screen.

What link do I send to college coaches?

- Log in, click the Profile tab, copy the URL you see in the search bar.
- It will look similar to this:

<https://my.collegefitfinder.com/athlete/profile/sampleprofile1/overview>

How do I manage my Favorites list?

- To add a Favorite, click the empty heart at the top right of the school's card
- To remove a Favorite, click the highlighted heart at the top right of the school's card
- To re-order Favorites, go to the Favorites tab. Drag and drop the cards into the desired order
- To see more Favorites on your list, move your cursor over the left side of the screen, where the Favorites appear and keep scrolling. The Favorites list has its own separate scroll bar.

How do I edit my team League/Level/Logo?

- This is done by the club administrator - contact Coach Petner on the REMIND app.