

What it takes to play Lacrosse in college

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1.1 Starting with your sophomore year:

As your daughters have completed their freshman year and they have come to the decision that they want to continue their lacrosse careers in college there are a few things that need to be recognized:

- **Grades matter:** No matter how good your daughter is at lacrosse, her grades in high school matter. Every school has a basic requirement in order to get in. Lacrosse can help your daughter but alone it is not enough to get them in.
- **Fitness:** It is important to maintain your fitness throughout school. That does not mean every day you should be sprinting/lifting etc. The easiest way to stay in shape is to be a well-rounded athlete. Pick up a second or third sport at your high school. If you do not enjoy other sports, enroll in a local speed and conditioning program.
 - It is imperative that you listen to your body. Intense training required off days. If anyone needs help in creating a 6-12 week program please let me know.
- **Social life:** What you do off the field is just as important as what you do on. Regardless if you have a verbal or written commitment, if you get in trouble with the law, grades drop below acceptable for entry, expelled from school etc. college coaches will rescind their offer.
- **Resume:** Getting recruited to college is just like applying to a job. Having a resume that contains all of your key information will help coaches complete the necessary paper work. Key information include:
 - Contact information
 - High school
 - Graduation year
 - GPA
 - Academic accolades
 - SAT scores
 - Other Lacrosse teams (jersey numbers)
 - Lacrosse accolades
 - Other sports you play
 - Other sport accolades
- **Timeline:** The timeline for coaches to commit players has drastically sped up. Coaches are heavily recruiting and verbally committing players who have just completed their freshman year. Having the basics ready to go will help you stay on track.

1.2 There is a school/lacrosse program for everyone:

It is important to consider the following items when considering schools:

1. Can I be successful here academically?
2. Can I be successful here athletically?
3. Can I see myself here if I didn't play lacrosse?

For most women lacrosse players, their athletic career will end after they graduate college. Professional lacrosse is not a profession that will be able to solely support you financially. It is critical that your daughters pick a school that will provide them the best educational experience for them.

Secondly it is important to pick a school that your daughter can see herself going to if her lacrosse career ended. No one goes to college thinking they are going to stop playing lacrosse, however life happens. Injuries happen. If you blow out your knee can you still see yourself enjoying your four years of college here?

Lastly, it is important to be realistic about your athletic abilities. Not everyone is going to go to Maryland, Northwestern, or Florida and be a starter. There are levels of athletic abilities within the D1, D2, and D3 level. Be realistic about what schools you look at, what your playing requirements are, and which schools you reach out to.

1.3 Getting recruited:

It is on the player to reach out to coaches. College coaches do not want to be emailed by parents. They are looking for young girls to reach out to them and notify them which camps, tournament, play days they are going to be attending.

1.3.1 Contacting Coaches:

- Coaches cannot contact you first prior to July 1 after your Junior year, however you are able to email them before this day. As long as you make the first point of conversation, they can respond. Once you have an idea of what schools/coaches you want to look at your, look up the big camps in the area and see what coaches are going to be attending. Email before and after the camp. Get the conversation going early.
 - If you are emailing coaches and you are still using your 'laxstar123@yahoo.com' it is time to update your email address. Create a Gmail account that is simple for coaches to recognize who the email is from.
 - Example: sarah.mulvey@gmail.com or mulveysarah9@gmail.com
- Go to the coach's school. Get a tour of the campus. See the school. Email the coach prior to your tour and ask if they had a couple minutes after to meet/chat. Be ready to talk about their schedule, conference etc.

- Create a basic email that you can send to many coaches. You can send it out to many coaches just make sure to change the name to the correct coach!
 - Example: Hi Coach X, My name is Sarah Mulvey and I current play for X high school and X club team. I am a rising sophomore and very interested in X College. I am going to be attending the following camps and tournaments. My jersey number for the tournaments is X. Please find my resume attached. Look forward to seeing you.

Duke Camp XX/XX

National Showcase

Game 1 @ 8am

Game 2 @ 10 am

- Go to each school's website. Coaches have different questionnaires online that they want you to fill out. This is not a supplement to emailing coaches (not all coaches have this but if they do, complete it).

1.3.2 Stay organized:

- Keep a notebook. On each page write the name of the school and the head/assistant coaches name. Track the dates on which you emailed each coach. Provide key information that they will find useful. Example:
- Track when coaches email you back.
- Email coaches early as well as the week before the camp/tournament you are going to. Coaches get hundreds of emails. It is important to show that you are interested.
- Proofread your emails. Coaches are looking for **student athletes**. Make sure you proofread for basic spelling and grammar mistakes. Basic mistakes infer that you are not fully invested in your collegiate athletic career.

