

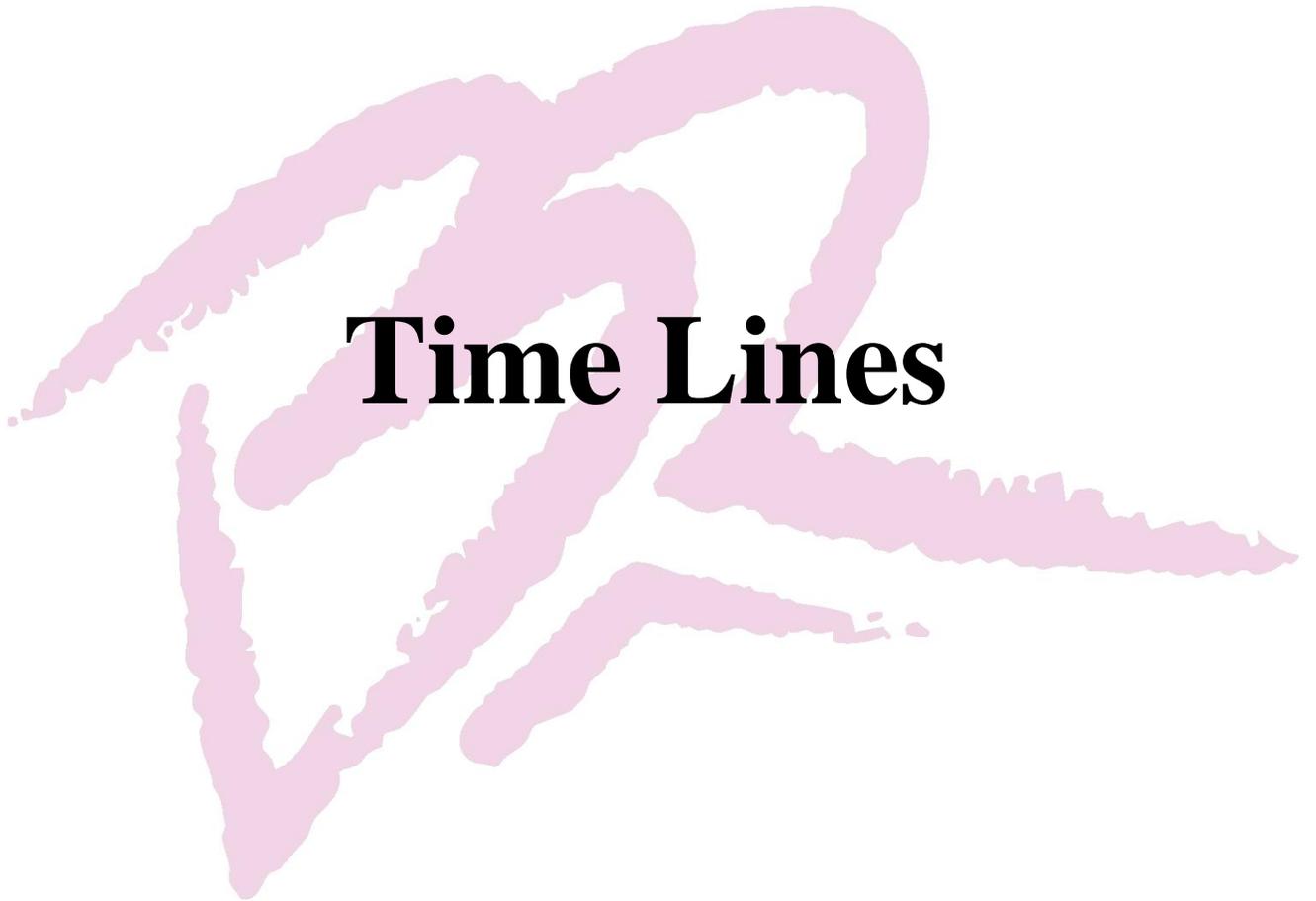


College Recruiting Seminar

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Time Lines

General Recruiting Timeline

1) Freshman Year (Fall / Winter)

- a) **Start the self-evaluation process with these 3 things**
- b) Sit down with your high school / travel team coach and have an honest discussion about the level of player you are. Although we all dream of playing in the D1 NCAA championships, the players at that level are few and far between.
- c) Sit down with your college counselor and discuss the level of academic institution you should be considering. Although you may want to go to Harvard and may be an unbelievable lacrosse player, you need to meet some pretty stiff academic requirements to be recruited by an Ivy League school.
- d) Sit down with a trusted adult and have an honest discussion of your goals and dreams. Is it to leverage lacrosse to gain acceptance to a top tier academic school that you may not have been accepted to without lacrosse? Or is it that you need to play Division 1 lacrosse? If it is academics then you may want to look at some of the smaller New England Small College (NESCAC) schools such as Amherst College, Bates College, Bowdoin College, Colby College, Connecticut College, Hamilton College, Middlebury College, Trinity College, Tufts University, Wesleyan University and Williams College that play lacrosse and have outstanding academics. This will allow you to play lacrosse and focus on your academics. You will also have an easier time standing out on the lacrosse field at these schools.

If instead it is to be a Division 1 lacrosse player you need to realize that the time commitment required to play Division 1 will severely limit your ability to focus on your academics. We are not saying that it can not be done. Just that it is extremely difficult to do and we have seen too many students fail trying to do it.

Note: If DI is your goal then you need to understand the following: Unless you are a freshman / sophomore starter and on a top level travel team you need to focus on lower tier Division 1 schools. Please understand that Hopkins, Virginia, Syracuse, Ohio State, etc are done recruiting juniors before these players start their junior seasons. Simply put, at those schools if you have not spoken with the coach multiple times and made arrangements to visit the schools before Christmas of your junior year it is next to impossible to get on the coach's short list.

e) *Academics*

- i) Focus on your academics, Take difficult course / pre-reqs for later courses
- ii) Take a study / note taking course
- iii) 1Q sets the tone! Make it count!

f) *Lacrosse*

- i) Reflect on your game and create a plan to address your weaknesses.
- ii) Multi – Sport vs Single sport
 - (1) Only 10% of single sport athletes spend 1.5 hours a day working to improve
 - (2) If you are not doing that play a second sport or be active in a club

g) *College Selection*

- i) Research schools based on your characteristics (for example: Division III schools in Pennsylvania that offer physical education teacher certification as a major)
- ii) Make a list of 10-15 schools at all levels. 3 stretch 3 safety
 - (1) Know that these will change
- iii) Contact them academically and lacrosse wise
 - (1) Ask for Lacrosse Questionnaire
 - (2) Ask for admissions / Marketing pamphlets / material
- iv) Follow those schools on social media (Lacrosse and Academics)
- v) Visit schools where possible or make arrangements to visit local colleges
 - (1) Learn about the process
 - (2) Create a baseline

2) Freshman Year (Winter / Spring)

- a) Write an email to "Interest List" coaches introducing yourself
 - i) The goal is to get in their database of interested athletes.
 - (1) Express interest in program and ask about their recruiting timeline.
 - (2) Fill out the questionnaires the coaches send you and return them ASAP
- b) Finalize summer schedule of Tournaments, Camps, All-Star, and other showcase or meet / greet opportunities
- c) Try to visit school on your "Interest List" to help with the narrowing process
- d) Stay in touch with the "Interest List" coaches
 - i) Email them an email every 2 to 3 weeks to stay in touch
 - (1) Tell them what is happening
 - ii) Send them your Spring & Summer schedules
 - iii) Be persistent (work your plan).

3) Freshman Year (End of season - Last day of school)

- a) Review and update your list of 10-15 "Interest" Schools based on your grades and lacrosse ability.
- b) Work on the profile sheet / resume that you will be sending to these colleges. (*see our example*)
- c) Reach out to these coaches again expressing interest in and updating them on your summer plans. Include the following in the email
 - i) Grade and team (Spring and Summer)
 - ii) Summer schedule – they lose them
 - iii) Club or High School Coaches' contact information
- d) Create a highlight tape (*see how to create a highlight tape*)

4) Freshman Year (Summer)

- a) Participate in Summer Recruiting Tournaments.
- b) Try-out for All-Star Camps (e.g. Under Armor).
- c) Stay in touch with the "Interest List" coaches.
 - i) Email coaches after each tournament with a quick update
 - ii) Email coaches after the summer with a recap.
- d) Update (summer highlights) and send out your highlight video.

5) Sophomore Year (Fall / Winter)

- a) **Academics**
 - i) Focus on your academics / maintain the highest GPA possible
 - (1) Take difficult course / pre-reqs for later courses
 - (2) Do you need a tutor?
 - ii) Sign up for the PSAT
 - iii) Meet with teachers/ counselor to discuss the level of academic institution you should be considering.
- b) **Lacrosse**
 - i) Reflect on your game and create a plan to address your weaknesses.
 - ii) Meet with coaches to discuss appropriate schools and lacrosse level
 - iii) Tryout for Travel Teams and apply to Recruiting Camps through Coaches (Travel team and High School)
- c) **College**
 - i) Revisit your list of characteristics / what you want.
 - ii) Revise your list of 10-15 schools
 - (1) Contact new schools academically and lacrosse wise
 - (a) Ask for Lacrosse Questionnaire
 - (b) Ask for admissions / Marketing pamphlets / material
 - (c) Follow those schools on social media (Lacrosse and Academics)
 - (2) Try to visit those schools or other schools to help with the narrowing process

6) Sophomore Year (Winter / Spring)

- a) Finalize summer schedule of Tournaments, Camps, All-Star, and other showcase or meet / greet opportunities
 - i) Try to visit school on your "Interest List" to help with the narrowing process
 - ii) Stay in touch with the "Interest List" coaches
 - (1) Email them an email every 2 to 3 weeks to stay in touch
 - (a) Tell them what is happening
 - (b) Send highlight clip if possible
 - (2) Send them your Spring & Summer schedules
 - (3) Be persistent (work your plan).
- b) Have high school or club coaches phone "Interest List" coaches on behalf of player

7) Sophomore Year (End of season - Last day of school)

- a) Refine and update your list of Interest Schools. You should now have around 10 schools based on your grades and lacrosse ability.
- b) Update profile sheet / resume that you will be sending to these colleges.
- c) Reach out to these coaches again expressing interest in and updating them on your summer plans. Include the following in the email
 - i) Grade and team (Spring and Summer)
 - ii) Summer schedule – they lose them
 - iii) Club or High School Coaches' contact information
- d) Update your highlight tape

8) Sophomore Year (Summer)

- a) Participate in Summer Recruiting Tournaments.
- b) Try-out for All-Star Camps (e.g. Under Armor).
 - i) Stay in touch with the "Interest List" coaches.
 - (1) Email coaches after each tournament with a quick update
 - (2) Email coaches after the summer with a recap.
 - ii) Update (summer highlights) and send out your highlight video.
- c) Have coaches phone "Interest List" coaches to re-enforce your interest and ask for the next step in recruiting process.

