

### Athletic Time-Line

1. **Freshman/Sophomore year** – Develop a list of schools that you are interested in attending. While on vacation, if you are near a school you should stop by and see it.
2. **Summer between freshman, sophomore and junior years** - Using the list of schools from #1 plan to attend camps where those coaches will be coaching or attending a camp on the campus so you can experience the dorm life.
3. **September 1 of your junior year** – Schools may now write to you. If you do not hear from a particular school you should write to them. While on vacation, if you are near a school you should stop by and see it. It would not be out of line to call the coach and arrange to meet with him.
4. **During your junior year** – Make as many unofficial visits as you can. If possible set up a meeting with the coaches.
5. **At the end of your junior year** – Register with the NCAA Initial-Eligibility Clearinghouse.
6. **At the end of your junior year** – Send updated information to the schools in which you are interested. You should send stats or accolades that were received during the year. This includes academic as well. Advise the coaches of your summer schedule of camps.
7. **July 1 between your junior and senior year** – Schools may now talk to you.
8. **September, October and November of your senior year** – Colleges may invite you on official or unofficial visits. You may take only five official visits.
9. **Fall of your senior year** – Study and consider information about *Early Decision* or maybe *Early Action* admission to a college.
10. **National Signing Date** – If you are recruited and accept an offer to play, you may be required to sign a National Letter of Intent. The signing period is the second week of November.

### **Things to Think About and Check Out**

- Do you want to start as a freshman or are you ok sitting on the bench?
- Are you looking for a challenge or a sure thing?
- Do you want to play for a contender or do you want to help build a program?
- Are you ready for the extensive out of season commitment that some programs demand?
- What kind of schedule do they play?
- Are you ok with the coach's style of coaching?
- What kind of athletic facilities do they have?
- What are the team's needs? Do you fill that need?
- Do you want a high pressure program or a more laid back atmosphere?
- Do a self evaluation Ask school/league/summer camp coaches who know the college game what level they think is realistic for you. It will also help to watch a game or practice at the schools you are considering. Never sell yourself short, but remember the goal is not to find the best program, but to find the school and program that is best for you.

### **The Do's and Don'ts List for High School Athletes in the Recruiting Process**

- Do your homework. Use the internet, written publications and other means to learn about all the schools that offer lacrosse and make a list of schools that appeal to you the most.
- Do start big and keep an open mind.
- Don't focus only on lacrosse; look at all aspects of the school, academic majors, geographic location, tuition cost, diversity of student body, etc.
- Do take an active role in the recruiting process by initiating contact with schools on your list. Write directly to coaches and tell them of your interest in the program.
- Don't sit back and wait for coaches to contact you
- Do make your own phone calls and write letters and e-mails. This shows you are responsible and invested in the process. College coaches want to hear from you directly.
- Don't rely on your parents to make all the arrangements and do all the work.
- Don't have parents actively involved in the recruiting process (e.g. phoning and e-mailing coaches to promote their son or asking numerous questions).
- Don't bad mouth or disparage another program or coach.
- Do provide the schools with a 'resume' detailing your academic, athletic and extracurricular record. Highlight specific accomplishments. This is your chance to catch a coach's eye and sell yourself.
- Don't generalize your years of experience – specify freshman team, JV or varsity and distinguish between player and starter.
- Do your best to provide coaches with plenty of opportunity to evaluate your play. Send them a schedule of your high school games and any fall/winter/summer leagues, camps, all-star games or show case events you will be playing in or attending.
- Do put together a video tape of some of your junior year game highlights in case coaches can't get to a game to see you.
- Do visit as many schools as possible on an unofficial basis and set up an appointment to meet the coach. Come prepared with questions you want to ask the coach about the school, campus life and the lacrosse program. It is fine for your parents to be a part of that meeting, but don't sit back and let them do all of the talking. While you are there take a campus tour, see the athletic facilities, walk around the town and try to see if you will fit in.
- Do expect coaches to be honest with you about how interested they are in you as a prospective player for their team and in return, do be honest with them regarding your level of interest in their school.
- Don't tell more than one coach that his school is your top choice. Remember that the lacrosse world is very small and the coaching fraternity is tight. It's in your best interest to be upfront and honest.
- If you know you have no interest in attending a school, tell a coach early on so they don't waste their time.
- Do some real soul searching about what you want out of college and college lacrosse.

