



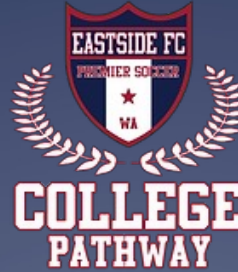
Sports
Recruits

Workshop

Intro to SportsRecruits

September 17, 2025

Eastside FC Office



Guidance, Support & Tools

The college recruiting process can be complex and looks different for every player. Eastside FC will provide trustworthy guidance, practical support, and useful tools so players and families can make confident, informed decisions at every stage—and ultimately find the college program that's the right fit academically, athletically and culturally.

It's more than just performance on the pitch.

Plan

- Research schools and programs
 - Understand eligibility requirements
 - Set academic and athletic goals
- Compile clips and build a highlight reel/profile
 - Create a recruiting timeline
 - Align with your family on all planning steps

Promote

- Maintain an online profile and presence
- Email coaches with updates
 - Attend showcases and ID camps
- Share your highlight video
 - Network through the coaches you know

Perform

- Compete at your highest level, in training and in matches
- Train year-round for improvement
- Track stats and achievements
- Show leadership, character and academic performance
- Stay healthy and consistent

Commit

- Visit campuses
- Compare offers and opportunities
- Sign the necessary paperwork
- Communicate your decision
- Transition to your new program

Guidance, Support & Tools from Eastside FC

College Combines



Team Meetings

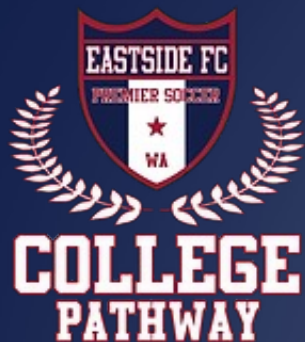


Panels

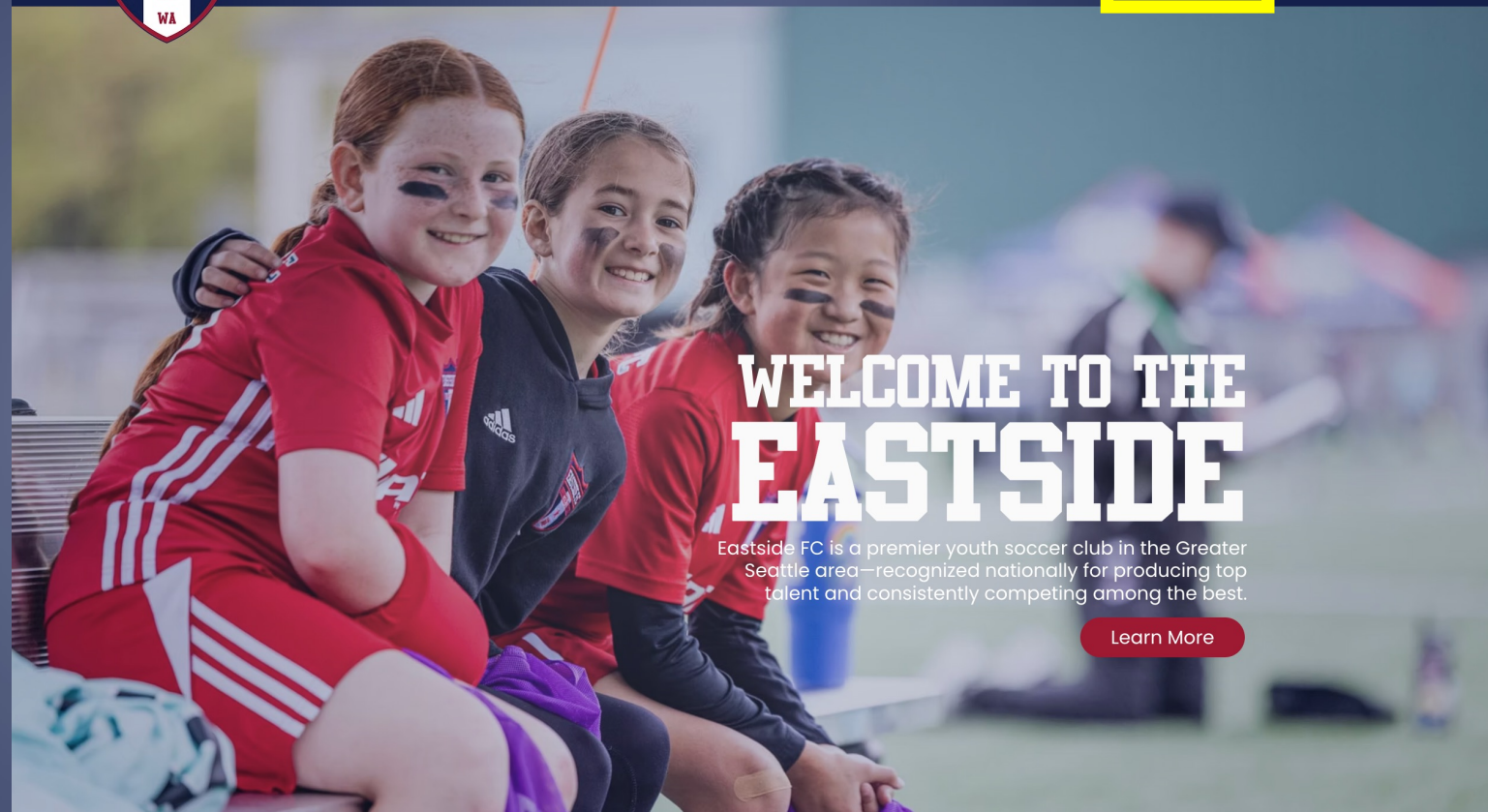


Workshops & Online Content





[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



WELCOME TO THE EASTSIDE

Eastside FC is a premier youth soccer club in the Greater Seattle area—recognized nationally for producing top talent and consistently competing among the best.

[Learn More](#)

80+
Teams

U8 through U19

40+
Coaches

Fully licensed



2
Locations

Brooklyn & Bellevue

1
Mission

Building Champions in Life

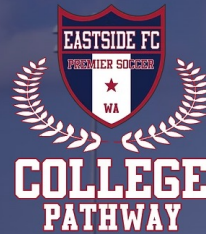
Overview

College Pathway is a new section of our website that offers information, support and guidance during your recruiting process.

EastsideFC.org/College



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



Your College Pathway

Guidance for Players and Families

College Calendar

A calendar list of all Eastside FC college recruiting events.

