

INTREPID GIRLS LACROSSE CLUB CLUB

RAISE YOUR LEVEL OF PLAY | GET RECRUITED | THE INTREPID FAMILY

The Intrepid Recruiting Experience

By Abby Cermak

I have been playing lacrosse for 8 years; 7 with Intrepid. I started playing lacrosse for a boys team because my school did not have girls lacrosse. Becky found me and offered me a spot on the Bethel Park middle school girls lacrosse team when I was in 6th grade. Ever since then I have loved the sport.

I started playing Intrepid in 6th grade. It was a totally new experience for me. I had never traveled to play lacrosse and the competition was great at the tournaments. Playing in the summer made me such a better player. The coaches and Becky are so willing to help you with whatever questions you might have throughout the recruiting process. I remember texting Becky before all of my phone calls or meetings with coaches and she would get right back to me and she was the only one that could calm my nerves. I knew I could always count on her to get me through the difficult and stressful recruiting process.
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News You Can Use

Save the Dates!

2017 Season Banquet

November 28, 2017 at 6pm

Hilton Garden Inn Southpointe

To RSVP, Print and Mail the Invitation which will be sent out in October.

2018 Team Selections

December 2, 2017 at 12pm @ The Iceoplex at Southpointe
Registration and individual age group report times will be published at a later date.

Fall Practice Pack Options Available

Know someone who would like to join Intrepid this fall? We offer limited access to our fall programming for families that want to give us a try, get in the loop as we head into 2018 season tryouts, or are just looking for some additional fall lax.. All information and registration is posted at www.intrepidlacrosse.com and a flyer is located at the end of this newsletter.

New College Coaches Added!

We are excited to announce that the Intrepid coaching staff is expanding! In addition to the IUP and Miscercordia coaching staffs, we are happy to welcome the new coaching staff at Slippery Rock as well as the coaching staff from Allegheny College to Intrepid for the fall 2017 season and beyond!

Fall and Winter Indoor Playing Opportunity

Intrepid will again field open teams for Winner's Edge



Player Perspective Cont.

Another benefit of Intrepid is the coaching staff. Becky finds the best coaches to coach our teams and I can promise a new player that at every single practice you will learn something new. I learned so much from playing Intrepid and it has made me both a better player and better person. Intrepid helped me pursue my dream of playing in college. I am committed to attend IUP and play lacrosse in the fall of 2018. I got recruited to my number one school and I couldn't be happier.

I would like to end with the fact that Intrepid has given so much to me throughout the years. I have met friends I will keep for a lifetime. A saying we use at Intrepid is #Intrepidfamily. Intrepid has really showed that this saying means a lot to everyone involved in the club. The players, coaches, board members and interns are all a family and that shows. Everyone is willing to help every member of the club and we all treat each other as one big family. To me, this is what sets Intrepid Lacrosse apart from any other club: we are all family and support one another to reach our goals.

Abby Cermak
31 Intrepid 2018 Elite
Play Intrepid. Get Recruited.

Indoor League on Sundays at the Iceoplex at Southpointe during both the Fall and Winter sessions. Winner's Edge offers a discount to Intrepid members because the owner (and our Director!) enjoys coaching the girls and getting to know them better on and off the field. Information will be sent out when registration opens. The Fall session runs 6 weeks and begins November 12th and the Winter session runs for 8 weeks and begins January 7th. This is a great opportunity for players to continue to build chemistry together Nov-Feb.

Sand Storm Tournament in Palm Springs, CA-

Roster spots remain for Sand Storm Lacrosse Festival Jan. 13-14 in Palm Springs, CA. The cost is \$275 and is open to all Intrepid members in grades 9-12. It is a beautiful setting and awesome experience for exposure to western coaches and we look forward to attending for the sixth time and representing the Burgh out on the West Coast! Registration is live at www.winnersedgelax.com now!

We Need A Secretary/Events Committee Member!

In the last four years, Intrepid has awarded over \$15,000 in aid and this fund has always been supported purely by fundraising and donations from current and former families. The Board has always felt strongly that part of our non-profit mission is to ensure that no player is prevented from their ability to grow in this great game due to financial hardship at home. The baskets raffled off at the banquet benefit this fund as do our clothing sales, but we also want to provide a few events per year that allow us to both provide a social opportunity for our families and a chance to raise funds for this worthwhile cause. If you are able to donate your time, skills, or connections, please contact our Events Chair Adriane LaRussa at larussa@gmail.com

New Player Eval Software Adopted!