9) Junior Year (Fall / Winter)

- a) Review and update your roadmap /plan
- b) **Academics**
 - i) Focus on your academics / maintain the highest GPA possible
 - ii) Work on maintaining the highest GPA possible
 - iii) Meet with teachers/ counselor to discuss the level of academic institution you should be considering
 - iv) Register for the SAT or ACT or both standardized tests. Most students take the test at least twice. Try to avoid the spring dates, as they may conflict with your high school season. Request that your SAT scores be sent to the NCAA Clearinghouse. (there is a box on the application form that you must check)
- c) **Lacrosse**
 - i) Reflect on your game and create a plan to address your weaknesses.
 - ii) Revisit your list of characteristics / what you want.
 - iii) Meet with coaches to discuss appropriate schools and lacrosse level
 - iv) Tryout for Travel Teams and apply to Recruiting Camps through Coaches (Travel team and High School)
- d) **College**
 - i) Revisit your list of characteristics / what you want.
 - ii) Revise your list of 10-15 schools
 - (1) Contact new schools academically and lacrosse wise
 - (a) Ask for Lacrosse Questionnaire
 - (b) Ask for admissions / Marketing pamphlets / material
 - (c) Follow those schools on social media (Lacrosse and Academics)
 - (2) Try to visit school them or other schools to help with the narrowing process

10) Junior Year (Winter / Spring)

- a) Register for the NCAA Clearinghouse – Brady issue.
 - i) See your counselor regarding NCAA Clearinghouse and collegiate eligibility (D1 and D2)
 - (1) https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp
- b) Finalize summer schedule of Tournaments, Camps, All-Star, and other showcase or meet / greet opportunities
- c) Try to visit school on your “Interest List” to help with the narrowing process
 - i) Find out what you like about the schools.
- d) Stay in touch with the "Interest List" coaches
 - i) Email /Call them an email every 2 to 3 weeks to stay in touch
 - (1) Tell them what is happening
 - (2) Send highlight clip if possible
 - (3) Send them your Spring & Summer schedules
 - (4) Be persistent (work your plan).
- e) Have high school or club coaches phone "Interest List" coaches on behalf of player

11) Junior Year (End of season - Last day of school)

- a) Refine and update your list of Interest Schools. You should now have 6-10 schools based on your grades and lacrosse ability.
- b) Update profile sheet / resume that you will be sending to these colleges.
- c) Reach out to these coaches again expressing interest in and updating them on your summer plans. Include the following in the email
 - i) Grade and team (Spring and Summer)
 - ii) Summer schedule – they lose them
 - iii) Club or High School Coaches’ contact information
- d) Update your highlight tape

12) Junior Year (Summer)

- a) Participate in Summer Recruiting Tournaments.
- b) Try-out for All-Star Camps (e.g. Under Armor).
- c) Refine your list of Interest Schools. You should now have 2-5 schools at most.
 - i) Stay in touch with the "Interest List" coaches.
 - ii) Update (summer highlights) and send out your highlight video.
- d) Have coaches phone "Interest List" coaches to re-enforce the player’s interest and ask for the next step in recruiting process.
- e) Arrange for Fall on campus visits
- f) Send away for applications from "Interest List" schools.
- g) Normally, college coaches call players during this time and may invite players to campus for an official visit.

13) Senior Year (Fall)

- a) Take final visits to your select list of 2-5 schools.
 - i) View a practice
 - ii) Sit in on a class
- b) Formally apply to "Interest List" schools and mail applications
- c) Complete the FASFA forms
- d) Review financial aid packages
- e) Apply for grants and scholarships.
- f) Formally make commitment

Preparing for College - The Parent Path

During your son's high school years, he will begin to think about long-term interests and career goals, and make many important decisions. This checklist will help you to help your student during one major decision-making process - the search for the right college.

Freshman Year

- Discuss the importance of lifelong learning and the value of a college education.
- Create a space and time for your student to establish good study habits.
- Promote extended, well-paced study rather than short-term cramming.
- Discuss the impact of grades and course selection on college admission.
- Check curriculum requirements for college entrance.
- Encourage involvement in extracurricular activities, volunteering, internships or other work experiences.
- Engage your student in decision-making so that he or she learns to look at options carefully, to act decisively, and to take responsibility for final decisions.
- Plan for college expenses... explore your savings options.

Sophomore Year

- Start to network with your son's teachers and counselors.
- Talk about his or her interests and career possibilities.
- Begin exploring appropriate college options with your student.
- Continue your support of extracurricular involvement and encourage participation in leadership roles.
- Inquire as to whether your student should take the PLAN (pre-ACT) or the PSAT exam.
- Keep college correspondence in a well-organized file.

Junior Year

- Your student should develop and follow a plan of college search.
- Attend information sessions and college nights sponsored by the high school.
- Consult with your son or daughter's high school counselor for college search ideas and advice.
- Review all options... if a school seems too costly, find out what scholarships and other financial assistance may be available to you.
- Your student should prepare for and take the ACT/SAT exams.
- Find out if your student should take the Advanced Placement or SAT II exams.
- Network (check progress and commiserate) with other parents.

Summer Before Senior Year

- Help your son to sort through college mail as it arrives.
- Review ACT/SAT results and discuss whether your student should retest.
- Visit different types of schools: small and large, vocational and liberal arts, private and public.
- Develop a list of questions for colleges and take them with you on your visits**.

Senior Year

- Send in applications and be aware of deadlines.
- Make additional visits and encourage your student to spend the night and attend classes at the schools that spark his or her interest.
- Remain open-minded as the short list develops.
- Stay positive - the search for the right school can be exhausting and stressful at times.
- Meet deadlines when applying for merit-based scholarships and need-based assistance (e.g., FAFSA).
- Collect all of your tax information and file for financial assistance in a timely fashion (and keep copies).
- Remain helpful and supportive while the final college choice is made.
- Notify the chosen school of the final decision and send in the tuition deposit. It also is common courtesy to notify all other schools that granted acceptance.
- Take a deep breath and relax! You and your college-bound student will encounter new decisions and create new checklists during the summer ahead.

Information for Parents and Guardians on NCAA Regulations

If you are the parent or legal guardian of a potential student-athlete, please pay special attention to the amateurism and academic eligibility and clearinghouse sections on the NCAA Website.

1) *Amateurism and Academic Eligibility*

- a) If your child plans to compete, practice or receive an athletics scholarship at a Division I or II college, he or she must meet the eligibility requirements in the NCAA guide

2) *Transcript and Test-Score*

- a) It is best for your son to register with the clearinghouse at the beginning of his or her junior year. Once registered, your son must ask the high school counselor or registrar to send his academic transcripts to the clearinghouse. ACT or SAT score(s) also must be submitted to the clearinghouse. Your son must list the clearinghouse as a separate recipient of his ACT or SAT scores when he takes the test. The test scores must come directly from SAT or ACT. The clearinghouse will not accept test scores reported on the high school transcript. The clearinghouse will typically review your son's high school record and send a preliminary report to him, with notification of any missing requirements. A final report may be issued once your son's high school submits a final transcript showing high school graduation. Please call the clearinghouse at 877/262-1492 if you have questions.

3) *How to Monitor Your Son's or Daughter's Eligibility*

- a) You may check the clearinghouse Web site at www.ncaaclearinghouse.net to make sure your son is taking approved courses. A list of core courses should have been submitted to the clearinghouse by your son's high school. Check your son's or daughter's schedule before each year in high school to make certain that he is taking the required courses. NCAA colleges may obtain information from the clearinghouse about your son's status and progress only if his information is specifically requested by that college.

4) *Financial Aid*

- a) If your son is academically eligible to participate in intercollegiate athletics and is accepted as a full-time student at a Division I or II school, he may receive athletics-based financial aid from the school. Division I or II financial aid may include tuition and fees, room and board, and books.

5) *Scholarships*

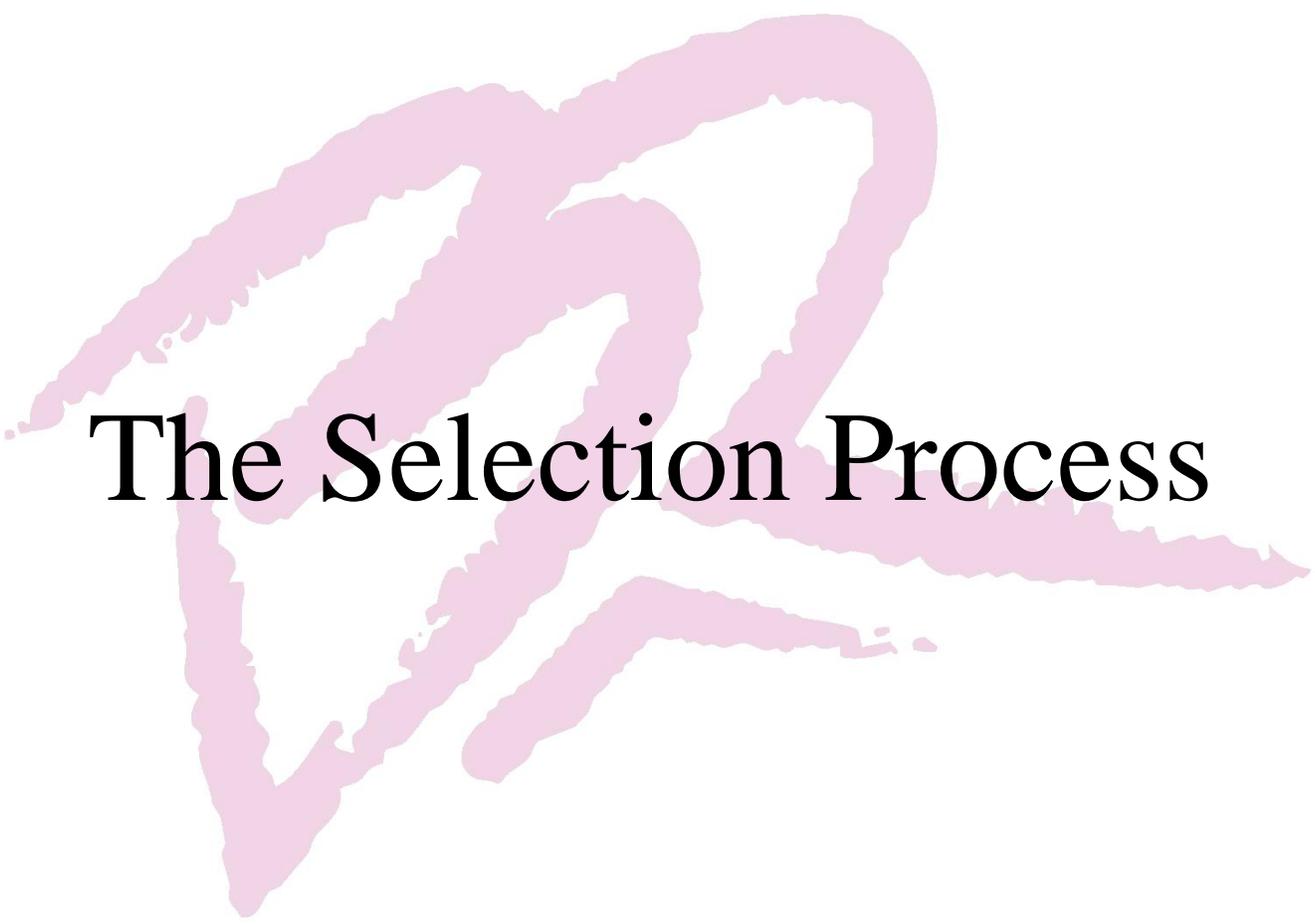
- a) It is important to understand several points about athletics scholarships from Divisions I and II schools: All athletics scholarships awarded by NCAA institutions are limited to one year and are renewable annually. There is no such award as a four-year athletics scholarship. • Athletics scholarships may be renewed annually for a maximum of five years within a six-year period of continuous college attendance.