- Team Events
- College Combines
- Workshops
- Team Meetings
- Online Content



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



College Calendar

This list highlights the recruiting activities hosted by Eastside FC—ranging from workshops and panels to team meetings. Use the categories below to filter and explore.

☐ Team Events

☐ Combines

☐ Workshops

☐ Teams Meetings

☐ Panels

☐ Online Content



September 17, 2025

Workshop

Intro to SportsRecruits

Eastside FC Office

[View Details](#)

October 4, 2025

Meetings, Workshops & Panels

A 30,000 foot view into all of the support events and how they are sequenced.



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



Meetings, Workshops & Panels

[College Calendar](#)

Take control of your recruitment.

Getting recruited to play college soccer is more than just performing on the field. Showcases, tournaments, and combines matter, but it also helps to understand what happens behind the scenes and how the process works.

We've developed 8 conversations to give you and your family straightforward guidance with things like timelines, rules, and communication with coaches—so you are more prepared at every step.



[Team Meetings](#)



[Workshops & Online Content](#)



[Panels](#)

College Combines

Shows upcoming College Combines hosted by Eastside FC. Boys/Girls will each have two combine opportunities, one summer and one winter.

- Dates and Times
- Attending Colleges
- Downloadable Itinerary



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



College Combines

Showcase Your Game for Coaches

As part of our commitment to supporting our players in their college recruitment journey, we offer College Combines twice per year for both boys and girls. These high-exposure events bring in top NCAA Division I, II, and III coaches to observe our players in a competitive environment, including training sessions and full scrimmages. Designed for players who are serious about playing at the next level, these optional events provide a valuable opportunity to showcase skills, gain visibility, and make direct connections with college programs.



Boys/Girls Winter College Combine

Attending schools will be announced closer

o Ages

College Commitments

- A page to honor current Eastside FC players who have verbally committed or signed to a program.



The screenshot shows the 'College Pathway' section of the Eastside FC website. At the top left is the Eastside FC Premier Soccer WA logo. To its right is a navigation menu with links: Home, About, Teams & Coaches, What We Offer, Tournaments, College Pathway, Parents, and Stories. Social media icons for Instagram, YouTube, and Facebook are in the top right corner. The background of the header is a group photo of soccer players. In the center, there is a 'COLLEGE PATHWAY' logo and the title 'College Commitments'. Below the title is a line of text: 'For additions and corrections, please let us know at Media@EastsideFC.org'. The main content area features three player commitment cards. Each card includes the player's name, the year 2026, a photo of the player, and the name of the college they committed to, along with the college's logo.

EASTSIDE FC
PREMIER SOCCER
WA

Home About Teams & Coaches What We Offer Tournaments College Pathway Parents Stories

COLLEGE PATHWAY

College Commitments

For additions and corrections, please let us know at Media@EastsideFC.org

Austin
Shepherd

2026



COMMITTED
Air Force Academy



Caden
Jackson

2026



COMMITTED
California Baptist University



Cate
Kovats

2026



COMMITTED
University of Portland



Alumni on the Pitch

Showcasing 500+ EFC alumni who played in college. And so many more to come!



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



Alumni on the Pitch

Since 1998, Eastside FC players have worn the colors of more than 120 colleges and universities. Some have become standouts at top Division I programs, while others have chosen schools where the focus is on academic excellence in Division III or NAIA. Our alumni represent every level of college soccer, proving there's no single path to success. Please send any corrections or additions to Media@EastsideFC.org.

Emily Broel California Lutheran University 2025		Jaelyn Byeman Seattle University 2025		Brooke Christian University of Portland 2025		Conner Dayley George Fox University 2025	
Maddy Dedmon Occidental College 2025		Charlie Frink Davidson College 2025		Sawyer Frye California Lutheran University 2025		Gavin Honey Pomona & Pitzer Colleges 2025	
Samuel Hough Western Washington University 2025		Ben Sunwoo Park Carnegie Mellon University 2025		Yasmin Peitl Rome City Institute 2025		Zach Ramsey University of Washington 2024	
Ezra Stilwell MSU Billings 2024		Fisher Stilwell Pacific Lutheran University 2024		Phaeffle Wolf Linfield University 2024		Henry Nelson Ithaca College 2023	
Luke Hammond Seattle University 2022		Ellie Bryant University of Pennsylvania 2017		Sophie Butterfield Western Washington University 2017		Rilee Castilla Portland State 2017	

Colleges & Universities

A grid of college logos and names showing where Eastside FC players have played in college since 1998

Over 120 institutions represented.



[Home](#) [About](#) [Teams & Coaches](#) [What We Offer](#) [Tournaments](#) [College Pathway](#) [Parents](#) [Stories](#)



Colleges & Universities

Eastside FC players have gone on to play at more than 100 colleges and universities. Some have become standouts at top Division I programs, while others have chosen schools where the focus is on academic excellence in Division III or NAIA. Our alumni represent every level of college soccer, proving there's no single path to success. No matter the division or conference, they bring the same commitment, character, and love of the game they developed here.



Air Force Academy
Colorado



Amherst College
Massachusetts



University of Arkansas
Arkansas



Azusa Pacific
California



Bellevue College
Washington



Biola University
California



Boise State University
Idaho



Boston College
Massachusetts



Brigham Young University
Utah



Brown University
Rhode Island



California Baptist University
California



California Lutheran University
California





Workshop

Intro to SportsRecruits

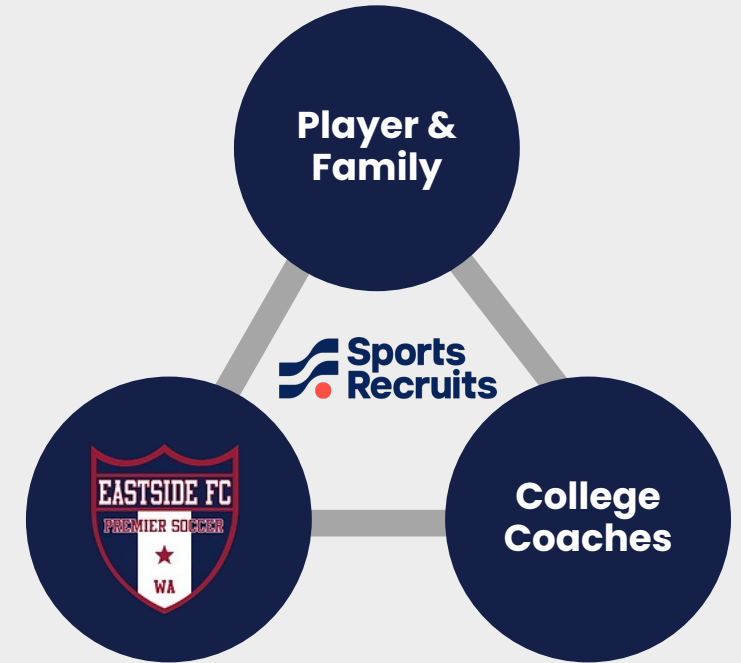
September 17, 2025

Eastside FC Office

What is SportsRecruits?