We are very happy to announce that we have adopted KickMetrics as our online player evaluation software! Every player that participated in the 2017 summer season received an seasons-end evaluation. We plan to utilize this service twice in the summer and once in the fall in the future.

Message From the Director

Although Abby's article describes how Intrepid develops our players and helps them through the recruiting process, Abby

did the heavy lifting. Players have to drive the car and their parents and I will help them navigate. If players don't work to explore their options and communicate with coaches regularly, there isn't much for me to follow-up on. There are so many options out there but players have to be willing to take responsibility for their process. The college search process can be overwhelming, but establishing clear goals and search criteria and getting on college campuses as a prospective student athlete are key to finding a school and a team that is a good fit. Our ultimate goal will always be for our girls to 'go pro' in whatever career they ultimately wish to have and we know that college lacrosse can be a very rewarding part of that process. Since our 2013 class stepped foot on campus, over 90% of our players graduated from or are still active on the rosters we helped them get recruited onto. This is an important statistic, as placement is one thing, but college is about matriculation.

As we head into the fall and late winter, recruits can still stay active by continuing their communication with college coaches (they really do like to hear from you!), attending on and off-campus clinics and showcase events, and getting on any campus that appeals to them (even if it isn't a lacrosse option) so they can start to get a better idea about what characteristics are important to them in their college options.

High school players who wish to meet to discuss the college recruiting process, should email me at intrepiddirector@aol.com to setup a meeting. Also, players need to keep me in the loop on who they are talking to, visiting, etc so I can offer assistance directly. Below is some information on how the new NCAA rules are affecting the process and how to handle the fall recruiting season.

What Does the New NCAA Legislation Mean to My Recruiting Process?

Earlier this year, the NCAA passed sweeping legislation proposed by the men's and women's lacrosse coaches associations that will greatly restrain the early recruiting process. But what exactly was passed, and what does it mean for players, coaches, parents and club organizations moving forward?

Below Michael Scerbo, Assistant Athletic Director for Compliance at Duquesne University, helps to clarify the present and future of recruiting in lacrosse. Scerbo will be one of the hundreds of compliance personnel who'll have to implement and enforce the new legislation. He's also the former women's lacrosse coach, serving as head coach at Duquesne for 11 years prior and as an assistant at Ohio State from 2002-2005.

What exact legislation did the NCAA pass in April?

On April 14, 2017, the NCAA Division I Council voted to adopt Proposal 2017-1 as non-controversial legislation with an immediate effective date.

This new legislation attempts to set Sept. 1 of a prospect's junior year in high school as the first date of any form of recruiting contact. The legislation makes it impermissible for a prospect to do an unofficial visit with athletic department involvement prior to September 1 of a prospect's junior year in high school, and it makes it impermissible for a coach to accept a phone call from a prospect or their parents/guardians prior to September 1 of junior year.

However, it also sets the date of Sept. 1 of a prospect's junior year in high school as the first date for off-campus contacts with prospects, but to do so for juniors requires the contact to be at the prospect's home or high school.

When does the legislation go into effect?

The new legislation is in effect NOW! In fact, the legislation took effect on the afternoon of April 14, 2017, and remains in effect. That means if a coach had an unofficial visit with a freshman set up and completed on the weekend of April 15-16, a violation could have occurred if the coach did not seek emergency relief of the new legislation. Please note though, per NCAA procedure, this new legislation is subject to the 60-day rescission period where member institutions can vote to overturn the decision. The rescission period will end on June 25, 2017.

Editor's Note: The NCAA Division I Council voted on Friday, June 9, to approve a modification of wording to NCAA Bylaw 13.12.1.5 that closes the camps and clinic "loophole" that was inadvertently created when NCAA 2017-1 was adopted in April. Effective June 12, 2017, there is to be no recruiting contact between Division I lacrosse coaches prior to September 1 of the prospect's junior year of high school. The print and original digital version of this story included a response from Mr. Scerbo that was provide prior to the recent modification. Two questions/responses have been deleted because they are no longer relevant.

What role will club coaches play moving forward?

The club coaches will continue to play the same role that they have in the past. They will offer advice to the prospects about the process and various schools. They will share their opinion with college coaches about the prospects talent and background. As has always been the case, club coaches cannot be used to circumvent NCAA recruiting rules. Specifically, they cannot be used to direct message a prospect that is not of legal age to receive recruiting communication. However, as we all know, this is a grey area that is extremely hard to regulate and monitor.

What happens to high school freshmen and sophomores who have already given a verbal commitment?

Freshmen and sophomores that have already committed are prohibited from calling their future coaches or meeting with anyone in the athletic department while visiting their future campus. They can send coaches electronic correspondence at their own discretion. The NCAA does not

A Special Thank You from Lauren Kombol-2018 Elite

Lauren Kombol has been playing under the Intrepid banner since January 2016. She and her family currently live abroad. In last year's newsletter, she told us about how Intrepid kept her connected to lax while she was half a world away from her team. This year, she is sending a special message to all the members of the #Intrepidfamily.

Playing with the group of girls that I've had the chance to get to know at Intrepid is one of the best and most positive experiences I've had in my life.. With living so far from the team I had no chance to meet or bond with the team before being thrown into the tournaments; but the girls were quick to accept me and take me as just another member of the team and club. Being so easily welcomed to the Intrepid Family made me feel comfortable, leaving me to wish I would have found Intrepid earlier because playing with them for only two seasons was simply not enough time. After my final tournament I will have with them in Florida, I wish the best for all my teammates and would recommend this club to anyone wanting to take their skill and lacrosse goals to the next level.

view a verbal commitment as a binding agreement and therefore does not offer exceptions to recruiting legislation for those that have verbally committed.

Can recruits still verbally commit prior to Sept. 1 of their junior year?

Yes, they can. There is no current legislation that prohibits a prospect from making a verbal commitment at any age.

Can and will coaches still evaluate players during the spring and summer prior to Sept. 1 of their junior high school year?

This is a question only a coach can answer, but being a former coach, I would say yes, it would still be part of my plans. If I was still in coaching, I would certainly take the time to watch and evaluate possible future recruits. The more evaluations you have on a prospect, the better it will be when you are ready to make a decision.

How will enforcement work? Will the NCAA openly look for violations or will they have to be reported? Are there any penalty guidelines currently available?

As with any NCAA rule, the primary mode of enforcement will be self-reporting, which makes education critical. As a compliance officer, education is always my main focus (CONTINUED) so that we can avoid violations rather than search for them. Another avenue available is investigative. The NCAA, member conferences and member institutions will investigate allegations from various sources to determine if violations did occur. Finally, each compliance office on campus will implement their own strategies of monitoring through phone records, visit documentation and simple observance. Everyone in the world of compliance was fearful of this rule passing because it is extremely difficult to monitor these areas, but we will try our best to maintain the integrity of the rules.

At this point, the NCAA has not given any guidance on penalties, but more than likely the initial penalties will be minor and could include short duration recruiting bans for specific prospects or possible letters of reprimand. Once we start seeing violations of the new rule, the penalty structure will become clearer.

This column appears in the June Issue of Inside Lacrosse Magazine, the summer recruiting preview issue.

[Fall Recruiting Information](#)

Fall Tournaments

Although the schedules for fall tournaments have not been released yet, and we probably won't see them for at least a month, it is still imperative that you reach out to the college coaches on your list and let them know what tournaments he will be attending. College coaches plan their tournament attendance around the recruits that email them for each event. You make it easier on them to plan their travel if you let them know what events you will be playing at sooner rather than later.

This fall email is also a great time to update them on how your summer travel season went, any visits or clinics you have planned for the upcoming fall and winter, ask questions about their program, or let them know about any other fall activities you are engaging in whether it be school-related or sports-related.

When your tournament schedule is released to you, you will need to follow up with each coach and share with them your exact schedule, team uniform colors, and your jersey number. Please do not wait until the day before you leave for the tournament to send this email. You should do it once we alert you the schedule has been posted.

Getting on Campus/Meeting College Coaches

Although each of you have a different number of fall tournaments scheduled, we still encourage you to get on campuses during the fall and winter so you can continue to expose yourself to different types of schools and help you narrow down your list. You can write to each college coach on your list and ask them if they are hosting any fall or winter clinics or participating in any clinics hosted at other schools. It is critical to your process that you have the opportunity to not only visit the school you're interested in and receive a tour from an academic standpoint, but also have the opportunity to work with college coaches so you are able to see what their coaching style is like and what the personality of their current team is.

Although your priorities for the fall season change as you age through high school, the above reminders are things you can do at any grade level to further not only your recruiting process, but also your own list an idea of what you were looking for in a college lacrosse playing experience.

At this point, Seniors should be ensuring that they are having open communication with the schools on their list about where the school sees them within their roster and scheduling on-campus visits with anyone who there is a mutual interest with, if you have not already done so. This also holds true for current juniors, although it is possible depending on an individual college coaches recruiting progress, that they may not be ready to host you for a fall visit. In that case, attendance at an on-campus camp or clinic or setting up a tour with admissions and notifying the coach you will be on campus and would like to meet with them is a great alternative.

The same is true for current sophomores and freshmen particularly if you're interested in playing at the Division I level. If that is the case, this fall and winter will be an important time for you to work with college coaches at camps and clinics that are held in the fall and winter which will give them the opportunity to evaluate you as a player, even if they cannot express interest yet.

The Classroom

I also want to take a minute to focus on the academic aspect of the recruiting process. As we have discussed at all recruiting meetings, scholarship money associated with athletic participation is only available at the Division I and II levels, and in many cases will end up being only a very small amount of the overall cost to attend school due to each program's athletic scholarship funding. If you want to maximize your options for college attendance and the amount of total aid you ultimately receive, you need to make sure that you are putting in time in the classroom. Your grades will become very important as many of you will be evaluated by college coaches for potential admission during your junior year or at least before any senior grades have come in.

We strongly encourage players in their sophomore year to begin taking any pre-standardized tests available and any associated preparatory classes that they feel they may need after they

receive their scores. Oftentimes players and families shy away from these preparatory classes because they demonstrate an additional cost and appointment on an already busy family calendar. However if your daughter experiences test taking anxiety or feels like she is lost and doesn't know how to proceed through long standardized tests, these courses can go a long way towards instilling confidence, which can sometimes be part of the battle when taking standardized tests. Almost all Pittsburgh communities have a test prep center nearby. Alternatively, there are many preparatory books, DVDs, and disks that can be purchased at local bookstores and sometimes even rented out from the school or public library.

No matter where you are in the process, Intrepid can help you get started on your recruiting journey. We are proud to have the most extensive former player and coach network in the area. Members of the Intrepid Family are currently or recently active in the following programs:

Anderson Broaddus University	Notre Dame of Ohio
Allegheny College	Virginia Tech University
American University	Penn State Club
Baldwin Wallace University	Philadelphia University
Davidson University Club	Pomona College
Denison University	Potomac State College
Duquesne University	Robert Morris University
Edinboro University	Seton Hill University
Gannon University	St. Francis University
Forman University	Slippery Rock University
Heidelberg University	Stevens Institute of Technology
Indiana University of Pennsylvania	Swarthmore College
Jacksonville University	Sweetbriar College
John Carroll University	Thiel College
Kenyon College	Transylvania University
Lockhaven University	University of Pittsburgh Club
Ohio Northern University	Walsh University
Otterbein University	Washington and Jefferson College
Marist University	Westminster College
Mercyhurst University	West Virginia Wesleyan
Miscercordia University	Wheeling Jesuit University
Mount Union University	Whittier College



**REGISTER
BY 9/25**

The Intrepid Family.

INTREPID FALL PRACTICE PACKS

Now offering fall-only practice pack to grades 5-12! Pack includes 4 Sunday practices at Sewickley Academy plus access to all 2017 Intrepid-sponsored events at a reduced rate. Clinic and team-style practices to develop individual and team skills.

**Practice Dates
October 1, 8, 15, 22**

Travel Opportunities Available While Spots Remain

Register and More Info at www.intrepidlacrosse.com

Questions? Email Director Becky Luzier at intrepiddirector@aol.com