Athletics aid may be canceled or reduced at the end of each year for any reason.

Athletics scholarships are awarded in a variety of amounts, ranging from full scholarships (including tuition, fees, room and board, and books) to very small scholarships (e.g., books only). • The total amount of financial aid a student-athlete may receive and the total amount of athletics aid a team may receive can be limited. These limits can affect whether a student-athlete may accept additional financial aid from other sources. Ask financial aid officials at the college or university about any other financial aid your son or daughter might be eligible to receive, and how this aid impacts his or her athletics aid limit. You must inform the college financial aid office about scholarships received from all sources, such as local civic or booster clubs. An athletics scholarship is a tremendous benefit to most families, but you should also have a plan to pay for college costs that are not covered by a scholarship (such as travel between home and school). You should also consider how you will finance your son's education if the athletics scholarship is reduced or canceled.

6) *National Letter of Intent*

The National Letter of Intent (NLI) is a voluntary program administered by the Collegiate Commissioners Association, not by the NCAA. By signing an NLI, your son agrees to attend the institution for one academic year. In exchange, that institution must provide athletics financial aid for one academic year. Restrictions are contained in the NLI itself. Read them carefully. These restrictions may affect your son's eligibility. If you have questions about the National Letter of Intent, visit the NLI Web site at www.national-letter.org or call 205/458-3013.

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The Selection Process

Step 1: Thoughts For Narrowing Your College Choices

The first step is for a student to think through what they like to study, to do, and the kind of environment that pleases them. If having ready access to snowy ski slopes is critical, that will limit choices on colleges as will the need for surfing waves! This is not to suggest that these are the most critical features to consider, but ignoring that which is essential to one's well-being will not make for a happy 4 year college stint. That self-examination process should lead to identifying important characteristics of a college: location, size, offerings, extracurricular activities, etc. Further exploration through reading guidebooks, looking at websites and meeting alumni or students of colleges can help narrow choices.

Questions To Ask Yourself

- 1) **Size**
 - a) What size of school are you looking for? Big research university? Small liberal arts college?
- 2) **Setting**
 - a) Do you want to go to college in a city? On a campus set off by itself? In the suburbs?
 - b) Are off-campus activities and events important to you?
- 3) **Geographic Location**
 - a) Do you want to stay close to home?
 - b) Is weather important?
- 4) **Reputation**
 - a) Is reputation important to you? Do you need to go to a college with a strong "name brand"?
 - b) Make sure this is in line with your career goals. Some careers need "name recognition" some do not.
 - i) *This is very important given the cost of college and the work outlook.*
 - ii) *Do not take on \$40,000 a year in debt to pursue a profession that only earns \$30,000 a year.*
- 5) **Academics**
 - a) Does this college offer the major that interests you? How strong is this school's program?
 - i) Do you need a pre-med program? An undergraduate business major?
 - b) If you are interested in a career that requires professional certification, does your school offer the appropriate training? Is the program accredited? How many students enrolled in the program pass the certification exam?
 - c) Do you need to choose a college that will help you place well in graduate programs?
 - d) How easy is it to change majors? Will your AP/previous college credits transfer?
 - e) What is the average number of students in each class? Will you get enough contact/attention from your teachers?
 - f) What is the retention rate (how many students come back after their freshman year)?
 - g) What % of the students graduate in 4 years? in 5 years? How easy is it to get the courses you want at the times that are convenient for you? *If not it may extend the time need to graduate and the cost.*
- 6) **Post Academic / Career**
 - a) What kind of career planning services are available? What does the school do to help graduates find jobs?
 - b) What percentage of graduates find jobs? What percentage of graduates find jobs in the field they studied for?
 - c) Does the school provide free job placement services?
 - d) What percentage of students successfully apply to graduate school?
- 7) **Cost**
 - a) How much can your family afford to spend?
 - b) Is it worth going to a less prestigious school if that means saving a lot of money?
 - c) How much debt are you willing to take on? Does this make financial sense?
 - i) *Don't take on debt your career choice can not payback easily.*
- 8) **Family Considerations**
 - a) If your family's pushing you to go to a certain school (parents went), is that something that's important to you?
 - b) If your parents don't want you to leave home but you're ready to go, have you discussed the issue with them?
- 9) **Other Considerations**
 - a) Are you going to play sports?
 - b) Are you looking for somewhere with a particular foreign exchange program?
 - c) Is it important to you to be a part of a robust ethnic or religious community?

Step 2: Thoughts To Prepare You For The Campus Visit.

There's only so much you can learn about a college from view books, course catalogs, and websites. If you really want to learn about a college, the best way is to experience it first hand on a campus visit.

1) Which Schools Should You Visit?

Finding time to visit schools can be difficult, so it's important to pick the schools you visit carefully. Try to visit a large university, a small university, and a few small liberal arts colleges; you may find that your attitude about college size will change after you've explored a few different sized campuses. Also, be sure to visit all the schools that end up on your final list of options. Remember the college you choose is going to be your home for the next four years, so you'll definitely want to feel comfortable living there.

2) Setting Up Your Visit

You'll want to make sure you schedule your visit directly with the admissions office at the school you're interested in.

Don't just show up and wander around the campus; all you'll learn from that is what the buildings look like. When you call the admissions office to arrange the visit, you'll want to set up a meeting with an Admissions Counselor, a campus tour with a student, and a meeting with a professor in your academic area. You may also want to sit in on a class and meet with representatives from music, athletics, or other extracurricular departments.

3) What To Do On A Visit

Aside from the basic meetings you'll want to schedule, there are a few other things to keep in mind as you explore the campus. Make sure you **prepare a list of questions to ask** the Admissions Counselor, faculty members, and the student who gives you're the tour (see the following pages). You'll want to ask the students especially for their personal feelings about the campus and the college itself. Also, make sure you explore the neighborhood around the campus, and determine whether or not it's a place you'd be comfortable living.

4) Taking Another Look

Once you've sent off your applications, it is a good idea to give your top choices another look. Set up another visit, and consider staying overnight in a dorm; the admissions office at the colleges you're applying to should be more than happy to arrange it for you. An overnight visit will really help you determine if you fit with the students on campus and learn how they feel about the academics, the campus, and the extracurricular opportunities.

Step 3: Thoughts About The Visit

1) Fall Visits

- a) Go on game weekends
- b) Stay with team member, meet coach, assistant, counselor, class, see facilities, etc

2) Remember, they are watching you as much as they are listening to you.

- a) Behavior issues
 - i) You are not there to make the team but rather to lose your spot.
 - ii) Every coach asks the team on Monday how the visits went.
- b) Parent and player attitude – no one wants a problem child

Sample Interview Questions That Colleges Ask

Most college and university admissions departments like to conduct an interview with the prospective student. The university uses the interview as a way to learn more about you and vice versa. They may compare you with the types of students already enrolled to confirm you would fit in and be happy there. The university may also want to know how your interests, abilities and goals match up with what the university offers and its goals. This is a great opportunity for you to make a more personal impression than just through your submitted test scores, essays and grades. This is your chance to stand out.

Here's a list of some of the college admissions interview subjects/questions to help you better prepare... and ultimately feel comfortable during the interview.

1) Questions About Your High School Experience

- a) How would you describe your high school?
- b) What would your teachers say is your greatest strength / weakness both as an individual and as a student?
- c) What would you say was your role within your high school community?
- d) How would others describe your role in your high school community?
- e) What courses did you enjoy the most?
- f) What courses were the most challenging / difficult for you?
- g) Do you like your teachers? Describe your favorite teacher.

2) Questions About Your Interests And Activities

- a) What personal traits would you like to see yourself build in the next four years?
- b) What articles and/or books have you read in the last year that have special meaning for you and why?
- c) Do you have any hobbies or special interests?
- d) In your life, what experiences have been most important to you?
- e) Where do you see yourself in 5 years? 10 years?
- f) Describe a challenge you've had and how you overcame it.
- g) How did you spend last summer?
- h) What do you do in your spare time?
- i) What do you do with any money that you earn?
- j) Have you ever been a volunteer?
- k) What questions do you have for the interviewer?

3) Questions About Attending This College

- a) Why do you want to attend this college/university?
- b) Why should we (the college) accept you for admission?
- c) What is your career goal and how would a degree from this college help you achieve that goal?
- d) What qualities make you a good choice to attend this college?
- e) What other colleges are you considering?
- f) What interests you the most about this school?

Note: Remember to be yourself. If you're truly interested in the college be sure your enthusiasm shows. And, after your interview don't forget to say "thank you"!

Questions To Ask An Admissions Officer

Don't be shy about asking questions — and look for answers in more than one place. University staff and administration can answer your questions about policies and resources; while students and alumni will let you know what college life is like on a day-to-day basis. So ask away and make the right college choice.

1) Admissions

- a) What are the admissions requirements to be accepted? Do you accept Advanced Placement Tests?
- b) What is your enrollment deadline?
- c) What is the preferred method of application – by paper or online application?
- d) Is there an application fee? Can it be waived if I can't afford it?
- e) Do you have an early application/decision process? What is the earliest date that I can apply?
- f) How long should I expect to wait for an answer once I submit my application and documentation?
- g) Am I likely to be admitted?
- h) When are tours offered? Who gives the tour? Do you have an open house?

2) Graduation

- a) What percentage of your students graduate in four years?
- b) What percentage of your students attend graduate or professional school?
- c) How many freshmen return for their sophomore year?
- d) How many graduates get a job in their chosen field?
- e) Do you offer career or employment placement services?

3) Programs

- a) What programs/degrees do you offer?
- b) What are your most popular/distinguished programs?
- c) When must I choose a major?
- d) What type of academic calendar does the college have? (Semesters, Trimesters or Quarters?)

4) Classes

- a) How many students are enrolled at your college?
- b) What is the average class size? What is the largest?
- c) How many students will be in my first year courses? Are those courses taught by full-time faculty or by graduate assistants?

5) Support

- a) Describe the college's resources for first-year students (computers, library, labs, etc.)
- b) What academic support services are available? Are there any additional fees for them?
- c) Are there advisors for each student? How much time are they required to spend with each student?
- d) What computer and other specialized facilities are available for student use?
- e) Are there computer labs, printing and copying services available? Are they readily accessible?
- f) Are there common computer labs available in the residence halls?
- g) What is the library like? What hours is it open?

6) Financial Aid

- a) What kinds of work-study jobs are available?
- b) Will I need to buy my own computer? What kind should I buy?
- c) What percentage of students receive financial aid and what does the typical package provide?
- d) Are there academic/talent scholarships available?
- e) How many students do an internship?
- f) What types of scholarships and financial aid are available?
- g) Are there jobs available on campus or in the local community?
- h) How much should I expect to spend on textbooks and other supplies?