A recruiting platform to help players research schools, communicate with coaches and streamline the recruiting process:

- **For players/families:** Provides structure and tools so you know what to do, how to do it and when to do it.
- **For Eastside FC:** Allows us to track, support and manage your recruiting progress
- **For College Coaches:** Provides a more streamlined experience for coaches to find you and interact with you



Who at Eastside FC gets access to SportsRecruits?



All players U16 and older receive access to the platform as part of their club experience.

U16-U19 ECNL / ECNL RL

- Players were automatically uploaded to SportsRecruits about three weeks ago; look for the email invite from SportsRecruits. Check your spam folder.
- Reach out to Help@SportsRecruits.com if you can't get in.

Automatically Added

U16-U19 White, Blue and Bellevue

- Players can get access to SportsRecruits by asking their coach.
- Players will get added to the platform in batches on a periodic basis.

By Request

Eastside FC Boys and Girls each have their own landing page.

Eastside FC Boys

https://sportsrecruits.com/organization/eastsidefc_boys

SportsRecruits

ActivityProfileMessagesSchoolsVideoMore



Soccer

Eastside FC-Boys

Location: Preston, WA

Club Website

TEAMSATHLETE VIDEOSSTAFFCOMMITTS

Quick Facts

LOCATION
Preston, WA

WEBSITE
eastsidefc.org/

Teams

B07/08 ECNL - Kovats

KA

Kostandinos Avlonitis, 2026

CC

Cooper Conley, 2026

Zachary Henn, 2026

#12, Midfield, Defense

PC

Parker Calender, 2026

DH

Dante Hansen, 2026

KH

Kai Hirano, 2026

See Full Roster

B07/08 ECNL RL - Wharton

NA

Nate Adams, 2026

KC

Kai Claiborne, 2027

Eastside FC Girls

https://sportsrecruits.com/organization/eastsidefc_girls

SportsRecruits

ActivityProfileMessagesSchoolsVideoMore



Soccer

Eastside FC-Girls

Club Website

TEAMSEVENTSATHLETE VIDEOSSTAFFCONNECTIONSCOMMITTS

Quick Facts

WEBSITE
eastsidefc.org/

Teams

G07/08 ECNL - Kovats

Amiah Armstead, 2027

#84, Defense, Midfield

Mia Carr, 2027

Natalie Gram, 2027

EB

Ella Benders, 2026

Defense, Midfield

MF

Molly Fordham, 2026

Isabelle Hammar, 2027

Forward

See Full Roster

G07/08 ECNL RL - Deighton

Peyton Bentvelzen, 2027

Violet Bryant, 2027

Goalkeeper



Today

Understand the core areas of SportsRecruits, the basic functionality, why we are using it, and how it can help your recruitment.

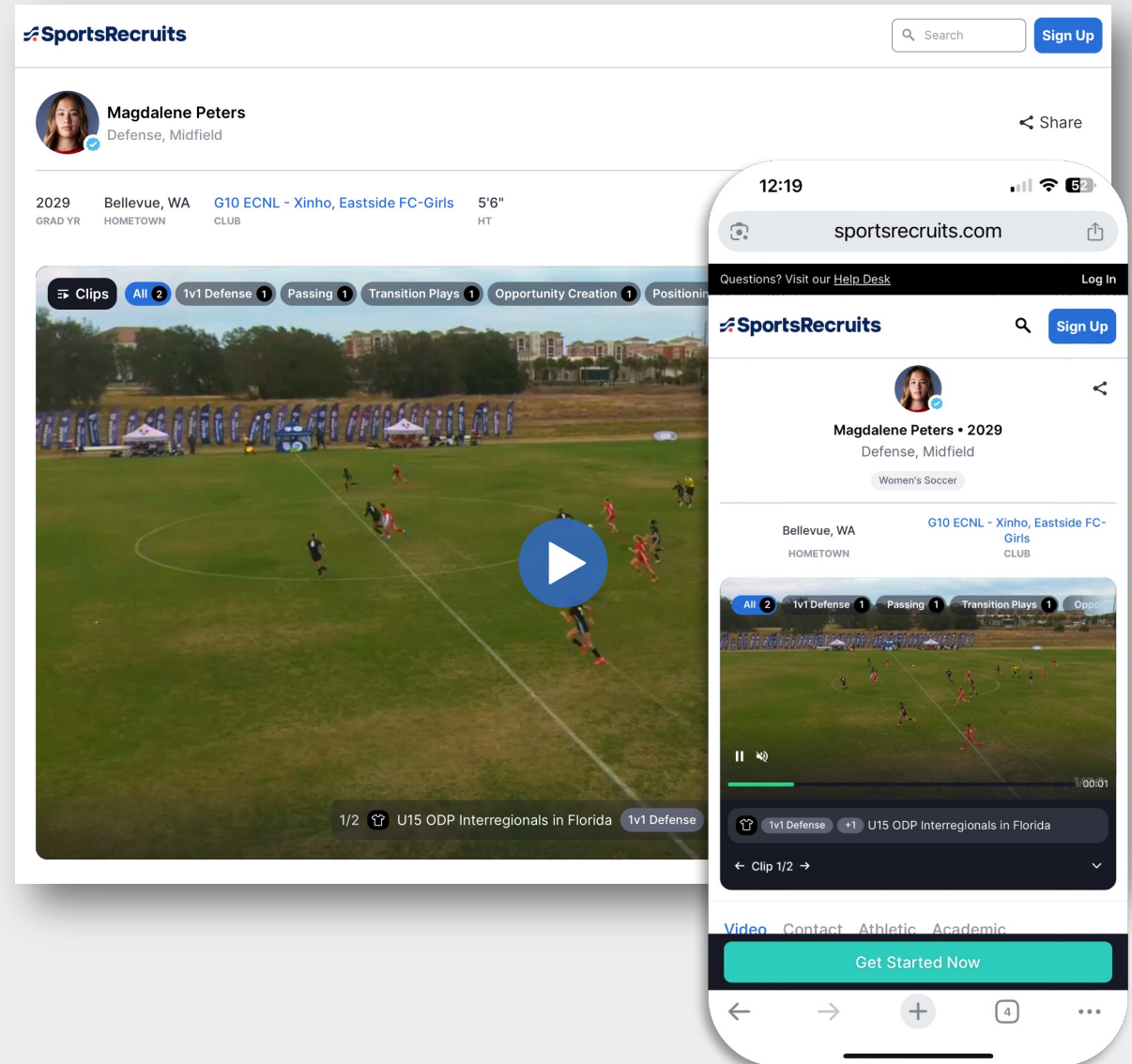
1. Your Profile
2. Your Video
3. College Search
4. Emailing

1. Your Profile

Your profile is your digital resume and includes things like stats, academic info, a personal statement, your highlight videos and more.