## College Recruiting

STX sat down with some of the most successful coaches in college lacrosse and asked them what high school player's should and shouldn't do when they are being recruited. Here are the top 10 Do's and Don'ts for recruiting student athletes at the high school level:

10. When **narrowing down your schools**, have a few schools in each category (dream school, great school, safety, etc.). this way you are safe all the way through the process.
9. When you **E-mail or write a coach** about your interest, make sure you include your home address and phone number as well as what grade you are in at the time.
8. If you decide to take an **unofficial visit** with your parents on campus or a coach comes to your home, let the player do the talking and answer the questions, not the mother or father.
7. When you play in **tournaments** where you know there will be a lot of college coaches, make sure that your coach has given the tournament directors the correct numbers and names of the players so the college coaches know who they are evaluating. You want the college coach to be evaluating you and not someone else because of an incorrect roster. When you play in the tournament check the rosters at the start of the tournament to make sure you are represented properly (number, address, age, year in school, etc.)/
6. **Be pro-active** in finding out about a school, and don't believe what your friends say or what you read on the internet. People like different things so take unofficial visits to the places you are interested in.
5. **When a coach calls you**, ask questions to the coach that you think are important, and don't freeze when the time comes to ask them. Everyone has different needs and dreams, and sometimes you go to a place as a freshman and it's not what you think it was. This is often not the Coaches fault, but rather the athlete not doing his homework on the school.
4. If you decide to send a coach a **film or video** of you playing, make sure you send an entire game, not just highlights. The perfect video is a short highlight and the entire game as well. Make sure you list your number and the color of the jersey as well.
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3. When you are competing in front of college coaches, you are being evaluated on a lot more than how skilled you are as a lacrosse player. Your **attitude**, how you treat your teammates, how hard you play and how you act on the sideline are equally as important as anything else.
2. During the recruiting process **be completely honest with the coaches**. If you commit to a school go out of your way to let all of the other schools know that you have committed so they don't waste their time on you and can move on.
1. When you decide to **take an official visit to a school**. Remember that you are not only evaluating the school you are visiting, but the coaches and the players are evaluating you as well. Be a standup person and carry yourself in a way that is respectful and courteous to those around you. No matter how good a player you are, if the players and coaches don't like you they will stop showing interest in you.

### Basic Information to Include in a Sport Resume &/or Cover Letter

- **Academic and athletic Goals:** academic major and/or program of study, if you know. Also include information about the level of competition you are seeking in your sport. Only include information about your interest in pursuing an athletic scholarship and/or your interest in seeking assistance in gaining admission, if you have already had some contact with the school\*.
- **Personal Data:** name, phone number, address, E-mail address if you have one, birth date, year in school, name of school, height, weight and parent's name(s).
- **Sport Background and Date:** position, event(s), years of experience, where you have played, to include – schools (HS), club teams, tournaments, recent amps and out of season leagues. Also include a copy of your high school or club team schedule and pertinent stats if you have them. If you have the information, a schedule of your summer activities should be included. If appropriate also include information about your involvement in other sports.
- **Academic Information:** current GPA, class rank (estimate if not available), current SAT or PSAT scores if available, type of high school curriculum, i.e. college prep, Honors, GT/AP, etc.
- **Recognition Received:** Any significant honors or recognition received, i.e. all league, all American, all metro, selection to all star teams, etc. Also include information about your team's accomplishments.
- **Reference or Evaluations:** the names of coaches and/or other individuals who could serve as references or sources of information about your ability and/or level of competitiveness in the sport.

*This information is usually best left out of a preliminary resume sent to a number of schools. If a student has already narrowed his/her list and/or has already had some contact with a school or coach it would be appropriate to include this information.*

## **Some Questions to Ask Coaches**

### **Initial Question to Ask:**

- Can I get into your school on my own?
- If not, can you help me gain admission to your school?
- If you can help me gain admission, exactly what do I have to do to make this happen? (e.g., at least 1100 on the SAT or 23 on the ACT, at least a 3.0 in academic subjects, etc.)
- How many goalies/defenders/middies/attackers are you recruiting this year? Where do I rank on your list of goalies/defenders/middies/attackers?
- Why do you think your school would be a good fit for me?
- Would your school be a good fit for me (would I like it) if I was not playing lacrosse?
- What are the practice times?
- How much of the day is devoted to lacrosse?
- What kind of equipment are they given?
- How do you travel and how well do you eat?

### **Questions to Ask in Late Summer or September of Your Senior Year**

- Have things changed any from when you first started calling/recruiting me?
- Now where am I on your recruiting list?
- What will happen if the players who rank ahead of me on your list decide to attend your school?
- What are my chances of getting scholarship money?
- If you think you will make me a scholarship offer, how much do you think it will be?
- Will my status change if I decide to sign early or decide not to sign early?