

The following information was compiled from several sources; hopefully it will provide many of you with helpful information on the Recruiting Process. If you are seriously thinking about playing in College come see me.

COLLEGE LACROSSE RECRUITING TIPS

1. Purchase "Face Off Lacrosse"
 - Published by Inside Lacrosse (cost - \$12)
 - Website is www.insidelacrosse.com
 - Lists info on every D1, D2, D3 and Club Programs
2. Compile a list of colleges you are interested in attending
 - Factors/standards to evaluate:
 - Admission Standards
 - Available Majors and Course of Studies
 - Level of Lax Program
 - Total Costs
 - Categories of colleges to consider:
 - Stretch - hope you will be accepted
 - Realistic - expect you will be accepted
 - Sure Bet - know you will be accepted
3. Notify your high school coach of your interest in these colleges
 - Determine if he knows the coaches at any of these colleges
 - Ask him to contact the coaches by phone, letter email and at coach's conferences during junior year
4. Contact the lacrosse coaches at the colleges you are interested in so you can get on their prospect list. Contact by letter (avoid form letters - customize them), email or phone (D1 coaches cannot call you back if they miss your phone call until after July 1st of your junior summer). Coaches like to talk to players so they can get to know the players. You can make unlimited calls to the coaches. Maintain contact via letters or emails. Give them ample advance notice if you are planning a trip to their college on your own dollar so they can make arrangements to have you stay with a member of the lacrosse team, tour the campus, attend a few classes and practices.
5. You can take unlimited trips to colleges on your dollar, but you are limited to five trips if a college pays for the trip. It is very helpful to visit and talk with members of the lacrosse team to get a realistic and accurate evaluation of the coach and the program. Coaches rely on input from host players and if they are negative regarding a prospect then the coach will probably remove the prospect from his recruiting list.
6. Many D1 programs only offer scholarship money to players who they know will contribute to the program. With only 12.5 scholarships available for the entire team, partial scholarships are offered only to starters or players who get a lot of playing time. Many D1 colleges expect you to earn a scholarship after you have committed to attending the college. D1 teams usually maintain a roster of 40 plus players and usually recruit about 10-12 players per year.

7. If you transfer from one four-year College to another four-year college you have to sit out a year unless your former college coach releases you from this requirement.

The Process

The recruiting process...The serious recruiting process begins when coaches are able to start contacting players beginning July 1st following their junior year. The first things that they will want to see are ACT/SAT scores and a school transcript. These are the initial indicators on whether a player will qualify academically at the school. Make sure you take the tests no later than the spring of your junior year. Either test is acceptable, but the SAT score is seems to be more popular with the East Coast schools. Another academic requirement for NCAA recruits is registration with the NCAA National Clearinghouse. This costs \$50 and authorizes the NCAA to verify your academic standing to ensure that you have the minimum qualifications to attend college. Registration can be completed on the Internet at www.ncaaclearinghouse.com.

PROFILE & VIDEO...A great way to market yourself is to put together a college profile and a recruiting video. The profile should be one or two pages and describe you fully to the coaches you will be sending it to. Think of it as a resume you are creating to apply for a student-athlete position at a college. It should have sections for your personal data, academics, athletics and extra-curricular activities. Include names and contact information for your high school counselor, coaches and other key individuals that a recruiter might want to contact. You can include a picture or two of yourself as well. We ran across a sample profile on the Internet and used it for a model. The video should be in the range of 5-10 minutes. Create the video with clips that show your skills in all areas. The coaches want to see how you handle yourself in all aspects of the game.

Here is a Sample Video and Profile:

<http://recruit-match.ncsasports.org/fasttrack/vtprofile.do?id=75943X12749>

2007 Team Colorado: Vail Shootout Champions
2007 Team Colorado Captain
2007 2nd Team All-Conference
2007- 2005 3x Varsity Starter/Letterman
2007-2006 Team: State Playoffs
2005 H.M All-Conference
2005 Varsity Team Rookie of the Year
Overall GPA: 3.3/4.0
AP Classes: Yes (Spanish)
ACT: 28
Acad. Awards: Honor Roll, 2nd Team All-Academic Selection

For example, a midfielder's clips should include shooting, passing, catching, defending and battling for ground balls. Also, include face-offs if you have that role. Try to include some action that highlights your speed, strength and overall athleticism. I would recommend using action shots from games where you are playing among other good players. If you use footage where you are clearly dominant over the other players, the college coaches will recognize this and will likely be less impressed with your highlights. The point here is to build your video with action from games that involved a high level of competition. Make sure the clips are long enough to provide the full context of the action. For example, record a few seconds of what you are doing right before you score the goal, not just the shot itself. You should also start the tape by doing a short

video introduction and explain what games the clips are from. The video and profile can be sent to the coaches at all the schools you are interested in attending. Also, keep some copies on hand and ready to send out if you get contacted by other schools that have an interest in you.