The more complete and polished your profile, the more likely a coach will engage. Think of this as your “first impression.”

Make sure academic info is accurate; coaches care about that, too.

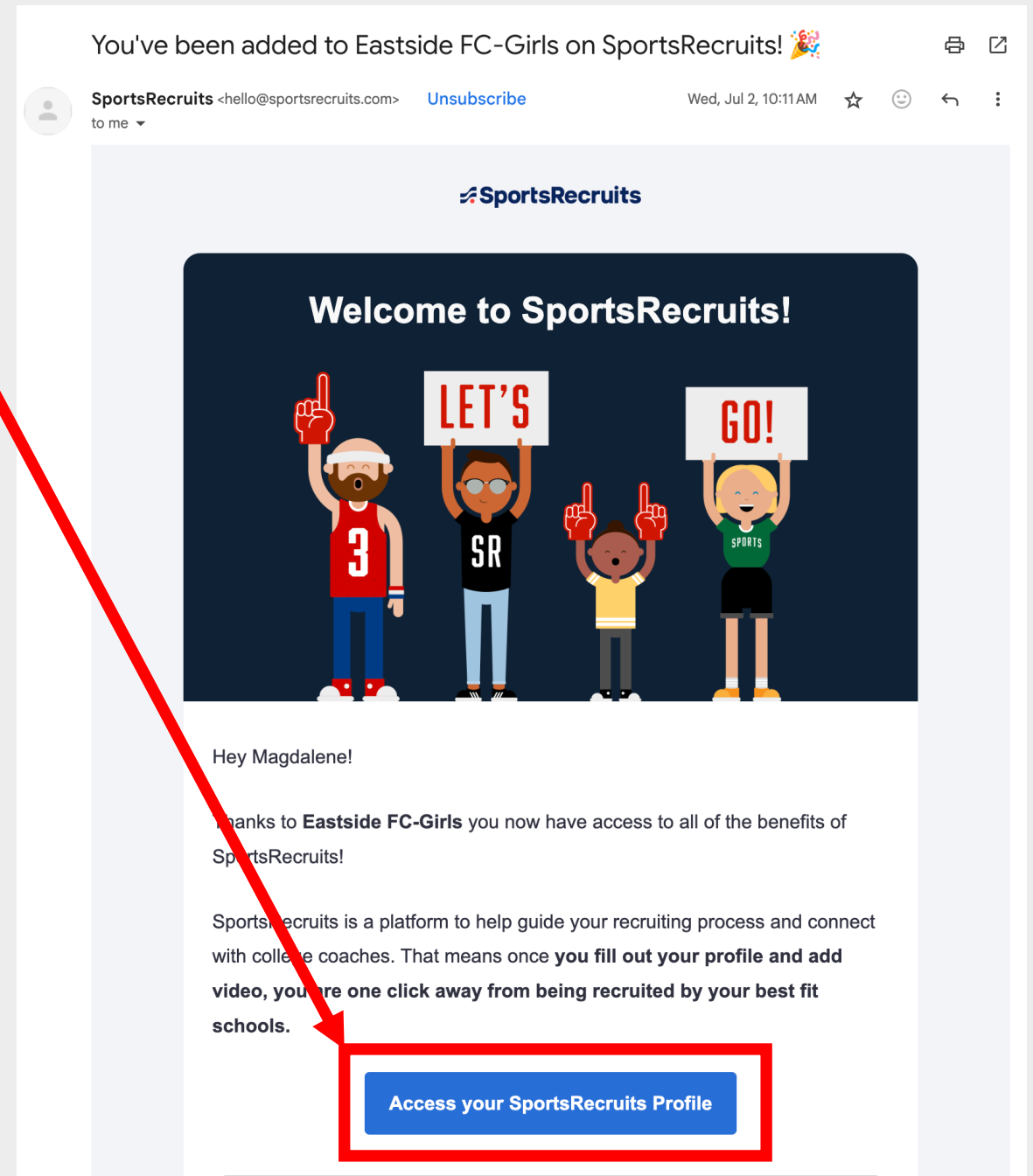


Getting In

U16-U19 ECNL and ECNL RL players have been sent an invitation to SportsRecruits. These went out a few weeks ago.

