YOUR RECRUITING JOURNEY STARTS HERE.



CaptainU is the Official Recruiting Partner of the 2026 Bethesda Premier Cup Girls Weekend!

Your roster submission puts **every player on your team** in front of every college soccer program in the country, **free**.

Submit today: ensure your athletes are listed in the **College Coach Recruiting Book**, used on site by recruiting coaches.

COACHES: 3 steps, under 5 minutes – due Tuesday, November 3

1. **Download** the roster form (Google Sheets | Excel)
2. **Fill in** each player's details, including a unique player or parent email (that's how each profile is created)
3. **Email** it to rosters@captainu.com by **Tuesday, November 3**

That's it. We'll create the profiles and players will get a login link by email. The profile is free; players can upgrade or deactivate any time, no restrictive contracts.

ATHLETES: get started yourself

Create your FREE profile now, then:

- **Complete it:** add stats, academics, photos and highlight video. You're then searchable by college coaches.
- **Message coaches:** try it free for 2 weeks. Over 2,700 college soccer programs use CaptainU, and you can see which coaches view your profile.
- **Stay proactive:** follow up and schedule visits. The more active you are, the better your chances.

Over 300,000 athletes have been recruited through CaptainU. Who on your team will be next?