Questions To Ask An Admissions Officer (Con't)

7) Student Life

- a) What extracurricular opportunities are available on campus? Are student organizations encouraged and supported by the school? How many students participate in foreign study, and where do they go?
- b) What clubs and special interest groups are available?
- c) Are there intramural and club sports available?
- d) Are there fraternities and sororities available? How important is Greek Life to the campus?
- e) Are there any programs to help students adjust to campus life?
- f) What's it like on campus during the weekends?
- g) How diverse is the student body?
- h) Where do most students come from – around the region, state, country, international?
- i) Is there a shopping mall nearby?
- j) What is the surrounding community like? Is it safe?
- k) Is there a strong school spirit?
- l) Is there a campus newspaper, TV, and radio station?
- m) Are there places of worship on campus or in the community?
- n) Can I bring a car to campus? If so, will I have to pay extra fees for parking? Will I be able to park close to my dorm or apartment?
- o) Is there adequate bus transportation around campus and into town?
- p) May I bring a bike to campus? Where can I park it? Will it be secure?

8) Housing

- a) Are freshman required to live on campus?
- b) Are transfer students required to live on campus?
- c) What are the living arrangements on campus? Dorms, apartments, off-campus?
- d) Do you guarantee housing all four years? If not, what are my options?
- e) Will I live alone or with a roommate? Will I get to select my own roommate?
- f) What is the deadline to secure student housing?
- g) Are the residence halls co-ed?
- h) Where are the dining halls? What hours are they open?
- i) What meal plans are available?
- j) What appliances am I allowed to bring?
- k) Is there cable TV available in the dorms?
- l) Is the campus computer network available in the rooms?
- m) Is the campus set up for wireless access?
- n) Where will I do my laundry? Are there enough washers and dryers for all the students living in the dorm?
- o) What is the crime rate on campus? What is the crime rate in local the town/city?
- p) Do you have campus security or police?
- q) Are the residence halls locked at all times?

9) Health

- a) Where do I go if I get sick? Is there a pharmacy on campus?
- b) Do I need to buy special health insurance or is my parent's or my own health insurance plan enough?

Questions To Ask The College Financial Aid Office

The financial aid office of any college is an extremely busy place. Therefore, you want to make sure you are prepared when you speak to them. As financial aid is a very complicated and long process, do not expect to come out of your first talk with them knowing everything you need to know. Get your base questions covered and have a number to call so that you will be able to ask more if your teenager chooses that school.

- 1) What percentage of freshmen / student body receive financial aid?
- 2) What types of financial aid are available?
- 3) What are your financial aid deadlines?

Note: These soft opening questions will reveal what forms you need to submit, to whom, and when. There may be both the usual ones, the FAFSA and PROFILE, plus the college's own forms. There may also be different forms for need-based and merit-based aid. It's best to clarify all this in your mind now. By the way, it usually works out that the more forms they require, the more money they have – but also the tighter they may be with it.

- 4) When will we know if I qualify for financial aid?
- 5) Who do we contact in this office when we have a question about financial aid?
- 6) How do we apply for financial aid? Do you have everything we need here at this office?
- 7) What is your cost of attendance (COA) for the current year?

Note: If you are a junior, colleges won't have the numbers for your freshman college year until April or even June of her senior high school year, so you will have to base your estimate on this year's numbers. There are precisely six components to a college student's complete budget:

- a) **Direct Costs (Tuition , Fees , Room and Board)**
- b) Indirect Costs (Books and Supplies , Personal expenses, Transportation)

Note: Many budgets you will see include only Direct Costs (which are the first three items listed) and what you will pay directly to the bursar's office. However, the Department of Education requires that colleges fully inform you as to all of the above costs, so find out specifically what those amounts are.

- 8) How much of an increase in the cost of attendance (COA) do you project for next year?

Note: When you ask this, ask to get the components separately. Tuition and room and board increases are independent of each other. For example, at one school they may expect an increase of 5 percent in tuition and fees, but a 10 percent increase in room and board. Even if it makes little difference in dollars, just asking detailed questions like this gives the impression that you know what you are talking about.

- 9) Do you use your own Institutional Methodology to determine need?

Note: Your goal here is to get a sense of how deeply they will delve into your financial profile.

- 10) Are you able to meet 100 percent of financial need?

Note: If they say "no," find out why, and get details. Is it "first come, first served"? What's the average percentage of need they can meet? What percentage are grants / loans? Do they have a dollar amount they leave as a gap (unmet need) for everyone?

Questions To Ask The College Financial Aid Office (Con't)

11) In what order do you create the Financial Aid Package?

Note: That is, when creating the package, do they first fill the aid package up with loans, or do they figure a grant for the student first? The answer to this question may tell you a few things. A financially strong school that wants your child to attend will say "grants before self-help." But so will a college that understands good marketing – they know that's what you want to hear. Most colleges will actually begin to build the financial package with student loans, no matter what they claim. You may learn more from how the answer is given, rather than what is said.

You should also ask if the financial aid office treats parent loans (PLUS Loans) as an option when figuring how the school will meet your need. If so, this is a financial sleight of hand, which usually means that the school simply doesn't have the money. Remember, PLUS loans are for helping with your Expected Family Contribution (EFC) after the aid given is subtracted from the full cost of attendance.

An important fact to keep in mind is that the higher you are in the applicant pool, the greater the chance for more grant assistance. This is called "financial aid leveraging" in financial aid parlance. So you should remember that you want to apply to colleges where you will stand above the other applicants.

12) Do you offer Merit Scholarships, and how do you treat private scholarships that I may earn on my own?

Note: If a Merit Scholarship is being awarded, it normally goes into the package first, reducing the amount of need-based aid. Find out if a merit award reduces the self-help in the package, or if it replaces other need-based grants. A true Merit Scholarship can go beyond the "need" level, which means that it can lower your EFC. If it doesn't go beyond your "need" level, then the college is being misleading by advertising a need-based award as non-need based. Or at least the award is limited by need, which in effect is the same thing as a need-based grant.

13) What scholarships and aid are available from this college?

14) Is there a work/study program available at this college?

15) If I qualify for Work-Study aid, what jobs are available?

16) Which local banks do you work with for student loans?

Questions To Ask Yourself On Campus

- 1) Could I live in one of the dorm rooms I visit?
- 2) Are the buildings on campus in good shape?
- 3) Are the computers and lab equipment plentiful and new?
- 4) Are common areas of dorms comfortable and do the facilities meet demand?
- 5) Are the grounds attractive?
- 6) Is the campus close enough - or far enough away - from the city for me?
- 7) How is it getting around campus?

Questions To Ask Yourself In The Classroom

- 1) Do students appear to be interested in the material?
- 2) Do students participate in discussion?
- 3) Do the students seem to have a relationship with the professor?
- 4) Would I feel comfortable as a student in this setting?
- 5) Is the material challenging enough for me?

Questions To Ask College Students

Often, you will be given your college tour by a student (Normally an upper classmen, who knows quite a bit about the school. Here are some important questions to ask:

- 1) Were you able to register for all the classes you wanted?
- 2) How easy is it to get the classes you want and/or need?
- 3) What is the faculty-student ratio?
- 4) If you had to make the choice again, knowing what you know now, would you choose this college?
- 5) Do most students live on campus or commute? Do you live on campus? What was it like?
- 6) Do most students live on campus their senior year or move off campus?
- 7) Do you feel safe in your dorm room?
- 8) Do you feel safe walking around campus?
- 9) Where do you get your studying done?
- 10) Are you able to study in your dorm room?
- 11) Are professors accessible outside of class?
- 12) What opportunities do you have to interact with your professors?
- 13) Are campus jobs available?
- 14) Did you receive financial aid?
- 15) How good is the food?
- 16) What is the social life like at this school? Is it considered a party school?
- 17) Do most students go away on weekends or stay on campus?
- 18) What are the more popular activities/or ask specifically about the activity you are interested in?
- 19) Would you call this a Greek school?

Questions For Friends In College

If you have a friend already in college, you are quite lucky. You have at your disposal a wonderful resource of information about which college to attend. Ask him/her as many questions as you can think of, and don't be shy. It's natural to have a lot of questions; after all, it is a big step in your life, so ask away. Here are some ideas to get you started. These questions also work well if you visit a potential college and stay overnight.

- 1) Why did you choose your school?
- 2) Do you like it here?
- 3) How many students go to your school?
- 4) How hard are classes?
- 5) How many people are in your classes?
- 6) Are classes taught by professors or teaching assistants?
- 7) Can you talk to your professors after/outside of class?
- 8) How helpful are the first-year advisors?
- 9) What was Freshman Orientation like?
- 10) How many student organizations are there to get involved in?
- 11) Do students often participate in intramural sports?
- 12) Is there a Greek system? If so, what is it like?
- 13) What do students do for fun?
- 14) What kind of social activities does the school plan on the weekends?
- 15) Do people stay on campus on the weekends, or do they go home?
- 16) What is the "scene" like on weekends?
- 17) Do students live in dorms? If so, what are the dorms like?
- 18) How's the food?
- 19) Do students have access to computers/internet access?
- 20) How are the science/laboratory facilities?
- 21) How good are the library resources?
- 22) How spread out is the campus? Can you walk to class every day, or do you transportation (public or a car)?
- 23) How's parking?
- 24) How well do students get along? Are there major tensions? Is there a lot of academic competition?
- 25) How diverse are the students? What kind of background do most students usually come from?
- 26) What are the arts (music, theater, art) programs like? Are there opportunities for non-majors to get involved?

Advice From College Students

Student 1

I always ask students to prioritize their needs and interests. It really is all the little things that count when selecting a college! Academics are obviously a big piece, along with other factors such as cost, location, student population and distance from home. I encourage students to also consider campus climate and social opportunities (Is there school spirit? Do students work? Are students politically active? Is partying dominant?). Only so much of a student's life is spent in the classroom, so identifying activities that have played a large role in shaping who the student is (community service, multicultural organizations) or could influence who/what the student will become in the future (internships, professional organizations) can be a very helpful way to narrow down the list of colleges that students are interested in.

Student 2

Approach the process with an open mind. There are many great schools and students may be surprised by what they see or like in places. Take advantage of all available resources, including college counselors, admissions officers, publications, special web sites, including the [College Board Website](#) -- which includes information about how to be prepared for the college selection process. Start visiting schools in the junior year of high school and try not to visit too many in one trip. Remember that interests may change. Consider schools that offer a wide range of academic and extracurricular opportunities.

Student 3

Schedule your time wisely: In other words, don't try to visit three colleges a day. Two, if reasonably close together, are a more realistic bet. If possible, try to space visits so there is time to reflect on an overall impression and the campus visit experience. Ask questions: Students should ask questions in addition to any their parents have. Parents should let students take the lead in asking questions or they will be taking away a great learning opportunity from the student. Questions about basic student services -- meal plans, residence life, student activities -- can help shape a picture of what life is like at a particular school. Questions about academics, faculty, and curriculum can help a student understand the type of education they will receive, the support available to them, and the classroom environment they will encounter. Trust your instincts: Students should choose their ultimate destination based on where they truly are most comfortable, and where they feel the deepest connection. All other factors in the college search process should supplement and complement a natural inclination for a particular school. That sense of belonging should hit at some point -- and when it does, follow through with it.

Student 4

Best tips are plentiful these days but often begin with looking for some college features that interest you. I think that puts the cart before the horse. Here is my crystallizing suggestion: visit one college that is convenient and establish for oneself what seems to be important and then narrow choices with the best available information, including, if possible, visits to the most promising half dozen colleges of interest to you. Look beyond reputation and costs. Most prospective students have chosen a particular college among many similar ones for the most individualized reasons that range from their reaction to the grey stone or red brick to the availability of organic produce or trees for shade.

A large, abstract pink brushstroke graphic that resembles a stylized letter 'A' or a similar shape, with thick, textured strokes. It is positioned behind the word 'Athletics'.

Athletics

Top Recruiting Myths About College

1) I am going to college to play Lacrosse

- a) Your goal in going to college is to graduate ready to enter the job market with a clear sense of who you are and what you want. Too many athletes do not do this and struggle once their playing days are over.

2) Character is not something coaches focus on.

- a) First impressions (no coach wants to recruit a whiner/fighter)
- b) You have huge impact on coach's family/kids.
 - i) You can get them fired - Don't want projects or social issues.
- c) Don't wear a competitors gear. It shows disrespect and a lack of interest

3) If a coach wants me I can get in no matter my grades

- a) Every year we have this issue (kids don't get in)
- b) The better the grades the better your financial options and offers
- c) Coaches submit a list to academic depart, you need to be close, you need to be committed to the coach and express a strong interest in attending that institution. It can also depend on the needs of teams, the number of applicants the school is dealing.

4) Playing in college is no different than playing in high school

- a) Understand the commitment – time and effort.
 - i) Desire, determination, dedication and discipline.
- b) Speed of the game

5) All colleges offer scholarships / full rides

- a) NO ONE GETS A FULL RIDE (25% IS GOOD OFFER)
 - i) Start with 20% maybe move to 50% by senior year.
- b) **You will most likely get more \$ via financial aid then scholarship.**
- c) The stronger your grades the more options you have
- d) D1 (61 programs) - Scholarships (12.6 / 48 players) and/or Financial Aid
 - i) Few schools have full 12.6 (1 year renewable) and few if any full scholarships
- e) D2 (42 programs) – 10.8 Scholarships and/or Financial Aid
- f) D3 (179 programs) – Financial aid only

6) I received a letter from a coach so I am being recruited

- a) Coaches send out 100s of letters – they just know your name / team
- b) Reality Check – difference between “actively recruited” and looked at is huge. A questionnaire or form letter means little. You want to hear “I want you to be a part of this program or to commit to us.”
 - i) We know of a football program that sent letters to 4,000 players for 21 spots -Until coach tells you he is interest it means nothing.
- c) **Letter Rules of thumb**
 - i) Questionnaires are sent to all prospects – do not read anything more in to it.
 - ii) If it looks like a form letter it probably is (no specific info on player) – think direct mail marketing (coaches that send letters to every player at a tournament)
 - iii) If it is hand written it is a very good thing
 - iv) You must respond the letter and show an interest
- d) **Calls Rules of Thumb**
 - i) If a coach calls your coach about you it is a positive
 - ii) If a school says you must sign in 24 hours they are either desperate to take you off the market or trying to force a decision (similar to job offers)
 - iii) If they say “there is not rush” they most likely have other players they want more.
 - iv) If they say “we love your game and would like for you to be a part of this class.” They want you to sign
 - v) Watch and listen to how a coaching staff recruits you, what they say, how they act. The best coaches care about you and want to make sure there is a match with you and their current team.

e) Commitments

- i) Verbal Commitments are not binding on players – HIGHLY discourage you breaking one (Honor your word / Coaches pressuring)
- ii) Verbal Commitments are not binding on coaches -I've never heard of a coach breaking a promise without a major "issue" (grades, legal, drugs, etc) presenting itself

7) It is my high school / club coach job to get me recruited

- a) Parents need to know that we can't get their child a scholarship.
- b) The player and family must take ownership.
 - i) We are only part of the process. Do we help? Absolutely but we are not the process. We talk to college coaches about character and academics and potential. We will give you a realistic evaluation of where you can play in college.
- c) Roll of travel teams (our view)
 - i) More often than not club coaches have a greater impact on a player's recruiting process than the hs coach.
 - (1) Better connected
 - (2) Pre-selected / tryouts (coaches look to these teams to weed out -can't see 20 hs programs can see 2 travel
 - (a) Can't see play in the Spring – Summer, Fall
 - (3) Team focus (high school) vs player focus (travel team)
 - (4) Time, energy, willingness, know how or desire to focus on recruiting
- d) What BR does
 - i) Book – questions and answers
 - ii) Help with visits
 - iii) Calls
 - iv) Skills camp
 - v) Name recognition
 - vi) Guidance / goal setting
 - vii) Tournaments – which ones. What additional ones
 - (1) Team vs individual

8) If you are good enough coaches will just find you

- a) Odds of playing in college
- b) Explosive growth at High School levels, Limited Growth at college levels
 - i) Traditional vs Non traditional
 - ii) Most players on the East Coast
 - iii) Most coaches on the East Coast
 - iv) Have to go to them/beat them (commentary)
- c) Approximately 40,104 seniors (3,342 programs x 12 seniors per team)
- d) Approximately 732 D1 freshman spots (61 programs x 12 spots)
- e) Approximately 588 D2 freshman spots (42 programs x 14 spots)
- f) Approximately 2,864 D3 freshman spots (179 programs x 16 spots)
 - i) 4184 spots / 40,104 participants = approx. 1 in 10 (1 player per HS team)
 - (1) D1 1.8% (1 player per 6 high school teams)
 - (2) D2 1.5% (1 player per 7 high school teams)
 - (3) D3 7.1% (1 player per 2 high school teams)

The Student-Athlete In The Process

Courtesy of www.thesportsource.com.

To get a feel for a college, it is best to plan a minimum of two visits to the campus: an initial visit and a second or "paid" visit. If this were to occur, you should plan an initial visit sometime in your junior year. The second visit would then occur during your senior year. Sometimes, because of distance or a late start in the college search process, this is not possible and the visits will have to be combined.

The initial visit is a way for you to get acquainted with the college and for the coaches and players to get acquainted with you the recruit. Many student-athletes schedule a number of college visits on the same trip, as each visit will take only a short time. The initial visit should include a tour of the campus, an admissions interview [if available] and a talk with the athletic department and/or coach if you are interested in accessing scholarships for athletics. As a student-athlete, you will need to call ahead and arrange interview times with the admissions department and the athletic department.

Come prepared for these interviews, and be appropriately dressed since first impressions can mean a great deal. You should also have a list of specific questions to ask the admissions office and the athletic department. Coaches and admissions officers are looking for individuals who have some substance. You should ask pertinent questions that fill the gaps of your knowledge about the college and their athletic program.

The college application process takes on some special considerations for student-athletes. If you are a player a coach wants, the results can be very rewarding.

1) REALISTIC ASSESSMENT

The first, and most important task which the student-athlete faces is to make a decision about the extent to which he would like to devote himself to athletics in college. Many sports in college are year-round commitments. Depending on the school, the coach, and/or the sport, much of the student-athlete's time in college will not be his own. It is important to talk with student-athletes already in college as you decide for yourself what role you would like athletics to play in your college search and, subsequently, in your life as a college student.

The next step in pursuing your field of dreams is to take a realistic assessment of your athletic talent. This must usually be done with the guidance and input of the student-athlete's coach at school or outside of the school (with a community league, for example). Are you an athlete, a player, who will be of interest to college coaches? At what level? At what schools? Listen to the people you trust.

2) THE NCAA AND THE CLEARINGHOUSE

Most colleges and universities belong to the NCAA, and there are divisions of schools within the NCAA. Division I institutions are the larger sports power-houses. Division I schools usually recruit student-athletes in more than one sport and they offer athletic scholarships. Within Division I are sub-divisions for football. Division II institutions also recruit and offer scholarship money, but not nearly as much as at Division I schools. Division III institutions may or may not recruit actively and they do not offer athletic scholarships. Note that some Division I schools, as a matter of institutional or league policy, do not offer scholarship money: the Ivy League and some Patriot League schools are examples.

The NCAA has established regulations which determine whether or not a student-athlete is eligible to play college athletics, and these regulations differ according to Division. Students who have any interest in playing at a Division I or Division II school should register with the NCAA Initial Eligibility Clearinghouse in the spring of the junior year or in the summer before senior year. The Clearinghouse is a large and frustrating bureaucracy, and many student-athletes experience problems and delays in their certification process. Start early to avoid a panic. The student-athlete must be registered and qualified before he can play in college.

Your high school guidance or athletics office should have the forms necessary for the student-athlete to register with the NCAA. Also available are the NCAA rules and regulations related to recruiting. The student-athlete and his or her parents should become familiar with these rules, as a violation would make the student-athlete ineligible to play at any NCAA member institution.

The Student-Athlete In The Process (Con't)

3) *PRESENTING YOURSELF: BE PROACTIVE*

The student-athlete must actively pursue those institutions/programs/coaches in which she or he is interested. You have to let coaches know you want to play for them! Unless you are a rare blue-chip athlete, you cannot afford to wait to have coaches find you.

Send an introductory letter to coaches. Most guidance offices will have resources to help you find coaches names and addresses; this is also available on many college websites. In the letter, highlight your academic as well as athletic achievements. College coaches want good students on their teams. You might want to include a sports résumé with your letter. Give your home coach's name and phone number, and ask for more information. Many coaches will follow-up with a recruiting questionnaire. Others may tell you that they are not looking for "new" athletes, and some may not respond at all to your letter.

If the coach expresses interest, he or she might ask you to send a highlight video. College coaches say they find these helpful, but they should not be more than five to ten minutes in length. The coach might offer to come watch you play in a game, meet or tournament in your community, and he or she might invite you to visit the college campus and meet team members.

You should make unofficial visits to the schools of your choice. Be sure to get a feel for the place apart from the world of athletics. See the section of this site on college visits.

4) *THE COURTING PROCESS*

Depending on how interested coaches are in having you join them, senior year can be a time of excitement and confusion. The student-athlete must become familiar with the rules regarding campus visits, but at the same time, she or he must be certain to speak with student-athletes already playing at the schools in which she or he is interested. If you are really good, you will have to keep a level head during the recruiting season. Take phone calls judiciously, and don't let your grades or relationships suffer.

The National Letter of Intent is a document sometimes used when the coach and the student-athlete have agreed to "accept each other." The recruiting process halts when the Letter is signed, but admission to the institution could still be pending. Student-athletes must always remember that even the best-intentioned coach has only one thing on his or her mind: the success of her or his team. Usually, many potential players are juggled and recruited for a smaller number of positions to be filled.

Final Thoughts

- 1) Remember that the admission office, not the coach, offers admission to a college or university!!
- 2) Remember that when you commit, you commit to the institution, not the coach! Sometimes coaches leave their schools, and you want to select the institution which will be right for you.

A Letter From A College Coach On What He is Looking For

Below is a letter from a college coach to a prospective recruit. We dissected the letter to highlight the important parts (academics and how to get noticed by them). This holds true for all schools.

Dear XXXXX,

Thank you so much for your interest in XXXXX Lacrosse. Since you have shared a little bit about yourself with us, we would like to return the favor.