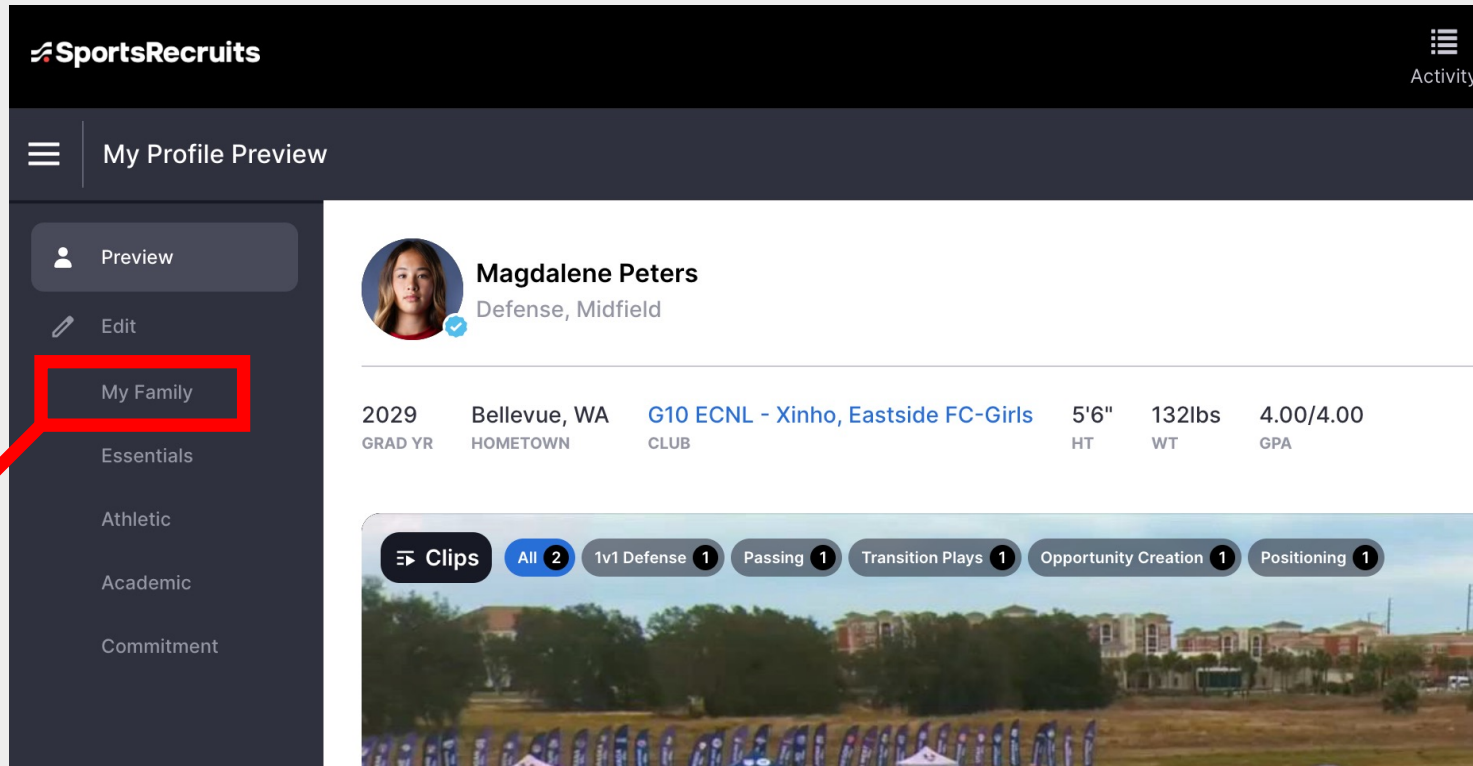
Many of you have already set up your profiles.

For those who can't get in or don't have the invitation email, let Help@SportsRecruits.com know and they will assist you.



Family Access

Once you are in, you can give your parent(s) access to your account.



SportsRecruits

Activity

My Profile Preview

Preview

Edit

My Family

Essentials

Athletic

Academic

Commitment

Magdalene Peters
Defense, Midfield

2029 GRAD YR Bellevue, WA HOMETOWN **G10 ECNL - Xinho, Eastside FC-Girls** CLUB 5'6" HT 132lbs WT 4.00/4.00 GPA

Clips

All 2 1v1 Defense 1 Passing 1 Transition Plays 1 Opportunity Creation 1 Positioning 1

Video player showing a soccer game.

Guardian

Email

Next Cancel

Athletes

-  Hayley Boehl, 2027 
#13, Defense
-  Linsey Crow, 2027 
#14, Forward, Defense
-  Annie Detamore, 2028 
Forward, Midfield
-  Julie Henry, 2027 
#54, Defense
-  Avery Kuipers, 2027 
#25, Goalkeeper

-  Gabriela Remen, 2027
-  Sadie Stetler, 2028

-  Keelin Tutor, 2027 
#21, Defense, Midfield

-  Zoe Wong, 2027 
#55, Forward, Defense

Coaches

-  Kelvin Galvez
Coach

-  Kylie Chisholm, 2027

-  Isabelle Day, 2028

-  Hayden Feimster, 2027 
#8, Forward, Midfield

-  Rachel Jacobson, 2027

-  Ella Look, 2027 
Defense

-  Reese Stanely, 2027

-  Lauren Tripp, 2027

-  Lucca Winkler, 2028



Verify Your Profile

1. Upload a profile picture
2. Add your graduation year
3. Fill out your position

Verified profiles receive 2-3x more views than unverified profiles.



Keelin Tutor

Defense, Midfield

2027
GRAD YR

Seattle, WA
HOMETOWN

G09 ECNL - Galvez, Eastside FC-Girls
CLUB

5'4"
HT



SportsRecruits

Search

Sign Up



Magdalene Peters

Defense, Midfield

Share

2029
GRAD YR

Bellevue, WA
HOMETOWN

G10 ECNL - Xinho, Eastside FC-Girls
CLUB

5'6"
HT

Women's Soccer

Brayden Krueger Highlights

By Brayden Krueger



DESCRIPTION

This video has no description.

VIEWS

3

VIDEO SHARE LINK

[Copy Link](#)

UPLOADED

August 20, 2025

SOURCE

YouTube



2. Your Video

You can add individual clips and files or embed them through services like YouTube, Hudl, Vimeo

Make a "Pinned lists, which allow coaches to view sortable versions of your performance (e.g. Passing, Tackling)

Maintain a library of clips (e.g. My Videos)

Create a highlight video by combining your individual clips or uploading/embedding one

The screenshot displays a video management dashboard. At the top, the 'Add Video' section offers three options: 'Upload video' (from a computer or mobile device), 'Connect video' (from video partners), and 'Embed video' (from YouTube, Hudl, and Vimeo). Below this is the 'Pinned Playlist' section, which includes a description of its function and buttons for 'Edit Playlist' and 'Profile Preview'. The 'My Videos' section is visible, showing a video titled 'Maggie Peters Highlight Video' from September 16, 2025. A red arrow points from the 'Add Video' section to the 'Upload video' button. Another red arrow points from the 'Pinned Playlist' section to the 'Edit Playlist' button. A third red arrow points from the 'My Videos' section to the 'Maggie Peters Highlight Video' entry. A fourth red arrow points from the 'Create a highlight video' text to the 'Maggie Peters Highlight Video' entry. The video player interface for 'Maggie Peters Highlight Video' is shown, featuring a 'Play Reel' button, a video title 'ODP Interregionals Tra...', a star rating, and a timeline with 'Start Clip' and 'End Clip' buttons. The 'Video Library' section is also visible at the bottom.

Add Video

- Upload video**
from a computer or mobile device
- Connect video**
from video partners
- Embed video**
from YouTube, Hudl and Vimeo

Pinned Playlist

Your pinned playlist appears at the top of your profile for coaches to filter, find, and watch your best plays. Add or swap clips to keep your profile fresh throughout the season.

To request help or more information, visit our [Playlist Request](#) page.

[Edit Playlist](#) [Profile Preview](#)

My Videos [Film Store](#) [My Videos?](#)

Maggie Peters Highlight Video
Sep 16, 2025

[Play Reel](#) 00:00:11.92

[ODP Interregionals Tra...](#)
★★★★★

Select a video from the Video Library below to preview or cut!
Once you have selected a video, you will be able to preview the file here and create clips from it using the tools below

[Start Clip](#) 00:00:00.00 — [End Clip](#) 00:00:00.00 [Add Clip to Reel](#)

Video Library

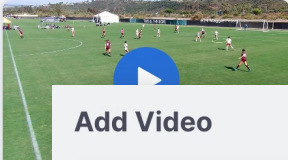
Video



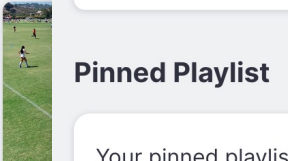
ODP Interregionals Tracking Back
Sep 13, 2025



ECNL Playoffs Tackle
Sep 13, 2025



ECNL Playoffs Defensive Header
Sep 13, 2025



ECNL Playoffs Tackle
Sep 13, 2025



ECNL Playoffs Goal-Saving Tackle
Sep 13, 2025

Add Video



[Upload video](#)
from a computer or mobile device

Pinned Playlist

Your pinned playlist appears at the top of your profile. Keep your profile fresh throughout the season.

To request help or more information, visit our [Playbook](#).

Edit Playlist

Profile Preview

My Videos

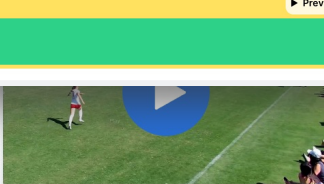
Film Store



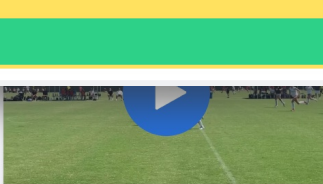
ODP Interregionals Tracking Back



ECNL Playoffs Defensive Header



ECNL Playoffs Tackle
Sep 13, 2025



ECNL Playoffs Goal-Saving Tackle

Pinned Playlist > ODP Interregionals Tracking Back

Exit

Edit Clip

Start Time*

End Time*

00:00:00.00

00:00:08.39

Skills*

1v1 Defense X

Positioning X

Isolation Effect

Spotlight yourself for coaches by adding a 2s freeze frame and isolation effect.

+ Add Effect

Caption

U15 ODP Interregionals in Florida

33/100

Jersey

#

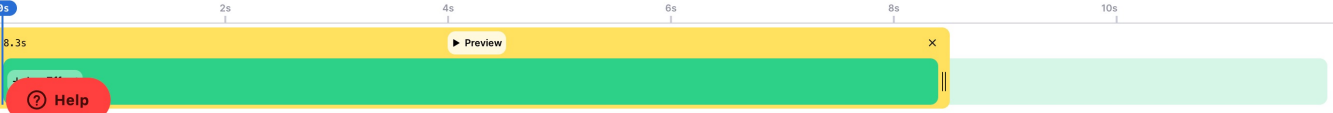
Black

X

Save changes

Discard

00:00:00 / 00:00:11



3. College Search

A powerful search tool to search for institutions by location, academic majors, division, and more. Helpful, even if you're not going to play in college

Allows players to see if coaches have viewed their profile. Helps you know what to follow up on

Student athletes can "favorite" colleges

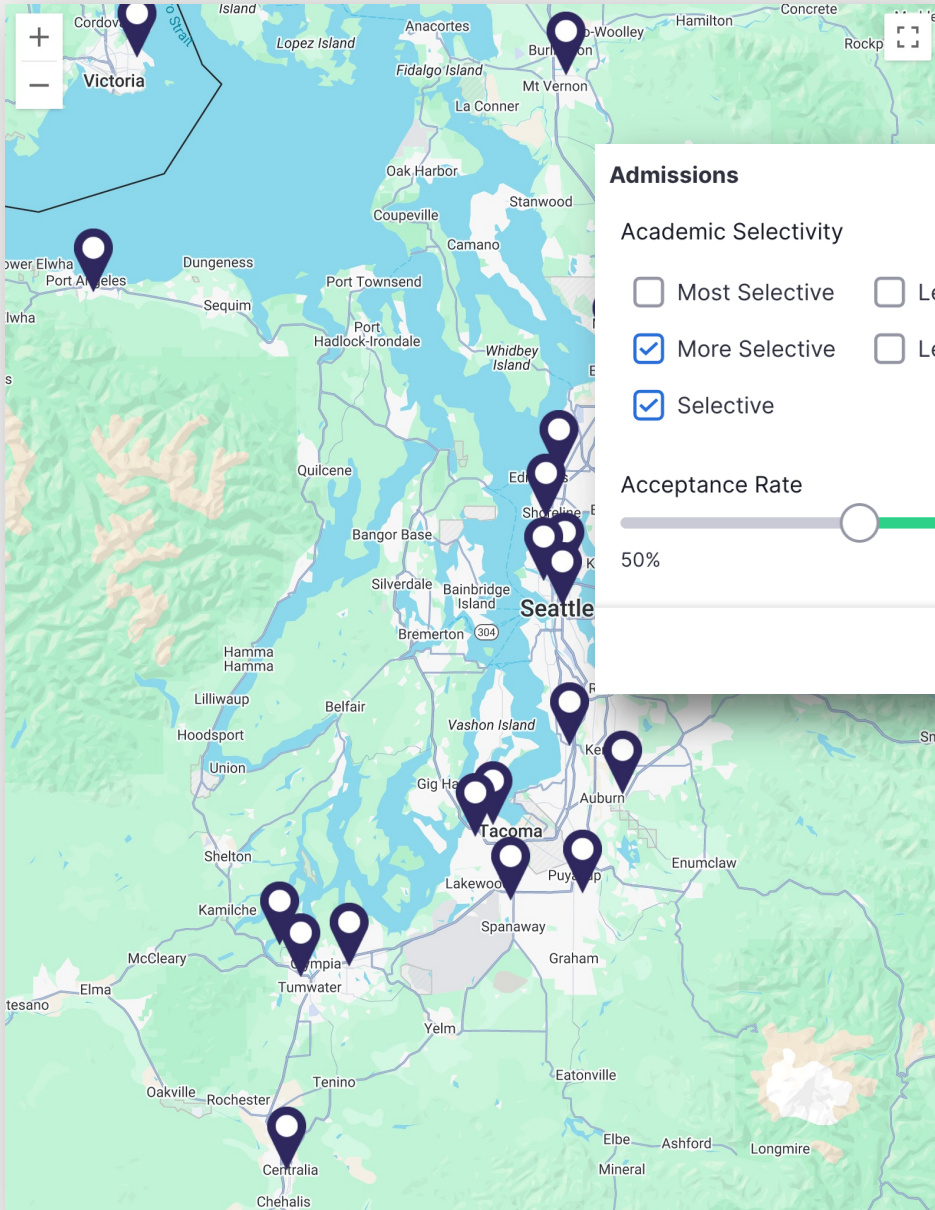
The screenshot displays the SportsRecruits app interface. On the left is a dark sidebar with navigation options: 'SportsRecruits', 'School Search', 'Favorites', 'Search', and 'Preferences'. The main content area shows a list of colleges under the heading '1791 Schools'. Each entry includes a school logo, name, location, and division, along with icons for favoriting and messaging. The list includes:

- Abilene Christian University • Abilene, TX • NCAA DI
- Abraham Baldwin Agricultural College • Tifton, GA • NAIA
- Acadia University • Wolfville, NS • U Sports
- Adams State University • Alamosa, CO • NCAA DII

A detailed view of the University of Michigan is shown in the foreground. It features the university's logo (a large yellow 'M') and the following information:

- University of Michigan**
- Location:** Ann Arbor, Michigan
- Division:** NCAA DI
- [View School Profile](#)

At the top of this view, it says 'You favorited University of Michigan' next to a profile picture. Below the school information, there are buttons for 'UNFAVORITE COLLEGE' and 'MESSAGE COLLEGE'. On the right side of the app, there is a map of the United States with colored pins indicating the locations of various schools.



Admissions

Academic Selectivity

- ☐ Most Selective
- ☐ Less Selective
- ☒ More Selective
- ☐ Least Selective
- ☒ Selective

Acceptance Rate



Test Scores

ACT Score



SAT Score



Enrollment Size

Undergraduate Student Population

- ☐ Small <3,000
- ☐ Large 10-20,000
- ☐ Medium 3-10,000
- ☐ Extra Large >20,000

Search by school name 🔍

Location ▾

Academics ▾

Majors ▴

Athletics ▾

Roster Needs ▾

Search Majors 🔍

- ☐ Arts and Humanities ▾
- ☐ Business ▾
- ☐ Health and Medicine ▾
- ☐ Interdisciplinary Studies ▾
- ☐ Public and Social Services ▾
- ☐ Science, Math, and Technology ▾
- ☐ Social Sciences ▾
- ☐ Trades and Personal Services ▾

Apply Filters

o State University



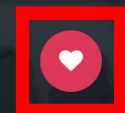
San Diego State University

Location: San Diego, CA

Division: NCAA DI

Conference: Mountain West Conference (MW)

[Visit Website](#)



COMMITTS

ATHLETICS

SCHOOL PROFILE

ADMISSIONS

COST

MAJORS

Quick Facts

ACADEMIC SELECTIVITY

More Selective

UNDERGRAD ENROLLMENT

32,194

CONTROL/AFFILIATION

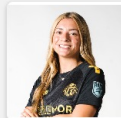
Public

Committed Athletes



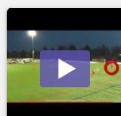
[Cayden KK Chowana-Bandhu, 2026](#)

Soccer



[Alannah Gonzales, 2026](#)

Soccer



[Mia DeJohn, 2025](#)

Soccer



	Duke University		
	University of Pennsylvania		
	Stanford University		
	University of California, Lo...		
	University of Southern Cali...		
	Brown University		
	Columbia University		
	Cornell University		
	Dartmouth College		
	Iowa State University		

Add Favorites to Your Profile

Use the Schools search tools to "favorite" 30 schools that seem like a good fit, athletically, academically and culturally.

3. Emailing Coaches

Easily email programs by just typing the name of the school. Send your emails to the entire coaching staff at that school.

SportsRecruits

× New Message

To: duke

COLLEGES

Duke University

Cc:

Subject:

To: Carla Overbeck × Kieran Hall × Evan Gaffney × Hanna Gardner ×

Cc:

Subject:

