

RECRUITING 101

WHAT YOU NEED TO KNOW ABOUT THE PROCESS

All prospective student-athletes who are considering playing Division I or II athletics must register with the NCAA Eligibility Center prior to making an official visit: <http://www.ncaaclearinghouse.org> 877/262-1492

Important Terms

Contact. A contact occurs any time a coach has any face-to-face contact with you or your parents off the college's campus and says more than hello. A contact also occurs if a coach has any contact with you or your parents at your high school or any location where you are competing or practicing. In Division I, contacts may not be made until after July 1 following junior year.

Evaluation. An evaluation is an activity by a coach to evaluate your academic or athletics ability. This would include visiting your high school or watching you practice or compete.

Unofficial visit. Any visit by you and your parents to a college campus paid for by you or your parents. The **ONLY** expense you may receive from the college is three complimentary admissions to a home athletics contest. You may make as many unofficial visits as you like and may take those visits at any time. The only time you cannot talk with a coach during an unofficial visit is during a dead period.

Official visit. Any visit to a college campus by you and your parents paid for by the college – official visits may only be taken during your senior year. The college may pay the following expenses: your transportation to and from the college; room and meals (three per day) while you are visiting the college; and reasonable entertainment expenses, including three complimentary admissions to a home athletics contest. Before a college may invite you on an official visit, you will have to provide the college with a copy of your high school transcript (Division I only) and SAT or ACT score report. You may only take a maximum of 5 official visits with no more than one to a particular institution.

Dead period. The college coach may not have any in-person contact with you or your parents at any time in the dead period. The coach may write and telephone you or your parents during this time.

Quiet period. The college coach may not have any in-person contact with you or your parents off the college's campus. The coach may not watch you play or visit your high school during this period. You and your parents may visit a college campus during this time. A coach may write or telephone you or your parents during this time.

For more information and resources for those wishing to participate in college athletics, including the academic requirements needed to be eligible and detailed recruiting rules, visit the following website:

http://www1.ncaa.org/eprise/main/Eligibility_Center/InformationforCollege-BoundStudent-Athletes

THE THREE MOST IMPORTANT THINGS THE IWLCA WANTS YOU TO DO TO MAKE YOUR RECRUITING EXPERIENCE MORE POSITIVE:

1. **DON'T BE PRESSURED**

- Don't allow coaches to put a deadline on YOUR college decision.
- Don't feel threatened that you will lose your scholarship or admissions offer if you don't accept immediately.
- Communicate your timeline to the colleges/universities that you are interested in.
- Don't feel pressured into making a premature decision if your timeline is different than that of your teammates.
- Don't allow your high school or club coach to pressure you into making a decision quickly; only you can choose your future.

2. **DO YOUR HOMEWORK**

- Visit schools-don't take for granted what you might learn by being on campus and meeting your potential teammates. Consider the school as a whole, not just the lacrosse program.
- Visit the school around your schedule. If you hurt your academics because you miss too many classes, will that cause a problem getting into your 1st choice?
- Find out the specific admissions requirements for each college/university you are considering.
- Make sure you feel certain before making your final decision- it's a life decision, not a four year choice.

3. **DO ASK QUESTIONS**

- Ask coaches about their recruiting timeline and process.
- Ask coaches what their philosophies are in regards to recruiting.
- **Be honest with your answers**—don't tell several coaches that their school is your number one choice. The lacrosse world is small and dishonest behavior comes out very quickly. Treat college coaches with the honesty you would like to be treated with.

The recruiting rules and processes are different for Division I, II, and III. Additionally, some conferences, like the Ivy League and the NESCAC, have different rules and processes as well. Visit <http://www.iwlca.org> and select "Information for Recruits" to access more detailed educational information, including access to a recruiting rules slide show and a complete recruiting guide.