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A High School Athlete's  
Recruiting Guide to

# COLLEGE LACROSSE

Presented by:



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The Premier Lacrosse Recruiting Guide



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**LacrosseRecruits.com is a recruiting tool that maximizes the exposure a high school lacrosse player receives throughout the college lacrosse recruiting process.**

**What college programs use LacrosseRecruits.com?**

**Every NCAA college lacrosse program is a registered user of LacrosseRecruits.com and can view your profile and video with the click of a button. This kind of access to college coaches is unprecedented. Everyday we have coaches that range from Top DI programs to coaches from brand new programs.**

**How do I use LacrosseRecruits.com to maximize the exposure I receive?**

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## Chapter 1

### Master the Recruiting Process

In this Chapter

- How college coaches recruit
- Where they go to find their athletes
- A college coach's "A-List"
- When the peak recruiting season is
- The kinds of background checks coaches do
- How a coach expresses interest in a recruit
- Some basic facts about scholarships
- Pitfalls to avoid in the recruiting process

This chapter covers the basic-and not-so-basic-information about the recruiting process.

#### HOW A COLLEGE COACH THINKS ABOUT RECRUITING

You will have an enormous advantage over your competition if you are familiar with the recruiting process from a college coach's point of view. Not every college recruits exactly as described below-coaches at smaller schools have less money to recruit and may travel less than their Division 1 counterpart, for example, however the information below is typical of most athletic programs.

#### **A Coach is Always Looking For Top Athletes**

A coach constantly keeps his eyes and ears open for athletes who can help his team. Naturally, he will spend the majority of his time focusing on his next recruiting class. However, if you are a talented underclassman and you impressed a college coach, either at a camp, a game, a meet, or from a newspaper article he read about you, he will probably keep your name in his recruiting database and follow your development

"I want team oriented players with the ability to make decisions quickly on the field. I look for speed, quickness and toughness. I use a lot of video in my decisions and I certainly like to see each player in person when possible." –Ben DeLuca, Cornell University, Asst. Lacrosse Coach, NCAA D-1

#### **Coaches Help Each Other Recruit**

College coaches belong to a small fraternity. Many are good friends, work the same summer camps, and socialize at annual conventions. Also, many coaches change jobs frequently and devote a lot of time maintaining their professional network of contacts. On occasion, they even share information about top athletes and assist each other with recruiting (assuming they are not rivals in the same conference).

Few college coaches can recruit every outstanding athlete he or his staff sees. If a desirable athlete's grades don't meet his school's requirements, or the athlete plays a specific position and the coach is already stocked at that position, the coach may recommend the athlete to other coaches he knows.

That's why it's important to develop relationships with as many coaches as you can. If a college camp coach is really impressed with you, make an effort to stay in touch with him via mail or e-mail. Update him on your development, even if he doesn't coach at a school that interests you, he could be your ticket to a college scholarship somewhere else. Remember, it's not who you know, but who knows you!

"I have a circle of other college coaches who share knowledge about different players. I also try to attend high school and summer league games and use scouting services. It's tough to get to them all, so we like to work off each other and help each other out." – Jim Brady, University of Missouri – St. Louis, Head Baseball Coach, NCAA D-II

### **Developing an "A-list"**

When the recruiting process begins each year, coaching staffs assemble an "A-list" of high school sophomores and juniors they are interested in recruiting. The names on this list are athletes the coaches have seen in action at camp, state and regional games, or tournaments. They also come from referrals by trusted sources like other college coaches, boosters, former athletes, and some high school coaches.

It is important to remember that their "A-lists" are composed of high school juniors-to-be, meaning they appeared on their radar long before their junior year. With this in mind, place yourself in position to be noticed and/or evaluated by recruiters before your junior year.

This can be accomplished by: playing for prominent league teams outside of school; participating in college camps held by coaches at school that interest you; attending showcase camps college coaches attend; and, personally notifying the coach of your interest in his program and letting him know your qualifications. LacrosseRecruits.com is a great way to get on a coach's radar as you can put your profile and video in front of all the coach's that interest you. One click and the coach is viewing your profile and video. If you are the type of player he is looking for, you are now on this coach's radar.

### **Determining Who Is Interested**

Questionnaires are sent to every athlete on a coach's "A-list," as well as to any athlete who writes or phones the coach's office expressing interest in the program. If you receive a questionnaire, you will be asked to provide detailed academic and athletic information about yourself and to return the form promptly. If you neglect to return it quickly, be aware that you are sending a strong message that you are not interested in being recruited. Some elite athletes on the "A-list" who do not return their questionnaires may receive a follow-up phone call to determine their interest level, but most will not.

Returning the questionnaire promptly does more than tell the coach you are interested in his program. It also tells him you are conscientious, able to follow instructions and pay attention to detail. Sometimes, little things like that can make all the difference in the world. While you may not stand out from the crowd by doing this, you'll definitely stand out if your questionnaire comes in late, is completed in a sloppy fashion or lacks important information. A LacrosseRecruits.com profile is another great way to present your information in a professional manner and allow any coach to watch your video with the click of a button.

### **Working With Admissions Officers to Narrow Down the List**

Coaches meet periodically with their college's admissions officer liaison to discuss prospective recruits. This is where your ability on the playing field can help you get admitted to a good academic school to which you might not qualify on grades or test scores alone. A coach will compile a list of his top recruits so the liaison knows which athletes are the coach's highest priorities.

Based on your academic credentials, the liaison will often tell the coach who has a chance to be admitted and who does not. Some admission departments will be flexible and accept top recruits who may fall slightly below the academic requirements, but this happens only if you are in high demand by the coaching staff.

The coaching staff will then begin to reduce the "A-list" to a more manageable and realistic pool of candidates. It will only contain students who can contribute athletically, fill a position of need on the team, and possess the academic marks to get accepted to the school.

### **NCAA Clearinghouse**

A NCAA member coach will require confirmation from the Clearinghouse that you are academically eligible to compete in college sports. If you have not achieved the required grades, test scores, and taken the right courses, the coach will immediately eliminate you from his recruiting list. Don't get knocked out of the recruiting game before it even starts by underachieving in class.

### **Core Courses**

The NCAA requires a certain number of college preparatory (core) courses to be completed in high school before an athlete is eligible to play his or her freshman year. This requirement recently changed from 13 to 14 and it's possible it may change again.

Make sure in your freshman year of high school you know the current requirement for your graduating class and are taking enough core courses to qualify for the NCAA Clearinghouse. If athletes have insufficient core courses when they graduate, they not

only won't be allowed to participate in their sport during their freshman year of college, they also won't be allowed to receive an athletic scholarship.

It is imperative that you make sure at the start of your freshman year that you have planned your academic schedule to include enough core courses and that you do so each year until you graduate. It is also best to try to complete core courses as early as you can in your high school career. In the event that you fail one of the required courses, you will have enough time left in your high school career to make it up!

### **Coaches Do Their Homework, Too**

Before a coach decides to offer you a scholarship, he will do an extensive background check to find out everything he can about you. A scholarship is a big financial risk for the coach and his/her college, so coaches can be very thorough in their research, in order to improve the chances of making an intelligent decision. A few phone calls to your high school coach, guidance counselor, teachers, summer team coach, friends, and any local contacts he has will provide the information he needs.

