

Coach,

From time to time we will provide you with some recruiting guidance that you can pass onto your players if you would like. We receive hundreds of emails a week from players and parents asking questions about how to approach the recruiting process. There is a lot of confusion out there and we always try to put our members on the right path.

Below are some things we believe your players should take care of before the season gets into full gear.

A LacrosseRecruits.com membership helps your players streamline the entire process.

It seems like decades ago that I was getting ready for my junior season at Brunswick School in Connecticut (well it was 1999 so it was actually a decade ago...wow I'm old). I knew this was going to be a big season for me from a recruiting standpoint. I had received a bunch of letters in the fall of my junior year and was excited for the season and the camps I planned to attend between my junior and senior year. There was no such thing as a "club" team or a "travel" team. Sophomores were not going on "Sophomore Days" to some of the top universities in the country. Players were not verbally committing in the fall of their junior year. The recruiting landscape was a bit different. I was going to play hard during my junior year and do my best at the camps during the summer. Looking back, I really had no idea what I was doing. Lucky for our members and readers of our blog, we are going to provide you with a checklist below of things you MUST take care of before your season kicks off to ensure you put yourself in a place to succeed in the college lacrosse recruiting process.

If you are currently a senior, I hope you enjoyed the recruiting process and things have worked out well for you. Enjoy your senior season and try to leave the program better than when you found it.

For sophomores, we recommend you do the following:

1. Keep working hard in the classroom. If you are not working hard in the classroom, you are shutting doors when it comes to the college lacrosse recruiting process. Lacrosse is great because so many great schools play the sport. However, if you are not performing in the classroom, strong academic institutions will not be able to get you past admissions. The harder you work, the more options you have.
2. Check with your high school coach to see if the school plans to film any of your games this season. If not, consider either hiring somebody local or contacting LacrosseRecruits.com, who can book you a video professional (Matt@LacrosseRecruits.com). Film is important because it allows you to put yourself in front of the college lacrosse programs you are interested in. With so many college coaches looking at sophomores, this allows you to enter that pool. Just showing up at a tournament and hoping the programs you are interested in are going to see you is very dangerous. With numerous tournaments taking place every weekend and 30 fields going

at once, your chances of being seen by the right coach are tough. Having film, and quality film, allows you to contact those schools you are interested in that missed you on the recruiting trail.

3. Attend recruiting tournaments for rising juniors. There are more and more options out there for rising juniors as more and more college coaches are demanding them.

4. Continue to get better. Although there is more pressure than every on sophomores to perform due to the accelerated recruiting process, do not forget about fundamentals. Attending a camp that focuses on fundamentals and not on "recruiting" would be a good opportunity to work on your game away from the pressure of "recruiting" camps and tournaments.

5. If you have video from your freshmen year or from the summer between your freshmen year and sophomore year, upload it to your LacrosseRecruits.com account and put it in front of college coaches. This will at least put you on their radar.

6. HAVE FUN. At this point, you are 15 or 16 years old. Enjoy your sophomore season. The college lacrosse recruiting process should be exciting. Do not get yourself stressed out!

If you are currently a junior, we recommend you do the following:

1. Do not let up in the classroom. When the recruiting process heats up, your performance during your junior spring will be important to college coaches trying to figure out if you are a student that could possibly be admitted to his academic institution.

2. Sit down with your high school coach and have an honest discussion about the level of player you are. Although we all dream of playing in the D1 NCAA championship, the players at that level are few and far between. I played DIII lacrosse and had an amazing experience. We see far too many players that decide they only want to play DI and overlook great programs outside of DI.

3. Sit down with your college counselor and discuss the level of academic institution you should be considering. Although you may want to go to Harvard and may be an unbelievable lacrosse player, you need to meet some pretty stiff academic requirements to be recruited by an institution like Harvard.

4. If you have video, upload it to your LacrosseRecruits.com profile, create yourself a highlight using the tools built into LacrosseRecruits.com and send messages to all lacrosse programs that match your ability on the field and in the classroom.

The recruiting process is really not that difficult when approached correctly. Your players need to focus on putting themselves in front of as many college coaches as possible. Attending camps and tournaments is good, but with a numbers recruiting events going on

every weekend, being seen by the lacrosse programs you are interested in is becoming increasingly difficult.

Lucky for players these days, every lacrosse program in the country is registered with LacrosseRecruits.com. One click and any college lacrosse coach in the country is watching you play and viewing your profile. No longer do players have to go to the post office to send DVDs that never see the light of day. Having a LacrosseRecruits.com membership makes it convenient for college coaches to view the player's profile and watch the player's video.

To receive a \$25 discount off any recruiting package, your players can use the Promotion Code "2009kickoff" at checkout.

To register, visit <http://lacrosserecruits.com/register.php>.

To take a guided video tour, visit: <http://lacrosserecruits.com/tours.php>.

If you have any questions about anything, feel free to call or email us.

We want to see your players achieve their lacrosse dreams and LacrosseRecruits.com helps them do that.

Best,

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