



Southern Nevada Lacrosse Association

Lacrosse Scholarship and Recruiting Information

This packet includes information, links and suggestions for tackling the NCAA lacrosse recruiting and athletic scholarship process. This information is consolidated from multiple sites and sources and is intended for information use ONLY. Many portions are cut from *A High School Athlete's Recruiting Guide To College*. This is a great reference available at <http://lacrosserecruits.com>. The contents of this guide should not be reproduced for sale or profit. In addition, the *Guide for College-Bound Athletes* is a great resource for LOTS of information. <http://www.ncaapublications.com/productdownloads/CBSA.pdf>

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

How many lacrosse scholarships are available and what schools offer them?

Number of scholarships offered per team / per year / by Division:

Not all colleges that are eligible to offer scholarships will choose to do so. For example, Ivy League schools choose not to offer athletic scholarships; they instead offer endowments and grants. The plus of these endowments/grants is that they are for all four years of school, not just one year like athletic scholarships (which are usually “re-upped” each June).

Lacrosse is an *equivalency sport*, which means all scholarships are NOT full scholarships, and coaches can divide the value of the scholarships available to them between as many players as they see fit. Full rides are very rare, but NOT impossible. Often, schools workout packages which combine athletic scholarship money and merit based awards (academics).

Men’s Lacrosse

NCAA D1: 12.6

NCAA D2: 10.8

NJCAA: 20

Women’s Lacrosse

NCAA D1: 12

NCAA D2: 9.9

NJCAA: 20

Number of College Lacrosse Programs

Men’s Lacrosse

NCAA D1: 62 (20%)

NCAA D2: 41 (13%)

*NCAA D3: 182 (58%)

NJCAA: 30 (9%)

Total: 315

Women’s Lacrosse

NCAA D1: 91 (24%)

NCAA D2: 61 (16%)

*NCAA D3: 206 (55%)

NJCAA: 18 (5%)

Total: 376

*NCAA Division III schools do not offer athletic scholarships, but do offer other forms of financial aid.

OK, So how do I get a college lacrosse scholarship?

The competition for lacrosse scholarships is fierce because the vast majority of the opportunities (most of the lacrosse teams) are actually at the NCAA Division III level. Division I lacrosse teams are limited in number compared to Division III. So, don’t be shy – get a hold of coaches early on in high school and develop your relationships with them to give yourself the best opportunity to earn a scholarship.

Athletic scholarships are awarded by coaches based on their programs’ needs. The guideline below will help you be in position to receive recruiting and possible scholarship offers. The more

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closely you follow these steps, the better your opportunity will be for a roster spot, and in some cases, an athletic scholarship.

Grades

Upfront, know that the better your grades, the greater your opportunities to be recruited, not just for scholarship money, but to increase the possibility of getting into the school of your dreams. The combination of high grades, athletic ability and talent could get you into a school that might be out of your grasp based on just being a good athlete or just having good grades. Coaches look for players that will help their academic index, which in turn helps them keep in good standing with the NCAA and retain scholarship money. Your resume tends to look better to a perspective college coach if you also have good grades, not just athletic talent. Coaches can leverage money and possible roster slots based on “academics” not necessarily just “athletics”. You might not be the *BEST* lacrosse player, like a top 50 NCAA division I recruit, but if you are a good athlete AND good student, a coach may open up a roster spot for you based on the fact that they don’t have to worry about your NCAA eligibility, and they can get you merit money vice athletic money.

Create a Target List of Schools

Compile a list of schools that you are interested in attending. Keep in mind your academic level, athletic talent, and school preferences.

Always start with a wide range of schools, and then narrow down the list as you move along in the recruiting process.

If your list of schools is too small, your chances of earning a roster spot or scholarship may be very low.

Gather All Contact Information

Collect the e-mail addresses and phone numbers for all coaches on your school list. These are usually available on each school’s athletic website. E-mail the following information:

Resume – Write a professional resume with detailed statistics on all of your past seasons. Also include a copy of your high school transcripts and test scores if available.

Video – Have a high quality skills tape or highlight video created and put it online. Include a link to that video as a part of your resume.

Your initial email doesn’t have to contain a formal resume and video. You can tell the coach that you will follow-up with a full resume and video.

The first email SHOULD include: who you are, how old/what grade you are in, what position you play, which club team(s) and high school you play for and the success of those teams in recent years, why you are interested in the school, and why you want to play lacrosse for the coach and his/her program.

Communicate with Coaches

If you do not hear from a coach after a few weeks, call the coaches to express your interest in their university, or write a follow-up email.

Respond to every coach that replies to your e-mail.

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As you communicate with coaches, get familiar with their school and sports programs so you can ask informed questions and explain why you are interested in their school.

If you can arrange a phone call with a coach, make sure to prepare for it ahead of time. Learn about their most recent season, have answers to questions coaches might ask, and have a list of questions for the coach.

Do not ignore any e-mails or phone calls from a coach – you never know how your recruiting process will unfold. A school you were not as interested in attending at one point may end up being one of the few options you have to choose from at the end.

Attend Camps and Showcases

You can't rely on being 'discovered' at a camp or showcase. Camps and showcases can help with gaining exposure, but only if coaches are there to watch you specifically.

The majority of coaches who attend camps and showcases are there only to watch players they have already had contact with. If a coach talks to you or your parents at a camp or showcase, make sure to follow up with that coach at a later date by calling or e-mailing him. Make sure you follow-up consistently.

Learn NCAA and NAIA Rules and Regulations

Know all the rules that apply to you based on your year in high school.

Know exactly how coaches can contact you and how you can contact coaches. These sound similar, but are two separate rules.

Read the NCAA and NAIA *Guide for the College Bound Student-Athlete*.

Learn the academic requirements to be NCAA and NAIA Eligible

Register with the NCAA and NAIA Eligibility Centers to be cleared for athletic scholarships and qualify to make official visits. Registration costs a one-time fee of around \$65, and should be done no later than junior year.

http://eligibilitycenter.org/ECWR2/NCAA_EMS/NCAA.html

Research which core courses you must take and the grades you must earn to be academically eligible; then arrange your academic calendar around those requirements.

Research which exams you must take and the minimum score requirements.

Read the NCAA and NAIA *Guide for the College Bound Student-Athlete*.

NCAA REGULATIONS

NCAA Clearinghouse

An NCAA member coach will require confirmation from the Clearinghouse that you are academically eligible to compete in college sports. If you have not achieved the required grades, test scores, and taken the right courses, the coach could eliminate you from his/her recruiting list. Don't get knocked out of the recruiting game before it even starts by underachieving in class.

Core Courses

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The NCAA requires a certain number of college preparatory (core) courses to be completed in high school before an athlete is eligible to play his or her freshman year. This requirement recently changed from 13 to 14 and it's possible it may change again.

Make sure in your freshman year of high school you know the current requirement for your graduating class and are taking enough core courses to qualify for the NCAA Clearinghouse. If athletes have insufficient core courses when they graduate, they not only won't be allowed to participate in their sport during their freshman year of college, they also won't be allowed to receive an athletic scholarship.

It is imperative that you make sure at the start of your freshman year that you have planned your academic schedule to include enough core courses and that you do so each year until you graduate. It is also best to try to complete core courses as early as you can in your high school career. In the event that you fail one of the required courses, you will have enough time left in your high school career to make it up! See the table on the last pages for high school courses.

Leverage Your Scholarship Offers

If you have received multiple scholarship offers, think about whether or not it would be appropriate to ask a coach for more money. NCAA lacrosse programs almost **NEVER** offer full-ride athletic scholarships. So, asking for more money isn't unrealistic. There are other pots of money besides athletic scholarship money to help students pay for school.

