



Pittsburgh Select Lacrosse
College Recruiting Information

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Introduction

Many student- athletes, boys and girls, set a goal of one day realizing their dream of playing lacrosse at the next level; our student-athletes at Pittsburgh Select Lacrosse are no different. Our program, under the tutelage of our High School teams coaches, has seen a number of athletes which have the potential of playing at the next level and the future looks bright as we look at the younger underclassmen working their way through the program.

Lacrosse is not only growing at the high level as we seen in recent, colleges and universities are adding teams every year as well. Lacrosse is played at the D1, II, III and club levels, giving you the athlete many opportunities to continue to play the sport you love while pursuing a higher education.

If you decide to play lacrosse so you could have a good chance to get a college scholarship or play DI NCAA sports, you may make a poor choice! Play lax because you love it and it makes you happy. Remember you can play in college; Division I, Division II, Division III, MCLA Lacrosse Division I, MCLA Lacrosse Division II and II; SELC and others.

Your keys to getting a scholarship

- Good grades
- Good SAT/ACT scores
- Proven leadership in your school and community

Tips

- Think about what kind of school you want to go to. Rah, rah or no football? Big or small? Close to home or get me out of here? Frat scene a big deal or not?
- Think about what you'd like to major in? Some schools are better than others in particular majors.
Try to go somewhere where the school has a good reputation in your major area.
- Don't get caught up, or let your parents, get caught up in "national rankings." Find a place where you feel comfortable, socially and academically. Not everyone that goes to Duke or Northwestern becomes successful and lots of people who don't are very successful. After 5 or 10 years out of college people will judge you on your value not your school's reputation. It is not about where you start it's where you finish.
- Look at your grades and test scores vs. admissions requirements to see what schools are most likely to accept you. You probably are not going to get into UVA with a 3.2 average and an 1150 SAT. But there are many, many great schools that will be happy to accept you.
- Ask yourself, if lacrosse was taken away from me, would I still go here? Face it injuries happen. Don't be stuck at a school you hate if lax is no longer an option.
- You have to be the pursuer. You have to contact the coaches, over and over, and let them know you want to play at their school. You are just another kid who says they want to play in college.
- You have to go for it. Only a few student-athletes in Western Pennsylvania are good enough to have a coach come after them.
- Do the dirty work. If you do all the stuff the flashy players won't do, i.e. lights out defense, ground ball machine, ride like a maniac, be a positive teammate all the time, someone will find a place for you on their team.
- Don't pick a college for the coach. They come and go all the time. They are paid very little

and have to take more money any time it is offered.

- Get a highlight DVD put together for college coaches. Some coaches will also want to see an entire game. If you send a game film, be sure to pick the best team you played against. Showing your good game played against a horrible team will do you little good. Game film is easy to get if it is request by a coach. It takes time to put together a highlight DVD.
- DVD highlight tape: Captain U has a DVD service that tapes and creates a highlight film for you.
- Go to the camps of the schools in which you are interested. This is the single best way to get recruited by a coach. This allows them to see you play. Let them know in advance that you are interested in their school and their lax program ask them to be sure to watch you. Introduce yourself to the coaches when you are at camp and remind them that you are the guy who wants to play for them. Surf the internet, they are out there.

College Recruiting Timeline

College Recruiting Timeline: Lacrosse is the fastest growing sports in the U.S., and one of the better ways of obtaining a scholarship for college through athletics. If you play lacrosse as well as another sport, you might want to consider which one might offer less competition for college scholarships. The earlier you make this decision in your high school career the better. And if you've never considered playing lacrosse, now might be a good time to give it some thought. Here's a suggested timeline for high school lacrosse players for navigating the recruiting process and helping to pay for college through the great sport of lacrosse.

Freshman (9th Grade)

Fall Ball - Play in the fall if possible

Winter - Look into playing in a winter league and visit a couple schools to get an idea for what you are interested in. Think about what division of lacrosse you would like to play.

Spring - Prepare for spring season and play well. Start thinking about what camps to attend for the summer. Note: Consider camp as a great way to see a campus and get to know coaches from different schools.

Summer - Play in tournaments. Attend a camp if possible.

Sophomore (10th Grade)

Fall - Try to determine what type of school you want to go to and what type of program you want to play for Make a list of your top 20 - 30 schools

Winter - Look into playing in a winter league or attending a winter camp. Start contacting coaches at your top 20-30 schools. Note: You are allowed to contact them, but they cannot contact you this year. This includes phone calls, e-mails, letters, instant messages and text messages

Spring - Try and attend some college lacrosse games (preferably at your top schools). Continue to modify your top 20-30 schools list and email coaches of any additions. Start thinking about what camps to attend for the summer. Note: Consider camp as a great way to see a campus and get to know coaches from different schools.

