

# RECRUITING LOGISTICS

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## PART 1: Division Breakdown

### **NCAA (Varsity) Level**

- **Division I**
  - Largest program budget
  - Most athletic scholarships available
  - Highest level of commitment (Average of 32.0 hours per week)
- **Division II**
  - Large program budget
  - Athletic scholarships available
  - High level of commitment (Average of 31.3 hours per week)
- **Division III**
  - Still hefty program budget
  - No athletic scholarships available  
(may offer “packages” or grant money)
  - Moderate (still high) level of commitment (Average of 28.9 hours per week)

\*Keep in mind it is a common myth that Division determines skill level. Division I and Division II programs have the reputation of having a higher skill level because they have scholarships available and program budgets that attract top athletes. However, it is possible for D3 programs to have higher skill levels than D2 or D1. This is largely dependent on how long a program has been around and the players that choose to go there.

### **NAIA(WCLA) Level**

- **Division I and II**
  - Tend to be smaller schools
  - Program budget varies between schools (private or public)
  - Small amount of scholarships available
  - Moderate (still high) level of commitment (Average of 25.4 hours per week) NAIA  
Division I typically requires higher commitment than NAIA Division II.
  - No penalty for transferring schools

### **Club Lacrosse**

- Program funded mainly by team fees and a little help from school
- No athletic scholarships available
- Level of commitment dependent on program, however it is typically much lower than NCAA and NAIA schools
- Typically a tryout is required

## **PART 2: Athletic Scholarships**

Schools belonging to the NCAA and NAIA are given a certain amount of scholarships they can offer within their program. This does not mean they have this many “full rides” available. Most, if not all programs choose to split up the scholarships into smaller chunks in order to spread the money around to more players.

When receiving an athletic scholarship, it is important to pay attention to percentages rather than actual dollar amounts. For example: you may receive an offer of \$7,000 to a school where the tuition is \$17,000. This is considered a better offer than a \$15,000 offer to a school where the tuition is \$50,000. **DO NOT GET CAUGHT UP WITH DOLLAR AMOUNTS.** Coaches are not required to give you a scholarship just because they recruit you or you make the team, they **CHOOSE** to. Any amount of money you receive is an accomplishment and any offer that covers over 50% of the schools tuition means that coach really wants you.

Also keep in mind scholarships are likely to increase as your college career goes on. Your freshman year you may receive \$2,000 and by your senior year you **COULD** be getting \$10,000. That is added incentive to keep working hard throughout your college career.

For more information about percentages and average amounts given for athletic scholarships, look at **[scholarshipstats.com/lacrosse.html](http://scholarshipstats.com/lacrosse.html)**. They will even show you the scholarship statistics for the exact school you are looking at.

### **Average Number of NCAA Scholarships Available Within Program:**

Most teams take 25-30 players

**Division I:** 12

**Division II:** 10

**Division III:** none

Remember these are the **AVERAGE** amounts, this does not mean that every school in that Division has that many scholarships to offer. It is largely dependent on the school, and how developed/successful is the lacrosse program.

### **NCAA Scholarships Requirements:**

- Must be registered with the NCAA Eligibility Center
- Must be an Amateur Athlete (never been paid to play)
- Minimum GPA of 2.0
- Minimum SAT 820 **OR**
- Minimum ACT **SUM Score** (all sections added together English, math, reading and science) of 68

**NAIA Scholarships** are tricky, some schools have them and some don't. However, the number of NAIA schools that have lacrosse is growing, so this soon may change to be a more universal and set amount, like the NCAA.

### **NAIA Scholarship Requirements:**

- Minimum ACT score of 18 **OR** Min SAT score of 860
- Minimum GPA 2.0

## **PART 3: NCAA CONTACT RULES**

Throughout the recruiting process it is important to remember that coaches are required to follow strict rules when it comes to communication with prospective recruits (**you**). Just because a coach does not email you back after a tournament or camp does NOT mean that they didn't see you or aren't interested. There are a lot of factors that come into play. NAIA contact rules are far less strict.

The following are the current contact rules for the NCAA levels;

### **BEFORE SEPTEMBER 1<sup>st</sup> OF YOUR JUNIOR YEAR**

#### **Coaches are allowed to:**

- Send you brochures about athletic camps and their schools and send you NCAA information packets/questionnaires.
- They can ACCEPT phone calls and listen to messages.
- Read emails from you
- They can talk to you ON CAMPUS
- You can make an unofficial visit (your own expense)

#### **Coaches are NOT allowed to:**

- They are not allowed to call you back or return your phone call
- They cannot send you any written recruiting information
- Not allowed to email you back about recruiting

### **AFTER SEPTEMBER 1<sup>st</sup> OF YOUR JUNIOR YEAR**

#### **Coaches are now allowed to:**

- Send you more detailed information about their program and school
- They can now answer your emails and send you emails as well

### **AFTER JULY 1<sup>st</sup> OF YOUR JUNIOR YEAR (Junior Year completed)**

#### **Coaches are now allowed to:**

- Contact you in person off and on campus.
- Contact your parents off and on campus.
- They are allowed ONE phone call to you or your parents per week
- You can call them whenever you want
- Email is fully permitted at any time back and forth from September 1<sup>st</sup> and on

### **SENIOR YEAR:**

**NCAA OFFICIAL VISITS:** You are allowed to go on 5 official visits. This means expenses for that visit are paid for by the school (travel/flight expenses paid varies between divisions). You are only allowed to be ON CAMPUS for 48 hours. Most of the time you will stay with the team and have an itinerary for the weekend. Coaches are also allowed to have a sit down meeting with you to discuss scholarships.

### **ADVICE ABOUT OFFICIAL VISITS:**

**Ask the right questions.** This is your chance to talk to the team about what the school is really like. Ask them what their day to day schedule looks like, what they are studying, how much free time they have, what is some fun stuff to do around the town (etc). Remember, this school could be your life for the next four years or more, make sure it is somewhere you are going to enjoy.

**Keep and open mind.** Maybe this is the visit to your #4 school, don't just go through the motions and not pay attention. Be aware and present, your #4 could become your #1!

**Don't blabber on about your other visits.** No team or coach is going to like you talking about all the other places you are looking when you are with them. Be present. Focus on the school you are at right NOW.

**DO NOT DISCUS SCHOLARSHIP CONVERSATIONS WITH ANYONE, but the coach.**

## **PART 4: WHAT TO DO IF YOU WANT TO BE RECRUITED (mostly in order)**

- Decide on what Division is right for you. Take everything, from financial need to time commitment, into account.
- Register with the NCAA Eligibility Center before the end of your Junior Year.
- CLEAN UP YOUR SOCIAL MEDIA (Facebook, Instagram, Twitter etc). This should be self-explanatory, be the athlete you would want on your team if you were a coach.
- Join a Club/Travel team in order to get more exposure.
- Look into websites like Berecruited.com to create a profile. This way you can include the link in your email to the coaches and they can follow it to find more information about you. Some of these sites also allow you to attach film.
- Start filming your games, whether you hire a company or get your dad out there with a go pro, make a highlight reel to send to coaches or attach to recruiting profiles. There are lots of websites out there to help with this.
- Create an email that is appropriate for a college coach to see. No [PuppyLover75@whatever.com](mailto:PuppyLover75@whatever.com). Go for something professional sounding, the BEST email address for recruiting would be your first name, last name and year you will graduate from high school. For example [SallyJohnson2017@gmail.com](mailto:SallyJohnson2017@gmail.com).
- Travel to camps and clinics put on by the schools you are interested in. Also keep an eye out for camps that the coach of the school you are interested in is attending.
- **BEFORE traveling to tournaments and/or camps,**
  1. Look into what college coaches will be attending.
  2. Gather a list and find their emails on the school website.
  3. Go to their team page and fill out their recruiting questionnaire so they have your information when you email them. (if they have one)
  4. Email the coaches at the schools you are interested in about 1 week prior to the tournament. (There is an email template in this packet).
- Respond quickly to any emails/contact from a college coach.
- Research the schools thoroughly, make sure they have the department you are looking for, make sure you like the environment there (etc). This way you avoid wasting the coaches time or your own.

## PART 5: HOW TO EMAIL A COLLEGE COACH

When contacting a college coach for the first time, understand that you are definitely not the only email they are going to receive that day. Because of this, it is important to be short and sweet. Introduce yourself, let them know you're interested, give them a little information about yourself and ability, and let them know how to see you play/contact you. Done.

**Here is a template to help you draft your email;** Obviously you can tweak it so it sounds like you, but try and keep the order, length, and information the same.

Hello Coach \_\_\_\_\_,

My name is \_\_\_\_\_ and I will be attending the \_\_\_\_\_ (tournament/showcase/camp) on (this date). I was excited to see your name on the list of coaches that will be attending! I have been interested in \_\_\_\_\_ (their college) for a while now, specifically their \_\_\_\_\_ (your potential major) program.

I graduate in \_\_\_\_\_ (PUT GRAD YEAR IN BOLD) I play \_\_\_\_\_ (position) and have been on Varsity for \_\_\_\_\_ amount of years. (Now go on to list some of your achievements such as; team leader in goals, groundballs, caused turnovers etc. Have you gotten All Conference, All State, or All American Honors? Are you a team captain? There is no time to be modest here. Put it all out there and be confident in your ability. Put things like All State, All Conference, All American, MVP and Team Captain in **BOLD** this way if coaches are skimming through they will see these things easier. Even things like; you're a lefty but you learned to play with your right, are accomplishments. Not all skill is measured in accolades. Now, say something about how these achievements inspire you to work harder every day.)

I would be thrilled if you could catch a few minutes of my game this \_\_\_\_\_ (tournament/weekend/camp) and consider me a fit for your program!

I play on \_\_\_\_\_. (Now say the team name of whom you are playing with in the tournament (ex. Bay Area Wave) and your jersey number. If you are a captain on that team, say so. Then attach your Tournament Schedule (include all dates, times, and field numbers) if you have it. If you don't have it yet, tell the coach you will send a follow up email with your schedule.)

I have already filled out your recruiting questionnaire on your team website. You can also review my profile on Berecruited.com (or whatever site you choose).

Sign off with something like;

Thank you for your consideration. Travel safely!

Go \_\_\_\_\_ (their mascot, for a personal touch)!

Your Name  
Grad Year  
Jersey #  
Team Name  
Email Address  
Contact Phone Number