Academically, XXX is ranked among the top five universities in the nation. Here at XXXX, we are extremely proud of our athletes, who make the commitment to both their sport and their studies. Last year, our lacrosse team not only won the XXXX Tournament, they also maintained a team GPA of 3.28. **Many of our players have been honored with XXXXX All Academic Awards and all of them, since 19XX, have graduated on time. (Grades matter. Do not lose an opportunity to play at the next level because you ignored your academics)** In order to contribute to our athletes' success, we are committed to providing them with the best resources available, from academic advisor XXXXX to strength coach XXXXXXXX and speed coach XXXXX. We also pride ourselves on competing against the best. As members of the XXXX our schedule includes games against XXXXX, XXXXX, and XXXXX, three of the nation's top ranked teams.

First: Fill out a questionnaire

If you are interested in playing lacrosse at XXXXX, please consider filling out a questionnaire to tell us more about yourself. The questionnaire can be found on the XXXXX Athletics website- XXXXX. Under the pull down menu of sports, please select men's lacrosse. On the right hand column about half way down the page there is a box with three links, one of which says Prospects Questionnaire. If you click on it, it will take you to a page where you can fill in all of your information. Please keep in mind that you are free to fill in or leave out any information you wish, but the more complete your profile is the easier it is for us to gauge whether you would be a good fit for our program. **We are extremely interested in your academic performance in high school. While we are certainly looking for great athletes, it is those who have excelled in the classroom as well who are the best prepared to become XXXXX athletes.**

Second: Send them a DVD

There are a few other ways to get our attention. First, you can send us tape of you playing. We prefer videos to come in DVD format and **include your name, contact information, team, position and number.**

Third: Have your High School or Travel Team coach call them

Also, you can also ask your high school / club coach to give us a call. They can reach us at (XXX) XXX-XXXX.

Fourth: Go to their camp or a camp they will be at.

The last great way to get a better feel for both the university and the lacrosse program, as well as let us get to know you, is to come to one of the summer camps hosted by XXXXX lacrosse. Because the camp takes place on our campus and is under the instruction of our coaches and players, it is an incredible way to determine whether we would be a good fit for you. Many of the players currently on our roster first experienced our campus and coaching staff during camp.

We hope to stay in contact with you and answer any questions you may have about our program. **That said, please be aware that, because of NCAA rules, we cannot initiate or return any phone calls to you until September July 1st prior to your senior year.**

Note: They can not initiate calls to you until Sept 1 of your senior year. However, you can call / email them. If you chose to email them please use a decent email address, addresses such as chickmagnet or laxstud are not appropriate.

We know that deciding where to spend the next four years is both exciting and terrifying and we hope that, as you navigate college mailings and campuses, our program will remain on your list.

We wish you the best of luck in school and on the field this coming season.

The XXXXX Lacrosse Coaching Staff

College Recruiting Advice From College Coaches

(Taken from STX)

STX sat down with some of the most successful coaches in college lacrosse and asked them what high school player's should and shouldn't do when they are being recruited. Here are the top 10 Do's and Don'ts for recruited student athletes at the high school level:

10. When **narrowing down your schools**, have a few schools in each category (dream school, great school, safety, etc.), this way you are safe all the way through the process.
9. When you **e-mail or write a coach** about your interest, make sure you include your home address and phone number as well as what grade you are in at the time.
8. If you decide to take an **unofficial visit** with your parents on campus or a coach comes to your home, let the player do the talking and answer the questions, not the mother or father.
7. When you play in **tournaments** where you know there will be a lot of college coaches, make sure that your coach has given the tournament directors the correct numbers and names of the players so the college coaches know who they are evaluating. You want the college coach to be evaluating you and not someone else because of an incorrect roster. When you play in the tournament check the rosters at the start of the tournament to make sure you are represented properly (number, address, age, year in school, etc.).
6. **Be pro-active** in finding out about a school, and don't believe what your friends say or what you read on the internet. People like different things so take unofficial visits to the places you are interested in.
5. **When a coach calls you**, ask questions to the coach that you think are important, and don't freeze when the time comes to ask them. Everyone has different needs and dreams, and sometimes you go to a place as a freshman and it's not what you think it was. This is often not the Coaches fault, but rather the athlete not doing his homework on the school.
4. **Create a highlight tape/video**. The perfect video is a short (3-4 minutes) one that highlights where you are on the film (an arrow or dot) and shows all your strengths (offense, defense, clears, rides, faceoffs).
3. When you are competing in front of college coaches, you are being evaluated on a lot more than how skilled you are as a lacrosse player. **Your attitude, how you treat your teammates, how hard you play and how you act on the sideline are equally as important as anything else.**
2. During the recruiting process **be completely honest with the coaches**. If you commit to a school go out of your way to let all of the other schools know that you have committed so they don't waste their time on you and can move on.
1. When you decide to **take an official visit to a school**. Remember that you are not only evaluating the school you are visiting, but the coaches and the players are evaluating you as well. Be a standup person and carry yourself in a way that is respectful and courteous to those around you. No matter how good a player you are, if the players and coaches don't like you they will stop showing interest in you.

NCAA Questions And Answers For Athletes

1) What are the chances of playing college sports?

The NCAA has estimated that the probability of competing in athletics at the college level is not great. For example, high school men's lacrosse has approximately 67,000 seniors. There are approximately 2,000 freshman positions available. This means that approximately 3% of high school senior lacrosse players will play NCAA sponsored lacrosse. Don't be put off by these figures. What hasn't been taken into account is that a large percentage of high school graduates will not attend college. These figures do not include NAIA, NCCAA, NJCAA colleges or club ball. Your chances of receiving athletic scholarship offers will vary depending on the sport you play. Another big factor is the application of Title IX for women athletes

2) How good am I and at what level can I compete?

Take a step back and try to honestly assess your talent level. How do you stack up physically? Ask your coaches for their opinion. Make a list of the colleges that may want you to play sports for them and start to market yourself to those coaches. Remember, you are marketing your ability to be of use to a college sports program, so it's to your benefit to have a clear idea of where you might fit in to that sports program. Most of all be realistic with yourself.

3) What are you looking for in a college?

Look for a good fit for you. Would you consider attending a particular college if you were not going to play sports at that college? You want to go to a college that you would attend even if you were not playing sport. Does the college have the academic majors and social features that are suited to you? Does the college have a solid tutoring program? What is the graduation rate for student athletes and in what sports? Does the college sponsor your sport? Not all colleges sponsor every sport, check it out first. Do you want to live at home, be fairly close to home or attend college at a distance from home? Do you want to attend a big school-medium school-small school? Are you willing to attend a college affiliated with a religious denomination that is not your own? Do you have an idea of the substantial time you must invest at the college level to participate in sports? Do you know that some schools such as NCAA Division III schools can not offer athletic scholarships but can offer excellent educational and sports opportunities? Start a list of things that are important to you in a college and revise the list as you refine your search.

4) Will I play?

The coach may well tell you that you are competing for a starting position. This may or may not be completely accurate. Coaches often have a good idea of what positions are set for the following year. In any case, many things can happen in four [4] years that will allow you to get your shot. Always keep in mind that your primary goal is a quality college education.

5) Who can make my goal of playing college sport and getting an athletic scholarship happen?

YOU, YOU, YOU and only you. You can get assistance from your parents, coaches and recruiting services but ultimately you are the only person that can make your dream of playing college sport come true. Make lists, ask questions, write letters surf the web for information and ask your coaches and academic advisors for tips and advice. If you know of someone who has been through the recruiting process make it a point to talk to them and seek their advice. You must be relentless in the pursuit of your goal. Don't count on anyone else to help you accomplish your goal, except your parents who truly will move heaven and earth if they could to help you get that athletic scholarship.

6) What does it take to play college sport?

You must have: Talent, character, academic credentials, motivation, exposure, luck and good timing. Even if you have all of these and work your tail off, there is absolutely no guarantee that you will get an athletic scholarship. BUT, if you don't work hard, do not do your research and think that because you have some athletic ability that college coaches will be knocking at your door or calling you at all hours--then just forget it. Only the elite or "blue-chip" athlete will be pursued by colleges automatically. There is a real chance that the college coach in your own home town has no idea who you are. **YOU MUST LET THE COLLEGE COACHES KNOW WHO YOU ARE AND WHAT YOU CAN OFFER THEIR SPORTS PROGRAM.** You must also bear in mind that playing sport at college level is very time consuming and you must be extremely disciplined if you are to maintain your studies. Remember your primary reason for going to college is to earn a DEGREE.

NCAA Questions And Answers For Athletes (Con't)

7) **When should I start the ball rolling on playing college sports?**

NOW!!!!. Time can be your friend or foe. Make time an asset and use it to your advantage. Start your college research right now regardless of whether you plan to play college sports or not. Research colleges and how they rank academically and socially. Find colleges that can offer you the academic, social and sports programs you are interested in. Last but not least learn about financing a college education. START NOW.

8) **What about grades and test scores?**

IMPORTANT-IMPORTANT-IMPORTANT. Simply put--get good grades. Test scores and your class rank can mean scholarship money towards your college tuition. IN ADDITION TO ANY ATHLETIC SCHOLARSHIP YOU MIGHT RECEIVE. Don't coast your senior year. College classes are tough so don't slack off and get into any bad habits. If you have all your high school credits then take a college class or two to get a jump start on your college education. You will need to meet and maintain certain scholastic minimums to even play college sports. So hit the books now and get into the habit. It's to your advantage no matter how things work out with your athletic scholarship aspirations.

9) **What about college finances?**

Now is the time to start your research on college finances. Learn everything you can about this subject. You certainly want the best deal for yourself and the least amount of debt possible when you graduate. Text books alone can cost upwards of \$1,000 per year. Many athletic programs will not offer you a full-ride scholarship but rather a partial athletic scholarship which means you will have to come up with the additional funding. Some schools do not offer athletic scholarship funding, {E.G. NCAA Division 3}, but can have both excellent sport and academic programs. Become familiar with the FAFSA, {Free Application for Federal Student Aid Form}, that colleges require to process Federal Aid and in most cases state and other college aid.

10) **What kind of schools offer athletic scholarships?**

NCAA Division 1, NCAA Division 2, NAIA, NJCAA Division 1 , and NJCAA Division 2 can offer athletic scholarships. Also you should be aware that individual colleges and conferences have their own athletic scholarship rules and policies.

11) **Can I play college sports without an athletic scholarship?**

YES-YES-YES. NCAA Division 3, NCCAA Division 2, and junior colleges offer excellent opportunities to play sports at the college level and obtain a quality education without the benefits of an athletic scholarship. Athletes who excel at the junior college level often transfer with a scholarship to other colleges. If your heart is absolutely set on a particular school that does not seem interested in your athletic talents then consider "walking on "- Yes I know it's a long shot but remember, nothing ventured nothing gained.

12) **How can I gain exposure?**

Do you play with good teams? Is your conference known as a tough conference with top notch competition? Do you play summer or club sports, attend camps and play in tournaments? These things can help but good teams aren't everything. Write letters, complete athletic questionnaires that many colleges have on their web sites, have a highlight video made of you in action,(most coaches will want to see a complete game tape as well, not just highlights), and ask your coaches for any help or advice they can give you. Be creative and relentless. The key is to get college coaches to notice you and become familiar with your talents.

