

## THE KEY FACTORS AND PERSONAL RESPONSIBILITIES THAT ARE INTEGRAL TO THE RECRUITMENT OF HIGH SCHOOL LACROSSE PLAYERS

### **DIFFERENCES IN SCHOOL**

**ACADEMIC** - Standards for admission & majors offered

**OTHER** - Size, location, cost, facilities, special programs, social/political atmosphere, etc.

### **STATUS &/OR NATURE OF THE LACROSSE PROGRAM**

- Division I, Division II, Division III or Club
- Scholarship or non-scholarship
- If a scholarship program - fully or partially funded
- Competitive level within their division or conference
- Status of program at school
- Influence of coach in admissions process
- Personality &/or philosophy of coach
- Style of play &/or training methods of coach

### **ROLE OF THE STUDENT/ATHLETE**

- Determine how lacrosse will impact your goals for attending college
- Decide level of commitment to the sport (Div I, II or III or club)
- Consult with your high school and/or club coach for information, input and advice on all aspects of this process
- Get your coaches input on what level they think you could play/compete at the collegiate level
- After you get this input, decide which colleges best meet your criteria and goals (academic, athletic and other)
- Consult with parents on the financing available for college
- Send a lacrosse resume and/or videotape to the schools that meet your criteria and are appropriate for your ability
- If you hope to play at the Division I or II level, obtain and submit all documents necessary for certification for eligibility to the *NCAA Clearing House* via your high school guidance office
- Consult with your guidance counselor or college advisor about:
  - 1) The academic appropriateness of your college choices
  - 2) Your eligibility status (Course, GPA, SAT or ACT requirements) if you plan to play at Division I or II level
  - 3) The status of your transcripts and *Clearinghouse* release forms
- Make sure transcripts (official or unofficial) with PSAT, SAT or ACT scores are sent to any college that asks for it and/or makes an offer of an official visit
- Keep grades up to maximize options for school choice
- Take advantage of opportunities for exposure (tournaments, meets, camps, off-season leagues, clinics, etc.)
- Consistently work to improve your stick skills. Working to improve your fitness & strength level is also very important
- Fill-out and return questionnaires to schools of interest that have contacted you.
- Decide which schools to visit (unofficial or official)
- Complete the application process for all viable college choices
- As soon as possible after you have made your final decision on where you will attend college, let all coaches recruiting you know what you have decided.

### **ROLE OF THE PARENT**

- Involved at every stage of the student's decision-making
- Let your daughter/son know as early as possible in the recruiting process what your family can afford, or is willing to pay, for them to attend college
- Become knowledgeable about the *NCAA Clearing House* academic eligibility standards, procedures for certification and the NCAA recruiting rules and regulations (found in a brochure entitled *NCAA Guide for the College-Bound Student-Athlete* available in downloadable form from their website at: [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net))
- Work closely with the high school and/or club coach & the school's guidance office, if possible meet with them
- Meet with or talk to the college coaches that are recruiting your son/daughter in order to keep fully informed about his/her status in the recruiting process and to get all your questions answered

## **ROLE OF THE HIGH SCHOOL AND/OR CLUB COACH**

- Provide information on and encourage participation in camps, clinics, off-season leagues, club teams, tournaments, etc.
- If possible, meet with parents and/or players before the process starts, or certainly early on, to explain how it works and what your role will be
- Encourage and/or assist your team members to send: letters, resumes or videotapes to the schools they would like to attend
- If possible and/or appropriate, make arrangements to video tape all games
- If possible and/or appropriate, try to make-up a schedule that will expose your team to top competition and/or will get your recruitable players a lot of exposure.
- Return questionnaires/evaluations to college coaches in a timely fashion
- If possible and appropriate, make phone calls to college coaches (both introductory & follow-up)
- Consult with the player's guidance counselor about: NCAA eligibility and the appropriateness of his/her college choices, academically and otherwise
- Become knowledgeable about the NCAA Clearing House procedures
- Become knowledgeable about the NCAA recruiting rules and regulations
- Become knowledgeable about the level of lacrosse in the three college divisions (I, II & III), in various leagues and ideally in individual colleges within these divisions or leagues
- Make an honest appraisal of a player's ability &/or what level he/she might play or be competitive in college (Division I, II or III)
- If knowledgeable enough, advise as to which schools or which type of schools are an appropriate match for the lacrosse ability of the athlete

## **ROLE OF THE GUIDANCE COUNSELOR/HIGH SCHOOL**

- Advise on whether a college is a good match - academically & otherwise
- Provide and/or make aware of the NCAA release forms, process the signed release forms with the student's high school transcript and send to the NCAA Clearinghouse for initial and final certification
- Provide GPA, class rank, test scores and unofficial or official transcripts as needed
- Assist with the college application process - transcripts, secondary school report and where needed recommendations
- Make students aware of the core course, GPA and SAT or ACT requirements to play Div I & II that are found on the NCAA Clearinghouse web site or in their printed literature

## **ROLE OF THE COLLEGE COACH**

- Observe &/or evaluate information on prospective lacrosse players
- Contact athletes they decide to recruit
- Make offers of official visits
- Make arrangements for official (expense paid) and unofficial and/or *Junior Day* visits for recruits
- Work with the school's admissions office when appropriate to assist recruited athletes in gaining admission
- If possible, let the recruit know where he/she stands in the admissions process
- Let the athlete know where they stand in the recruiting process
- Make scholarship offers
- Follow all NCAA rules in the recruiting process
- Make the recruit and parents aware of the rules and how the whole process works, especially the two signing periods

## **ROLE OF THE NCAA & ITS CLEARING HOUSE**

- Provide release forms, information on NCAA rules for academic eligibility and rules for recruiting to all secondary schools and/or parents. This information is detailed in a brochure entitled, the *NCAA Guide for the College-Bound Student Athlete* which is available in downloadable form on the Clearinghouse web site at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).
- Initial certification to be recruited based on high school transcript (through junior year) sent by the school guidance office and test scores (ACT or SAT) sent by the testing agency (College Board or American College Testing).
- Final certification for eligibility to participate in college athletics at the Division I or Division II level based on official final high school transcript and SAT or ACT scores from the testing agencies.

## **SOME QUESTIONS TO ASK COLLEGE COACHES \***

- Can I get into your school on my own with my current academic record?
- If not, can you help me gain admission to your school?
- If you can help me gain admission, exactly what do I have to do to make this happen? (i.e., at least 1100 on the SAT or 23 on the ACT, at least a 3.0 in academic subjects 1st semester, two solid letters of recommendation from academic teachers, etc.)
- Are you recruiting players at my position this year, if so how many players at this position do you need and/or plan to bring-in?
- Where am I on your recruiting list, as far as rank order, for players at that position? You said you are recruiting a defender/midfielder/attacker/goalie this year. If you can, please tell me where I rank now among the defenders/attackers/goalies you are recruiting?
- Why do you think your program would be a good fit for me?  
(some areas that could be covered would be: coaching style, physical demands, off-season commitment, offensive/defensive or coaching philosophy, and chance to play/compete)
- Would your school be a good fit for me (would I like it) if I was not a recruited athlete on the lacrosse team? Why or Why not?

### **After the Summer Tournament/Camp Season and/or Later in the Recruiting Process**

- Have things changed any from when you first started calling/recruiting me? Where am I on your recruiting list now?
- What will happen if the players who rank ahead of me on your recruiting list decide to attend your school and verbally commit?
- What are my chances of getting any scholarship money?
- If you think you will make me a scholarship offer, how much do you think it will be?
- Is there an opportunity for the scholarship you have offered me now to increase as I go through college? If the answer is yes, what do I have to do in order for that to happen?
- Will my status change any if I decide to sign early or decide not to sign early?

\* Page 23 of the *NCAA Guide for the College-Bound Student-Athlete* is entitled **Questions to Ask as You Consider Colleges**. It has a number of other excellent questions to ask coaches.

## **SOME DO' S & DON'TS**

**(FOR THE LATER STAGES OF THE LACROSSE RECRUITING PROCESS)**

### **DO NOT**

- have parents actively involved in the recruiting process (ie. phoning and e-mailing coaches to promote their daughter/son, trying to play one school against another, etc.).
- think a school is not interested just because they don't call you each week.
- bad mouth or disparage another athlete, player, program or coach.
- make a poor impression on a visit (official or unofficial) to a college by exhibiting conduct that is not socially appropriate and/or legal for a high school student
- close down your options too soon, writing schools off is not smart until you have definite offers and/or commitments from other schools

### **DO**

- before this process begins in earnest figure-out what your goals are.  
(ie. getting a scholarship, using your sport as a means to help gain admittance to a top academic school, getting a chance to start or play regularly in your first two years, etc.).
- when appropriate articulate these goals to the coaches/schools who are recruiting you.
- plan to attend the camp(s) of coaches/schools where you have a very strong interest.  
If that is not possible, consider attending other camps that coach might work.
- have a tentative list of schools where you would like to make official visits before the July 1st calling/recruiting period starts.
- be honest about your options, if coaches ask about other schools you are considering tell them.
- if you know you have no interest in attending a school, tell a coach early on so they won't waste their time. Be sure to thank them for their interest.
- check your weekend fall schedule (for SAT or ACT testing dates, homecoming, fall team sports tournaments, etc.) to figure-out the best time for you to make official or unofficial recruiting visits to colleges.
- try to schedule visits as early as possible, but definitely before the *National letter of Intent* Early Signing Period in November which is usually the second week of November.
- access the *Clearinghouse* web site ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)) in mid to late summer. From this site: 1) register with the *Clearinghouse* 2) pay on-line 3) download release forms, copy 1 & 2.
- fill-out and sign these release forms and take them to your high school guidance office to process.
- have test scores sent directly from the College Board (SAT) or American College Testing (ACT) to the NCAA Clearinghouse.
- read all the valuable information in the brochure - *NCAA Guide for the College-Bound Student Athlete*. It contains a full explanation of the academic eligibility requirements and all the rules and regulations of the recruiting process.

# **SAMPLE LACROSSE RESUME/COVER LETTER**

February 2007

Dear Coach:

I am a sophomore at \_\_\_\_\_ High School. I am just now starting to explore my college options and I am interested in your school. As part of my college experience I would definitely like to play lacrosse at the intercollegiate level. Therefore, I thought it would be worthwhile to give you some information about my background so you could decide whether to add me to your recruiting and/or mailing list.

## **PERSONAL DATA**

**Name:**

**Birth Date:**

**Parents:**

**E-Mail:** *(for recruiting*

*purposes get an e-mail address with your name in address)*

**Address:**

**Phone:**

**Height:**

**Weight:**

## **LACROSSE/ATHLETIC BACKGROUND**

*(include all below that apply)*

**High School Experience:**

**Club Team Experience:**

**Camps (Teaching & Recruiting):**

**Off-Season Leagues, Tournaments, Clinics:**

**Other Sports:**

## ACCOMPLISHMENTS

**Team (HS and/or Club):**

**Individual (HS and/or Club):** *(Include this category and the next only if you have something half way significant to include)*

**Other:** *(this could be at a camp, a clinic, a tournament, a summer league or other off-season league)*

## REFERENCE /CONTACT INFORMATION

*(at a minimum include name, address and phone number and/or E-Mail address of your high school and/or club coach)*

### ACADEMIC RECORD

**G.P.A.:** *(through 3 semesters)*

**Curriculum:** *(just list college prep or you can be more specific if courses are at an Honors, GT and/or AP level)*

**Standard Test Scores:** *(PSAT or SAT/ACT if they are good)*

If you are interested in me as a prospective player for your lacrosse program, you can contact me via the contact information I have supplied on the first page. You can also contact my coaches from the information I have provided on this page. In addition, I have also enclosed a copy of Cape Henlopen's lacrosse schedule for the upcoming season as well as a schedule of my planned lacrosse activities this summer.

If you need any additional information, such as videotapes, or if I can be of any further assistance in this process, please do not hesitate to contact me.

Sincerely,

*(If you don't know or haven't firmed-up what tournaments, camps and/or off-season leagues you will play in, tell them you will sent that information as soon as you know it)*

## **BASIC INFORMATION TO INCLUDE IN A LACROSSE RESUME &/OR COVER LETTER**

•**Academic and Athletic Goals:** academic major and/or program of study, if you know. Also include information about the level of competition you are seeking in lacrosse. Only include information about your interest in pursuing an athletic scholarship and/or your interest in seeking assistance in gaining admission, if you have already had some contact with the school\*.

•**Personal Data:** name, phone number, address, E-mail address if you have one, birth date, year in school, name of school, height, weight and parent's name(s).

•**Athletic Background and Data:** position, years of experience, where you have competed and/or played, to include - schools (HS), club teams, tournaments, meets, recent camps and off-season leagues. Also include a copy of your high school and/or club team schedule and pertinent stats if you have them. If you have the information, a schedule of your summer and/or off-season play should be included. If you have videotapes available let them know. If appropriate, also include information about your involvement in other sports.

•**Academic Information:** Current GPA, class rank (estimate if not available), current SAT, ACT or PSAT scores if available, type of high school curriculum, i.e. college prep, Honors, GT and/or AP, etc.

•**Recognition Received:** Any significant honors or recognition received, i.e. all league, all American, all metro, all state, selection to all-star teams, etc. Also include information on any individual team awards and your team's accomplishments.

•**References:** The names and contact information of coaches and/or other individuals who could serve as references or sources of information about your ability and/or level of play.

\* This information is usually best left out of a preliminary resume sent to a number of schools. If a student has already narrowed his/her list and/or has already had some contact with a school or coach it would be appropriate.

## **A BRIEF TIME LINE/ACTION PLAN FOR COLLEGE BOUND LACROSSE PLAYERS**

- Compile a tentative list of colleges. You can start this as early as the 2nd half of the sophomore year and should make every effort to have something together by spring of the junior year.
- Make initial contact with schools (send cover letter, resume and schedule of upcoming lacrosse activities). You can start this as early as the 2nd half of the sophomore year and should make every effort to complete this no later than spring of your junior year. If at all possible do this prior to the summer tournament and/or recruiting camp season.
- Take every opportunity to play lacrosse to maximize your exposure and increase your skills in the summer before your junior year and fall of your junior year. This will increase your chances of *junior day* invites.
- During junior year make unofficial visits to the schools that you are interested in. Make every effort to contact and set-up a meeting with the coach on these visits.
- Make contact with schools of interest at the end of the junior year. Send updated academic and lacrosse related information, including a schedule of your upcoming summer participation in tournaments, leagues and/or camps.
- In the spring of your junior year or ASAP after you complete your junior year try to get an unofficial copy or copies of your transcript (with PSAT, SAT or ACT scores on it) to send to college coaches who you are in contact with and ask for it.
- Take every opportunity to play lacrosse to maximize your exposure and increase your skills in the summer before your senior year. If you have not committed, you need to keep playing in the fall of your senior year.
- Fulfill NCAA Clearinghouse obligations in mid-summer to early fall of your senior year if you are considering a Division I or II school. Be sure to take the release forms to your high school guidance office.
- Talk to college coaches about visits (official & unofficial). Unofficial visits are now often scheduled the summer between Junior and senior year. Official visits are scheduled for early fall.
- Decide when and if to verbally commit to a school and/or sign with a school for a scholarship. When you have made your decision be sure to notify all schools recruiting you and thank them for their interest. The time frame for these decisions is usually early summer to late fall. The time frame for this is getting earlier each year.
- In consultation with the coach(es) recruiting you study and consider information about Early Decision or maybe Early Action admission to a college and/or Early Signing (of the National Letter of Intent). The time frame for these decisions is usually early to late fall of the senior year.
- Send completed applications and high school transcripts to colleges, usually before the winter holiday break.

## **Some Suggested References** **To Help with the Recruiting Process**

### **NCAA Guide for College - Bound Student Athletes**

- (current year)** - a 34 page brochure that is helpful for parents, students, guidance counselors, coaches and athletic directors
- contains all eligibility requirements & recruiting rules
  - explains the whole *Clearinghouse* registration process
  - contains copies of the two release forms needed to register with the Clearinghouse

### **National Directory of College Athletics – Women’s Edition**

**(current year)** – An Official Publication of the National Association of Collegiate Directors of Athletics

- contains athletic contact information on all 2-year and 4-year colleges in the country
- contains a listing of all teams in each sport by Division ( I, II or III )
- also contains a listing of all athletic conferences and their member institutions

### **National Directory of College Athletics – Men’s Edition**

**(current year)** – same information as above

### **The Making of a Student Athlete – Succeeding in the College Selection & Recruiting Process for High School Athletes**

by Ray Lauenstein & David Galehouse (2004)

- an excellent comprehensive guide to every facet of the recruiting process

**The Sports Scholarships Insider’s Guide – Getting Money for College At Any Division** by Dion Wheeler  
(Published by Sourcebooks, Inc. 2005)

# **Web Sites**

## **www.ncaaclearinghouse.net**

- student/athletes can register online at this site
- you can also download or order the *NCAA Guide for College - Bound Student Athletes* here

## **www.collegiatedirectories.com**

- can order current directories here
- searchable databases for helpful information, the yellow pages of college athletics
- section to assist prospective student-athletes as they go through the recruiting process

## **www.varsityedge.com**

- a free athletic recruiting information site for students, parents, coaches and counselors
- current articles and advice on different aspects of the recruiting process

## **www.national-letter.org**

- an overview of the purpose & importance of the national letter of intent
- guidelines on how it works

## **www.womenslacrosse.info**

- lacrosse recruiting information
- contact information for all NCAA college coaches, including coaches e-mail address, team web site and school web site