

Parent/Player Information: Guide to Getting Recruited



www.cougarlax.org

FACT:

There are 60 Division I colleges,
37 Division II colleges and 166 Division III
colleges.

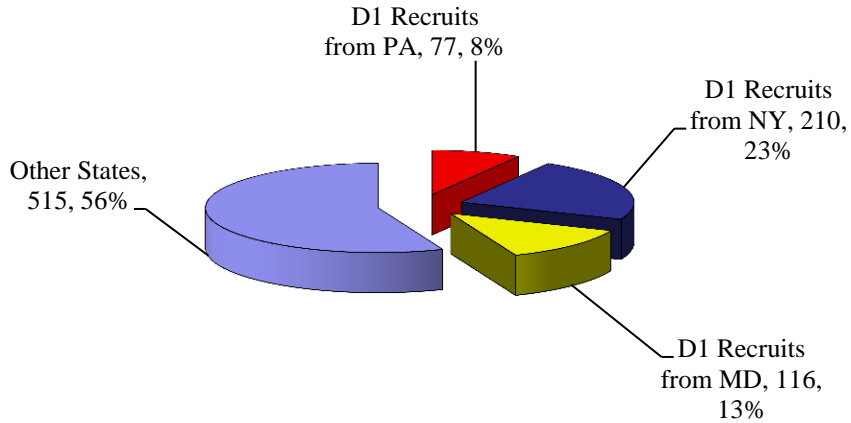
A total of 263 men's lacrosse programs in the
NCAA.



Interesting Facts:

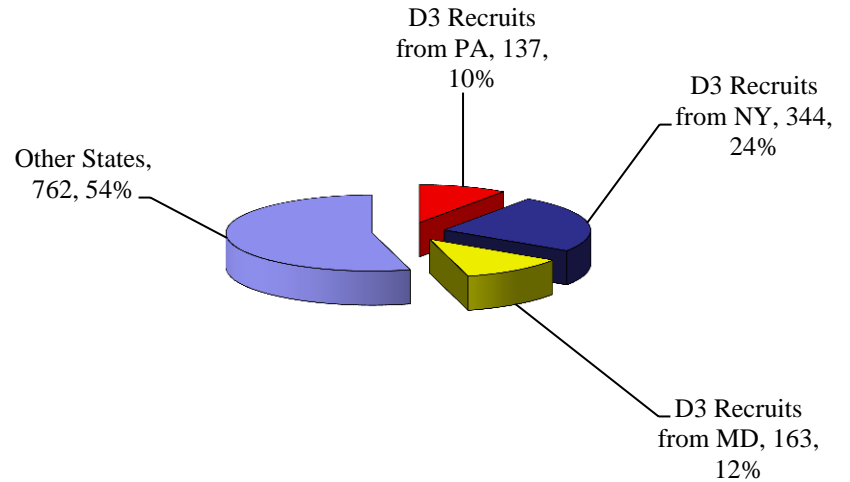
2009 Division 1 Recruits

Total Division 1 Recruits 918



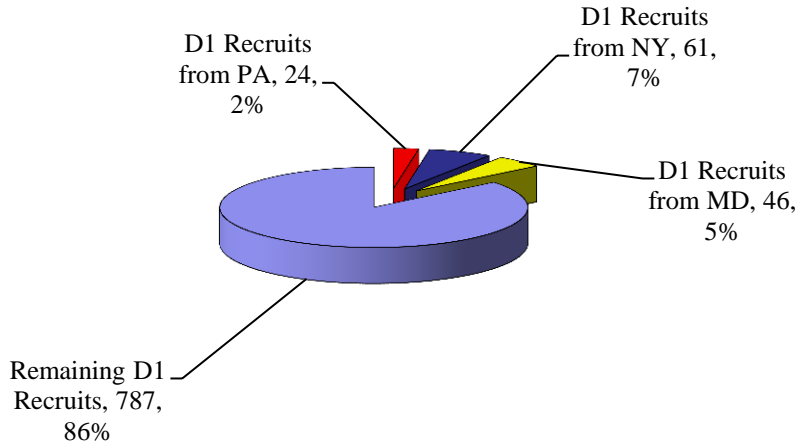
2009 Division 3 Recruits

Total Division 3 Recruits 1526

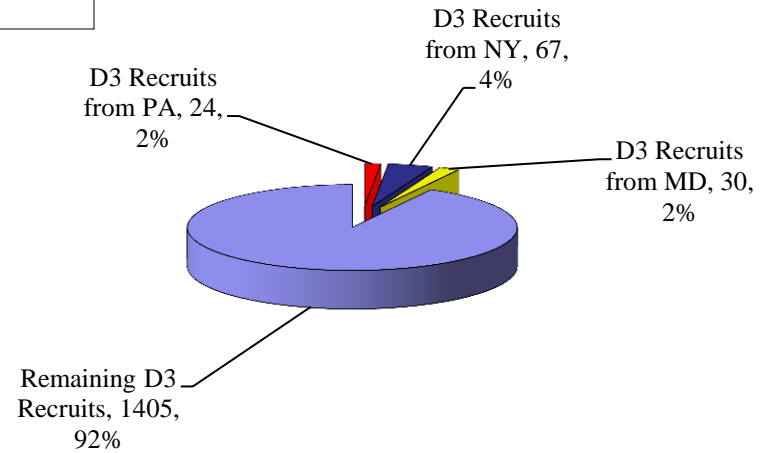


Interesting Facts:

Total D1 Recruits at a Top 20 School - 2009



D3 at a Top 20 School - 2009



CHOOSE THE SCHOOL THAT IS RIGHT FOR YOU

▶ **Variables:**

- Location
- Size
- Student body demographics
- Geography Setting
- Curriculum
- Academic Rigor

Clubs:

- Greek system
- Music
- Sports
- Religious affiliation
- Affordability
- Housing options

▶ **Lacrosse is just one variable**

- Injury
- Playing time
- Coach leaves
- Don't like the coach
- Don't like the team

▶ **Be happy with the school with or without lacrosse!**



Difference in Divisions

▶ ***Division I***

- Larger schools
- Year Round Season
- Consider walk-ons (some do)
- Offer Scholarships
- Spring season play
- Travel to games in season
- Spring break travel
- Rigorous multiple practices per week
- Significant time commitment!!!!
- May limit opportunity for other activities
- Travel budget may not include everyone
- Travel may be cross-country in season

▶ ***Division II***

- Similar to Division I characteristics above but smaller
- less well known schools (at least in lax)

• ***Division III***

- Usually smaller, many private schools
- Rigorous training and practice schedule
- Usually travel to games not overnight
- Spring break travel
- Allowed 15 Fall Ball Practices
- Prohibited from giving athletic scholarships, but offer other scholarships that can make an attractive package.

• ***Club***

- School-sponsored.
- A lot of fund raising.
- May travel locally for games
- Team commitment, but less rigorous schedule
- Allows time for other activities
- Very strong part of many campuses



What do the coaches want to see in a player?

- Best “student – athlete” possible to join their program
- Good leadership skills
- Good listening skills
- Strong work ethic
- Good team spirit
- Energetic and dedicated players
- Healthy and fit players
- Players who fit with their philosophies



RECRUITING TIMELINE:

What you should be doing and when you should do it!



Rising Freshman

- Create a Player Profile
- Join a Club Team
- Participate in Recruiting Tournaments
- Excel on your High School team
- **NEVER TOO EARLY TO START!**



Rising Sophomores

- Edit Player Profile
- If you have some college choices go to the website, then the lacrosse page and fill out the Questionnaire. This lets the school know that you are interested.
- Stay focused academically. NCAA eligibility standards keep getting tougher. The grades you earn now will determine admission to college, initial NCAA eligibility, and your future success.
- Play lacrosse, but don't burn yourself out. Attend lacrosse camps and play club lacrosse, but not to the exclusion of everything else. Coaches and Admissions counselors look for well-rounded student athletes.
- Start researching colleges. Consider what each level of college lacrosse entails (Division I, II, and III). Begin thinking about academics – what are your career goals, and what types of things might you study to achieve them? Talk to your parents, guidance counselors, teachers, coaches, siblings, and older teammates to get information.
- Request academic and admissions information from college admissions offices. NCAA lacrosse programs cannot provide athletic recruiting information other than a questionnaire and camp information until September 1 of your junior year in high school.
- Visit schools when you can. Gain as much knowledge about where you might want to go to school now so when the time is ready, you are prepared to sort through the recruiting process.



Rising Juniors

- Edit Player Profile
- Game Video (not highlight)
- NCAA Clearinghouse
- Begin researching colleges that have women's lacrosse. Make a list of all the schools that meet your criteria (for example: Division III private schools in New York that offer physical education teacher certification as a major). The list should include 10-25 schools.
- Now is the time to see as many schools as possible. E-mail coaches of schools you are interested in and ask if you can see the facilities when you plan a visit to the school. Keep in mind all visits are unofficial and coaches may have specific guidelines that they follow in regard to junior visits.
- Go to College games you are interested in.
 - Watch the coach & team react to loosing
 - Do you think you could hang???
- Attend Summer Camps for the colleges you think you like
 - Did you like the campus?
 - How was the drive there?
 - Did you feel comfortable?
- Work on your player profile and re-send to colleges on your list. (Make sure your someone proof reads it for you!!)
- Write a letter of interest you can send to the schools on your list. Ask a coach, parent, or teacher to help you write the letter. This letter can be sent via US Mail or e-mail, along with your profile and summer lacrosse schedule. Make sure you verify the coach's name and mailing address on-line or with a phone call before you send the letter. Spell-check everything before you send it.
- Return all questionnaires and requested info to the schools you might consider. If you know you are definitely not considering a particular school, let that coach know. Honesty is important.
- Remember that college coaches are restricted by NCAA rules regarding phone calls and contacts off their institution's campus. E-mail is the most efficient way to correspond until you have finished your junior year.
- Concentrate on your SAT/ACT exams. TAKE BOTH! Take a proactive attitude when taking them; work hard to get the best score you can.



Rising Seniors

- Continue to do well in school
- NCAA Clearinghouse (if not already completed)
- Sign letter of intent:
 - Early Period: November 15, 2010 to November 22, 2010
 - Regular Period: April 11, 2011 to August 1, 2011
- Create a profile sheet that you can send to colleges you are considering. Make sure your parent or a coach proofreads your profile before you send it.
- Begin narrowing your list of potential colleges. Some factors to consider: Academic profile, level of lacrosse, type of school, distance from home, and cost of attendance. Be realistic when focusing your list – include “sure things”, “reaches”, and a “long shot” on your list.
- Contact the coach at the top five to ten schools you are considering – let them know they are one of your top choices. Include your summer lacrosse schedule so they can see you play.
- Try not to be concerned about what level of play that is but rather if that school fits all of your needs.
- Prepare videotapes to have available for coaches that request them. Videos should include at least 30 minutes of unedited game footage.
- Have copies of your transcript, SAT/ACT scores, and senior class schedule available to sent to coaches, particularly those you intend to visit.
- Tentatively plan “unofficial visits” to your top schools during the late spring and summer.
- Be proactive – if you are very interested in a particular school, make sure they know it.



NCAA Clearinghouse

NCAA Clearing House

Prospective student athletes need to pass clearing house guidelines before being cleared to play in college. Please review the attached link and check your course load and academic criteria against what is needed for college eligibility. Also speak to your college counselor at school for more information.

The web site is www.ncaaclearinghouse.net

- ▶ Required for Division I and II
- ▶ Forms available in HS guidance office
- ▶ One time registration fee of \$50
- ▶ Eligibility for Freshmen year participation
- ▶ Must graduate with minimum GPA of 2.00
- ▶ Higher GPA allows lower SAT
- ▶ 5 “college years” to complete 4 years of athletic eligibility
 - failure to register = loss of at least 1 year of eligibility



Visit School Websites:

- ***Information Listed***

- Roster
- Schedule
- Coaches
- Media Guide
- News and Events
- Archives (previous season scores, awards, etc.)

- ***You'll find out:***

- What teams they match up against
- What players are graduating and their positions
- Where are the players recruited from?
- Mostly local players?
- National roster?
- Good feel for the team
- Intensity of the program



Clearinghouse Timeline

- **Grade 9**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 10**
 - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- **Grade 11**
 - Register with the eligibility center.
 - Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).
 - After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
- **Grade 12**
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
 - Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.



Player Profile

- Includes
 - Academic Info & Honors
 - Size and weight
 - Run Times (40 yd, 1 mile, 3 mile)
 - Lacrosse Achievements
 - School Achievements
 - Club
 - Statistics: Include individual stats, game scores (OR) if your team has these on-line, include a link to the information.
 - Other Sports Played
 - Coaches Contact Info



Game Tape

- Format: DVD
- Structure:
 - Intro – One minute (name, #, school, city, other)
 - Be yourself, let them get to know you
 - Unedited game-play– coaches want to see you making good choices, and can assess your recovery from mistakes
 - Highlight where you are ** (Use a highlighted bubble around you)
- Include picture and contact information on disk!



Letter of Intent

- Used to provide a certain amount of certainty to the NCAA college recruiting process. You are guaranteed a scholarship for one year by the college that recruits you.
- You also agree to attend that college for one year.
- All other colleges that are part of the NLI program have to stop trying to recruit you.
- Once the letter of intent is signed it is binding on the college or university, not a coach or team. It is binding for only one college academic year. The NLI in itself does not guarantee an athlete a place on the team or playing time.
- Colleges that are actively recruiting a student-athlete will send them a National Letter of Intent which will include an official scholarship offer.
- If you are under the age of 21 then your letter of intent has to be counter-signed by a parent or guardian. **THE COLLEGE COACH CANNOT BE PRESENT AT THE SIGNING.** The National Letter of Intent program is administered by the National Collegiate Athletic Association's Eligibility center.



Scholarships

- **DI: 12.9 Scholarships**
 - Partial or full divided between any number of players
 - Not all schools all these scholarships. Some offer less.
- **DII: 9.9 Scholarships**
- **DIII: Academic Scholarships only**



We haven't heard from our top school in a while, what should we do?

Keep in mind recruiting is a business as much as coaches need to and do personalize it. Coaches begin by speaking to as many players as possible. As more information and commitments from players are made, their sights narrow to their top 8-12 choices, just as you do with college selection. If a coach is showing less and less interest, e-mail him or have your high school coach contact him to see why his level of interest has waned. In most cases it is just a game of numbers and you need to move to your next choice on your list of schools.



We haven't been contacted by the schools we wanted?

College recruitment is an objective process with many variables. College coaches are under a lot of pressure and restraints with recruiting. Certain years a school may have 9 returning midfielders and only 5 returning defensemen. A college coach in that position is not going to spend a great deal of time on midfield recruits. Don't take anything during this process personally. Keep in mind that you need to find the best situation for you and don't worry about the fact that John's Hopkins isn't returning your calls. Ask your high school coach for his opinion on your level of play and narrow your list to those schools. Also remember just because you have not been contacted by a school does not mean they are not interested. Reach out to them via your coach or e-mail and let them know of your interest. Remember, keep moving forward despite any frustrations you may encounter.



I am a rising senior, is it too late for me?

The biggest problem to arise with the new trend in recruiting is that a lot of quality players fall through the cracks. Also a lot of coaches and players make mistakes with those early decisions leading to the high amount of transfer players in college ranks these days. But please don't be discouraged. As we have stated here and elsewhere there are many, many quality schools to attend and play college lacrosse. You need to work with your high school coach and college counselor to find the right one for you. Just because you weren't recruited by a school does not mean you cannot play there. Contact the coach and ask questions. Be proactive because as a rising senior you need to act now.



Our high school coach is not helping us, what should we do?

- Speak to your coach and ask if he could offer you more help and guidance.
- Some coaches wait for parents or players to ask for help and then they are more than willing to do their part.
- Also speak to your guidance counselor and see if they can help with narrowing your list of schools and help with setting realistic goals.
- If you need more assistance please don't hesitate to contact us for advice and information.



Lacrosse Media Sites

Websites:

College Board: www.collegeboard.com

National Clearinghouse: www.ncaaclearinghouse.net

NCAA: www.ncaa.org

National Letter of Intent rules: <http://www.national-letter.org/>

Official US Lacrosse: www.uslacrosse.org

Statistics, recruiting, league archives: www.laxpower.org

Books:

Student Athlete's Guide to College, by Hilary S. Abramson

A Parent's and Student-Athlete's Guide to Athletic Scholarships; Getting Money Without Being Taken for a (Full) Ride, by Dion Wheeler