So ask yourself right now:

- Is there anything I am doing now that will negatively affect a college coach's opinion of me?
- Do I attend all of my classes?
- Do I get along with my teammates?
- Am I a leader or a follower?
- What kind of crowd do I hang with?
- How is my work ethic, drive, and integrity?

### **Scholarships & Walk-Ons**

Once the athletic staff has finalized its recruiting list, it's time to decide which incoming freshman or transfer students will receive athletic scholarships and how much money each person will be offered—remember Division III athletes do not receive athletic scholarships. All other athletes on their recruiting list will continue the application process and if they attend the school will be invited to make the team as a walk-on.

### **Telephone Calls**

College coaches are not allowed to call you until July 1 before the start of your senior year. You are permitted to call or e-mail a college coach as often as you like, but do not abuse this privilege and acquire the dreaded "nuisance" tag. After July 1, a coach is limited to one outgoing phone call to you per week, except during these situations:

- 5 days before your official campus visit.
- On the day of a coach's off-campus visit with you.
- On the initial date for signing the National Letter of Intent and two days after that.

## **Letter of Intent**

At the NCAA D-I level, there is an early signing period and a late signing period where a coach will try to persuade his top recruits who have been offered athletic scholarships to sign a National Letter of Intent. This letter is a binding contract that guarantees the recruit will enroll at their school.

NCAA D-I and D-II schools must wait until September 1 of your junior year before sending you promotional items like school or team publications, media guides, and playing schedules.

## **Facts about Scholarships**

The NCAA strictly limits the number of scholarships that each school can distribute. Each Division 1 lacrosse program has 12.69 scholarships for men and 12 for women. In Division 2 there are 10.8 scholarships for men and 9.9 for women. Unlike football, lacrosse is a NCAA equivalency sport, which means the scholarships can be spread among many players. Typically, a coach divides the scholarship allotment into several partial scholarships as opposed to giving only a few athletes full scholarships. It's a lower risk strategy because some of the scholarship recipients will fall short of expectations, get injured, become academically ineligible, or drop out.

Also, realize that the scholarships are not just earmarked for incoming freshmen, but are used for all athletes on the team. This may include as many as 35 sophomores, juniors, seniors.

It is very difficult for a coach to offer many "full rides." What also may happen is that an upperclassman may have his or her scholarship amount increased in an effort to retain that player. A quarter scholarship may be improved to a half scholarship. Which means the "extra" scholarship money has to come from another athlete.

As a result, thousands of outstanding high school athletes are never offered even partial scholarships. Many don't even receive passing interest from coaches. Keep in mind that scholarship awards are on a year-to-year basis. While a coach cannot guarantee you will receive the same award in future years, it is normal practice that it will be renewed at the same level.

Even if you are fortunate enough to get all or some of your tuition paid by an athletic scholarship, you may still have other significant costs like room and board, books, entertainment, and transportation to and from school. D-III, D-I Ivy League and Patriot League schools do not offer any athletic scholarships (American University, a Patriot League member is the exception). Military academies like Air Force, West Point, Navy, and the Coast Guard are tuition free; however admission requires a congressional recommendation and service requirements.

In addition to allocating scholarships, a coach can consult financial aid officers on your behalf to determine what non-athletic aid might be available. However, you should personally check out for yourself other areas of help since you cannot expect the coach to explore all available options for each prospect.

### **Likely Letters**

If you are offered an athletic scholarship, you must inform the college in either November or April if you are going to accept it. Since you will not hear from the admission or financial aid office until mid-April that you have been accepted to the school and offered a financial aid package, you will receive a “Likely Letter.”

This states whether you are likely or unlikely to be accepted to the school and receive a financial aid package. The “Likely Letter” allows you to make an informed decision about where to go to school, without forcing you to void the scholarship.

## Chapter 2

### **12 PITFALLS TO AVOID**

Most high school athletes never get the opportunity to compete in intercollegiate athletics. It's important for you to understand the main reasons why this happens. Avoid their mistakes and you will substantially improve your chances of competing in college.

#### **1. I Only Want To Compete For A High-Profile NCAA D-I Team.**

If you only focus your search on the country's top programs, you will be disappointed. Too many high school athletes think that programs like Syracuse, Duke, Johns Hopkins, Virginia, and other high-profile Tier 1 schools are the only respectable ones in the country. This cannot be further from the truth.

While many high school athletes dream of one day competing at a top NCAA Division I school, in reality, very few get the opportunity. According to our research, roughly two percent of all high school and junior college athletes who seek to compete at a D-I school will ever get the chance.

If you've just finished your junior year of high school, you'll have a pretty good idea if you are talented enough to compete at that level. Blue chip athletes recruited by these nationally ranked schools are often:

- All-State or All-Country award recipients
- Spotted early at Recruiting/Showcase events
- Solicited with recruiting calls and letters from numerous coaches. Not just letters, but personal calls. Lots of people receive letters.
- Attract many college coaches at their games

**LESSON LEARNED:** If you are not a "blue-chip" recruit, expand your college search and include a wide range of schools on your target list. The great thing about lacrosse is so many great schools have programs. Do not limit yourself to DI programs.

#### **2. I Must Be a Hot Recruit. Coaches Send Me Letters All the Time**

Do not assume form letters in your mailbox mean that a coach considers you a prospect. Every high school athlete who expresses interest in a college team, regardless of his ability, will receive a letter and questionnaire in the mail asking for more information. In fact, some D-I schools may send out as many as 5,000 letters each year! Understand that this is only an initial request for information and, in most cases, an expected courtesy. Answer the following questions honestly:

- Do college coaches call me regularly?

- Is my mailbox overflowing with letters from coaches who want me to consider their schools?
- Are coaches coming to my house to meet with my parents and me?
- Do college coaches travel specifically to watch me compete?

If you're one of the lucky few who can answer "yes" to more than one of the above questions, then consider yourself a blue-chip prospect. If you're like most high school athletes, however, and you had to answer "no" to all of the questions, then you need to take a more active approach to your college search.

**LESSON LEARNED:** Receiving phone calls, personalized hand-written letters from college coaches, and requests for personal meetings is a much better indicator-rather than form letters and questionnaires-of how interested a coach is in recruiting you.

### **3. I'll Make the College Team as a Walk-On.**

If you only receive lukewarm interest from coaches, but you really want to compete in college, you can try making the team as a "walk-on." This means you try to prove yourself to the coaching staff in the fall or pre-season tryouts. However, understand that it may be difficult to make the team as a non-recruited athlete. Your odds of success are not high.

Every now and then a coach may find a "diamond in the rough," who has gone unnoticed. For the most part, however, a coach knows exactly which athletes will comprise his squad before the open tryout even begins. You want to match your actual skill level to the competitive skill level of the schools where you apply.

**LESSON LEARNED:** Even if you make the team, you may have a slim chance of ever competing. You may want to search harder for a school that wants you and that you fit with talent-wise. Many athletes who try to "walk-on," not including "recruited walk-ons" who will be discussed later, will quit the team or transfer.

### **4. My High School Coach Is Going To Get Me A Scholarship.**

Do not rely on your high school coach to contact college coaches, write letters, or solicit offers on your behalf. Most high school coaches are unable to devote the large amount of time required to help their athletes find the right college. If your coach has time to assist you with the recruiting process and has demonstrated a commitment to help you find a school that meets your needs, consider yourself lucky.

Too frequently, we hear from parents that their player's high school coach doesn't do anything to help. Often these complaints come in the spring of a high school athlete's senior year, after most college application deadlines have already passed.

Don't worry if your coach limits his involvement to practices and games. Many are surprisingly unfamiliar with the recruiting process. A High School coach's responsibility

is to coach you in high school, not be your recruiting agent. Many coaches who sincerely want to help are restricted in their efforts simply because they don't have that many college contacts.

Some coaches devote all of their time to the "star athlete," because he's the easiest one to promote. Remember: what's on the line in the recruiting game is your future not your coach's. Don't sit back and wait for someone to help you. LacrosseRecruits.com is a great tool to market yourself to college coaches and make it easy for the college coach to view your video and your profile. You can put your information in front of the college coach in the most efficient and professional manner.

**LESSON LEARNED:** Don't expect your high school coach to devote much time to personally assist you with your college search. Ask his advice, but take responsibility and control your own future. BE PROACTIVE.

### **5. I'd Be Happy Just to Make the Team**

Always set high goals for yourself. We have found that the athletes who have the best college experience are the ones who get the chance to compete on a regular basis. Staying at home while the team travels to an away game is no fun unless you have the potential to work your way into a more competitive role within a short period of time. You have to ask yourself: would you rather be the big fish in a small pond or a small fish in a big pond?

**LESSON LEARNED:** Find a team where you can contribute and have a realistic chance to compete.

### **6. Lots of College Coaches Will Watch My High School Games.**

If more than a handful of college coaches ever watch you compete throughout your high school career, you are in a select group. Even if coaches attend games, they most likely represent schools that are nearby. Most athletic recruiting budgets do not allow coaches to travel around the country scouting talent. It's just too expensive. Coaches will scout regional high school and summer tournaments or events, usually within a couple hours of their school, but rarely will they travel farther. It's just not financially feasible or an efficient use of their time. To get to coaches outside of your region, a LacrosseRecruits.com profile is highly effective.

It's not unusual for a college coach to spend the majority of his travel and recruiting budget scouting a select few blue-chip prospects. What's left in the travel budget will be used to attend national events where the greatest number of prospects can be seen in one place, i.e., showcase events and regional and/or national tournaments.

Say for example you live in Maryland and are interested in attending a college in Massachusetts. Even if the coach in Massachusetts really likes you, he probably won't have the money or the time to fly to Maryland to watch you compete. He would rather

find out if you are going to attend any events where he can see you and a number of other athletes on his list. He, also, might invite you to attend one of his summer camps.

**LESSON LEARNED:** Be pro-active and take your skills to coaches of the schools that interest you. Don't expect them to travel to your hometown. Reach out to them and ask them to view your LacrosseRecruits.com profile. One click and they are viewing your profile and video.

### **7. Small Colleges Have Weak Teams.**

Most athletes believe the misconception that NCAA D-I is the only way to go and that all other college divisions are inferior. Don't fall into this trap! If you do, you will eliminate hundreds of great schools that need a student-athlete just like you. Keep your options open.

**LESSON LEARNED:** Surprisingly, many D-II, D-III, and Junior College teams stack up well against D-I schools. If you are set on attending a large University, many have competitive club teams that compete on the national level. Don't neglect them simply because of their affiliation.

### **8. I'm Only Considering Schools Where I Can Earn A Full Ride.**

Full-ride scholarships are not as readily available as most athletes and parents think. Most scholarship money is divided into partial scholarships. The number of "Full Rides" received by lacrosse players is very small. A UVA men's lacrosse coaching staff member recently noted they have given out 3 "full rides" in their school's history.

**LESSON LEARNED:** Don't expect that an athletic scholarship will allow you to attend school for free. Even if you are one of the fortunate few to receive an athletic scholarship of any kind, you will probably still have to pay for other college expenses through parental support, a student loan or financial aid.

### **9. I'm Only Applying to My First-Choice School.**

It's the only place I want to attend. Even if your heart is set on attending one particular school and the coach has expressed interest in you, you should still promote yourself to other schools. It will give you leverage when it comes time to discuss academic and athletic scholarships, or financial assistance, with the coach and admissions office.

The coach at your first choice school has all the bargaining power if he finds out that you are desperate to attend his school. Plus, you might find that a different school-one you might not have thought of before-is a better fit for you.

**LESSON LEARNED:** Leverage is crucial if you want to increase your worth and potentially attain a better option. Avoid the temptation to prematurely tell a coach that

you've made your decision to attend his school. Show the coach that you are interested but are still undecided.

**10. I'm Regularly Told by High School or Travel Club Coaches that I have the Ability to Compete at the Division I Level.**

Constant praise from influential people is nice to hear, but it can also be dangerous. It may cause you to sit back, wait for college coaches to come to you, and not be aggressive in your search.

**LESSON LEARNED:** Always strive to improve your skills. Never stop learning. And, as they say in the business world, don't believe your own PR!

**11. If a Coach from a School outside My Target List Wants to Recruit Me, I'll Tell Him I'm Not Interested.**

Avoid rushing to judgment if a coach expresses interest in recruiting you. A lot can change in a few months. A school that you dismiss now may look a lot more attractive later on. Never lie to or mislead a coach, but you should also avoid making snap judgments. Make sure you research every opportunity before deciding.

Once you decide exactly where you want to go, and after you have signed a Letter of Intent, tell the other coaches who are interested in you to remove you from their recruiting list. Make sure to thank them sincerely for their interest in you. Not only does it show good character, but if you ever want to transfer, that school can still be a good option.

**LESSON LEARNED:** Keep your options open! Avoid rushing to judgment until you have made up your mind. You should also visit each school that shows interest in you-it's the best way to decide if it's a place you not only want to compete for, but make your new home as well.

**12. Coaches Will Notice Me When I Have A Big Senior Season.**

Lacrosse is a spring sport and you most likely will know where you are going to college by the time your senior season is underway. Also, some coaches have already made up their "A-List" of recruits and narrowed it down to their top priority prospects by the fall of your senior year.

**LESSON LEARNED:** Your junior year will be most important recruiting time, period. However, that does not mean you can't "reach out" to school that interest you after your freshman and sophomore years if you are already making a significant contribution to your high school team. It will allow you to get on the coach's radar. During your sophomore year, you can be connecting with college coaches to ensure they know about you and you are on their radar.

## Chapter 3

### How To Improve Your Profile

In This Chapter:

- Improving your approach to your sport
- Enhancing the mental aspects of your sport
- Developing your leadership abilities
- Increasing your physical skills
- Improving your grades and test scores
- Staying focused in the classroom

No matter how many compliments you've received about your achievements, your grades, or your personality, there are always ways you can improve.

This chapter focuses on ways to improve your profile so that you are more "recruitable" by college coaches.

### **Athletic Suggestions**

At the risk of stating the obvious, your athletic ability is the most important factor in determining whether you will suit up in a college uniform. Never assume that you are finished learning as an athlete or that you know everything about your sport. You must constantly absorb information and strive to improve your ability.

Even professional athletes spend hundreds of hours in the off-season working on the physical and mental aspects of their game. There is no such thing as too much practice for a high school or college athlete.

A player should understand what is in your control to improve. Some physical characteristics like height and body structure may not change, but there are areas within your control that you can improve. These areas include:

- Strength
- Flexibility
- Endurance
- Speed
- Mental Toughness

You'll have to work extremely hard and demonstrate unyielding motivation in order to separate yourself from the thousands of other athletes who are looking to play lacrosse at the college level. If you know you are weak in a particular aspect, do something about it...now!

## **Seek Constructive Criticism**

In order to improve, first identify which areas of your athletic performance needs work. It's always nice to hear praise from your parents and receive backslaps from your teammates, but a little constructive criticism from the experts is even better. Instead of relying on your parent's opinion of your skills, consult an experienced high school coach, college coach, or professional athlete who has seen you compete. He or she can tell you the exact areas to improve and recommend specific drills to help you.

Seek as many opinions as you can. For example, ask your coach to be completely honest and forthcoming about your strengths and weaknesses. You may not agree with his evaluation, but you can use it as a starting point for your development. It is also important to respect his opinion and let him know that you are going to consider his advice. In addition to learning where your game could use some improving, make sure you set aside the time for drills to help turn your weaknesses into strengths.

If you have mechanical flaws, fix them immediately to avoid making them a permanent part of your technique. Taping yourself in a practice setting is an excellent way for you to recognize exactly what you are doing wrong and it's a great way to solicit feedback from others who haven't seen you compete much or at all.

## **Take Your Game To The Coaches**

Exposure is key to the recruiting process. The more coaches who see you perform, the better chance you have to generate interest. Don't wait for coaches to come to you. Be pro-active and take your game to them.

Your goal should be to generate as much interest as you can. If you live in New York and want to play at a southern school, you better make sure the coaches from the schools you are interested in down south see you compete in person.

Find out where the coaches you are interested in will be during recruiting season. On LacrosseRecruits.com, coaches post what camps and tournaments they will be at during the summer and all members can view this information. You can also call each school and ask the coach what camps and tournaments his coaching staff will be attending. Also, be sure to ask them to put you on their mailing list to be notified of upcoming summer camps or other pertinent information. If you have a LacrosseRecruits.com profile, you can tell the coach the link and ask him to view your profile and video. This is a great way to get on the coach's radar.

Using a LacrosseRecruits.com membership, you can literally "take your game" to any college coach in the country. Pick the school and send them a message using LacrosseRecruits.com's integrated messaging feature. One click and the coach is watching you play and viewing your profile. The more coaches that see you, the better off you are.

## **How Many of These Leadership Qualities Do You Possess?**

- Have a strong desire to win and always do your best.
- Seek tough competition.
- Welcome a difficult task.
- Set high, but achievable goals.
- Be willing to admit mistakes and accept constructive criticism.
- Practice on your own – go beyond what your coach asks of you.
- Be willing to work harder than anyone else, especially when the coach is not watching.
- Possess confidence in your ability.
- Focus and concentrate on the task at hand.
- Learn from your mistakes and try not to repeat them.
- Maintain composure.
- Don't get easily discouraged or frustrated by errors, mistakes, or poor officiating.
- Understand the importance of continuous coaching.
- Respect your parents, coaches, officials, teammates, and opponents.
- Put the team's needs before your personal needs.
- Get along with your teammates—offer support when they have a problem.
- Understand that championships are won in the pre-season.
- Watch your language and avoid profanity.
- Encourage your teammates and do not belittle your opponents.
- Maintain a positive appearance and good body language

## **WHAT MOTIVATES A WINNER...**

Coach John Raba, Wesleyan University

- A winner displays characteristics that set him apart from all others.
- A winner always wants to be the best that he can be.
- A winner is never satisfied with his performance. He is committed to preparing and open to change, and always wants to succeed, whether it's a high GPA or a better athletic performance.
- A winner learns from his failures and he never makes excuses.
- A winner always looks for ways to improve his performance and to add value to the team.
- A winner always expects to be victorious.
- A winner is not afraid of risk.

## **Stay in Shape**

It is extremely important to stay in shape year-round. Again, take your cue from the pros who work hard in the off-season to stay fit. Whether you decide to concentrate on one sport, or participate in other sports, is your decision. However, do not become inactive at any time and don't stay away from your training for more than a few weeks at a time.

Staying in top physical form demonstrates to college coaches that you are serious about your commitment to your sport and your future. Also, it's good for your health and will improve your academic effectiveness.

### **Become A Leader**

Coaches admire athletes who demonstrate a winning attitude, mental toughness, take charge of workouts, and composure under pressure. These traits will not only make you a better athlete, but they will help you elevate the ability of your teammates as well. So, be a leader, not a follower.

If you're not one of those "verbal types," lead by example with your work ethic in practice and your desire to improve. If you are one of those athletes who likes to talk to your teammates, keep it positive and enthusiastic.

Whatever your personality, strive to be someone who is described by his / her coach and teammates as a "student of the game" and a "great team player," and a "winner."

One coach reveals that he discovers who the "leaders" are at tryouts by asking who wants to lead the drill they are getting ready to do. The players who jump out and lead the warm-ups, for instance, have just shown they are leaders. Also, the players who try to jump to the head of the line for each drill will stand out as not only leaders, but players who are eager about their sport.

Don't be negative! A player who openly criticizes teammates for errors during scrimmages or games or even drills is not the kind of leader coaches are looking for. On the other hand, the player who openly and sincerely boosts their teammate's confidence after a miscue is exactly the kind of leader coaches love and want to have on their squad.

### **Attend Prospect Camps at Your Schools Of Interest**

Many college coaches run their own camp for high school lacrosse players. These camps are usually 4-6 days long and packed with instruction, guest speakers, and informal competition.

Attending camp is an ideal opportunity to gain exposure with their recruiting staff, get a feel for what these coaches are looking for, and visit the campus. From the coach's standpoint, they are getting to know you as a person and an athlete, evaluating not only your talent, but whether you would be a good fit in their system.

### **ACADEMIC SUGGESTIONS**

Before a college coach decides if he / she is going to recruit you, he / she looks at your GPA, core courses, and SAT/ACT scores to make sure you meet his / her school's admission standards. If you are way below the minimum requirements, he / she will not waste his / her time recruiting you, regardless of how much you could help his team.

Coaches know that athletes who don't perform in the classroom are more likely to become academically ineligible or flunk out at the college level. And that may be more risk than a coach is willing to take. If a coach has only one spot left and he / she must choose between two athletes of equal talents, he / she will always select the better student.