Summer - Send coaches at your top 20-30 schools an email with your camp and summer tournament schedule. Note: Make sure to include your club team information, jersey number, and position. Send coaches at your top 20-30 schools a reminder email 1-2 weeks before every tournament or recruiting camp you are attending. Note: Make sure to include your club team information, jersey number, and position again. You do not need to send a game schedule.

Play in tournaments

Attend a camp if possible

Visit schools and arrange to meet coaches if possible while you are on campus

Get video of you playing

Note: Most coaches don't want to just see highlights. Make sure to include live game footage

so they can see how effective you are in a given amount of time.

Junior (11th Grade)

Fall - September is the first month college coaches can mail to you and initiate e-mail contact with you. Respond to coaches immediately. Note: Most colleges will send out questionnaires. Fill these out appropriately and send back immediately. It does not hurt to send an email to each school saying you have put the questionnaire in the mail and are very interested. Email the coaches of your top 20-30 schools with your fall tournament schedule. Make sure to play in some fall tournaments. Get a solid list together of your top 10 schools.

Winter - Look into playing in a winter league (IFL) or attending a winter camp. Sign up for the early Spring SAT or ACT testing dates. Keep coaches of your top schools up to date on anything new and on your upcoming season. Note: Make sure you show interest in the season of the schools you are interested in when you correspond with them.

Spring - Try and attend some college lacrosse games (preferably at your top schools). Continue to modify your top 10 and top 20-30 schools list and email coaches of any additions. Take SAT. Note: Make sure that you indicate the NCAA Clearinghouse number (9999) as a place to send your scores. Start thinking about what camps to attend for the summer. Note: Sign up for a camp or camps that is either at a school that you like or has coaches from schools that you like. Email coaches about your high school season and with your summer tournament and camp schedule. Note: Make sure to include your club team information, jersey number, and position again.

Summer Send coaches at your top 20-30 schools an email with your camp and summer tournament schedule. Note: Make sure to include your club team information, jersey number and position. Send coaches at your top 20-30 schools a reminder email 1-2 weeks before every tournament or recruiting camp you are attending. Note: Make sure to include your club team information, jersey number and position again. You do not need to send a game schedule.

- Send coaches your most recent telephone numbers so they can contact you come July 1
- Send coaches a complete high school transcript from grades 9-11
- Register for the NCAA Clearinghouse after your junior year [NCAAClearingHouse](#)
- Retake SAT and ACT tests as needed to improve your scores
- Play in tournaments
- Attend camps where coaches you want to play for will be
- Visit schools and arrange to meet coaches if possible while you are on campus
- Get new video of you playing sent out to at least your top 10 schools
- July 1 is the first time coaches are allowed to call you. The process starts on this day, but goes until at least September

Note: Coaches will begin to extend scholarship offers at this point and will continue to extend offers throughout the year on an individual basis with each recruit. If you do not get offered one in July, it does not necessarily mean coaches are not interested. If possible, you should take unofficial visits to all the schools in which you have an interest by the end of the summer. Begin planning official visits if they offered to you, you are only allowed to take FIVE official visits and visits taken for other sports count towards your five total allowed visits.

Senior (12th Grade)

Fall - Take your official visits and compare schools. In October, the majority of schools have selected and received 90% of their class by this month. In November, the NLI (National Letter of Intent) signing date is early in this month. If you have chosen a school and will be receiving scholarship money, you will get an application from your school and signing papers from the NLI in early November. Note: 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. These rules apply only to those institutions that participate in the NLI. If you do not sign early, continue to email coaches and update them with your fall/winter schedule of tournaments you are attending. Pick your #1 school and apply early. Take the SAT at least once.

Winter - Continue to contact and update coaches.

Spring – Do not let your grades slip!! Remain focused for the upcoming season

Summer Play - Get ready for college!!

Initial Recruiting Package

RECRUITING LETTER

- Short, sweet and to the point (can be standard and sent to multiple coaches) this is a HIGHLIGHT of your PROFILE/RESUME.
- Make sure letter is addressed to correct coach at CORRECT school (no mistakes here!).
- See example attached (do not take EXACTLY, but cover in order: Academic, Lacrosse, and Extracurricular).

LAX RESUME

- Contact information, grades, sports, extracurricular activities.
- This is EVERYTHING you have done in high school.
- INCLUDE a picture on this page (within document).
- This is an EXTENDED VERSION of the cover letter.