1.3.3 Be the best you:

- When you meet with coaches, it is an interview. When you are playing for coaches at camps, it is an interview. Coaches not only recruit the girl for their skills but also because of their personality. **They are always watching!** On and off the field. They watch how you interact with other players, how you react after you make a mistake, how you handle yourself when you receive criticism, how you warm up before a game.
 - Coaches build their teams around personality and skill. Their recruits will embody the attitude, work ethic, and drive that they instill in their current players. They want to continue a culture of success.

1.3.4 Parents' role:

- Whether you are aware of it or not, coaches watch the parents. They look to see if the parents will embody the culture the coaches are trying to instill in the players. Parents

who are loud, screaming at the refs, hard to get along with sadly have a negative impact on their daughter's likelihood of getting recruited.

1.4 Best ways to get seen:

There has been a shift from the big showcase tournaments to camps/clinics. Camps and clinics allow college coaches the ability to work directly with potential recruits, see how they act in a "more relaxed" setting, and work one on one to see how coachable you are.

Large camps and individual coach's clinics provide the same concept of the coaches directly working with the players. They get a trial run of how it could be if you played for them. There are pros and cons to large and small camps/clinics. Do both if possible!

If financially you are not able attend multiple camps/tournaments etc, it is important to go to the big tournaments, such as the Duke Camp. At this camp roughly 60 college coaches attend. Take the opportunity to email all coaches prior to the camp.

As you continue to progress, start narrowing down on what schools you really want to focus on and pick camps/clinics hosted by those specific schools.

Start big. Start early. Get your name out there!

Prior to camps, email the coaches you are interested in that you will be attending. They keep a list of players who email them and who they have been following.

Once you get to a camp, put yourself out there. Say hi to coaches as you walk to lunch, see them in the hallways etc. Small acts show coaches you are interested.

Show yourself off. Work hard, jog to and from every water break/in between station rotations etc. Coaches are always watching you. They are looking for the best overall player. This includes but not limited to attitude, effort, fitness, stick skills, and coach-ability.

Just because you may not know anyone does not mean you can't show off. If you are a defender be loud, communicate, carry the ball with confidence. Stick skills are just as important for a defender as an attacker. If you are an attacker shoot to score, set other team mates up, drive and move.

Showcase tournaments are still important for coaches and players. It allows coaches to be able to see how you play with a team that you know. How you can play full field. It can show coaches how well you are to play as a team player.

The same concept of emailing coaches prior to every tournament is important. Let them know where you are going to be playing, jersey number, and position.

1.5 Levels of College Lacrosse:

There are 3 levels of college lacrosse, Division 1, 2 and 3. However there are different aspects within each division.

1.5.1 Division I:

In Division I lacrosse you have roughly 3 seasons within each year:

1. Fall ball
 - a. Fall ball starts roughly once school has started. Coaches are only allowed a maximum of 18 hours a week with the team (includes: practice, strength and conditioning, individual lessons)
2. Winter strength and conditioning
 - a. Over the winter months' coaches are allowed 8 hours a week with the team.
3. Spring season
 - a. The spring hours are not limited. However, coaches are not allowed to practice for more than 14 days in a row without an off day.

Note: Ivy league hours vary due to J terms, trimesters, specific Ivy limitations.

It is important to recognize that regardless of the tier, all Division I programs, except Ivy League schools, can provide athletic financial aid. The funding of the program may vary, from fully funded to partially funded, however coaches do have the ability to provide athletic financial support.

Athletic financial support is dependent on the coaches' discretion. Financial support could be based on need, athletic skill, etc.

Athletic financial support is given yearly. It may change throughout your four years. Again that is at your coach's discretion.

If you do receive athletic financial support, there are academic parameters that you must maintain once in college.

- As a freshman, you must maintain a 1.8 GPA and a full course load.
- Sophomore year and on, you must maintain at least a 2.0 GPA and a full course load.

If you commit to a Division 1 school and are planning on signing a National Letter of Intent, there are some provisions that you should be aware of:

1. The NLI is a binding agreement between a prospective student-athlete and an NLI member institution.
 - A prospective student-athlete agrees to attend the institution full-time for one academic year (two semesters or three quarters).
 - The institution agrees to provide athletics financial aid for one academic year (two semesters or three quarters).
2. The penalty for not fulfilling the NLI agreement: A student-athlete has to serve one year in residence (full-time, two semesters or three quarters) at the next NLI member institution and lose one season of competition in all sports.
3. An important provision of the NLI program is a recruiting prohibition applied after a prospective student-athlete signs the NLI. This prohibition requires member institutions to cease recruitment of a prospective student-athlete once an NLI is signed with another institution.

You can reference more information about NLI at <http://www.nationalletter.org/>

1.5.2 Likely Letter v NLI:

Both the Likely Letter and NLI require the prospective student athlete and coach to be in early communication with the Admission office. Student athletes must provide their coaches with high school transcripts, SAT or other test scores, earlier than normal seniors. This is why grades from freshman year on matter! SAT prep should begin your sophomore year. Be prepared to take the SATs during your Junior fall.