### **Improve Your Grades And More Schools Will Be Able To Recruit You**

Say, for example, you have a 2.6 GPA and 1100 SAT Math + Verbal score. While those marks are average, you've automatically taken yourself off the recruiting lists of many top academic institutions. Imagine how many more opportunities you will have if you meet the admission requirements of all schools in the country, or at least a higher percentage of them?

Set high goals for yourself in each class you take. Do not settle for mediocrity. Be disciplined with your homework and strive to reach your full potential. If you're receiving B's right now, go for A's. Ask your teacher for extra help, hire a tutor, form a study group with your friends, or take a preparatory SAT/ACT course. Take Advanced Placement (AP) classes if you can qualify for them. Showing the admissions committee at a college that you are doing your best to challenge yourself goes a long way.

Do whatever it takes to improve your academic standing and do not believe for one second that grades are unimportant. Nothing impresses a college coach more than athletes who work just as hard in the classroom as they do on the playing field.

Adopt the "ten percent rule." The 10% rule is simple. Just do 10% extra in everything you do. Whatever your coach, your teacher, your parents, or your supervisor asks of you, try to go above what is required. Try it. You'll be amazed at the results.

Also, try to be the first to arrive at the game or practice or job and the last to leave. "Gym Rats" are highly prized commodities!

### **Manage Your Time Effectively**

Since your daily schedule is already filled with classes, sports, and extracurricular activities, it's important you set aside a block of time each night for homework and your college search. Make it a priority and be disciplined. You will feel the rewards for many years to come.

### **Develop Other Interests And Get Involved In Extracurricular Activities**

College admissions officers look favorable on students who have multiple interests and are involved in a wide range of activities. Find an organization at your school (i.e. school newspaper, Safe Rides, Drama Club, Band, Foreign Language Club, etc) that interests

you and get involved. Also, you may want to consider volunteering a few hours each month at a local charity or non-profit organization.

More than one school will take an applicant with a 3.5 GPA who's been involved in extracurricular activities and community service, over an applicant with a 4.0 who's done nothing else. A mother in Connecticut told us about a classmate of her son's who was her class's valedictorian...and was turned down by Yale and Brown because he didn't have any extracurricular activities.

Recently, a counselor urged one student, a TV-Sports addict (like many of us!), to get off the couch and get involved. The student started writing a sports column for his high school paper, coaching basketball in an underprivileged neighborhood, and interning at an all sports television channel. The counselor commented that this student has greatly improved his college admissions options. He is more easily recruited now.

Don't worry about trying to become a "Renaissance Man or Woman" at age 17. Not many high school seniors are the perfect, well-rounded student. Just show a passion for one or two or your strongest interests. Do not simply build a resume that lists every club in your school. What impresses admissions officers is proof that an activity is a theme in your life...think quality, not quantity.

### **Work To Increase Your GPA**

If you did not perform well in your freshmen year of high school, you may be given the benefit of the doubt if your grades go up in your sophomore, junior, and senior years. Your goal should be to graduate ranked as high as possible in your class. And, by all means, avoid "senioritis." Don't think that you can coast as soon as your applications are finished. Colleges will notice if you drop an AP course, take an easy schedule, or let your GPA slide in your senior year. Some schools will even pull admissions offers from a student who performs poorly his senior year.

### **Hire A Tutor or Enroll In A SAT / ACT Preparation Course**

Ask your guidance councilor for suggestions to raise your college entrance exam scores. Kaplan and Princeton Review offer courses you may want to consider. Taking a prep course will boost your confidence tremendously. Some students hire private tutors or purchase computer study programs.

If you have to, take these exams several times until you are satisfied with your scores. Regardless of which exams you take, don't assume a higher-than-average score will guarantee acceptance to your dream school. Test scores are not weighed as heavily as most people think they are, although very poor scores can be difficult to overcome. It's just another part of the package.

### **Take Advanced Placement or College-Level Courses**

College admission officers will view you as a motivated student if your high school transcript features some honors and AP courses. Your GPA may slide a little, but it's worth it to take advanced classes in areas where you are strong.

For example, if you've always received good grades in math, take AP Calculus and AP Statistics. If writing and reading are your strong points, take AP English. Remember, your transcript is the most important piece of your application. Many admissions officers would rather see you challenge yourself than get straight A's in easy courses. Many colleges "weigh" AP classes by scoring them half a letter grade higher than "regular" course for student's GPA.

### **Spend Your Summer Productively**

Admissions deans don't look kindly on summers spent relaxing at the beach or on the couch, but otherwise they're surprisingly open-minded. Get a summer job or internship and try to make as much of the experience as you can.

## Chapter 4

### Essential Action Steps To Take

In this chapter:

Different ways to promote yourself  
How and when to make campus visits

So far in this guide, you've learned how college coaches look at the recruiting process, where you can get help, how to improve your profile to generate interest, and how to make a Target List of colleges you might want to attend. Now, it's time to take action. This chapter will cover a variety of steps you can take to make sure college coaches on your Target List schools are aware of you, take an interest in you, and, as a result, increase your chances of being admitted to the schools of your choice.

#### **Promoting Yourself**

##### **Apply to Strong Academic Schools**

As you might suspect, college coaches frequently work with admission officers to get student-athletes admitted who might otherwise not qualify academically or are "on the bubble." Of course, this does not mean a student whose academic profile is significantly below the school's minimums will be accepted simply at the coach's request.

However, if you are within a reasonable distance of a school's SAT/ACT and grade requirements, and are an athlete the coach is seeking to add to his squad, the coach probably has a good shot at getting you into his school if he pushes hard enough. However, there are limits to what a coach can do. By working as hard as you can in the classroom and on the SAT / ACT exams, you greatly increase your odds.

At some schools, admission requirements may not be as stringent for recruits as they are for non-athletes. Ivy League or NESCAC schools may require a student to possess at least a 3.6 GPA and 2200 SAT, yet a sought-after athletic recruit may only need to have a 3.3 GPA and 1950 SAT. Every situation is different though. Be prepared by working hard in the classroom and taking pride in your academics.

Remember, coaches at strong academic D-III schools seek good athletes just like their counterparts at the top D-I programs. Their sports programs have every bit as much tradition and history, sometimes even more than the big D-I schools. And when you graduate, you have an excellent chance of obtaining a great job or being admitted to a graduate school of your choice.

The bottom line: use the athletic talents you have worked so hard to develop to give yourself a shot at getting accepted to one of the academic "reach" schools on your Target List. You owe it to yourself to pursue the best possible academic education available.

## **Let Coaches Know You're Interested**

During your sophomore year, send a letter of interest to each head coach on your Target List. The purpose of the letter of interest is to let each coach know that you would like to attend his school for academic reasons and to compete for his team.

It is extremely important to personalize your letter of interest. If your writing is neat, you might get even more mileage out of a handwritten letter. Make sure you spell the coach's name and address correctly, and include something specific about his team (i.e., team's record, top rivals, facilities) so he knows your interest is based on knowing something about his program.

One cardinal rule, whether your letter is handwritten or printed from a computer, do not send a coach a photocopied letter. How do you feel when you get one of those letters that pretends to be written to just you, when it's obvious that same letter has also been sent to thousands of other people?

You feel like the sender has no idea who you are and doesn't really care, right? You want a coach to understand that you have genuine and specific interest in his school and that you have devoted a lot of time to researching his lacrosse program. So make each letter of interest an original, from start to finish!

Begin the letter by explaining your interest in the school's academic program. Perhaps the school boasts some famous professors whose classes you'd like to attend, or famous graduates who had similar interests to yours.

Discuss your educational and career goals, leadership ability, and your personal values. These characteristics demonstrate to the coach that you are a well-rounded person and that you plan on staying in school all four years. Avoid the temptation to discuss only athletics in your letter. Athletes who treat academics just as seriously as sports impress coaches.

But don't forget to emphasize your athletic accomplishments and why you feel you can contribute to the team!

In all correspondence with college coaches, you can include the link to your LacrosseRecruits.com profile so the coach can view your profile and video with the click of a button. This sets you apart from other recruits. Instead of just being another letter or e-mail alerting the coach of your interest, the coach is provided with an action point to see your profile and video right away. This increases your odds of being recruited by getting you on the coach's radar.

## **Write Your Player Profile**

You should also include a Player Profile with each letter you send. This one page resume should contain personal information, such as your contact information, lacrosse information, and academic information. If you have a LacrosseRecruits profile, you could include your personal URL, [www.lacrosserecruits.com/yourname](http://www.lacrosserecruits.com/yourname). As mentioned above, this gives the coach all information he needs in one central place and allows the coach to watch your high definition video right away instead of waiting for a DVD that may never make it to his / her desk.

## **Telephone & E-Mail Contact**

After you mail or e-mail your letter of interest and Player Profile to coaches on your Target List, it is important for you to maintain periodic telephone and / or e-mail contact with the school's coaching staff. This will let the coach know that your interest is strong and sincere. It will also give you an opportunity to evaluate where you stand on the recruiting depth chart.

Make sure you have a purpose to each contact with a coach or school. For example, you can inform the coach of an event you are attending, ask questions about the program, request information about the school that cannot be found from published sources, or find out if the coach would like to see your highlight tape. **Remember, it is illegal for NCAA coaches to call you or to return your phonecalls until July 1 before your senior year.** However, if you call the coach and he answers the call, he is permitted to speak to you.

You are permitted to phone and e-mail the coach as many times as you like. Just use common sense. The last thing you want to do is annoy a coach by calling or e-mailing too often. One last piece of advice... you should place the phone calls, not your parents. This will demonstrate that you are a mature and responsible young adult who can speak on his or her own behalf.

## **Develop Your LacrosseRecruits.com Profile**

Once you are a high school sophomore, you should create a personal LacrosseRecruits profile to give college coaches an easy and informative way to learn about you and follow your accomplishments. It gives coaches a way of viewing contact information, lacrosse information, academic information, video highlights, and what lacrosse camps and tournaments you are attending. You can send messages to any college lacrosse program in the country using LacrosseRecruits.com's integrated messaging feature.

## **Avoid Rushing to Judgment**

Do not reject a school too early in the process. Wait until you have thoroughly researched all of your options before telling a coach that you are or are not interested in his / her school. It's difficult to predict how the recruiting process will evolve, and an

offer you turned down in August may be your best and option in December. Fill out and return everything you receive from a school. If a coach makes the effort to contact you, respond promptly. Do not burn any bridges.

### **Emphasize Your Unique Selling Point**

Although they hate to admit it, many selective colleges target certain groups of applicants for admission. They might want to increase the diversity of the student body, expand the physics department, or recruit a few potential future donors. To have the freshman community they want, colleges need musicians and athletes, leaders in publications and student government, a certain percentage of alumni children, minorities, and international students.

Students in the targeted groups may have an easier time getting through the admissions process, and there is often special scholarship money available for people from certain backgrounds or those applicants who are interested in specific programs. You should emphasize what is unique about you!

### **A Strong Essay Can Make the Difference**

Admissions deans often push hard for the writers of their favorite compositions. On the other hand, they also note the papers that are riddled with typos or grammatical errors. Generally speaking, typos reflect sloppiness. Even if you do have a tendency to be light on the spell check, there is no excuse for these kinds of errors. They can be eliminated entirely by careful and repetitive proofreading. Eliminate the mistakes and show you care about how you are perceived. Choose a topic you feel passionate about. Be creative!

### **On-Campus and Alumni Interviews Matter**

Interviews are the only personal interaction in an otherwise paper-driven process. Admissions committees frequently consider whether or not you bothered to set this up, and what the interviewer thought of you. Aggressively seek out any official or unofficial representatives of your Target List schools. You never know which contact you make will be the one that will move your application from the “Rejected” to “Maybe” to “Accepted” category.

## **GOING ON CAMPUS VISITS**

### **Start Early**

While campus visits are primarily junior and senior year events, there’s no need to wait. Start visiting colleges as early as ninth grade. Take advantage of any chance to walk around a college campus. Check out schools in or near your hometown, stop by colleges during family trips, and visit older friends and siblings at school. The more visits you

make, the better you will become at quickly sizing up a school and recognizing what you want from a college.

### **Official Visits**

Coaches extend official visit invitations to their top recruits so they can get to know the athletes better and promote their school's best features. Since official visits are an expense for the athletic program, only a limited number of athletes will receive these invitations. If you're fortunate enough to receive one in your junior or senior year, it's an outstanding opportunity for you to evaluate everything about the college and determine if the school and team fits your needs. Most of the time, you will stay with other athletes on the team and eat meals with them. This gives you an excellent opportunity to ask lots of questions. Keep in mind:

- The NCAA allows you one expense-paid visit to five different schools. This restriction applies even if you are being recruited in two sports.
- Each visit may only last a maximum of 48 hours.
- You must provide college authorities with your official transcript and entrance exam scores.
- You may return to one of the schools you've already visited, but you must pay all expenses.
- You must be registered with the NCAA Clearinghouse for official visits to NCAA schools.

### **Pre-Plan Your Schedule**

For unofficial visits, call the admissions office at least two weeks in advance to let them know you are coming to campus. An admissions counselor can tell you the dates and times for campus tours, information sessions, and open houses.

The counselor can also recommend classes to observe, help schedule individual meetings with faculty and coaches, provide a campus map and information on nearby lodging.

### **What to Do On Campus**

- Begin your visit with an information session and a campus tour.
- Sit in on a class
- Check out the dorms
- Eat in the cafeteria
- Read the bulletin boards
- Meet a faculty member and the coach
- See the athletic facilities
- Read the student newspaper

## **Keep a Notebook Just For College Visits**

Take notes while you're on campus, jotting down the name of the dorm you walked through, the class you visited, and the names of professors and students you met. After each visit, write down your impressions – what you did and did not like about the school.

## **ATTENDING SHOWCASES**

Showcases usually attract 100 or more players who all desire to play college lacrosse. Most coaches are not allowed to communicate with players or parents at the event and they usually keep to themselves at these events.

College coaches like to recruit showcases for a number of reasons. They can evaluate many athletes in a short amount of time, especially those that have shown a genuine interest in their school. Showcases also allow coaches to save money. Very rarely will a coach make an offer to players after seeing him at one event. The best time to start attending showcases is during your sophomore or junior year of high school. This gives coaches a chance to follow your progress through high school if you impressed them, and it gives you valuable exposure.

## **Producing a Highlight Video**

A highlight video allows coaches who do not get an opportunity to see you in person evaluate your skills accurately. By watching your tape, coaches can assess your abilities personally and decide if you're a prospective recruit. They don't have to rely on someone else's evaluation that may be biased. As the sport continues to grow, coaches will rely more and more on highlight and game videos.

On LacrosseRecruits.com, you are able to upload and edit your game footage to create a personal highlight video showcasing your skills. You can store unlimited video, tag video clips and send DVDs directly to a college coach. We will make sure to put all of your contact information – your full name, position, address and phone number -- on the DVD.

For players that purchase a Gold Membership, we create your highlight for you. You send us all your game film and we create a highlight for you using your best plays. Please email [Matt@LacrosseRecruits.com](mailto:Matt@LacrosseRecruits.com) for more information.

## **TRAVEL, ALL-STAR & SELECT TEAMS**

Research needs to be done to determine which travel or select teams will provide the best experience and the maximum exposure. Research also needs to be done regarding which camps and tournaments attract the types of schools you are interested in.

There are many “all-star,” “traveling,” and “select” teams, for instance, but many of these teams don’t attract coaches to their games. The same holds true for showcase camps. Some of these camps may be expensive, but don’t provide an effective showcase for the athlete. It’s imperative to do your research before you invest your time and money.

All teams are not created equal. In recent years, their numbers have grown enormously, diluting the talent base. Just about anyone can create such a team.

It pays to do some research to determine if a particular team is truly made up of above-average players and if they compete against the kind of competition that college coaches view as superior.

One test to see if the team you’re considering is a true select team is to gauge the competition they play against. If it’s mostly local and their schedule is fairly indiscriminate, chances are they’re not a bona fide select team. Some parents may pick teams that are “Select” only in their eyes.

Also, just because a team “travels” does not mean that the team is an elite one, composed of superior players. A true select team is composed of the caliber of players and plays the level of competition that regularly attracts college coaches to their contests.

If college coaches don’t normally attend at least a few of their games to see the players on that team, it may not be the best team to play on to get noticed on. It doesn’t really count if the coach of such a team claims that there have been scouts at their games in the past, if the only reason the college coaches and scouts were there was because they happened to be playing a team that is regularly scouted.

That would be relying on lightning to strike and the odds aren’t in your favor if you hope to get noticed by accident on such a team.

### **What Is Their Focus?**

Is it primarily to prepare players (the younger aged teams) for high school ball? If so, that might not give you the exposure you’re looking for. A true select team very likely takes the assumption, based on the quality of players selected, that your high school tryout will most likely be the easiest tryout you’ll have.

A true select team should focus on your development as a college player. Teams that truly have that kind of focus are ordinarily the teams that college coaches are interested in watching as they know the talent level on the team is more likely going to be what they’re after.

### **Who Do They Play?**

Is their competition high-level competition or are you aware of other teams that play much tougher teams regularly?

### **Who Coaches The Team?**

Is it the father of one of the players? Many of the best select teams don't allow parents to coach their own offspring. Also, is the coach paid or does he or she work on a volunteer basis? Many of the best select teams pay their coaches. Also, what are the coach's qualifications? Did he or she play college or professional lacrosse?

### **What's The Team Practice-To-Game Ratio?**

If it's all games and only a few or no practices, it may still be a quality team, but many times teams that don't practice much don't really teach the players much, either. It is important to ensure that participation on such a team will help the player develop as a college level athlete.

### **How Many Players Make The Team?**

If the number is so large that it's obvious several players aren't going to get much playing time, then that team might not be a good fit. A lacrosse team carrying 25 players means that at least 5 players will be seeing a significant amount of pine time.

### **What If I Can't Make A Select / Travel Team or Can't Afford One?**

Don't worry about it! It does help for most players, simply because as a rule you'll compete against better competition, have better coaching and get more experience, but sometimes it's just not practical or possible to be on such a team. If, for any reason, you can't get on a select team, then make up for it in other ways – more practice individually, private coaching, etc.

### **FINISH LINE**

This was a long and information packed chapter, and one that you'll no doubt want to refer back to on many occasions.

## Chapter 5

### Recruiting Timeline

Below are a few pointers we at LacrosseRecruits.com put together. Having a LacrosseRecruits.com profile helps a high school lacrosse player stay organized throughout the recruiting process. A LacrosseRecruits.com profile makes it easy for a college coach to view your profile and game video, increasing your odds of being recruited. The more coaches who see you play, the better off you are.

The four most important points we want every high school lacrosse player to understand are:

1. **Work hard in the classroom and study hard for the SATs / ACTs.** The better your grades are and the higher your board scores are, the more schools that can recruit you. The more schools that can recruit you, the more options you have. The more options you have, the less stressful the recruiting process will be.
2. **Be realistic about your ability.** The number of players that play at the top Division 1 schools is a very small percentage of the number of college lacrosse players across Division I, Division II, Division III and MCLA (club). Being realistic about your ability from the beginning will make the recruiting process a lot less stressful and ultimately more rewarding.
3. **Do not pick a college just because you can play lacrosse there.** Choose a college or university that is a good fit for you academically. Use lacrosse as a vehicle to get you into the best college possible.
4. **BE PROACTIVE IN THE RECRUITING PROCESS.** Just like anything else, the harder you work, the better your results will be. Create a profile on LacrosseRecruits.com and send your profile to every school you are interested in. Call the schools you are interested in. Introduce yourself to the coaches you are interested in when you see them at camps / tournaments. The more you put into the recruiting process, the more you will get out of it.

#### **Rising Freshmen-**

- Focus on academics!! Start your high school career off right by doing well in school. When the time comes and you are recruited, grades are VERY important. You can be the best player in the country but with poor grades, top tier academic institutions will not be able to recruit you. By working hard in school, the number of schools able to recruit you increases exponentially, giving you more options.
- Improve your lacrosse game. Keep a stick in your hands in the off-season and try to play a lot of lacrosse in the summer. Be sure to stay in shape if lacrosse is your only sport. If you are a multi sport athlete, that is terrific. College coaches like well-rounded athletes, but if lacrosse is your main sport, try to hit the wall during the off-season to stay sharp.