13) **What are college coaches looking for?**

The college coach is looking for an athlete that will fit in and help the program succeed. Coaches want to keep their jobs, receive promotions and get better jobs, their success on the field is their best way of doing this. Coaches also look for what they need at the time. For example, the starting point guard is a senior so the coach is therefore looking to develop a replacement. If you are a really talented athlete then timing is not as important but to most athletes timing could mean everything. Remember your agenda is to play college sport and receive a quality education. Coaches have a different agenda so use your head and evaluate each situation. What situation is best for you and feels right, Ask questions and visit the campus, ask your high school coaches for their opinions. To sum up, be aware that what the college coach wants is not necessarily what you want, look at the roster, you will be able to see where the gaps will be in say 12 months, if you can fill one of those gaps your off to a great start.

NCAA Questions And Answers For Athletes (Con't)

14) Can my high school coach help me?

Yes, of course. Most will. It all depends on your relationship with your coach and your level of talent. Discuss your goals with your high school coach and keep your coach up to date with your progress. I have first hand knowledge of an athlete who kept his coach in the picture, it turned out that his high school coach had played with the college coach at one of the colleges he had short listed, yes he got the scholarship. There are many high school coaches who will do anything they can to help the student athlete. These are the coaches who will fill out questionnaires, and write letters of recommendation for you and make phone calls to college coaches for their athletes. Your high school coach's opinion is very important, after all, you have most likely been part of that coaches athletic program for 4 years and your high school coaches knows your abilities better than anyone. Talk to your high school coach and find out if you can count on his/her support, in most cases your coach will be happy to help. **Remember you have to do the work, your coach can only help, don't rely on your coach doing it all for you.**

15) How important is timing?

Timing is very important as is everything in life. If a college has quarterbacks that are freshman, sophomores or juniors how anxious do you think the college would be to add another quarterback to their program next year? The college you are really interested in might simply not have a need for your specific talent. This doesn't make things impossible only harder. If you really want to play at a particular school don't let anything stand in your way but always keep your options open.

16) If I get the chance should I sign early?

Tough question. You have to ask yourself a few questions first. Is this the college I really want to attend? Is this the best deal I am going to get? Will this take the pressure of recruitment and choosing a college off me? Remember that the offer may very well not be there later, don't ever think that you are the only athlete that's been approached. This is a tough call but if you have done your homework and know what you want it should make your decision easier.

17) What are the recruiting regulations?

Each college association has its own rules and regulations for recruiting and eligibility. Check out the web sites of associations such as the NCAA, NAIA, NCCAA, NJCAA. It's your responsibility to know the rules. Do not count on anyone else.

18) Are there other rules to be aware of other than those of the NCAA, NAIA ,NJCAA. etc.?

Each college may have their own recruiting and eligibility rules. Each college conference may also have their own rules and regulations. These rules and regulations can sometimes be more stringent than those of major athletic associations. Check with the school or conference to which the school belongs.

19) What is Title IX?

Title IX is a federal law that states "No person in the United States shall, on the basis of sex, be excluded from participating in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

20) I am receiving calls and letters from coaches; can I count on a scholarship now?

ABSOLUTELY NOT! Coaches telephone and send letters and questionnaires to many more student athletes than they actually recruit. It's a good sign to receive calls and letters but remember that the recruiting process is not complete until you sign. Other players are competing with you for the same roster spot and if someone else accepts before you, or is considered a better prospect than you, then that coaches interest in you will disappear overnight.

21) Should I be completing and returning all of these questionnaires I am receiving?

Yes! If you have any interest in the school whatsoever, or think that you might be interested in the school then send back the questionnaires. Completing a questionnaire will show the coach that you are really interested in playing for that school. It wont hurt you to complete all the questionnaires you receive, you don't know how things will work out later on during the recruiting process and some coaches will actually pass your resume onto other coaches they know.

NCAA Questions And Answers For Athletes (Con't)

22) What about recruiting services?

Just like everything else--check them out--if you can--There are hundreds of them. Find out exactly what is offered. If a recruiting service guarantees you a scholarship and you believe them then you are gullible as well as stupid. Does the recruiting service offer services that you can perform yourself? Some athletic recruiting services charge upwards of \$3000 which is a lot of money whichever way you look at it. Make sure that whatever fee you pay is value for money.

There are some really good athletic scholarship recruiting services out there, they prepare your resume for you and they have up to date database's containing the names and contacts of all the college coaches, but remember, you can do all this yourself but it will take a lot of time and effort.

The good services will explain to you exactly what they do and what to expect, they will tell you that there are no guarantees.

There is no point using an athletic recruiting service that just posts your profile online. Coaches don't go surfing the web very often looking for talent; don't use a service that sends your resume out on their letterhead, it must look like it was written and sent by you.

Finally beware of anyone who claims to know the "secrets" of the recruiting process; there are no secrets just as there are no guarantees.

23) What is the NCAA?

The NCAA is the National Collegiate Athletic Association. The NCAA is the organization through which its member schools administer athletics at a national level. For further information see our "resource links" page.

24) How many NCAA Divisions are there?

There are three (3) Divisions in the NCAA. Division 1 and 2 colleges offer athletic scholarships, division 3 colleges cannot offer scholarships based on athletic ability but can and do offer other forms of financial aid.

25) What is the NCAA Clearinghouse?

To participate in NCAA Division 1 and 2 athletics as a freshman you must meet minimum academic requirements and register with the NCAA Clearinghouse. For further information see our "Resource links" page.

26) What is the NCAA Letter of Intent?

This is a document that sets out your agreement or "intent" to attend the college for which you have signed for 1 academic year in exchange for college financial aid, including an athletic scholarship. The NCAA letter of intent is for Division 1 and 2 athletes. For further information go to our NCAA Clearinghouse page.

27) What is the NAIA?

The NAIA is the National Association of Intercollegiate Athletics. It is an organization that promotes athletics as an integral part of education. NAIA member colleges award athletic scholarships. For further information see our "Resource links" page.

28) What is the NJCAA?

The NJCAA is the National Junior College Athletic Association. Junior college is an excellent way to get both a quality education and play college sports at an affordable price. NJCAA member schools in Division 1 and 2 offer athletic scholarships. NJCAA Division 3 schools do not offer athletic scholarships.

29) What is the NJCAA Letter of Intent?

The NJCAA Letter of Intent is basically the same as for the NCAA and commits the athlete to that institution for 1 academic year.

Questions For College Coaches

When speaking with coaches, a prospective student-athlete should ask what the expectations are for the athletes in the program. Try to get an understanding about commitment and transitioning from high school to college. What is the try-out process? How many current athletes are there from each class? What does the average week in the life of the student-athlete consist of? It is also important to learn if the sport has a non-traditional (off-season) segment, what practice commitments there may be and the coach's overall philosophy. Likewise a prospect should inquire about strength and conditioning requirements before, during and after the season. Academic support services offered by the institution should not be overlooked. Other questions regarding coach's longevity, facilities and institutional support are pertinent as well.

Remember that you are scouting a coach and a program as much as he is scouting you. Critical inquiry is important and a coach's hesitation at answering something should signal a red flag.

Recruiting

- 1) What position do you see me playing for your program?
Note: Most coaches want to be flexible, so you might not receive a definite answer.
- 2) How many freshman recruits are you trying to bring in?
 - a) Where do I stand on your recruiting depth chart?
- 3) How many returning players do you have at my position?
 - a) What other players may be competing at the same position?
Note: The response could give you an idea of when you can expect to be a starter.
- 4) Describe the other players competing at the same position.
Note: If there is an all-American at that position, you may want to take that into consideration.
- 5) Have you seen me play?
- 6) Have you talked with my coaches?
Note: You want to know if they really want you or just hope to get you for depth purposes.
- 7) Will I have the opportunity to earn playing time as a freshman?
- 8) Will I be redshirted my first year?
Note: Find out how common it is to red-shirt and how that will affect graduation.
- 9) What are preferred, invited and uninvited walk-on situations?
Note: How many do you expect to compete? Situations vary from school to school.

Coaching

- 1) How would you best describe your coaching style? What is the style of play you want to see?
Note: Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style does not match your learning style.
- 2) What are your goals for the team for this coming year? In the next four-years?
- 3) When does the head coach's contract end? How long does the coach intend to stay?
Note: The answer could be helpful. Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school/program?

Team

- 1) How many players will there be on the roster next year?
- 2) How many will travel with the team?
- 3) What is the status of the returning team, including eligibility of players at the same position as the recruit?
- 4) What equipment is provided for each player?

Questions For College Coaches (Con't)

Academics

- 1) How good is the department in my major?
Note: Many colleges can have very highly rated specific departments or schools within the college. A team's reputation is only one variable to consider.
- 2) What percentage of players on scholarship graduate in four / five years?
Note: This will tell you about the quality of their commitment to academics. The team's grade-point average also is a good indicator of the coach's commitment to academics.
- 3) Can athletes get first choice of class sections that meet at non-practice times, helping to avoid conflicts?
Note: This is very important so that you can limit missed class time.
- 4) Is there academic support and tutoring available in and out of season?
- 5) What is the school's policy on missed classes because of sport participation?
- 6) What is the current team's grade-point average?
- 7) What percentage of players stays in the program all four years?
- 8) What are the minimum academic eligibility requirements (they may differ from NCAA min standards)?
- 9) What are graduates of the program doing after school?
- 10) What percentage of players on scholarship graduate?
Note: The response to these questions will suggest the school's commitment to academics.
- 11) How many credit hours should I take in season and out of season?
Note: It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.
- 12) Are there restrictions in scheduling classes around practice?
Note: NCAA rules prevent you from missing class for practice.
- 13) Is summer school available? If I need to take summer school, will it be paid for by the college?
Note: You may need to take summer school to meet academic and/or graduation requirements.

Support

- 1) Describe in detail your academic support program. (e.g.: Study-hall requirements, tutor availability, staff, class load, faculty cooperation.
- 2) What academic counseling or athletic academic advising services are available to student-athletes? Do the advisors work mostly with football and basketball student-athletes?
- 3) Are there tutors available to me if I am a good student (as opposed to only available to student-athletes who are failing classes)?
- 4) Do I have to pay for any of the tutoring services? Are there limits on how much tutoring I can receive?
- 5) Are there any registration privileges for student-athletes (for example, registering early)?
- 6) Are there any special computer facilities reserved for student-athletes? If so, what hours are they open? Are there any laptop computers that travel with the teams?
- 7) What does the study group (or study table or evening study) program for student-athletes consist of? How many nights per week am I expected to attend?
- 8) If I have a diagnosed and documented disability, what kind of academic services are available?
- 9) If I am an honors student, what programs and scholarships are available to me?
- 10) What academic support programs are available to student-athletes?
Note: Look for a college that will help you become a better student.

Questions For College Coaches (Con't)

Time Expectations

1) What expectations do you have for training and conditioning?
Note: This will reveal the institution's commitment to a training / conditioning program.

- 2) What is the in-season time commitment?
- 3) What is the practice schedule after school starts?
- 4) Including meetings, training, travel, and matches, how much time is required?
- 5) Describe the typical day for a student-athlete.

Note: This will give you a good indication of how much time is spent in class, practice, studying and traveling. It also will give you a good indication of what coaches expect.

Facilities

- 1) Do you have indoor facilities?
- 2) Are the facilities available to players outside of practice?
- 3) Are there plans for facility expansion and construction in the next few years?

