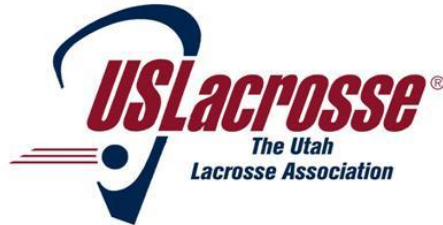


Recruiting 101

January 25, 2010



Sophomore Year.

Start to identify the types of schools that interest you.

It is ideal to send out your initial packet to a big selection of coaches by the end of your sophomore year. Once you make the contact with college coaches, be prepared for high maintenance communication. Getting back promptly and appropriately is HUGE, an impression that carries heavy weight with college coaches.

If you can start to limit your schools now you will have a better grip on this process. Try to visit 5-10 schools over the course of the year and the summer. By elimination schools early you will be able to create better and more accurate list of schools that may interest you. It may also be wise and helpful to have a highlight tape made. Keep in mind it is a good tool to have if a coach has yet to see you play. This tape should be updated every year if possible.

First Semester

- Come up with a top 20-30 schools*
- Make a spreadsheet of top schools with coaches name, contact info, size of undergrad population, academic requirements, type of lacrosse program.*

Second Semester-Take PSATS

- Attend 2 college lax games (preferably at your top schools)*
- Basic mailing to top 20-30 schools*
- Sign up for 2-3 LAX CAMPS*
- Email high school season schedule, summer camp and summer tournament schedule*

Summer(Rising Junior)-Compile an email address list of all colleges and coaches among your top 10-15

- Go to 2-3 camps and get a taste of a school you might be interested in*
- Get highlight/video made*
- Visit schools and arrange to meet coaches*

Junior Year

This year is meant for you to go and see the list of schools that you like. Go to a camp and get yourself on campus. Call ahead and schedule a meeting with the lacrosse coach.

THE LAX SUMMER: The summer before senior year in HS is important for recruiting. Make yourself available for college coaches to see you play and immerse yourself into play more.

First Semester

- Email fall/winter schedule of events you are attending*
- Update and consolidate your spreadsheet of colleges: Solid Top 10*
- Send packet of information to each school*
- Take SATS (at least once)*

Second Semester

- Take SATS*
- Attend 2-3 college lax games*
- Sign up for 2-3 summer camps*
- Email all top 10 college coaches*
- Email high school season schedule to coaches*

Summer (Rising Senior): The summer before senior year

- Email Top 10 coaches to congratulate them on their season and attach your summer camp and schedule*
- Go to 2-3 camps, at least 2 of your top 10 choices*
- Get highlight/video made-if you have not already*
- Visit schools and arrange to meet coaches*

JULY 1: Marks the 1st date college coaches can make contact with a rising senior. Oftentimes, if you are on the top of a coaches list, you will get a call to set up an official visit. Do not FREAK out if no coaches call you THAT night. Securing an official visit for the fall officially begins here but the process goes into SEPT.

Senior Year

This is your time to multi-task. Make sure you return all inquiries from coaches, schedule official and unofficial visits to campuses and get to the bottom of what schools are best for you. By the start of the school year, your list should ideally be less than 5 schools (up to 10 is still fine).

Make sure to be honest with coaches (Do not lie or mislead, honesty is always best). Keep an open phone line and communicate with college coaches at least once every week or two-without being annoying (a simple update email is fine)

If you have found a school that fits you, you can do what is called early decision. This allows you to get your application in early. If you get into the school of your choice than you are done, if not its ok there are still other times to apply.

Many athletes may signs a NLI(National Letter of Intent):

-Your commitment is to the school, not to the coach

-When you sign, you agree to attend that institution for at least one academic year. If you fail to do so, you will lose two years eligibility and must sit out for two years at another college. The only exception is if you obtain a Qualified Release Agreement, in which case you must complete one year of residence there and lose one year of eligibility. Applies only to those institutions that participate in the NLI.

First Semester

-Email fall/winter schedule of events you are attending

-Pick #1 school and apply early

-Take SATS (at least once)

Second Semester-Keep going to class and don't get in trouble

Summer

Play!