RECRUIT CAMPS & SHOWCASES... There are several recruiting camps sponsored each year that draw many of these coaches who rely on them to find, and evaluate, potential recruits. Some in our area include Top Star, Top 205, and Jake Reeds Blue Chips a new addition to the recruiting camps in the area. Also, in our area we are lucky to have the MD Free State Tryouts and the Underarmour All Star Teams. All of these are by invitation only and fill up fast.

Another option is to go to the Camp the College you would like to attend is offering during the year. These camps are usually staffed by the Coaches involved directly with recruiting. Go out there and put on a great show!!

A couple of other thoughts on the recruiting camps...when you know that you will be attending a camp, send a note, along with your personal profile, to the head coach at any colleges you are interested in to let them know that you will be there. It can help improve the chances that they will check you out. Also, these recruiting camps can be a great place to get footage for your recruiting video. The camps usually include anywhere from 7-15 games in a 3-4 day period and provide the opportunity to collect a lot of action shots in a short period of time in a competition with other top-level players.

COACHES CONTACT... During the recruiting process, coaches are likely to contact many more players than they expect to sign for a particular recruiting class. The type of contact you receive is a good indicator of level of current interest the coach has in you. Generic recruiting letters are sent to many high school players and usually request that you fill out a recruiting form with information about yourself and send it back to the school. They probably got your name and address from a list of camp attendees or from a list provided by the league you play in.

The next level is a personal letter sent to you from a college coach indicates that the coach probably knows something about you as a player. The personal letter is often handwritten or at least includes the coach's handwritten signature. When you get the generic or personal letters, you should respond to them. Here is a chance to also send them your personal profile and recruiting video. Hopefully, that will generate more interest in you and more active recruiting from the coach. If you get identified as one of a college's top prospects, you will likely be contacted directly by the coach, in person or via phone calls. If you are getting strong interest from a coach, you will probably also be offered a chance to take an "official visit".

OFFICIAL VISITS... An official visit is where the school will pay the expenses for a player to visit the school for up to a 48-hour period. NCAA rules allow a maximum of five official visits per recruit. If you are fortunate to have more than five schools actively recruiting you, then you will need to think about which five schools you want to include in your official visits. You can take as many unofficial visits as you want, but they are at your expense. Official visits can be offered whether or not there is any scholarship money involved. The visit is a great opportunity for the coach to promote the school and lacrosse program and for the prospect to decide if it is the right fit for him. The typical visit will include a meeting with an admissions person, a tour of the school and a meeting or some time spent with the coaching staff. The recruit will have a player host and room with him during the visit. The visit may also include attending a school sporting event or getting the chance to watch the lacrosse team practice, depending on the timing of your visit. When you are on the visit, try to get the most out of it. Ask the coaches and players a lot of questions about the lacrosse program. When you leave, you should feel that you have a good understanding of the coaching philosophy, an impression of what the players are like and how the players relate to the coaches. You also want to know what the coach thinks about you and your potential to contribute to the team. Make sure you get as much information about the school as well, since the education you receive there should be your most important overall consideration in

choosing a college. Also, it's a good idea to follow up any visit with a thank you note to the coach, whether or not you are still considering the school after your visit. Coaches don't stay in their jobs forever and you may end up playing for that coach at another school someday. Always use common courtesy and don't burn any bridges – enough said.

In identifying potential recruits, the college coaches seemed more interested in getting good athletes vs. good lacrosse players who lacked overall athleticism. Their comments were generally along the lines of; we can teach the skills, but we can't teach the athleticism. One indicator of a player's athleticism is his participation in other sports. Many of the skills mastered in other sports and overall physical development will help make an athlete a better lacrosse player. In reviewing player bios from recent announcements of college recruits, I noticed that most of the recruits participated in, and often excelled at, other sports besides lacrosse. This doesn't mean you should pick up another sport late in your high school career, but you should probably think twice before you drop a sport to focus solely on lacrosse. Also, according to some recent articles, single sport athletes who play their sport year-round are more at risk of getting repetitive stress injuries and face a greater likelihood of burnout.

SCHOLARSHIP OFFERS...The Division I and II programs have athletic scholarship money to offer their top recruits. Division III programs don't have athletic scholarships, but will try to help their recruits qualify for academic scholarships or other forms of financial aid. Coaches typically try to recruit many more players than they expect will commit to the school. They know that not all prospects will want to attend their school and others may decide to take up an offer somewhere else. If a coach has scholarship money to bring in several new recruits, he may have offers out to many more than that initially. Once he has all his scholarship money committed to, he will take the remaining offers off the table. It's important for recruits to know that verbal scholarship offers can be pulled at any time and without any advance warning. That is why it is important to take all your official visits as soon as you can, so you are in a position to make a decision before the recruiting classes get filled. That doesn't mean you need to take the first offer or rush a decision, but don't spend months trying to decide and risk losing some offers. Don't be afraid to ask the coach how soon he is expecting a decision from you.

Besides your lacrosse skills and academic proficiency, coaches also are interested in your character and how you will fit in with the other players on team. Make sure that in your phone conversations and face-to-face contacts with the coach and players, you put your best self forward. Coaches are looking for players who demonstrate honesty, dependability, leadership, a strong work ethic and a passion for the game. They don't want to ruin their team chemistry by adding someone who will upset the mix in a negative way or with someone who may be difficult to coach.

The amount of the scholarship also provides some indication of the interest the coach has in a prospective recruit. However, keep in mind a couple of things. First, the costs to attend a school vary, so that a \$10,000 scholarship at a \$20,000 a year school covers one half of the total cost, while a \$10,000 scholarship at a \$30,000 a year school only covers one third of the total cost. Second, some coaches prefer to put out less money for new recruits and use more of the money to increase scholarships for their top players who they want to reward and retain. Other coaches will focus more on getting the scholarship money for their new recruiting class and less on current players. Scholarships are only guaranteed for the first year. However, if a player continues to participate on the team and meets eligibility requirements, he will likely keep that scholarship money for all four years. Another possibility is that a coach will try to get a prospect to walk-on his freshman year with the intent of trying to get him some scholarship money the next year. Obviously, there is no guarantee for a second year scholarship, but it might be worth a shot for someone who really wants to attend a particular school and thinks he can make the team.

MAKING A DECISION...Your eventual decision may end up being a slam-dunk or one of the toughest decisions you've had to make in your life. If you're giving serious consideration to

more than one school, it may be helpful to list the 10 or 12 key categories that are important in your decision and compare the schools against them. You can develop a scoring system and weight each category differently if that helps. However, be careful about making a decision based solely on your feelings about the current coaching staff. As I mentioned earlier, coaches move around freely to different positions and programs. There is no guarantee that the coach who recruited you will be there for all four years and may not even be there your first year. Almost all of the major colleges and universities have websites where you can find tons of information about the schools and their lacrosse programs. You should take advantage of that to learn all you can about the schools you are considering.

If you have scholarship offers, you will need to make a decision on them at some point. When you have the decision made, you will let the one coach know you are accepting his offer and let any other coaches know that you are not taking theirs. Once you have made this commitment and have been officially admitted to the school, then the final step is the National Letter of Intent (<http://www.national-letter.org/>). The coach will provide you with documentation indicating the amount of the first-year scholarship offer. You, and a parent, will sign the Letter of Intent indicating that your acceptance of this offer. The Letter can only be signed during the official signing periods. There is an early period which is usually in November and a late period which occurs between April and August 1st. During the late period, a recruit is given 14 days to sign and return the Letter. It becomes invalid after that and must be reissued. The signing of the Letter officially commits you to that school for the first year and directs other schools to stop recruiting you. Be sure about your decision before you sign.

In summary, the main thoughts I want to emphasize are that a player needs to actively market himself and to develop an understanding how the recruiting process works. Now it is up to you to get yourself in front of the coaches by attending the camps and sending out your profile and video. Parent involvement and support is also necessary. Working together will give you the best chance to take advantage of the recruiting opportunities and get a successful result.