

# DOWNTOWN LVSC MONTHLY COLLEGE NEWSLETTER

OUR PATHWAY TO COLLEGE SOCCER AND MORE



## Upcoming Schedule:

Focus on upcoming showcases and ID Camps.

- **Mayor's Cup February 17-19, 2024**
- **Players Showcase March 9-10, 2024**

## Recruiting Pathway

- Division I/II schools offer a variety of athletic scholarships
  - Fully funded athletic scholarship
  - Partial athletic scholarship
  - Combined athletic and academic
  - Academic
- Division III does not offer athletic scholarships
- Division I fully funded schools have ~9.9 scholarships for men and ~14 for women (average rosters include 28-29 players)
- Division II fully funded schools have 9 scholarships for men and 9.9 for women
- NAIA schools can offer up to 12 fully funded athletic scholarships
- Junior Colleges can offer up to 18 fully funded athletic scholarships
- Not all schools are fully funded
- All Divisions offer Financial and Merit-based scholarships



## Eligibility Center

Is the organization within the NCAA that determines the academic eligibility and amateur status for all NCAA DI and DII athletes

- You need to register and be cleared by the NCAA if you want to play NCAA college sports and receive a scholarship at the DI or DII level.
- Cost for registration is \$90 for US citizens
  - Create an account and make payment
  - High School submits official transcripts
  - SAT or ACT testing center sends official test results
  - Answer amateur status questionnaire
- Once everything above is completed, NCAA will not review your information
- unless it has been requested by an NCAA University
- If you have registered with the NCAA and have not had your eligibility status completed, chances are it has not been requested by a coach.
- Over 60% of athletes who are registered with the NCAA are never recruited by a college coach

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## United Soccer Coaches Convention

Takeaways from the 2024 convention

- The Transfer portal is going to be a real challenge for incoming Freshman.
- Junior College and NAIA schools have greater opportunities than previous years.
- Student Athletes will need to be creative and outgoing.



## Coaches Corner

- Redlines University (Div. 3) will be at Mayors Cup recruiting.  
Coaches Contact: Cody Carlson  
[Cody\\_carlson@redlines.edu](mailto:Cody_carlson@redlines.edu)
- Rocky Mountain University (NAIA) will be at Mayors Cup recruiting.  
Coaches Contact: Richard Duffy (406) 697-3833
- Mohave JC (Junior College) will be at Mayors Cup recruiting.  
Coaches Contact: Camilo Valencia (931) 691-9698

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## Nutritional Ideas

- Meal prep Ideas for weekly pre-Training meals  
Bake 2 Medium Sweet Potatoes; Bake 3 Chicken Breast; and steam 1 head of broccoli.
- Make 4 small meals out of the prep.
- Enjoy 1 small meal prior to your training session.

## Individual Training Ideas

Improve your strength at Home. 3 Sets per exercise

- Push Up x 12
- Burpee's x 12
- Squat Jumps x12
- Knees to Chests x 12

Work on these exercises 4 days a week

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## Inspiration and Focus

Mindset of a WINNER. By Kobe Bryant

<https://www.youtube.com/watch?v=VSceuiPBpxY>



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