

For Players: College Recruiting Timeline

Things to Remember

- This is a marathon, not a sprint (you won't get recruited over night, it's a four year process)
- There are SO many options, but coaches will NOT seek you out - you have to be your own advocate
- Recruiting happens all the way up to after you've graduated high school - it's never too late

Freshman (9th Grade)

Fall-Winter-Spring

- Focus on a strong curriculum and good grades academically
- Look for any opportunities to play in fall, winter, spring, summer
- Research online what type of schools you would be interested in
- Think about what division of lacrosse you would like to play
 - Commitment level
 - Size of program, school, class size
- Attend college and college club games to see level of play
- 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-Winter-Spring

- Focus on a strong curriculum and good grades academically
- Try to determine what type of school you want to go to
- What type of program you want to play for - size, intensity, coaching
- Make a list of your top 15 schools
- Look into playing in a winter league or attending a winter camp
- Start contacting coaches at your top 15 schools
- Begin creating a lacrosse resume to send to coaches
- Try and attend some college lacrosse games (preferably at your top schools)
- Continue to modify your top 15 schools list and email coaches of any additions
- Start thinking about what camps to attend for the summer

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.

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 15 schools an email with your camp and summer tournament schedule
 - If you have local coaches, send them your season schedule
 - Send coaches at your top 15 schools a reminder email 1-2 weeks before every tournament or recruiting camp you are attending
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For Players: College Recruiting Timeline

- 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 made

Note: Make sure to include your club team information, jersey number, and position.

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-Winter-Spring

- Maintain good academic standing and rigorous coursework
- September is the first month college coaches can mail to you and initiate e-mail contact with you
- Respond to coaches immediately
- Email the coaches of your top 15 schools if you plan to attend any camps during the year or your season schedule
- Make sure to play in some fall tournaments, winter leagues or attend a winter camp
- Get a solid list together of your top 10 schools and keep modifying throughout the year
- 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
- Try and attend some college lacrosse games (preferably at your top schools)
- Take SAT

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.

Note: Make sure you show interest in the season of the schools you are interested in when you correspond with them.

Note: Make sure that you indicate the NCAA Clearinghouse number (9999) as a place to send your scores.

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.

Note: Make sure to include your club team information, jersey number, and position again. You do not need to send a game schedule.

Summer

- Send coaches at your top 15 schools an email with your camp and summer tournament schedule
 - Send coaches at your top 15 schools a reminder email 1-2 weeks before every tournament or recruiting camp you are attending
 - 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
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For Players: College Recruiting Timeline

- 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 video of you playing made if you have not already and send 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: Make sure to include your club team information, jersey number and position.

Note: Make sure to include your club team information, jersey number and position again. You do not need to send a game schedule.

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
- Keep an open phone line and communicate with college coaches at least once a week and you can also send an update email

Note: 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 percent 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-Spring

- Continue to contact and update coaches
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For Players: College Recruiting Timeline

- Do not let your grades slip
- Remain focused for the upcoming season
- Ask your coach for a summer training/conditioning program

Summer

- Play, condition, work-out
 - Get ready for college!!
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