

RECRUITING TIMELINE

FRESHMAN YEAR – start to think about if you'd like to play in college and the types of things you might enjoy in a college/university, lacrosse program and coaching staff. Have fun doing your research and gather information of all kinds that is relevant to YOU.

SOPHOMORE YEAR – continue the research process. It's helpful (regardless of Division) to make contact with coaches before you play competitively (HS or club) if you have a sincere interest in learning more about the school. Although coaches can't respond yet, they will note the information. If they have time at the recruiting event, they may be able to see you play. They can only do this if you create the opportunity.

JUNIOR YEAR – continue the research process. Ask about Junior Days and unofficial visits. Continue to update coaches with academic information and opportunities for them to see you play. Find out how many players they are looking to take and which positions they're looking to fill.

SENIOR YEAR – be proactive. Find out if schools are still recruiting players from your class and which positions they're looking to fill. Ask if they'll take walk-on's.

GENERAL TIPS FROM THE COACHES THEMSELVES

1.Coaches receive countless emails and you'd be surprised at how many names are similar or even identical. Signatures are helpful. Close your emails and letters with your nickname/what you prefer to be called but always include full name, year, club team and number. It will help coaches remember you.

2.You will find various commitment levels across ALL NCAA Divisions. All Divisions compete for national championships and have prestigious programs/coaches. The NCAA regulates the amount of time programs are allowed to meet (this includes but is not limited to strength & conditioning, individual sessions, team meetings, practice, etc). How each coach chooses to use that time may vary.

3.Schools and coaches often have "go to" club programs, high schools or club coaches. Perhaps the coach favors one club over another, has a great relationship with a coach or has a lot of luck in one particular region of the country. Whatever the reason, it just shows you how important it is to get your name out there. Today, there are so many more athletes to consider.

4.If you are really passionate about a school and know what you want, be open about it. If you've been in contact since sophomore year, and you've made it clear SCHOOL is your dream school, a coach may be more inclined to consider you. We want kids who want to be here!

