



Freshman—9th Grade

- **TRY YOUR BEST IN SCHOOL!** Don't let your grades slide. If you do, it will hurt you later. Don't be too proud or too busy to attend study sessions or work with tutors. Do whatever you can to get your grades up to the best they can be!
- Play on one or more highly competitive club soccer teams. Set high goals for yourself at practice. Work on physical conditioning.
- Tryout for the USYSA Olympic Development Program (ODP). Don't worry if you don't make the team; but, don't limit your opportunities by not trying out.
- Tryout for your high school team.
- Learn about college soccer programs. Make an effort to visit campuses and see college games.
- Attend summer soccer camps. A specialized skills camp may be better than a college camp this summer.

Sophomore—10th Grade

- **KEEP UP YOUR SCHOOL WORK.** Take PSAT in October. Don't prepare for this test this year. You need an idea of how you score without preparation. Get the test analyzed for areas that need improvement. Work to improve those areas.
- Continue to play the highest club-level competition available. Get your team to start collecting video footage of competitive games. Start a collection of newspaper clippings detailing your success. Keep a detailed record of your game statistics. Encourage team management to publish a roster that you can send to college coaches in areas where the team will be competing.
- Keep trying out for ODP. Don't give up if you weren't selected the first time.
- Play for your high school if your club and ODP events allow.
- Identify 20 possible colleges or universities by May. List schools at different levels of academic and athletic intensity that give you options to choose from later. Don't narrow your search too much right now.
- Make a two-year plan on how/where you can be seen playing by college coaches.
- Attend a summer skills camp or college recruiting camp at a school that interests you.

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