

# RECRUITING BASICS

## Step 1: Starts with YOU!

You will not be magically discovered just because you are attending tournaments where college coaches are present. Most times, college coaches attend particular tournaments to watch specific players who have made contact with them. If their schedule permits, they may try to watch a few other games for new recruits. Start thinking about what is important to you in a college. Do they offer your major? Size of campus? Classroom sizes? Location? Begin researching schools and make a list of any that interest you.

## Step 2: Create a Recruiting Bio!

Black Dog will supply you with a template or you may create your own. Your bio should be professional (no typos, proper punctuation, proper capitalization, look neat and orderly, etc.). It's the easiest way to introduce yourself to a coach. Be sure to update your bio after every season and/or when changes occur.

## Step 3: Contact the COACH!

Send an introductory email to the coach. Emails to coaches should never be sent in masses or blind copied. Every coach should be emailed separately using the coach's name ("Dear Coach Parker"). Provide them with a short summary about your lacrosse history (high school and club team), academic information and tournaments that you will be attending. Tell them why you are interested in their school. When referencing your club team, be specific. Instead of listing "Black Dog", list your specific team ... "Black Dog 2019". That is very helpful for coaches if they are using a club's website to verify what tournaments you will be at or when they are reviewing a tournament schedule that they are attending. Make their job easy to find you!!

Ask questions, such as:

Would you have any time to meet with me?

Are you recruiting my year yet?

What tournaments are you attending? Would you be available to watch me?

It is important that these emails be sent several weeks in advance of whatever tournament is coming up. This gives coaches time to enter you into their database and build you into their watch list for that event. If the coach responds and supplies a recruiting link in their email, FILL IT OUT immediately! If you do not complete the recruiting link, the coach will assume you are not seriously interested and they will not make an effort to watch you play. In fact, they may even remove you from their database altogether. The recruiting link will be most of the same information that is included in your lacrosse bio, but this is the step that officially puts you in their system. Do not miss out on this opportunity!!

After your first introductory email, you can then email a quick blurb before each upcoming tournament to remind the coach of your team's name, jersey #, and game schedule with field numbers (if you have it). This makes their job easy and tells them that you are still interested in their school. If a coach gets an introductory email and then never hears back from you, you will most likely not hear back from them.

After tournaments, you can email them to follow up. Don't wait for coaches to email you. They are very busy, so emailing them to touch base or ask questions is fine. You can ask for feedback after a tournament, any

upcoming clinic\camp dates, prospect days, etc. Players should really be proactive with following up. If a coach is not interested, they will likely tell you and you can adjust your list accordingly. If a coach never gets back to you after you've emailed several times, read between the lines and move on.

## Step 4: Visit the School!

Go to the school to watch a practice and a game. Watch the coaching style and how the players react to their coach in each of those environments. Observe how the players interact with each other. Tour all athletic facilities and speak with the freshmen and sophomores, because those are the players that will eventually be your teammates. Speak with the juniors and seniors to get a summary of their experience.

### Official vs Unofficial Visits

Visits that are paid for by you or your parents are unofficial visits. Unofficial visits are limitless.

Any visit to a college campus that is paid for by the college is an official visit. During an official visit, the college can pay for transportation to and from the college for the prospect, lodging and three meals per day for both the prospect and the parent or guardian, as well as reasonable entertainment expenses including three tickets to a home sports event.

Questions to ask on official visit:

Where am I on your list?

What are the admission requirements?

How many players, at my position, are you recruiting?

Are there scholarships or financial aid available for me?

Will my major interfere with my athletic schedule?

What are my strengths and weaknesses?

What sets your team apart from others?

How will I be an asset to this team?

What is a typical practice day like?

How many times per week is conditioning?

Is there a run test?

Are cuts made in the fall even if you are recruited?

What kind of team bonding activities do the girls participate in?

What is your opinion on balancing lacrosse and school? Does school come first?

Are student athletes given first choice to pick classes?

## Step 5: NCAA Registration

To compete in NCAA Division I or II athletics in your first year of college, you must register with the NCAA Eligibility Center and be certified academically and as an amateur. This should be done at the beginning of your junior year.

[http://www.ncaa.org/sites/default/files/Amateurism\\_Certification\\_Process\\_FAQ.pdf](http://www.ncaa.org/sites/default/files/Amateurism_Certification_Process_FAQ.pdf)