Don't Give Up

If after a month certain coaches have not yet responded to you, follow up with them through e-mail or telephone.

Fill out the athletic questionnaire on each school's athletic website.

Be proactive if you are serious about getting recruited.

How do I get a college lacrosse coach to see me?

Getting coaches to your tournaments is a matter of getting an early evaluation, playing in the right tournaments, and being in frequent communication with them.

It is not easy to convince a coach to come see you in person. In order to have a coach make that effort, you need to be a great athlete, provide them with great video and detailed statistics, and be in constant communication with them. Traveling is expensive, and coaches have a low budget allotted for scouting athletes in person. Below is how to improve your chances:

Update Coaches on Your Progress

One/two responses from a coach doesn't mean that you are guaranteed to be recruited, or that you are even a serious candidate. You need to actively follow up with coaches by sending updates on recent athletic or academic accomplishments. Coaches will NOT let you know if they are no longer interested – it's your job to check in with coaches with your status.

Let Coaches Know Your Schedule

You need to be proactive in letting coaches know exactly what your high school and or club

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team schedule is. The key is to already be in contact with a coach and let them know exactly where you will be and see if they will come watch you. Just because you see a coach watching your game doesn't mean they are watching you.

Find Out Where a Coach Will Be

Ask the coach which camps/showcases he will be at, sign up to attend those camps/showcases, and let coaches know to watch for you.

How do I improve my chances of earning a college lacrosse scholarship?

It is important for lacrosse scholarship candidates to remember that it is not all about the athletic talent. Coaches are looking for athletes that fit in with the culture of their team and their school.

Start the Process Early

In order to measure an athlete's true potential, it is important to be followed over the course of a few years. You should start contacting coaches as soon as you have stats from your first season. By the time you reach your senior year, you will have been in contact with these coaches for more than 3 years and they will know who you are.

This type of commitment and responsibility sets you apart from other athletes. Don't worry if coaches don't respond to your e-mails when you send them your resume as a freshman or sophomore – it's just the first step to gaining name recognition from a coach.

Tips for Talking With a Coach

When speaking to a coach on the phone, remember to use proper grammar, and have a clear understanding of exactly what you want the coach to know about you. When writing e-mails, use spell check, and format your e-mails correctly. An e-mail is NOT a text message; you must address the coach properly and sign your name on the bottom. Talk to coaches as if you were interviewing for a job!

Also, have a mature and professional e-mail address – nobody wants to recruit an athlete with the e-mail address with the name *BigPimpinJohn@email.com* – instead, use something like *JohnSmith1@email.com*.

Be enthusiastic when communicating with a coach and study up on their program. Have something to offer to the conversation! How well you communicate with a coach may determine whether or not you might be able to earn the scholarship you want.

How do I get recruited for a lacrosse scholarship?

For college lacrosse coaches to want to recruit you, you need to be playing for a competitive club lacrosse team. You will also need to have a very good academic record to have a chance at receiving scholarship money. Don't fall in the trap of thinking coaches will notice you at a summer tournament. Take the lead on this process. Remember, athletic scholarships are awarded by coaches based on their programs needs.

What are the academic requirements to be eligible for a lacrosse scholarship?

When coaches are deciding between two athletes, they will likely choose the athlete with the better grades. Don't find yourself losing this tiebreaker.

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Here is some basic information regarding admission tests and NCAA Eligibility requirements:

NAIA and NCAA requirements:

Exams

SAT: Globally recognized college admission test; tests how well you know reading, writing, and math and how well you can apply that knowledge.

Register at www.collegeboard.com

SAT II (Subject Tests): Content-based tests that allow the student to showcase where they excel; only national admission tests where the student chooses the subject matter; Only some schools require or recommend this test for applicants; please check admission requirements for each school.

Register at www.collegeboard.com

ACT: National College admissions test with subject area tests in English, Math, Reading, and Science; accepted by all 4-year colleges and universities in U.S.

Register at www.actstudent.org

What are the athletic requirements to receive a lacrosse scholarship?

Below are general guidelines for what coaches look for in a lacrosse player. You can still earn a roster spot or get a roster scholarship if you don't meet these requirements, but it may be more difficult.

Men's Lacrosse

	NCAA DI	NCAA DII	NCAA DIII
Attackmen	5'10"-6'4"	5'9"-6'1"	5'8"-6'1"
Midfielders	5'10"-6'4"	5'9"-6'2"	5'8"-6'1"
Defenseman	5'11"-6'6"	5'10"-6'4"	5'9"-6'2"
Goalie	5'10"-6'3"	5-9"-6'2"	5-9"-6'2"

NCAA 1:

All-American, All-State, All-League/District, Extensive club/travel team experience, Attends camps and showcases, 3-4 year high school varsity starter / Team MVP.

NCAA 2:

All-State, All-League/District, 3 year high school varsity starter, Club/travel team experience, Attends camps and showcases, Team MVP.

NCAA D3:

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All-League/District, 2 year varsity starter, Club/travel team experience, Attends camps and showcases

Women's Lacrosse

	NCAA DI	NCAA DII	NCAA DIII
Attacker	5'5"-5'10"	5'3"-5'9"	5'3"-5'8"
Midfielder	5'5"-5'10"	5'4"-5'9"	5'4"-5'8"
Defenseman	5'6"-5'11"	5'5"-5'10"	5'3"-5'9"
Goalie	5'7"-5'10"	5'7"-5'10"	5'6"-5'9"

NCAA 1:

All-American, All-State, All-League/District, Extensive club/travel team experience, Attends camps and showcases, 3-4 year high school varsity starter, Team MVP.

NCAA 2:

All-State, All-League/District, 3 year high school varsity starter, Club/travel team experience, Attends camps and showcases, Team MVP.

NCAA D3:

All-League/District, 2 year varsity starter, Club/travel team experience.

TERMS, CONTACT DATES, INTENT & LIKELY LETTERS

First, there are some terms that are important when talking about the NCAA recruiting process.

Contact. A contact occurs any time a coach has any *face-to-face* contact with you or your parents *off* the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing.

Contact period. During this time, a college coach may have in-person contact with you and/or your parents on or off the college's campus. The coach may also watch you play or visit your high school. You and your parents may visit a college campus and the coach may write and telephone you during this period.

Dead period. A college coach may not have any in-person contact with you or your parents **on or off campus** at any time during a dead period. The coach may write and telephone you or your parents during this time.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Evaluation period. During this time, a college coach may watch you play or visit your **high school**, but cannot have any in-person conversations with you or your parents off the college's campus. You and your parents can visit a college campus during this period. A coach may write and telephone you or your parents during this time.

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Official visit. Any visit to a college campus by you and your parents *paid for by the college*. The college may pay all or some of the following expenses:

Your transportation to and from the college;

Room and meals (three per day) while you are visiting the college; and

Reasonable entertainment expenses, including three complimentary admissions to a home athletics contest.

Before a college may invite you on an official visit, you will have to be a senior, AND provide the college with a copy of your high school transcript (Division I only) and SAT, ACT or PLAN score and register with the NCAA Eligibility Center.

Prospective student-athlete. You become a “prospective student-athlete” when:

You start ninth-grade classes; or

Before your ninth-grade year, a college gives you, your relatives or your friends any financial assistance or other benefits that the college does not provide to students generally.

Quiet period. During this time, a college coach may not have any in-person contact with you or your parents *off the college's campus*. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The only expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Verbal commitment. This phrase is used to describe a college bound student-athlete's commitment to a school before he or she signs (or is able to sign) a National Letter of Intent. A college bound student-athlete can announce a verbal commitment at any time. While verbal commitments have become very popular for both college-bound student-athletes and coaches, this "commitment" is NOT binding on either the college-bound student-athlete or the institution. Only the signing of the National Letter of Intent accompanied by a financial aid agreement is binding on both parties.

Remember, there are actually two types of contact. There is phone/email/text *contact*, and then there is *face-to-face contact*.

Phone/email/text Contact Dates. College coaches are not allowed to call/text *you* until July 1 after your junior year. *You* are permitted to call or e-mail a college coach as often as you like, but do not abuse this privilege and acquire the dreaded “nuisance” tag. After July 1, a coach is limited to one outgoing phone call to you per week, except during these situations:

5 days before your official campus visit.

On the day of a coach's off-campus visit with you.

On the initial date for signing the National Letter of Intent and two days after that.

Letter of Intent. At the NCAA D I level, there is an early signing period and a late signing

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period where a coach will try to persuade his top recruits who have been offered athletic scholarships to sign a National Letter of Intent. This letter is a binding contract that guarantees the recruit will enroll at their school.

NCAA D-I and D-II schools must wait until September 1 of your junior year before sending you promotional items like school or team publications, media guides, and playing schedules.

Additional information can be found on the NCAA's National Letter of Intent website, <http://www.ncaa.org/wps/wcm/connect/nli/nli>

Likely Letters

If you are offered an athletic scholarship, you must inform the college in either November or April if you are going to accept it. Except for those schools which still offer early admissions, you will not hear from the admission or financial aid office until mid-April that you have been accepted to the school and offered a financial aid package. In the case of a regular admissions timeline, you will receive a "Likely Letter." This letter states whether you are likely or unlikely to be accepted to the school and receive a financial aid package. The "Likely Letter" allows you to make an informed decision about where to go to school, without forcing you to void the scholarship.

MCLA / Club Lacrosse

All is not lost if you find NCAA lacrosse is not in your future. There is also club lacrosse. Club lacrosse is organized under the MCLA. Men's Collegiate Lacrosse Association (MCLA) is a national organization of non-NCAA, college lacrosse programs. The MCLA currently operates in the US and Canada with 213 teams in two divisions, across ten conferences. These conferences have a year-ending championship, much like the NCAA championships.

The biggest difference between NCAA and MCLA are that there is little to no "recruiting" for MCLA, and most if not all of the cost to play is the responsibility of the player. Many times, a school relies on club athletics because it cannot meet Title 9 requirements (a women's and men's team), or doesn't have the budget for an additional NCAA sponsored athletics team at their college/university. That doesn't necessarily mean the quality is not as good as some NCAA teams. An MCLA lacrosse career can be just as rewarding. Just remember, you are likely NOT being recruited, and will not receive financial aid through MCLA lacrosse. Many students end up playing MCLA/Club because academics is their first priority, and the school of their choosing is either NOT an NCAA affiliated team, or they are not recruited by an NCAA affiliated lacrosse program.

MCLA eligibility rules are based on NCAA rules, but slightly simplified. MCLA players have four years of eligibility in college lacrosse (club, MDIA or varsity). In order to play, you must carry at least 12 credit hours throughout the regular season. The only way you can carry less than 12 credit hours is if it is your final semester of school, and you are taking the courses you need to graduate.

In addition, the MCLA requires that all participants be undergraduate students at that school, or if they are graduate students, that they received their undergraduate degree at the same school. Transfers from NCAA varsity programs do not need to sit out a year before they are eligible to play.

Most MCLA teams have tryouts and make cuts for rosters, but bottom-line; MCLA is club lacrosse.

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Men's Division I Schools (62)

Air Force	Hobart	Presbyterian
Albany (NY)	Hofstra	Princeton
Army	Holy Cross	Providence
Bellarmino	Jacksonville	Quinnipiac
Binghamton	Johns Hopkins	Robert Morris
Brown	Lafayette	Rutgers
Bryant	Lehigh	Sacred Heart
Bucknell	Loyola Maryland	Siena
Canisius	Manhattan	St. John's (NY)
Colgate	Marist	St. Joseph's
Cornell	Maryland	Stony Brook
Dartmouth	Massachusetts	Syracuse
Delaware	Mercer	Towson
Denver	Michigan	UMBC
Detroit	Mt. St. Mary's	Vermont
Drexel	Navy	Villanova
Duke	North Carolina	Virginia
Fairfield	Notre Dame	VMI
Georgetown	Ohio St.	Wagner
Hartford	Penn	Yale
Harvard	Penn St.	

Men's Division II Schools (41)

Adams State	Grand Canyon	Pace
Adelphi	Lake Erie	Pfeiffer
AIC	Le Moyne	Queens
Assumption	Lees McRae	Rollins
Belmont Abbey	Lenoir Rhyne	Saint Andrews
Bentley	Limestone	Saint Anselm
C.W. Post	Mars Hill	Saint Leo
Catawba	Mercy	Saint Michael's
Chestnut Hill	Mercyhurst	Seton Hill
Dominican	Merrimack	Southern New Hampshire
Dominican (California)	Mesa State	Wheeling Jesuit
Dowling	Molloy	Whittier
Florida Southern	Notre Dame de Namur	Wingate
Franklin Pierce	NYIT	

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Men's Division III Schools (182)

Abington	Elizabethtown	Manhattanville	Salem State
Adrian	Elmira	Mary Washington	Salisbury
Albion	Emerson	Marymount	Salve Regina
Alfred	Endicott	Marywood	Scranton
Alvernia	Fairleigh	Mass. Maritime	Sewanee
Amherst	Dickinson	McDaniel	Shenandoah
Anna Maria	Farmingdale	Medaille	Skidmore
Aurora	Ferrum	Messiah	Southern Maine
Babson	Fontbonne	Middlebury	Southwestern
Bard	Franklin &	Millsaps	Springfield
Bates	Marshall	Misericordia	St. Joe (ME)
Becker	Frostburg	MIT	St. Joseph's (ME)
Berry	Geneseo	Mitchell	St. Lawrence
Bethany	Gettysburg	Montclair State	St. Marys (Md.)
Birmingham- Southern	Gordon	Morrisville	St. Mary's (Md.)
Bowdoin	Goucher	Mount St. Vincent	Stevens
Brockport	Green Mountain	MSOE	Stevenson
Cabrini	Greensboro	Mt. Ida	Stockton
Carthage	Guilford	Mt. St. Joseph	SUNY Maritime
Castleton	Gwynedd-Mercy	Mt. St. Mary	Susquehanna
Catholic	Hamilton	Muhlenberg	Swarthmore
Cazenovia	Hampden-Sydney	Nazareth	Thiel
Centenary	Hanover	Neumann	Thomas
Centre	Hanover	New England	Trine
Christopher	Hartwick	College	Trinity
Newport	Haverford	Nichols	Tufts
Clark	Hendrix	Norwich	UMass-Boston
Clarkson	Hilbert	Oberlin	UMass-Dartmouth
Cobleskill	Hood	Oglethorpe	Union
Colby	Husson	Ohio Wesleyan	Univ. of New England
Colorado College	Immaculata	Oneonta	Ursinus
Concordia	Ithaca	Oswego	US Merchant Marine
Connecticut	Johnson State	Otterbein	Academy
College	Kean	Plattsburgh	Utica
Cortland	Keene State	Plymouth State	Vassar
Curry	Kenyon	Potsdam	Virginia Wesleyan
Dallas	Keuka	Randolph	Washington
Daniel Webster	King's College	Randolph-Macon	Washington & Jefferson
Denison	La Roche	Regis	Washington & Lee
DeSales	Lasell	RIT	WCSU
Dickinson	Lebanon Valley	Rivier	Wells
Drew	Lycoming	Roanoke	Wentworth
Eastern	Lynchburg	Roger Williams	Wesley
Eastern	Lyndon State	RPI	Wesleyan
Connecticut	Maine Maritime	Saint John Fisher	Wheaton
	Maine-Farmington	Saint Vincent	Wheelock

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Widener
Williams
Wittenberg
WNEC
Wooster
York

12 Pitfalls to Recruiting

1. I Only Want To Compete For A High-Profile NCAA D-I Team.

If you only focus your search on the country's top programs, you will be disappointed. Too many high school athletes think that programs like Syracuse, Duke, Johns Hopkins, Virginia, and other high-profile Tier 1 schools are the only respectable ones in the country. This cannot be further from the truth.

While many high school athletes dream of one day competing at a top NCAA Division I school, in reality, very few get the opportunity. Roughly two percent of all high school and junior college athletes who seek to compete at a Division I school will ever get the chance.

If you've just finished your junior year of high school, you'll have a pretty good idea if you are talented enough to compete at that level. Blue chip athletes recruited by these nationally ranked schools are often:

All-State or All-American award recipients,

Spotted early at Recruiting/Showcase events,

Solicited w/recruiting calls & letters from numerous coaches. Not just letters, but personal calls.

Attract many college coaches at their games...

LESSON LEARNED: If you are not a "blue-chip" recruit, expand your college search and include a wide range of schools on your target list. The great thing about lacrosse is so many great schools have programs. Do not limit yourself to DI programs.

2. I'm a TOP Recruit. Coaches Send Me Letters All the Time

Do not assume form letters in your mailbox mean that a coach considers you a prospect. Every high school athlete who expresses interest in a college team, regardless of his ability, will receive a letter and questionnaire in the mail asking for more information. In fact, some D-I schools may send out as many as 5000 letters each year! Understand that this is only an initial request for information and, in most cases, an expected courtesy. Answer the following questions honestly:

Is my mailbox overflowing with handwritten letters from coaches who want me to consider their schools?

Do college coaches travel specifically to watch me compete?

If you're one of the lucky few who can answer "yes" to these questions, then consider yourself a blue-chip prospect. If you're like most high school athletes, however, and you had to answer "no" to any of the questions, then you need to take a more active approach to your college search.

LESSON LEARNED: Receiving personalized hand-written letters from college coaches, and requests for personal meetings is a much better indicator-rather than form letters and questionnaires-of how interested a coach is in recruiting you.

3. I'll Make the College Team as a Walk-On.

If you only receive lukewarm interest from coaches, but you really want to compete in college, you can try making the team as a "walk-on." This means you try to prove yourself to the coaching staff in the fall or pre-season tryouts. However, understand that it may be difficult to make the team as a non-recruited athlete. Your odds of success are not high. Most lacrosse teams have rosters of 45. Of

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these athletes, roughly 10-12 turnover each year, replaced by recruited athletes, many which receive NO tuition assistance. Further, many of the 45 roster position see little to no playing time in their four years at school.

Every now and then a coach may find a “diamond in the rough” who has gone unnoticed. For the most part, however, a coach knows exactly which athletes will comprise his squad before the open tryout even begins. You want to match your actual skill level to the competitive skill level of the schools where you apply.

LESSON LEARNED: Even if you make the team, you may have a slim chance of ever competing. You may want to search harder for a school that wants you and that you fit with talent-wise. Many athletes who try to “walk-on,” not including “recruited walk-ons” will quit the team or transfer.

4. My High School Coach Is Going To Get Me A Scholarship.

Do not rely on your high school coach to contact college coaches, write letters, or solicit offers on your behalf. Most high school coaches are unable to devote the large amount of time required to help their athletes find the right college. If your coach has time to assist you with the recruiting process and has demonstrated a commitment to help you find a school that meets your needs, consider yourself lucky.

Frequently, parents claim that their son or daughters high school coach doesn't do anything to help. Often these complaints come in the spring of a high school athlete's senior year, after most college application deadlines have already passed.

Don't worry if the coach limits his/her involvement to practices and games. Many are unfamiliar with the recruiting process. A high school coach's responsibility is to *coach* you in high school, not be your recruiting agent. Many coaches who sincerely want to help are restricted in their efforts simply because they don't have that many college contacts.

Some coaches devote all of their time to the “star athlete,” because he's the easiest one to promote. Remember: what's on the line in the recruiting game is *your* future, not your coach's. Don't sit back and wait for someone to help you. Recruiting sites such as www.LacrosseRecruits.com and www.berecruited.com are a great tool to market yourself to college coaches and make it easy for the college coach to view your video and your profile. You can put your information in front of the college coach in the most efficient and professional manner. Beware: these site cost money...some more than others.

LESSON LEARNED: Don't expect your high school coach to devote much time to personally assist you with your college search. Ask his advice, but take responsibility and control your own future. BE PROACTIVE.

5. I'd be Happy Just to Make the Team.

Always set high goals for yourself. Athletes who have the best college experience are the ones who get the chance to compete on a regular basis. Staying at home while the team travels to an away game is no fun unless you have the potential to work your way into a more competitive role within a short period of time. You have to ask yourself: would you rather be the big fish in a small pond or a small fish in a big pond?

LESSON LEARNED: Find a team where you can contribute and have a realistic chance to compete.

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6. Lots of College Coaches Will Watch My High School Games.

If more than a handful of college coaches ever watch you compete throughout your *high school* career, you are in a select group. Even if coaches attend games, they most likely represent schools that are nearby. Most athletic recruiting budgets do not allow coaches to travel around the country scouting talent. It's just too expensive. Coaches will scout regional high school and summer tournaments or events, usually within a couple hours of their school, but rarely will they travel farther. It's just not financially feasible or an efficient use of their time. Also remember, your high school season is the same as the college season. Coaches are very busy. The recruiting season is actually summer and early fall, so matches better with the club seasons.

It's not unusual for a college coach to spend the majority of his travel and recruiting budget scouting a select few blue-chip prospects. What's left in the travel budget will be used to attend national events where the greatest number of prospects can be seen in one place, i.e., showcase events and regional and/or national tournaments.

If you are interested in attending a college in Massachusetts, even if the coach in Massachusetts really likes you, he probably won't have the money or the time to fly to the west coast to watch you compete. He would rather find out if you are going to attend any events where he can see you and a number of other athletes on his list. He, also, might invite you to attend one of his summer camps.

LESSON LEARNED: Be pro-active and take your skills to coaches of the schools that interest you. Don't expect them to travel to your hometown. Reach out to them and ask them to view your LacrosseRecruits.com profile. One click and they are viewing your profile and video.

7. Small Colleges Have Weak Teams.

Most athletes believe the misconception that NCAA D-I is the only way to go and that all other college divisions are inferior. Don't fall into this trap! If you do, you will eliminate hundreds of great schools that need a student-athlete just like you. Keep your options open.

LESSON LEARNED: Surprisingly, many D-II, D-III, junior college and MCLA teams stack up well against D-I schools. If you are set on attending a large University, many have competitive club teams that compete on the national level (MCLA). Don't neglect them simply because of their affiliation.

8. I'm only considering Schools Where I Can Earn a Full Ride.

Full-ride scholarships are not as readily available as most athletes and parents think. Most scholarship money is divided into partial scholarships. The number of "Full Rides" received by lacrosse players is very small. According to a UVA men's lacrosse coaching staff member, they have given out 3 "full rides" in their school's history!!!

LESSON LEARNED: Don't expect that an athletic scholarship will allow you to attend school for free. Even if you are one of the fortunate few to receive an athletic scholarship of any kind, you will probably still have to pay for other college expenses through parental support, a student loan or financial aid.

9. I'm only applying to My First-Choice School.

It's the only place I want to attend!!! Even if your heart is set on attending one particular school and the coach has expressed interest in you, you should still promote yourself to other schools. It will give you leverage when it comes time to discuss academic and athletic scholarships, or financial assistance,

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with the coach and admissions office. The coach at your first choice school has all the bargaining power if he finds out that you are desperate to attend his school. Plus, you might find that a different school-one you might not have thought of before-is a better fit for you.

LESSON LEARNED: Leverage is crucial if you want to increase your worth and potentially attain a better option. Avoid the temptation to prematurely tell a coach that you've made your decision to attend his school. Show the coach that you are interested but are still undecided.

10. I'm regularly told by High School or Club Coaches that I have the Ability to Compete at the Division I Level.

Constant praise from influential people is nice to hear, but it can also be dangerous. This may cause you to sit back, wait for college coaches to come to you, and not be aggressive in your search.

LESSON LEARNED: Always strive to improve your skills. Never stop learning. And, as they say in the business world, don't believe your own PR!

11. If a Coach from a School outside My Target List Wants to Recruit Me, I'll tell Him I'm not interested.

Avoid rushing to judgment if a coach expresses interest in recruiting you. A lot can change in a few months. A school that you dismiss now may look a lot more attractive later on. Never lie to or mislead a coach, but you should also avoid making snap judgments. Make sure you research every opportunity before deciding.

Once you decide exactly where you want to go, and after you have signed a Letter of Intent, tell the other coaches who are interested in you to remove you from their recruiting list. Make sure to thank them sincerely for their interest in you. Not only does it show good character, but if you ever want to transfer, that school can still be a good option.

LESSON LEARNED: Keep your options open! Avoid rushing to judgment until you have made up your mind. You should also visit each school that shows interest in you-it's the best way to decide if it's a place you not only want to compete for, but make your new home as well.

12. Coaches Will Notice Me When I Have A Big Senior Season.

Lacrosse is a spring sport and you will most likely know where you are going to college by the time your senior season is underway. Also, some coaches have already made up their "A-List" of recruits and narrowed it down to their top priority prospects by the fall of your *Junior* year.

LESSON LEARNED: Your sophomore and Junior year will be most important recruiting time, period. However, that does not mean you can't "reach out" to school that interest you after your freshman year if you are already making a significant contribution to your high school team. It will allow you to get on the coach's radar. During your sophomore year, you can be connecting with college coaches to ensure they know about you and you are on their radar.

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

The Biggest Myths in College Lacrosse Recruiting

1. Thinking that you are good enough and college coaches will seek you out.

There are so many boys/girls that play the sport of lacrosse today, that there is no possible way for the college coaches to evaluate each one of them. Only the top percentage of players are being “recruited.” “Recruited,” means being evaluated by the coaches, consistently communicating with the coaches, where the coach takes the initiative to communicate with you (subject to recruiting rules). This is not the same as being on their “list.” Being on the “list” means they have your information. It is up to *you* to pursue communication with the coaches of the schools that you are interested in playing for.

2. Thinking only the top players earn scholarships/roster spots to play college Lacrosse.

This is simply not true. There are many levels of opportunities to play college lacrosse, while receiving an athletic scholarship. There is more than the NCAA Division I schools that have athletic scholarship money available. NCAA Division II, NAIA and NJCAA Divisions I & II have athletic scholarships available. Not all of them have full scholarships to offer, but there are opportunities to use partial athletic scholarships and partial academics. Some of them may not have any athletic grant-in-aid available, so it is up to you to pursue that information. Not to mention the opportunities at NCAA Division III, where there is no athletic grant-in-aid, but there are academic scholarships, financial aid and grants to pursue. Don’t sell yourself short. You never know who could need a player just like you.

3. Waiting until the junior year to start the recruiting process.

This process is starting earlier every year, so waiting until the junior year could be a mistake. There are plenty of opportunities still out there, but it may not be at your #1 choice of schools. One of the items that coaches look for in a player is *potential* and they start looking for this in as young as 15 years old. Most NCAA D-I schools have rosters filled for future years with players finishing their sophomore year! It never hurts to start contacting a coach early in the sophomore or even freshmen year in HS. This way, they can evaluate you over the next couple of years, track your improvement and see if you will be a good fit for their program and if their institution will be a good fit for you. If you have schools you are interested in, start contacting them and get the ball rolling.

4. Depending on your HS and Club Coach to market you to their college contacts.

Yes, college coaches can talk to high school and club coaches and directors at anytime and they can be a very good resource for your recruiting process. Talk to them about former players that have played in college or maybe they have recently played college lacrosse themselves. Use them for their expertise in helping you figure out what level you are best suited for and be ready to hear their answer. Ask them to write letters of recommendation or to invite college coaches to practices or matches. There are many things that your high school or club coach can help you with; however, you cannot rely on them alone. Use them as a resource, but you need to do the bulk of the correspondence and legwork yourself.

5. Since you received a letter in the mail from a college coach, you are being recruited and will have scholarship opportunities.

Remember the “list” from earlier? If you receive a form letter in the mail your freshmen or sophomore year, you are on their “list.” There are usually 100+ athletes on that “list.” Usually the school is requesting your contact information, physical stats, academic information, etc... Does this mean you

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are being recruited? **No.** What this does mean is they may evaluate you, usually during club season and it goes from there. It is your job to follow-up with them to gauge their interest level. “Your job,” means the athlete, not the parents.

There are two underlying things to remember:

1. The athlete needs to take the initiative in contacting college coaches.

Don’t wait for them to contact you. If there are schools that you are interested in playing for, and you have the ability to play for them, then contact the coach to see if there is an opportunity.

2. Be proactive and aggressive in your recruiting process. There are a lot of opportunities out there to play college lacrosse. The big name school may not be the place for you. Pursue other institutions. You never know if they will be a good fit for you athletically, academically and socially. Just because you are not being “recruited” doesn’t mean you can’t play college lacrosse. It is too hard for the coaches to find all the talent.

BOTTOMLINE: WHAT YOU NEED TO KNOW ABOUT THE RECRUITING PROCESS

Telephone calls: Generally, a coach may initiate telephone contact with a prospect once per week.

Division I: A coach may call a junior prospect once per week after July 1.

Division II: A coach may call a prospect once per week after June 15.

Division III: A coach may call once per week. There is no date for the initial call.

Contacts: “Contact” is any face to face encounter off campus between a coach and the prospect or their parents/guardians in which any dialogue occurs in excess of an exchange of greeting. The contact may not occur on the day or dates of competition until the appropriate authority has released the prospect after the conclusion of competition.

Division I: A coach may contact a junior prospect on their HS campus after July 1. The institution is limited to a maximum of three contacts.

Division II: A coach may contact a prospect after June 15 following completion of their junior year. The institution is limited to a maximum of three contacts.

Division III: A coach may contact a prospect after the completion of their junior year. The institution is not limited in the number of contacts they make have with a prospect.

Evaluations: Any off-campus activity designed to evaluate the academic qualifications or athletics ability of a prospect, including the observation of a practice or competition.

Division I: Institutions are limited to seven recruiting opportunities (nor more than three of which can be contacts). Evaluations made during the summer do not count against the limit. An evaluation at a contest counts as an evaluation for all prospects competing in that contest.

Division II: There is no limit to the number of evaluations an institution may make.

Division III: There is no limit to the number of evaluations an institution may make.

Unofficial Visits: A prospect may visit an institution at the prospect’s own expense any number of times, and may visit a particular institution unofficially as often as they like.

Official Visits: A prospect may accept an offer from a coach to make an official (paid) visit to their institution. The visit is limited to 48 hours in length, must occur after the opening day of classes of their senior year, and all meals and entertainment must be comparable to that of normal student life.

Division I/II: A prospect can make a maximum of five (5) official visits, but not more than one to a

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particular institution.

Division III: A prospect may make an unlimited number of visits, but not more than one to a particular institution. Official visits to Division III schools do not count against the maximum number of visits in Division I and II.

Signing a NLI: An institution may indicate to a prospect in writing that an athletics grant-in-aid (scholarship) will be offered by the institution, however the prospect cannot sign a form indicating acceptance of such an award before the initial signing date for the NLI (National Letter of Intent). There is a one week “early” signing period in November, and the “regular” signing period beginning the second Wednesday in April and extending through the summer. Exact dates can be found by accessing www.nationalletter.org.

Division I/II: An NLI can only be issued in conjunction with an athletics grant-in-aid offer. Failure to honor the NLI can result in a loss of up to two years of eligibility. Subsequent to the prospect signing an NLI that institution is unlimited in the number of phone calls, contacts, and evaluations for that prospect. All other institutions should cease recruiting the prospect once they are made aware of the prospect’s signing of an NLI.

Division III: Does not offer an NLI program for athletics.

A SUGGESTED TIME LINE

Freshman and Sophomore year

Play on your high school teams.

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.

Find summer camps/clinics located in areas that might be of interest to you when selecting a college.

Remember - all four years of your high school grades count!

Keep track of your personal stats for all teams and any athletic honors you receive.

Let your school and club coach know of your desire to play sports in college.

Start researching colleges. Consider what each level of college lacrosse entails (Division I, II, & 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.

Sophomore year

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.

Develop a relationship with your high school guidance counselor and let them know you want to play sports in college.

At the middle to the end of your sophomore year, and the summer following your sophomore year, take as many UNOFFICIAL VISITS as possible to get a feeling for campuses, lacrosse programs, coaches, players, locations, size of the school, etc.

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When going on unofficial visits – call the coach ahead of time to set up an opportunity to introduce yourself and express your interest in their school. **DO NOT** just show up at a college coach’s office unannounced!

Video tape your sophomore spring season games and your early summer (following sophomore year) camps and tournaments. If possible, send a highlight tape and a letter of introduction to the colleges you are interested in by the end of that summer.

Junior year

EARLY FALL

Start a detailed sports resume/personal profile. Make sure to proof read for any mistakes!

Compile a list of college choices. Try not to have more than 10 schools on this list....more than that is overwhelming.

Send a second letter to coaches – including sports resume/personal profile, list of summer tournaments and camps and spring schedule. Make sure you verify the coach’s name and address before you send it!

Return immediately any questionnaires you receive from coaches.

Until July 1st following your junior year, e-mail is the best way to correspond with college coaches.

Let coaches of schools you are NOT interested in know asap. Thank them for their interest, and let them know you are concentrating on other schools at this time.

Talk to your high school guidance counselor about the NCAA Clearinghouse.

Take advantage of any Junior Day’s you are invited to....where college coach’s bring their junior recruits on campus to learn about the school and their lacrosse program.

REMEMBER – you must be invited by the college coach to attend their Junior Day – it is not something you invite yourself to.

MID-YEAR

Organize and file all correspondence.

Send e-mail or letter updates to the schools you are interested in regarding classes taken, grades, fall tournaments, etc.

END OF JUNIOR YEAR

Continue to work hard in school. Keep your grades up!

Send another letter with updated academic (unofficial transcript with PSAT or SAT scores,) and related sports information. Include updated schedule of summer sports participation.

Junior-Senior summer

EARLY SUMMER

Review letters received from coaches. Check to make sure you have responded to all schools that have written to you.

Look over your college list. Begin to narrow it down to 4-5 schools (if you haven’t already). Do you want to add to that list? If so, send introductory letter now.

Some factors to consider when narrowing your list: 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 coaches at the top five schools you are considering — let them know they are one of

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your top choices.

Participate in your sport and maximize your exposure! Attend camps where you have the best possibility to increase your skills and to be seen by those coaches from colleges in which you are interested.

Send a letter including summer camp dates, team schedule, and possible plans to visit the college if you have not done so already.

Have copies of your transcript, SAT/ACT scores, and senior class schedule available to send 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.

LATE SUMMER

Student-Athlete should call coach to talk about college visits and send updated highlight video from junior year & recent summer camps/ tournaments.

Fulfill NCAA Clearinghouse requirements. **KNOW THE RULES!**

Start requesting college applications.

Senior Year

EARLY-LATE FALL

1. Review your college list. Focus on those schools that seriously interest you.
2. Send another letter that includes updated information, your team’s schedule, and possible plans for campus visits.
3. Study and consider information about Early Decision or Early Action admission to college and Early Signing for a scholarship.
4. Have your school coach write a letter of recommendation and send it to the coaches.
5. While you are waiting for feedback on your video and/or letters, prepare for your SAT’s.
6. Decide when to apply to college(s), and when to commit to a school and/or sign with a school for a scholarship.
7. Schedule College visits including an interview with the coach.
8. Keep in contact with coaches that have expressed an interest in you. Arrange an overnight campus visit so you can stay with a team member and become more familiar with their program.
9. Keep studying! All colleges want transcripts of first semester grades.
10. Apply to schools.
11. Tell coaches you have submitted an application to their school.

FINALLY

When you have made a choice, write all coaches you have been working with, thank them, and inform them of your decision.

RECRUITING REALITY CHECK

If you have been as proactive as possible with a college coach, and they have never responded to you or given you any indication that they are interested in you – **MOVE ON.**

The reality of the situation is that they are focusing on other recruits.

There are plenty of other schools and lacrosse programs out there!

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REMEMBER – There is a school and a sports program for everyone!

Website links:

<http://eligibilitycenter.org>

NCAA eligibility center website; required in order to be recruited; one-time registration no later than Junior year; cost is a one-time fee of \$65.00; student receives a clearinghouse number which is required for all recruiting, setup a pin, and uses the site for completing all eligibility requirements,

<http://www.ncaa.org/wps/wcm/connect/public/ncaa/student-athlete+experience/becoming+a+student-athlete/division+i+toolkit>

Link to NCAA.org D I toolkit page; summaries on academic eligibility requirements, certification process, recruiting rules, financial aid and transfer rules.

<http://lacrosserecruits.com>

Site for lacrosse recruiting information, free reading materials to include another recruiting guide, and recruiting assistance. Recruiting assistance packages cost from \$199 to \$949 for a single year!!! Use the free information, but seek other assistance for recruiting help.

<http://www.berecruited.com>

A good site for lacrosse recruiting information. Great way to get your information out to coaches, setup a profile and add videos, etc. Free base level registration. “Deluxe” membership cost is \$14.99/month or a one-time \$59.99 fee. Adds a coach tracker to see which coaches have viewed your profile, search for colleges and lacrosse programs that fit your academic and athletic abilities, get increased exposure to registered coaches, and generate letters of interest.

<http://www.collegeboard.org>

Site with all the information on SAT dates and locations. Create a FREE account and you can search for schools, check costs, school size, majors, etc. Site also has test preparation, and allows you to sign up for SATs and get/send scores to schools.

<http://www.actstudent.org/index.html>

Site much like collegeboard.com, but for ACT information.

To search for the approved core courses at your high school Click on this link and look up your high school:

<https://web1.ncaa.org/hsportal/exec/hsAction>

On the following pages is an example of Palo Verde High School courses:

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Here is an example of Palo Verde High School courses:

Click here to look up your high school: <https://web1.ncaa.org/hsportal/exec/hsAction>

List of Approved Core Courses (Form 48H)		
High School Information		
	School Code:	290200
	School Name:	PALO VERDE HIGH SCHOOL
	Address:	333 PAVILION CENTER DRIVE
	City, State:	LAS VEGAS, NV 89144 --4001
Instructions		
<p>The NCAA has approved the following courses for use in establishing the initial-eligibility certification status of student-athletes from this school. Some course titles may begin with one of the following prefixes. These prefixes are defined as follows:</p>		
=	Only students who have received proper NCAA approval for their diagnosed learning disability may receive credit for these approved courses.	
!	A student will receive no more than one NCAA mathematics credit for the successful completion of any two courses so noted.	
!!	A student will receive NCAA mathematics credit according to the unique credit values noted.	
>	A student will receive no more than one unit of NCAA natural/physical science credit for the successful completion of all courses so noted.	
>>	A student will receive no more than one and one-half units of NCAA natural/physical science credit for the successful completion of all courses so noted.	
>>>	A student will receive no more than two units of NCAA natural/physical science credit for the successful	

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	completion of all courses so noted.	
<p>Courses designated with a '=' symbol are courses that may be used only by students with a diagnosed disability. Please note, not all high schools will have courses with this designation. Also, in order for a student to receive credit for a course designed for students with disabilities, the student must have provided verification of his or her disability status by presenting to the NCAA Initial-Eligibility Clearinghouse either: (1) a nonstandard ACT or SAT score; or (2) notice of disability designation by the NCAA Disability Services staff.</p> <p>NCAA legislation permits a student to receive credit for a core course only one time. As a result, if a student repeats a core course, the student will only receive credit once for the core course, and the highest grade earned in the course will be included in the calculation of the student's core course grade point average. Likewise, if a student completes a course that is duplicative in content with another core course, the student will only receive credit for one of the duplicative courses, and the course with the highest grade earned will be included in the calculation of the student's core course grade point average.</p> <p>IMPORTANT NOTE: The NCAA has adopted a new standard for initial-eligibility. Click here to read about the changes. Computer science courses cannot be used to fulfill core course requirements for student-athletes first entering a collegiate institution on or after August 1, 2005.</p>		
High School Course Information		
English	Course Weight	Title
		4040 AMERICAN STUDIES ENGLISH
		416 JOURNALISM 1
		4160 JOURNALISM I
		423 COMPOSITION
	H	423 COMPOSITION/H
		4230 COMPOSITION
	H	4230 COMPOSITION/H
		4240 CREATIVE WRITING
		4290 TECHNICAL REPORT WRITING
		4300 ENGLISH I

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	H	4300 ENGLISH I/H
		4310 ENGLISH II
	H	4310 ENGLISH II/H
		4320 ENGLISH III
		4330 ENGLISH IV
		4450 AMERICAN LITERATURE
	H	4450 AMERICAN LITERATURE/H
		4460 ENGLISH LITERATURE
	H	4460 ENGLISH LITERATURE/H
		4470 MODERN LITERATURE
	H	4470 MODERN LITERATURE/H
		4480 WORLD LITERATURE
	H	4480 WORLD LITERATURE/H
		4500 MULTICULTURAL THEMES IN LITERATURE
	A	467 ENG LANG/COMP/AP
	A	4670 ENGLISH LANGAUGE & COMPOSITION/AP
	A	468 COMP/LIT/AP
	A	4680 ENGLISH LITERATURE & COMPOSITION/AP
		5180 FORENSICS I
		=7500 ENGLISH I APPLIED

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		=7510 ENGLISH II APPLIED
		=7520 ENGLISH III APPLIED
		=7530 ENGLISH IV APPLIED
		AMERICAN STUDIES
		CREATIVE WRITING
		ENGLISH I
	H	ENGLISH I/H
		ENGLISH II
	H	ENGLISH II/H
		ENGLISH III
		TECH REPORT WRITING
Social Science	Course Weight	Title
		4050 AMERICAN STUDIES-HISTORY
		7010 WORLD HISTORY
	A	7010 WORLD HISTORY/AP
	H	7010 WORLD HISTORY/H
		7010 WORLD HISTORY/IB
		7020 - AP EUROPEAN HISTORY
		7030 US HISTORY
	A	7030 US HISTORY/AP
	H	7030 US HISTORY/H

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		7030 US HISTORY/IB
		7050 US GOVERNMENT
	A	7050 US GOVERNMENT/AP
	H	7050 US GOVERNMENT/H
		7050 US GOVERNMENT/IB
		707 AFR-AMERICAN EXP
		708 CIVIL LIBERTIES
		709 CRIME/JUSTICE
	H	715 ANTHROPOLOGY/H
		716 CONTEMP PROBLEMS
		717 GEOGRAPHY
		7170 - AP HUMAN GEOGRAPHY
	H	719 ECONOMICS/H
		720 GEOPOL ECON
		722 PSYCHOLOGY 1
		723 PSYCHOLOGY 2
		724 SOCIOLOGY
		727 STREET LAW
		738 INTNAT RELATIONS
		=7910 US GOVERNMENT APPLIED
		=7910 WORLD HISTORY APPLIED

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		=7920 US HISTORY APPLIED
		COMPARATIVE POLITICS
		SOCIOLOGY II
Mathematics	Course Weight	Title
		4702 CALCULUS BC/IB
	A	4730 STATISTICS/AP
		4790 ALGEBRA I
	H	4790 ALGEBRA I/H
		4800 ALGEBRA II
	H	4800 ALGEBRA II/H
		481 ALGEBRA 2/TRIG
	H	4810 ALGEBRA II/TRIGONOMETRY/H
		4820 INTUITIVE GEOMETRY
		4830 GEOMETRY
	H	4830 GEOMETRY/H
		4850 TRIGONOMETRY
	H	4850 TRIGONOMETRY/H
		4860 PROBABILITY & STATISTICS
	H	4860 PROBABILITY & STATISTICS/H
	H	4860 PROBABILITY & STATISTICS/H/IB
	H	487 PRE-CALCULUS/H

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		4870 PRECALCULUS	
	H	4870 PRECALCULUS/H	
		4870 PRECALCULUS/IB	
	A	4880 CALCULUS AB/AP	
	H	4880 CALCULUS/H	
		4880 CALCULUS/IB	
		4940 APPLIED ALGEBRA I A (0.5 CU/MAX)	
		4950 APPLIED ALGEBRA I B (0.5 CU/MAX)	
		4970 APPLIED ALGEBRA II	
	A	7590 CALCLUS BC/AP	
Natural/Physical Science	Course Weight	Title	Lab
		6570H EPIDEMIOLOGY	X
		6660 PRINCIPLES OF SCIENCE	X
		6670 LIFE SCIENCE	X
		6690 EARTH SCIENCE	X
	H	6690 EARTH SCIENCE/H	X
		6700 ENVIRONMENTAL SCIENCE	X
	H	6730 GEOLOGY/ENVIRONMENTAL STUDIES/H	X
		6760 BIOLOGY I	X
	H	6760 BIOLOGY I/H	X

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

	H	677 BIOLOGY 2/H	X
		6770 BIOLOGY I/IB	X
	A	6770 BIOLOGY II/AP	X
	H	6770 BIOLOGY II/H	X
		6780 BOTANY	X
	H	6790 ZOOLOGY/H	X
		680 PHYSIOLOGY/ANTMY	X
	H	680 PHYSIOLOGY/ANTMY/H	X
	H	6800 ANATOMY/PHYSIOLOGY/H	X
		6820 MARINE SCIENCE	X
	H	6830 ANATOMY & PHYSIOLOGY II/H	X
		6840 BIOLOGY II/IB	X
		6850 CHEMISTRY I	X
	H	6850 CHEMISTRY I/H	X
		6850 CHEMISTRY I/IB	X
		686 CHEMISTRY 2	X
	A	6860 CHEMISTRY II/AP	X
	H	6860 CHEMISTRY II/H	X
		6860 CHEMISTRY II/IB	X
		6870 APPLIED BIOLOGY/CHEMISTRY I	X
		6880 APPLIED BIOLOGY/CHEMISTRY II	X

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

		6890 CHEMISTRY III/IB	X
		6900 PHYSICS I	X
	H	6900 PHYSICS I/H	X
		6900 PHYSICS I/IB	X
	H	691 PHYSICS 2/H	X
	A	6910 PHYSICS II/AP	X
	H	6910 PHYSICS II/H	X
		6910 PHYSICS II/IB	X
		6920 PRINCIPLES OF TECH/APPLIED PHYS I	X
		6930 PRINCIPLES OF TECH/APPLIED PHYS II	X
		6960 GENETICS	X
		=7800 SCIENCE I APPLIED	
		=7850 SCIENCE II APPLIED	
		FORENSIC SCIENCE	X
		FORENSIC SCIENCE HONORS	X
		PROFESSIONAL APPLICATIONS OF PHYSIOLOGY	X
Additional Core Courses	Course Weight	Title	
IMPORTANT NOTE: Computer science courses cannot be used to fulfill core course requirements for student-athletes first entering a collegiate institution on or after August 1, 2005.			
		3420 LATIN I	

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

	H	3430 LATIN II/H	
		3660 FRENCH I	
	A	3661 SPANISH LANGUAGE/AP	
	A	3662 SPANISH LITERATURE/AP	
	A	3663 FRENCH LANGUAGE/AP	
	A	3664 FRENCH LITERATURE/AP	
	H	3670 FRENCH II/H	
	H	3680 FRENCH III/H	
		3680 FRENCH III/IB	
	H	3690 FRENCH IV/H	
		3690 FRENCH IV/IB	
		3700 GERMAN I	
	H	3710 GERMAN II/H	
	H	3720 GERMAN III/H	
	A	3730 GERMAN IV/AP	
	H	3730 GERMAN IV/H	
		3730 GERMAN IV/IB	
		3740 CHINESE I	
	H	3750 CHINESE II/H	
	H	3800 LATIN III/H	
		3800 LATIN III/IB	

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

	H	3810 LATIN IV/H	
	H	3820 SPANISH FOR SPANISH SPEAKERS II/H	
	H	3830 SPANISH FOR SPANISH SPEAKERS III/H	
		3840 SPANISH I	
	H	3850 SPANISH II/H	
	H	3860 SPANISH III/H	
		3860 SPANISH III/IB	
	H	3870 SPANISH IV/H	
		3870 SPANISH IV/IB	
		3910 ADVANCE STUDY-FOREIGN LANGUAGE	
		3920 JAPANESE I	
	H	3930 JAPANESE II/H	
	H	3940 JAPANESE III/H	
	H	3950 JAPANESE IV/H	
	H	4280 ADVANCE LANGUAGE V/H	
		4560 RUSSIAN I	
	H	4570 RUSSIAN II/H	
	H	4600 RUSSIAN III/H	
	H	4610 RUSSIAN IV/H	
		4620 ITALIAN I	
	H	4630 ITALIAN II/H	

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

	H	4640 ITALIAN III/H	
	H	5600 CHINESE III/H	
	H	5610 CHINESE IV/H	
		5620 AMERICAN SIGN LANGUAGE I	
		6620 SPANISH LIT FOR SPANISH SPEAKERS I	
		7170 GERMAN III/IB	

NCAA RECRUITING CHART

	DIVISION I	DIVISION II	DIVISION III
Sophomore	Recruiting Materials – June 15 following sophomore year Telephone Calls –Once per month beginning June 15 following sophomore year		Recruiting Materials – Permissible Telephone Calls – No limitations * Permissible freshman and sophomore years
Junior	Recruiting Materials – September 1 Telephone Calls – Once per week July 1 following junior year for all sports except men’s ice hockey.* *Unlimited during contact period for baseball, cross country/track and field, men’s lacrosse, women’s lacrosse, women’s sand volleyball, softball and women’s	Recruiting Materials – September 1 Off-Campus Contact – June 15 – No more than three off- campus contacts	Recruiting Materials – Permissible Telephone Calls – No limitations Off-Campus Contact – Conclusion of junior year
Senior	Telephone Calls – Once per week * Off-Campus Contact – July 1 prior to senior year or the opening day of classes of his or her senior year in high school, whichever is earlier. Official Visit – Opening day of classes *Unlimited during contact period for baseball, cross country/track and field, men’s lacrosse, women’s lacrosse, women’s sand volleyball, softball and women’s volleyball.	Telephone Calls – June 15 – Once per week Official Visit – Opening day of classes	Recruiting Materials – Permissible Telephone Calls – No limitations Off-Campus Contact – Permissible Official Visit – Opening day of classes
1. Student athlete can call college / coach anytime as a recruit (start of freshman year). Coach can talk if he/she answers call. Coach can not call back athlete based on phone message. Texts are considered phone calls and not allowed until periods listed in chart above. 2. Student athlete emails to college/coach are unlimited. College/coach email is unlimited starting with the junior year of high school.			

COLLEGE LACROSSE SCHOLARSHIPS AND RECRUITING

Interest Letter / Email (Fill-in, copy/paste into new email)

Subject: **Big City University** Men's Lacrosse (Coach **John Doe**), Interest letter – [First, Last Name]

Dear Coach **Doe**,

My name is [First, Last] and I am a [Freshman/Sophomore, etc.] [Position (i.e. Middie, Attack, D-pole)] attending [Name the school your attending] HS in Las Vegas, Nevada.

I play lacrosse for [name the team you play for], and play club lacrosse for [Vegas Starz or Zip It] in Las Vegas. I currently have a X.XX GPA (X.XX weighted) and plan to take the SAT/ACT in (month/year).

I am interested in joining the [Big City University (school name)] [Big Dawgs (Mascot)] and am hoping to major in [Desired Major] at your university. [Big City University] has a great lacrosse program, and I am hoping to help your team to top the [conference name (i.e. ACC)] and compete in the [NCAA/MCLA] tournament.

My club team competes in all the Adrenaline tournaments both summer and fall, and we finished last season as the #10 club in the west. [I tried out for (select travel team) and was selected for both the XXXX camp and XXXXX team...etc (add some notable accomplishments)].

My high school team was [win / loss record] in league play and [win / loss record] overall last season. [Mention if won regional's, state, etc...]. We are currently preparing for the [XXX season/tournament/etc] and are looking to compete for our state title again this coming '12 season.

Mention that you have videos if you do, or that you will send them when they are available.....

Thank you for taking time to read my e-mail and I look forward to learning more about your program in the near future.

First and Last Name, (Jersey #)

[Team you play for] HS & Vegas Starz or Zip It [Position, i.e. Middie, Attack, etc.]

Address

City State Zip

E-mail

Phone Number

Year you will be graduating