

2012 COLLEGE LACROSSE RECRUITING SEMINAR





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Metacomet Select Lacrosse

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OUTLINE

- So you want to play in college? What you need to consider.
- What level is best for you?
- A recruiting timetable
- Recruiting guidelines
- Admissions policies
- Financial considerations
- Additional sources of information

What to consider in a college

- Academic goals
- Financial considerations
- Geographical location of the college
- Size of the college
- Take lacrosse out of the equation

Lacrosse considerations

- Review the roster. How many and where are they from. How many play your position? How many return after freshman year? www.laxpower.com/links
- Review the schedule. Local games? Spring trip?
- Review the stats. Won/loss record. How many players get game time?
- Review the coach's bio and team philosophy
- Review the commitment.

What level of play?

- Division I
- Division II
- Division III
- Club

Division 1

- 59 men's and 88 women's teams
- 12.6 and 12.0 scholarships – *for fully funded programs*
- High profile
- Major time commitment
- Men's teams with recent RI grads include Bryant, Cornell, Denver, Hartford, Johns Hopkins, Virginia
- Women's teams with recent RI grads include Cal, Davidson, Harvard, North Carolina, Oregon, Presbyterian

Division II

- 34 men's and 50 women's teams
- 10.8 and 9.9 scholarships for *fully funded programs*
- Moderate to major time commitment
- Wide range of competition
- Men's teams with recent RI grads include: Assumption, Merrimack, Rollins and St. Anselm
- Women's teams with recent RI grads include: Bentley, St. Anselm, Stonehill

Division III

- 156 men's teams and 185 women's teams
- No athletic scholarships
- Wide range of time commitment and competition
- Men's teams with recent RI grads include:
 - Bowdoin, Clark, Conn Coll., Curry, Gettysburg, Roger Williams, Salve Regina, Union, WNEC
- Women's teams with recent RI grads include: Babson, Conn Coll., RIC, Dickinson, Skidmore, and Wm. Smith

Club

- Over 200 men's and women's club teams
- Most are “pay for play”
- Very wide range of commitment and competition level. “Virtual varsity” to pick-up.
- Local teams include Bridgewater St., Boston College, Boston U., UConn, Northeastern, URI and WPI.
- National teams include BYU, Colorado St., Michigan, Tennessee, Texas

Timetable

Sophomore year

Junior year

Rising Senior

Senior year

Note that timetables vary among colleges.
Many Division I and some top level DII and DIII have accelerated recruiting schedules.

Sophomore year

- Maintain high academic standards
- Start to visit colleges to compare big vs. small, urban vs. rural, academic profiles, etc.
- Try to be a multi sport athlete
- Attend either team camps or individual camps in the summer

Junior Year

- Register and take the SAT, SAT II, ACT
- Take as many Honors and AP courses as you can
- Create a resume/profile. Include your H.S. and summer lacrosse schedule
- Begin to narrow your list of potential colleges. Consider academic profile, level of lacrosse, type of school, distance from home, cost. Be realistic.
- Complete on-line questionnaire for schools of interest.
- Take unofficial college visits. Junior days.
- Participate in multiple sports if possible

After the junior season

- Contact the coaches at the top 5 -10 schools that you are considering and indicate that they are at the top of your list.
- Ask coaches what summer camps they plan to attend. Obtain references from as many sources as possible.
- Prepare a DVD. Include at least 15 minutes of unedited game film. You can also include highlights of your play. Send the DVD with your academic/lacrosse resume and summer schedule to your top college choices.
- Attend recruiting camps and/or participate in team recruiting tournaments.
- Consider attending a summer camp at a particular college of interest.

Senior year

- Continue to challenge yourself academically. Honors/AP classes.
- Retake standardized tests if necessary.
- Evaluate your academic and athletic profile. Does it match the profile of the schools that interest you?
- Talk with past teammates about their college experiences. Reference “recruits” section on www.laxpower.com
- Register with the NCAA clearinghouse if considering DI or DII.
- Overnight visits.

Senior year, continued

- Maintain contact with coaches. Update them with academic information and test scores.
- Answer all questionnaires and letters. Be honest with coaches; let them know where they stand and what you are thinking.
- Visit your top choices and meet with the coaching staff. Be prepared and ask questions.
- Make a decision on ED, EA, regular decision application.

Guidelines for contacts

Division I

- Contacts and phone calls not allowed until July 1 after junior year.

Division II

- Contacts and phone calls can not be made prior to June 15 following junior year.

Division III

- Contacts allowed after junior year
- No restrictions on phone calls

Contacting Coaches

- Be informed. Research the college and the team.
- Complete on-line questionnaire.
- E-mail or mail your academic and lacrosse resume. The coach will determine if you are “recruitable”.
- Include HS game schedule and/or summer schedule and contact info for your current coaches.
- Send academic transcript if requested.

Sample lacrosse resume

- Contact Information
- School information
- Academic information: GPA, Class Rank, Honors/AP courses
- Lacrosse team information: HS and Club
- Lacrosse Stats and Honors
- Spring and/or Summer schedule
- References

Meeting with a coach

- Be prepared, do your homework. Look and act mature.
- Ask questions that may include:
 - How much class time is missed? Travel, etc.
 - How many players are you recruiting at my position and where do I stand?
 - How do you see me contributing to the team?
 - What is your roster size? How many at my position?
 - What is your policy on cuts?
 - Do you require Early Decision?
 - Will you support me for admission?
 - Be honest with the Coach!
 - Parents: Let your child do the talking!

Overnight visit

- Most often during fall of Senior year.
- By invitation from coach
- Allows prospective student athlete to interact with current team players on a social level, attend class and observe practice. Dress and act appropriately.
- The visit is a mutually beneficial event.
- Send a thank you note to Coach and host
- Make a pro's and con's list after visit.

Admission information

- Early Decision vs. Early Action vs. Regular Decision: Pro's and con's
- Admission support varies a great deal and can come at different times.
- Priority Applications and Pre-reads
- Slots for athletes
- Compare your GPA, test scores, etc. to middle 50% of last year's class
- Be realistic about your chances for admission as well as academic success

Financial Considerations

- Merit Aid
- Financial Aid
- Athletic scholarships

Merit Aid

- Much more common than athletic aid, especially for local players. Good academic credentials can save you a lot of money.
- Information is available on college websites in the “grants and scholarships” section. Colleges often use a matrix that includes GPA, test scores and class rank.

Financial Aid

- Does the college practice Need Blind admissions?
- Does the college completely cover EFC?
- Deadlines are very important
- FAFSA and Profile forms
- Grants vs. loans
- Rhode Island College Planning Center: Bristol and Warwick
- Not for profit vs. For profit scholarship and financial aid resources

Athletic Scholarships

- Scholarship limits per division
- Most DI and DII teams are not fully funded and some do not offer athletic scholarships (Patriot League, etc)
- A “full ride” is a myth. Most colleges allocate scholarship funds among many student athletes.

Resources

- Team links: www.laxpower.com
- Women's recruiting guidelines: www.eteamz.com/IntercollegiateWomensLacr/
- NCAA clearinghouse www.ncaa.org/eligibilitycenter
- Faceoff magazine and recruiting articles: www.insidelacrosse.com
- The Draw magazine: www.womenslacrosse.com
- Local lacrosse news: www.rilacrosse.com
- Recruiting article: www.lhs.lexington.org/sports/lacrosse/forparents
- Choosing DIII: <http://myespn.go.com/blogs/highschoollacrosse/0-3-37/Campbell--Choosing-Division-III.html%3Cbr%20/%3E>