B *I* U

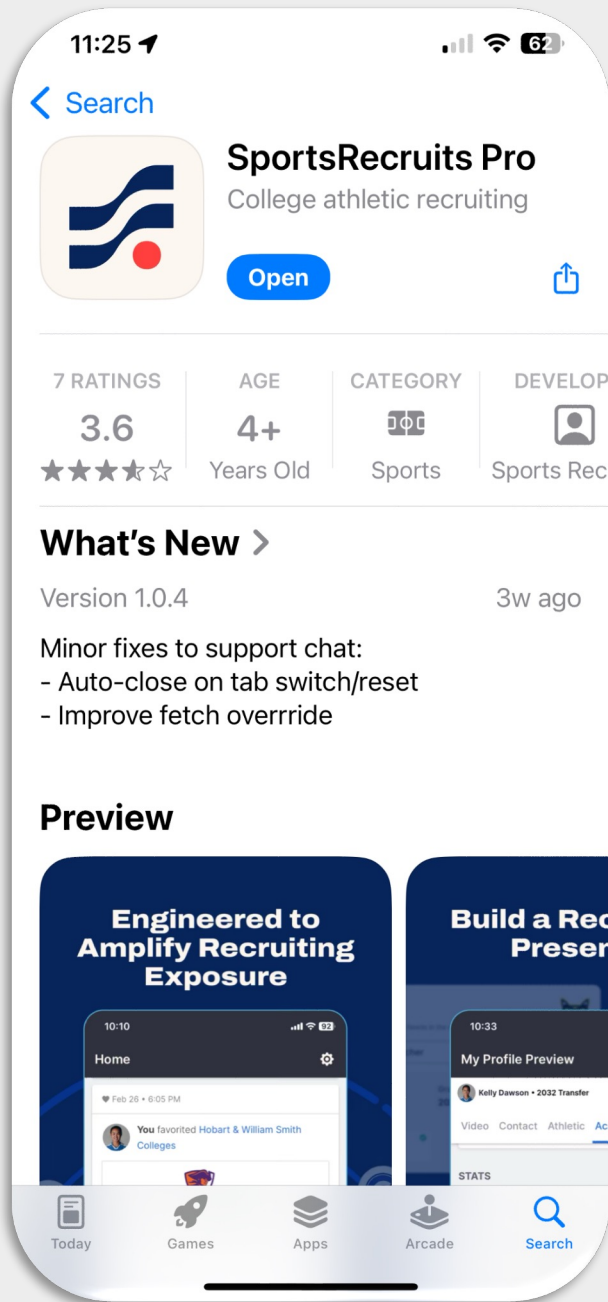


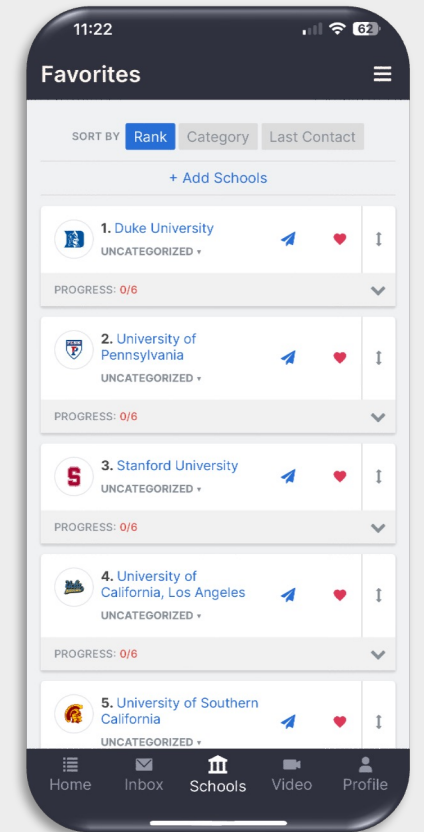
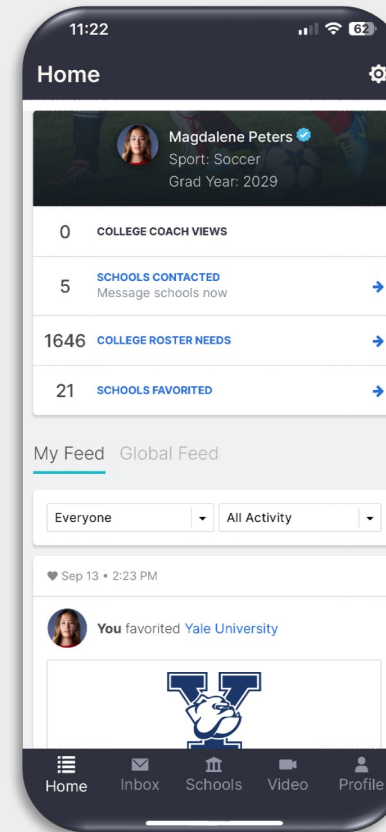
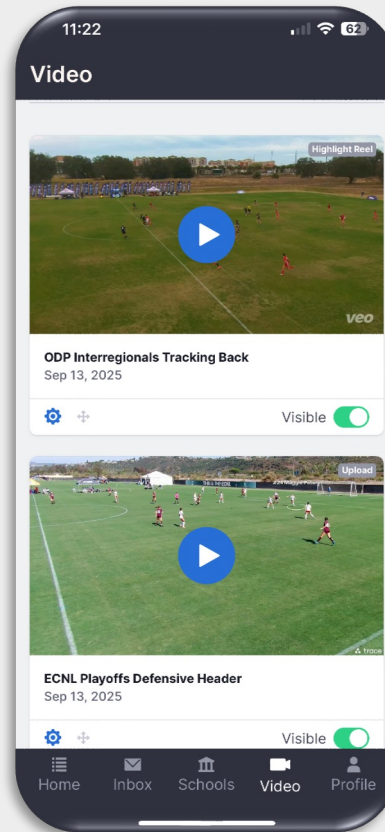
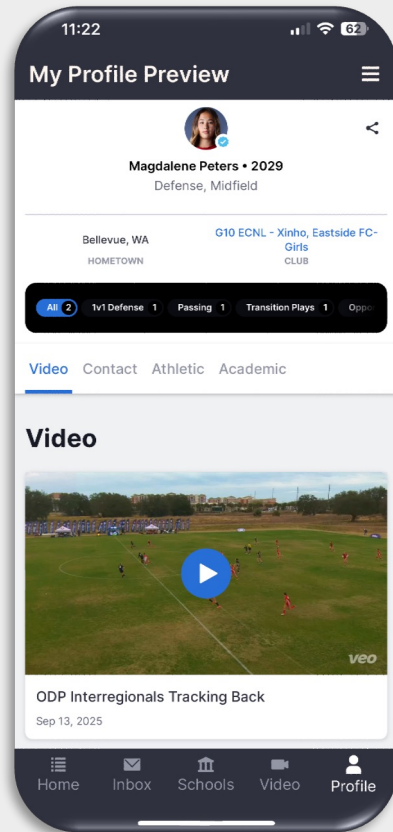
 





Get the App

- Research schools
- Email coaches
- Upload videos



SportsRecruits Checklist

Complete the following tasks by 10/1/2025 to keep yourself on track.

☐

Get logged into SportsRecruits to establish your online presence. Players (not parents) should have received an email invite a few weeks ago. Check your spam folder. Email help@SportsRecruits.com if you get stuck.

My Family

☐

Once in, you can optionally **give your parent(s) access**.

☐

Verify your profile—get a blue checkmark—by uploading a photo, adding your grad year and adding your position.

☐

Gather 20 clips (6-10 seconds each) of your highlights from the last 6-12 months and upload them to your profile.

☐

Use the “Schools” tab to **find and “Favorite” 30 colleges and universities**.

☐

Set reminders in your family calendar to email coaches 2 weeks before the next ECNL or ECNL RL showcase.

☐

Download and install the SportsRecruits Pro app which will allow you to email coaches and upload videos on the go.

☐

Mark your calendar for two future workshops: Creating Highlight Videos (10/5) and Emailing Coaches (11/2). TeamSnap invites will be sent out a few weeks prior.

Upcoming Events

For all of the events, visit: EastsideFC.org/College/Calendar



Eastside FC Night at UW Women's Soccer (UCLA)

University of Washington

October 4, 2025



Creating Highlight Videos

Eastside FC Office & Meeting Space

October 5, 2025



Emailing Coaches

Eastside FC Office & Meeting Space

November 2, 2025



Eastside FC Night at UW Men's Soccer (UCLA)

University of Washington

November 7, 2025





Questions?