## **Rising Sophomores-**

- Continue to work hard in school. Academic mistakes made year can really hurt your chances of being recruited by top academic institutions. The harder you work in the classroom, the more options you will have when being recruited. You do not want a coach that is interested in your athletic ability to not be able to recruit you because you did not take pride in your academics.
- Begin thinking about college and what kind of college you are looking for. Do you want a big school? Small school? Northern? Southern? Speak to your teachers about schools you are interested in and do research online.
- Create a LacrosseRecruits.com profile. You can choose schools you are interested in and each coach is alerted immediately of your interest. One click and any coach in the country can view your complete profile and video. This is the best way to get on the coach's radar because a profile on LacrosseRecruits.com makes it convenient for the coach to view your profile and video. Instead of being another letter or e-mail, you have a personal webpage that can be viewed by any college coach. For an example, view [www.LacrosseRecruits.com/Chris\\_Hines](http://www.LacrosseRecruits.com/Chris_Hines)

## **Rising Juniors-**

- Again, keep working hard in school! This year is critical when you are applying to college. Take challenging classes. If you can take Advanced Placement classes, take full advantage.
- Make a list of 15-20 schools you are interested in. Be realistic about your lacrosse ability. Talk to your high school coach about what level you should be focusing on. Having a realistic list of target schools will make your life a lot easier when the recruiting season starts. Lacrosse should be used as a vehicle to get you into a better academic institution. Get the best education possible!
- By now, you should have a profile on LacrosseRecruits.com. Your profile has all academic and athletic information a college coach needs to evaluate your talent. The coach can also watch your high definition video with the click of a button.
- Having a profile on LacrosseRecruits.com allows coaches from every DI, DII and DIII school to search for athletes that fit their recruiting profile. Coaches run searches for athletes that fit their recruiting profile and are able to watch their video and connect with recruits they are interested in.
- College coaches are under a lot of pressure and giving them a convenient way to evaluate your talent increases your odds of being recruited. Instead of just sending a letter / DVD and crossing your fingers, your LacrosseRecruits.com profile makes it easy for the coach to see you play and see your grades. Including your custom web address in every e-mail and letter to coaches lets coaches quickly and easily evaluate your talent.
- Log into your LacrosseRecruits.com account to see where the coaches from the schools you are interested will be during the summer recruiting season. Every lacrosse program has a profile on LacrosseRecruits.com with a list of the Camps and Tournaments they plan to attend.
- In all correspondence with college coaches, include a link to your LacrosseRecruits.com profile. If your name is Chris Hines, your profile would be [www.LacrosseRecruits.com/Chris\\_Hines](http://www.LacrosseRecruits.com/Chris_Hines). This allows a coach to quickly and

easily see your profile and game video. When the coach logs into his account, he is able to see contact information and academic information.

### **Rising Seniors-**

- Create a list of your top 15 choices. Connect with the coaches at each of these schools and include a link to your LacrosseRecruits.com profile. These coaches can view your profile / video and make a note to see you during the summer on the recruiting trail.
- If a coach contacts you and you are not interested, tell the coach. Coaches respect honesty.
- Again, be realistic about your ability. If you are not receiving letters from the top DI schools, do not take it personally. Play hard during the summer and focus on the schools that have shown interest in you. By the end of the summer, you will know where you stand recruiting wise.
- Upload game film to your LacrosseRecruits.com profile so a coach can see how you play in the flow of a game. Consider cutting down the game to only the plays you are involved in. Highlight tapes are important to show the coach your most athletic plays, but every coach is interested in seeing how you play over the course of a game. Everyone looks like a star in their highlight tape!
- Study hard for the SAT / ACT. Just like poor grades can keep you from being recruited, poor SAT / ACT scores can close doors from a recruiting standpoint. Do the best you can on these tests!
- **BE PROACTIVE IN THIS PROCESS.** Create your LacrosseRecruits.com profile to make it easy for a college coach to see you play, but do not be afraid to call a coach and introduce yourself. If you see a coach at a camp / tournament and you are interested in that school, introduce yourself. There are too many great lacrosse players out there to sit back and hope you are recruited. Take pride in your ability and reach out to schools you are interested in. Always follow up with coaches who have expressed interest in your ability.

Contact the LacrosseRecruits.com team if you have any questions!

## Chapter 6

### Increasing Your Odds Of Being Recruited

In this chapter we are going to discuss specific ways a LacrosseRecruits.com profile increases your odds of being recruited.

1. When you first make contact with a college coach and include a link your LacrosseRecruits.com profile, the coach is immediately able to see your complete profile and watch your video. Instead of being one of the hundreds of DVDs a coach receives, the coach is able to comfortably and conveniently view your profile and video, increasing your odds of being recruited. Half the battle is getting a coach to actually see you play!
2. When you choose a School of Interest, each coach is notified immediately of the player's interest. One click and the coach can view the player's complete profile and video. This makes it convenient for the coach to evaluate your talent. Instead of hoping your DVD makes it into the coach's DVD player, the coach can view your complete profile and video with the click of a button.
3. Coaches on LacrosseRecruits.com run searches for athletes that fit their recruiting profile. Each school is looking for student-athletes with a certain GPA and SAT / ACT score. If School X runs a search on LacrosseRecruits.com for an athlete with a certain GPA and SAT score and your profile meets the search criteria, the coach has found a new recruit. You increase your odds of being recruited by allowing coaches to run advanced searches to find you. The more schools that find you, the better your odds of being recruited.
4. You can find out which camps and tournaments coaches will attend. Each DI, DII, and DIII lacrosse program has a profile on LacrosseRecruits.com that lists each coach's contact information along with which camps and tournaments the coaching staff plans to attend. This allows you to attend camps and tournaments that feature the schools you are interested in, increasing your odds of being seen by schools you are targeting.

As we stressed in this guide, taking a proactive approach to being recruited is very important. Having a LacrosseRecruits.com profile allows you to be proactive and enables every college coach to evaluate your talent in an efficient manner.

**LacrosseRecruits.com guarantees that having a LacrosseRecruits.com profile will increase your odds of being recruited or we will refund your money.**

Register now at [www.LacrosseRecruits.com](http://www.LacrosseRecruits.com)



WHERE DO YOU WANNA PLAY?

LacrosseRecruits.com exponentially increases a player's visibility among college coaches by making it convenient for a college coach to view a player's profile and video. Every college lacrosse program in the country is registered, making LacrosseRecruits.com the best place to get the exposure you want.

#### 5 Steps To Being Recruited Using LacrosseRecruits.com:

1. Choose a Recruiting Package at [LacrosseRecruits.com/Register](http://LacrosseRecruits.com/Register)
2. Fill out your LacrosseRecruits.com profile, which includes all the essential information a college coach needs to know about you.
3. Mail us your game video and we upload it directly to your profile.
  - If you have purchased the Gold Package, we take your game video and create a professional highlight reel. This highlight reel is used to grab a college coach's attention.
  - If you have purchased a Bronze Package or Silver Package, you can create your own highlights using software built into LacrosseRecruits.com.
4. Don't have any game video and need a video professional to film you play? Call 203 903 0679 and we will book a video professional to come film your game.
5. Once your profile is complete, you choose the programs you are interested in and send each school a message using LacrosseRecruits.com's integrated messaging system. Choose the school, write the message and click Send. It's that easy! Immediately each coach receives your message and a link to your profile. One click and coaches are viewing your profile and video. Every college lacrosse program in the country is registered with LacrosseRecruits.com, making it the place to get the exposure you need.

If you have any questions, please call 203 903 0679 or email [Matt@LacrosseRecruits.com](mailto:Matt@LacrosseRecruits.com).