As stated above, the NLI is a binding contract between the student athlete and college. Breaking this contract does result in consequences. It is imperative that if you sign this letter you are beyond ecstatic about your commitment.

A Likely Letter however is not binding between student athlete and college. Just because a coach has issued you a Likely Letter does not require the College to grant you admission. Just because a coach has issues you a Likely Letter does not require you to stop communicating with other school coaches.

Likely Letters unlike NLI do not have any financial aid associated with them. If financial aid is required by the student athlete, that must be a separate process through the administration.

1.5.3 Division II:

If you verbally commit to a Division II school, there is no athletic financial aid. All financial aid will come directly from admissions.

Similar to Division II programs, there are 3 seasons within each academic year:

1. Fall ball
 - a. Only 8 hours per week and no more than 2 hours per week of skill instructions
 - b. No activity allowed one week prior to the beginning of finals.
2. Winter
 - a. Only 8 hours per week and no more than 2 hours per week of skill instructions
 - b. No activity allowed one week prior to the beginning of finals.
3. Spring season

1.5.4 Division III:

If you verbally commit to a Division III school, there is no athletic financial aid. All financial aid will come directly from admissions.

Division III schools allow many student athletes to focus on other activities other than lacrosse. Student have the ability to play multiple sports, join sororities, and/or travel abroad with much more ease.

Note: Going abroad, being in a sorority, and playing dual sports is possible at Division 1 and Division 2 schools. Study abroad programs are offered in the summer. Sororities do allow

athletes to miss specific meeting (dues do not change regardless of absences). Dual sport athletes must first get approval from both coaches.

Division III sports have one season. For lacrosse that is your spring season. During the 'off seasons' captains may run captains' practices or unofficial gatherings, however the coach is not allowed to be present.

1.6 Take Responsibility:

Stick work:

- Stick work should be your number 1 focus. Coaches are looking for players who are confident in their stick handling skills. That means get on the wall, partner pass, find someone who will play catch with you.
 - o Be confident in both your right and left hand.

Fitness:

- Prior to camps and tournaments, it is on you to be in shape. Your club coaches and high school coaches do not have enough time with the team to dedicate 45 minutes a practice to conditioning. If you are someone who need extra time for conditioning, hold yourself accountable.
 - o The best way to increase fitness is by doing Fartleks. You will get more out of a 25 minute sprint/jog workout than a 45 minute jog.
- Footwork is the key to being a good lacrosse player. If you do not have good footwork you will get beat regardless of what position you play.
 - o A speed ladder is under \$15 on Amazon. 15 minutes of footwork twice a week will drastically improve your game.

Grades:

- Grades dictate whether a coach will even look at you. No matter how great a player you are, coaches still have to deal with admissions. If you don't have the appropriate grades to get in they will cross you off your list.
 - o Coaches are aware that the schools they coach at have academic standards that need to be maintained. Know your own academic abilities. Find a school that will challenge you academically but not drown you.

Everything in between:

- High school is a very fun time. Any negative marks to your name will hinder your abilities to get into a school. Have fun but be smart. Set yourself up for your own success. Having additional activities besides lacrosse can only help! Community service work, volunteering, or participating in things other than sports will only help your chances.

1.7 Key dates/timeline:

Sophomore year:

- September – December:
 - Start looking at schools you are interested in. Figure out what size school you want, city vs college campus feel, location etc.
 - Find one camp over the Christmas break time and go.
 - Example: Duke Winter Camp. In 2015 the dates were December 27-29.
- January – May:
 - Play for your high school.
- June – August:
 - Club play days/tournaments
 - Find 2-3 recruiting camps.
 - Example: Dartmouth summer camp
 - Do unofficial college visits

Junior Year:

- September – December:
 - SAT/ACT must be completed.
 - You should have a shorter list of schools you are interested in. Winter camp is a must.
 - Junior Days are hosted by colleges. If you get asked to go, and you are considering the school/team/coach, GO!
- January – May:
 - Play for your high school
 - Go on as many unofficial visits as possible. Go to schools, talk to tour guides on what life is like for non-athletes, and go to the athletic facilities/talk to the coaches.
- June – August
 - July 1st: College coaches can directly contact you. Offers can be made. Commitments happen (regardless of the level)
 - Official visits may occur.

- An Official visit is when a college coach asks you to come spend 24-48 hours on the campus with current players.
- You may only take 5 Official visits.
- If you have already committed, signed a NLI you will only take 1 Official Visit later in the year.

Senior Year:

- September – December:
 - If DI, sign your NLI, get college acceptance letter
 - Official Visits continue
- January – May
 - Finish up high school, play for your high school, and keep your grades up!

1.8 2016 Big Recruiting Camps:

1. Duke
2. UNC
3. Max Exposure
4. Triple Threat
5. Top of The Class
6. Northstar

1.9 Contact Information

Consultations regarding the recruiting process is available upon request!

Contact Information:

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