LAX Schedule

- High School schedule: If you send your packet before your spring season.
- Club Team Schedule: Listing of tournaments (college coaches DO NOT WANT your individual tournament schedule, just ones you are attending).
- Make sure you put what number you are wearing and your school/club colors (clearly indicate for BOTH teams).

High School TRANSCRIPTS

- Send official transcripts (this shows high school grading system and your progress) OR include unofficial transcripts (guidance office).

Optional: COACHES RECOMMENDATION

- High school or club team coach recommendation is not necessary, but can be valuable.
- Recommendations are more appropriate for juniors and/or seniors when the recruiting game narrows to 10-12 schools.

Sample Recruiting Resume

JIM BOB

1613 Jackson Avenue
Pittsburgh, PA 15341
412-669-93xx home 412-409-
88xx cell jb314@aol.com

2011 Pittsburgh Select Lacrosse, Varsity, Attack (36G, 13 assists in 16 games)
Founders Award (placing team goals before individual goals)
US Lacrosse Academic All American 2007 Most Improved Player, PSL Club U17 Team
2010 Pittsburgh Select Lacrosse, Varsity, Mid-field (63 GB, 18 INT, 4G, 6 assists) Birmingham Southern
Camp
Pittsburgh Select Lacrosse Fall Ball
2009 Pittsburgh Select Lacrosse, Junior Varsity, Attack (38G, 70GB)
Georgia Tech Lacrosse Camp Pittsburgh Select Lacrosse Fall Ball
2008 Events Sunshine Cup
Birmingham Southern College Camp
Georgia Tech Camp
COACHING REFERENCES
HighSchool– Pittsburgh Select Lacrosse Coach Brian Yates, 412-538-96xx coach@highschool.com

VITALS

GPA 3.84
Class Rank Top 20%
SAT 1800
Math 600
Reading 620
Writing 580

Jim Bob, #20 Pittsburgh Select Lacrosse; Midfield

SampleCampLetters

Pre-Camp Email

Dear Coach Smith,

I am looking forward to seeing you next week at the Green Monster Camp. As you know I am interested in Greendale College and your lacrosse program. I hope you will have the opportunity to see me play and will provide me with some feedback on my play.

Sincerely,

Jamie Rivers

Pittsburgh Select Lacrosse, 2011

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Post-Camp Email

Dear Coach Smith,

Thanks for a great camp! I really progressed in my game and the coaches were great. I am more interested in Greendale College than ever. I will continue to be in contact with you regarding my academic and lacrosse progress.

Best of luck in the upcoming season.

Jim Bob

Pittsburgh Select Lacrosse, 2010

Sample Recruiting Letter

Geoff Wisenborn- Head Coach
Messiah College Men's Lacrosse
1 College Avenue
Grantham, PA 17027
May 27, 2012

Dear Coach Wisenborn,

I am Jim Bob and I am writing to let you know that I am interested in Messiah College as a school and in your lacrosse program. I have enclosed for your review, my lacrosse resume and a letter of recommendation from my high school coach.

My current GPA is 3.84 (top 20% of my class) and I received a 1220 on my first SAT. My curriculum consists of honors classes, including Math, Science, Web Design and Spanish. Additionally, I was recently inducted into the National Honor Society. I am committed to continuing my education at a four year school with particular interest in studying Computer Science.

I began playing lacrosse in 2001 and continue to grow more competitive on the high school level, practicing with the intention to reach my ultimate goal: Playing in college!

- In high school, I have been on Pittsburgh Select Lacrosse's team since my freshman year and earned a solid position as a Varsity starter in my sophomore year.
- I was named the recipient of the Coach's Award at the conclusion of the 2008 season. I am the only non-senior to ever receive this award.
- During the 2012 club season I was named the Most Improved Player for 2012.
- I will attend the following 2012 events with my Pittsburgh Select Lacrosse club team: Summer, Hogan Exposure and TriState.

I look forward to communicating with you and pursuing an opportunity to play at Messiah College. Good luck in the current season!

Sincerely,

Jim Bob 2012, PSL

Parental Consent – Release of Player Contact Information to College Coaches

Please print clearly

Player Name: _____ Player #: _____

Current grade: _____

I, _____, hereby give permission to the Whitewater High School Lacrosse coaching staff to release the following information to college coaches during and following the 2012 season (check only what you feel comfortable sharing):

I do not want any information about my player released to college coaches

Player jersey number, position(s), years of experience with WHS, honors/ awards/ Recognition, and stats

Player/parent contact phone number: _____

Player/parent e-mail: _____

Player/parent home address: _____

Parent/Guardian signature _____ Date _____

Comments or info for the WHS coaching staff regarding sharing information with college coaches: