



YOUR RECRUITING JOURNEY

So you want to take the next step and continue your lacrosse career into college? Below are some easy steps to follow if you have no idea what you are doing. The MOST IMPORTANT thing to REMEMBER is that this is YOUR JOURNEY. Limit the comparisons to your friends, everyone's different and everyone's future intentions are different.

MAKE IT YOUR OWN! It is the next 4 years of *YOUR* life.

STEP 1: RESEARCH AND EMAIL!

RESEARCH and NARROW DOWN! Major, Location, Size, Division, Competition Level, Tuition Costs! Everyone's list and values will be different. Figure out what YOU want! You might not know until you visit so make sure you look at a variety of institutions.

EMAIL the college coaches you are interested. You can put all of the college coaches staff you are interested in on ONE email. Each college has a different structure when it comes to recruiting. Cover all of your bases!

You can use the email template on the website or structure your own!

Double check and make sure all names are correct and coincide with the correct institution!

STEP 2: FOLLOW UP!

Did the coach email you back? Great! Keep the conversation flowing and set up a phone call.

The coach hasn't responded yet? That is okay! Send another email with an update on summer, your plans, your interest in the school.

SEND FILM IF YOU HAVE IT!

FILL OUT THE PROGRAMS QUESTIONNAIRE! This way you are in their database and receive all communication. Coaches make ask you to do this right away. Or you can do it prior to sending and email/phone call etc. You can typically find the link on the programs athletic page or at the bottom of a coaches signature.

STEP 3: THE PHONE CALL!

Were you able to set up a phone call with the coach? GREAT! Have a list of all of your questions! Show the coach you are interested and excited for this opportunity.

ASK questions! How many athletes are you looking for in my class? Intended roster size? What does your preseason look like? What are the expectations off the field? What is the coaches view on punishments? How is the team on and off the field? What are academic expectations? Are their mandatory fitness levels that need to be achieved? What academic support is available?

If you like most of the answers to these questions, try to set up a visit on the call! Or at least ask about the possibility of setting up a visit? Best month to do so? Weekend vs weekday? Summer or fall?

You don't have to ask all of these questions, you can save some for the visit. Ask questions that YOU feel is most important!

STEP 4: THE VISIT

Have questions! Take control of your visit. Your parents will ask questions but do not let them do all of the talking! It's an interview on both sides, make sure you get a good feel for the coaching staff. If you go on a visit and never meet with the head coach, is that best for you? Maybe, maybe not! Each visit you will have a better understanding as to what you like or dislike!

STEP 5: ATHLETIC SCHOLARSHIP TALK (Division 1, 2, NAIA ONLY)

Each school is different when it comes to scholarship structure. If you have consistently communicated with the coach, visited, expressed your interest and they have an interest back, certainly ask about scholarship packaging. If you recently started talking to the coach and have only communicated here and there, chances are they are not ready to talk money. Bringing it up TOO early can be poorly viewed up. Develop a rapport with the coach.

DIVISION 3- You most likely need to have these discussions with admissions.

STEP 6: COMMITTING OR NOT

If you are ready to commit, call the coach! Nothing is final until you sign your National Letter of Intent. There are schools that will take away your scholarship monies and give it to another player. That is the risk you take with a verbal commit! Hopefully you got to know the coach well enough to feel if they are like that or not!

Not interested, call the coach. Let them know sooner rather than later ESPECIALLY if they have offered you a scholarship. It's common courtesy!

STEP 7: REPEAT OR SIGN

If you aren't ready to commit, go back through the process until YOU are!

Committed, sign on that dotted line. Read through ALL of the paperwork, the NCAA has a lot in there. Enjoy your senior year!

This is just a guide! Figure out what works best for you and enjoy your process!