

Lanco Elite Recruiting Workshop

Where to Start-Finding the Right School and Program

Recruiting is 50% coaches and programs getting in touch with you and 50 %you getting in touch with potential programs. There is a right program and school for everyone it just takes a little effort on your part!

It's always great when a coach/program shows interest in you. From playing in tournaments you may be receiving calls, texts, emails, mailings from programs and coaches. When you are receiving information from programs do your research!

Go online read about the program, school

- **Size, location, majors they offer, typical academic profile and COST!),**
- Look at their roster numbers and the conference that they play in.

If you are reaching out to programs again make sure you are doing the same amount of research if not more.

In both cases make sure AFTER doing your research if you really like the school go on and:

- Fill out one if the programs recruiting forms online (These are all found on the athletic websites). This is very important to do because it saves to the coaches recruiting data base and allows them to organize recruits they have evaluated and have not. It also will keep you in the loop with possible camps and clinics the program is hosting.
- Go See a GAME OR Go to a Camp or Clinic- These are all great ways to evaluate the program more. (What is the coach/players like, what is the skill level the team is playing at)
- Lastly, continue to communicate via email/text/phonec calls regularly.

Best Practices When Sending Out & Responding to Emails/Texts

1. Players PLEASE Write the emails Yourself!

As a college coach we want to hear from the players. It shows that they are mature and that they are invested in the recruiting process and playing in college. Parents you can absolutely help with the construction/proofing of the email but please have your daughters do the work!

2. Make sure you are sending out your tournament/game schedules to the programs that you are interested in regularly.

Included in your email should be your position, club team, jersey number and the best way they can get in contact with you. Personalize it as best you can and if you have any highlight video links include it as well.

*Highlight Videos Should not be full games and should easily identify you in play. (5 mins is as long as you need and you do not need to spend a ton of money on these)

3. **PROOF READ** the emails before sending & please do not **MASS EMAIL!**
4. **BE HONEST!** It is very important that you are **honest** with coaches throughout the recruiting process. They are investing a lot of time to see you play, communication, campus visits. If you are not interested let them know so they do not continue to spend their time recruiting you.

Campus Visits

Ideally after communicating with college coaches this will lead to an on campus visit.

Best Practices

1. The Student Athlete should be the one primarily talking: Know your strengths & what you want out of your last 4 years of playing in college
2. Parents your role is to preparing your daughter, and getting them to campus. Once you are on campus let them take the lead
3. Make sure you ask any questions you may have (see page 3 for some examples)
 - a. It is just as important that you feel the school is a good fit
4. Make sure to follow up with a Thank You Note from your visit

Differences in Divisions-Brief Overview

Division 1

- Cannot speak directly via email, text, phone call until September 1 of players entering into their Junior Year.
- Cannot speak to you at tournaments unless you have signed a National Letter of Intent OR you are a Junior after September 1 and your games are over
- CAN offer Athletic Scholarships- How much depends on How they are funded- *IVY LEAGUE SCHOOLS CAN NOT. Can stack academic and athletic scholarships

Time Commitment-

Out of Season-Fall Season 15 hours in week each fall season for 45 days, Can play up to 5 Tournaments) 8 hour weeks in November (2 hours of team practice , 6 hours of strength and conditioning work)with Coaches

In Season-20 hours a week (January -May) Much more time for travel and possibly team meetings, lifting/conditioning.

Division 2

- Cannot speak directly via email, text, phone calls until June 15th of players entering into their Junior Year.
- Cannot Speak to you at tournaments unless you have signed an NLI or unless you are a Junior after June 15th and your games for the tournament are over.
- Can offer Athletic Scholarships and stack academic and athletic scholarships

Time Commitment-

Out of Season- 15 hours in week each fall season for 45 days, Can play up to 5 Tournaments) 8 hour weeks in November (2 hours of team practice , 6 hours of strength and conditioning work)with Coaches

In Season-20 hours a week (January -May)

Division 3

Can speak with you at any point from Freshmen year on.

Cannot speak to you until after the tournament is over.

Cannot offer Athletic Scholarship but CAN offer Academic or Merit Scholarships.

Time Commitment-

Out of Season-14 days of Practice, 1 day of games

After 15 days are concluded, can only workout with strength coach

In Season-20 hours a week (January -May)

Scholarship Myths

Many players and parents operate under the misconception that athletic scholarships are abundant. Less than half of the players Division I or Division II receive any athletic scholarship money at all, and most of those are not "full rides." How the money is split depends on the coach and the positional needs of the program each year. There is no set formula. In Division III, scholarships are based only on academic merit and financial need, and no athletic scholarships are available.

What is a Fully Funded Program

Division 1 is 12 full scholarships that are given to the program

Division 2 is 9.9 full scholarships that are given to the program

Division 3 is not able to offer athletic scholarships and can only offer based on merit/academics.

"A full athletic scholarship is rare in lacrosse, especially for unproven recruits, and most scholarships are partial. The amount can increase or decrease each year and may also vary depending on a player performance. In NCAA Divisions I and II, athletic scholarships are NOT guaranteed for four years"

NAIA schools are schools where the sport is not sponsored through the NCAA, however they are still able to offer athletic scholarships.

You are going on a Visit or Have A Phone Call – Some Questions to Ask the Coach

- How many players and positions are you recruiting this year
- What are your Academic Standards to get into the school
- What is your typical practice schedule like
- Is there academic support for athletes
- What is the team culture like
- Are there a lot of conflicts with class/games/practice with my intended major
- Team GPA, Study Hall
- Housing
- Is there Athletic/Academic Scholarships available
- Coaching Style- Defensive and Offensive Coaching Style or Philosophy
- What is the Coaches Time Line for finishing the class
- Do they do Unofficial or Official Visits

Other Important Recruiting Items & Key Terms

1. REGISTER WITH THE NCAA ELIGIBILITY CENTER

The **NCAA Eligibility Center**- certifies whether prospective **college** athletes are **eligible** to play sports at **NCAA** Division I or II institutions. It does this by reviewing the student-athlete's academic record, SAT® or ACT scores, and amateur status to ensure conformity with **NCAA** rules.

You can register at NCAA.ORG

Cost 65.00

You will need to do this if you are taking an official visit to any D1 or D2 school. We suggest registering after your Sophomore year.

2. Keep your grades up
3. Register to take your ACT OR SATs starting spring of your Junior Year

National Letter of Intent-The document that you sign that legally accepts your athletic scholarship. *Early Signing period is November of your Senior Year*

Verbal Intent-A phrase used when you are committing to a school before you can sign your NLI OR to accept a roster spot within a program- Non- Binding

Official Visit- When you visit the school and they pay for meals/entertainment. Must be a Junior and must be registered with the NCAA eligibility Center

Unofficial Visit-When you visit the school and they DO NOT pay for meals/entertainment.

Helpful Additional Resources on Recruiting:

Janine Tuckers Guide To Recruiting

http://www.laxpower.com/recruits/Hopkins_Recruiting_Guide.pdf

Guide to the College Bound Athlete:

This is a great publication you can use for any questions you may have about eligibility to play a college sport. This answers any questions having to do with course studies, credits earned, GPA, SAT/ACT and transcripts. If you are considering playing a sport in college you must let your High School Guidance Councilor know so they can help guide you academically.