Offseason

- 1) What are the physical/strength and conditioning requirements each year?
- 2) What does the fall season consist of?
- 3) What is the off-season regimen? -How much time is required in the off-season for conditioning and practice?
- 4) Do you have a strength and conditioning coach?
- 5) What type of summer time playing opportunities will be available? Does the coach have contacts that can get you into a good summer league

Injuries

- 1) What facilities and staff are available to take care of injuries and rehab?
- 2) Is medical insurance required for my participation? Is it provided by the college?
Note: You may be required to provide proof of insurance.
- 3) If I am seriously injured while competing, who is responsible for my medical expenses?
Note: Different colleges have different policies.

- 4) What happens if I want to transfer to another school?
Note: You may not transfer without the permission of your current school's athletics administration. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.

Travel

- 1) How much class time is missed due to travel
- 2) What provisions are made for student-athletes who are traveling? If I miss an exam while traveling and competing on the road, what happens?
- 3) What types of travel accommodations are provided, i.e. food, transportation, and lodging?
- 4) Does the school underwrite all expenses or do athletes have to raise funds or spend out of pocket? (Pertains mainly to spring trips.)

College Life

- 1) What is a typical day for a student-athlete?
Note: The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.

Questions For College Coaches (Con't)

Financial Aid

- 1) Is there a financial aid contact person specifically for student-athletes?
- 2) Am I eligible for additional financial aid? Are there any restrictions?
Note: Sometimes an athlete can't accept a certain type of scholarship because of NCAA limitations. If you are receiving other scholarships, let the school know so they can determine if you may accept additional dollars.
- 3) How much financial aid is available for both the academic year and summer school?
Note: There is no guarantee. Get a firm commitment. You may need to lighten your normal load and go to summer school in order to graduate in four years. You can take graduate courses and maintain your eligibility.
- 4) If I'm injured, what happens to my financial aid?
Note: A grant-in-aid is not guaranteed past a one-year period even for injuries. It is important to know if a school has a commitment to assist student-athletes for more than a year after they have been injured.
- 5) What does your scholarship cover? How long does my scholarship last?
Note: Athletic financial aid is available on a one-year, renewable basis not on a 4 year basis.
- 6) Exactly how much will the athletics scholarship be? What will and will not be covered?
Note: It is important to understand what college expenses your family is responsible for so you can arrange to pay those. Find out early so you can get something (student loans, gov't grants, etc) lined up.
- 7) Are there academic criteria tied to maintaining the scholarship?
Note: Some institutions add academic requirements to scholarships (e.g., minimum grade-point average).
- 8) What scholarship money is available after eligibility is exhausted to help me complete my degree?
Note: It may take longer than 4 years to get your degree. Some colleges assist athletes financially as they complete their degrees. Ask how such aid is awarded (e.g. work with the team, in the athletics dept, etc) to qualify for this aid.
- 9) What scholarship money is available if I suffer an athletics career-ending injury?
Note: Not every institution continues to provide an athletics scholarship to a student-athlete who can no longer compete because of a career-ending injury.
- 10) Will my scholarship be maintained if there is a change in coaches?
Note: A coach may not be able to answer this, but the athletics director may.
- 11) Under what circumstances would my scholarship be reduced or canceled?
Note: Coaches should be able to give you some idea of how players are evaluated and how these decisions are made. The institution may have a policy governing renewal of athletics aid. Ask if such a policy exists and read it.
- 12) What are my opportunities for employment while I am a student?
Note: Find out if you can be employed in season, out of season or during vacation periods. Note NCAA rules may prohibit you from earning more than the cost of attendance during the academic year
- 13) -Are employment or work study opportunities available in the athletic department?
- 14) Who is financially responsible if I am injured while competing?
Note: You need to understand your financial obligations if you suffer an injury while participating in athletics.

Final Question

- 5) What's the next step? What should I do? Do you see me as a serious possibility?
Note: After this last question, let silence work for you. Listen carefully and let the coach explain fully.

A large, abstract pink brushstroke graphic that forms a shape resembling a stylized letter 'A' or a similar symbol. The stroke is thick and has a textured, hand-painted appearance. The text 'A Heads Up' is centered within this graphic.

A Heads Up

Things You May Not Expect At The College Level

1) **Don't expect to be the top player when you show up.**

Not every player from high school goes on to play college athletics and not only will you be competing against the best freshman from around the country but you will be competing against athletes that have already played in college for 1, 2 and 3 years.

2) **Don't expect the coach to be your best friend when tryouts or the season start.**

The coach could have 50+ players to deal and even though you may have got along great in their office 5 months ago when you met with them, there may be times when you wonder if the coach remembers your name!

3) **Don't be surprised if you show up to tryout and there are a lot of players trying out for your position.**

The coach will not usually recruit just one player. There may be players there that the coach didn't know would be there, such as players who are trying to walk on and didn't talk to the coach beforehand.

4) **Don't expect to have holidays and vacations off.**

Many teams play in Holiday tournaments or take a trip during spring break. You won't have a game on Christmas day but you may have a game one or two days before or after making it impossible to fly home for the week to see your family. This becomes more challenging when you attend a school 2,000 miles away from your home.

5) **In the winter, especially at schools where it is cold / snows, you may be practicing at very odd hours.**

Usually the athletic facilities at a particular school are limited and if the school has a choice of making a facility available to 4,000 students or 25 lacrosse players, they usually will go with the 4,000 students. This means you may have to practice whenever there is time and whenever there is space and that may mean at 6 am before the facility is open to the general student body or at 11 pm when the facility is closed to the general student body.

6) **Expect to miss some classes because of games.**

Expect weeks when you have too many games and too many tests and papers. There will be days when you have a road game that does not get back till 11pm and you may have 2 tests and a paper due the next day. You should have known about this work and the game ahead of time and you should have started your work early so you are not up all night.

7) **Don't expect to play just because your team is getting blown out on a particular day.**

Coaches don't like to get blown out, but they also don't like players to think that they will play if the team does poorly because it can create a negative attitude. Some coaches like to leave players in that are doing poorly to remind them that they are doing poorly and embarrass them enough so they try harder next time.

8) **Don't expect to always dress or travel with the team.**

The bus and bench has only so many seats and sometimes the coach will keep more players on the team for development and practice reasons but will not be able to dress or travel with everyone. This should not be a big deal, because this is better than not playing at all and having to try out again next year.

Why College Athletes Fail

The NCAA graduation rate for scholarship student-athletes is roughly 60% within 6 years of enrollment. This means that 40% transfer, leave their school, or do not graduate within 6 years. Here are some of the reasons.

1) **Student-athletes choose the wrong school socially for them.**

Some schools are too big, other are too small. Some schools are too far away from home others are too close. Some schools have a diverse student-body, others have students that are all the same. Some schools are in big cities, others are in the middle of nowhere. Some schools don't have enough activities outside of school to do.

2) **Student-athletes choose the wrong school academically.**

Perhaps the school was too difficult with many required courses that were simply too hard or demanded too much time. While athletics can compound this problem, there are many majors that simply are not for “everybody,” whether you are an athlete or a regular student. Many engineering, chemistry or physics programs require long hours in the classroom as well as labs that student-athletes simply cannot miss.

3) **Student-athletes choose the wrong coach.**

Many student-athletes land on a team with a college coach they just don't mesh with personally and small conflicts of interest turn into bigger problems regarding playing time or attitude.

4) **Student-athletes choose the wrong playing style.**

Many players complain that the team and coach does not run the type of offense they are used to or the type of offense they can excel in and use their athletic talents better.

5) **Student-athletes lose interest.**

Playing college athletics sounds great, but waking up at 6AM and running every day, going to class for 4 hours, going back to practice, and then lifting weights later at night is a serious commitment in time and effort and is not for everybody. You must be extremely passionate about your sport to play in college at any level.

6) **Student-athletes lose their financial aid.**

Financial Aid is reviewed each year and can often fluctuate without notice or warning from yr-to-yr. One year you could be getting \$10,000, the next year you may only qualify for only \$4,000. Athletic scholarship money is also evaluated year-to-year. At the coach's discretion, he/she can remove your aid, reduce your aid, or increase your aid from year-to-year.

7) **Student-athletes get injured.**

Many careers have been cut short by serious injuries. When athletes get injured and cannot play, many become depressed and instead of focusing on their studies with the additional free time they have, they do very little of anything.

8) **Student-athletes don't take their academic studies seriously.**

Many student-athletes are not student-athletes, but rather athletes who are inconvenienced by going to classes. If you are not committed academically to a school, you will not succeed. The whole point of college is to get an education, so you need to focus your energy on your studies first.

9) **Student-athletes don't realize the time/effort commitment and the sacrifices they are going to make.**

After classes and practices, you are left with very little free time to do school work and be social with your friends.

10) **Student-athletes don't handle coaching well.**

There have been many talented high school players who didn't receive any coaching in high school. When they get college they often receive more coaching and more discipline than they are used to. Players often interpret this increased attention and instruction as negative, thus leading to conflicts with the coaching staff.

11) **Student-athletes sign with the wrong program.**

Many student-athletes select programs because they think it is the “best” program and they have little regard for how many current players are on the team or how many other players the coach has signed or is recruiting.

12) **Student-athletes don't communicate with their coach effectively**

Rather than asking what they need to work on to get more playing time, they take their lack of playing time personally and they start to complain / distance themselves from the team / coach and simply go through the motions.

A large, abstract pink brushstroke graphic that forms a stylized, calligraphic shape, possibly resembling a letter or a symbol, positioned behind the main title.

Final Review

Things To Consider When Deciding Which College To Attend

Your college should help you reach your goals in class and in a career. Make sure your school is going to take you where you want to go.

Academics

- 1) Does this college offer the major that interests you? How strong is this school's program?
- 2) If you are interested in a career that requires professional certification, does your school offer the appropriate training? Is the program accredited? How many students enrolled in the program pass the certification exam?
- 3) How easy is it to change majors?
- 4) Will your AP/previous college credits transfer?
- 5) What is the average number of students in each class? Will you get enough contact/attention from your teachers?
- 6) What is the retention rate (how many students come back after their freshman year)?
- 7) What percentage of the students graduate in four years?
- 8) How easy is it to get the courses you want at the times that are convenient for you?
- 9) Will you be required to write a thesis or take competency exams in order to graduate?
- 10) What kind of programs or services does the school offer? Programs or services could include personal and career counseling, internship programs, student employment help, alumni connections, and more.
- 11) What kind of career planning services is available?
- 12) What does the school do to help graduates find jobs?
- 13) Does the school provide free job placement services?
- 14) What percentage of graduates find jobs? What percentage of graduates find jobs in the field they studied?
- 15) What percentage of students successfully apply to graduate school?
- 16) What opportunities are available to me in the community around the school (internships, volunteer work, jobs)?
- 17) What is the academic atmosphere of the school? Can I find the right balance of athletics & academics?

Housing

The classroom isn't the only important part of college. Find out if the campus offers you the lifestyle you want.

- 1) Where do freshmen/sophomores/juniors/seniors live?
- 2) Do most students live on campus or commute?
- 3) How much does housing cost? Is it easy to get on-campus housing? How hard is it to find housing off-campus?
- 4) What kind of meal plan is offered in the dorms? Do they provide menus for special diets (vegetarian, kosher, ethnic)?
- 5) How accessible are laundry facilities?
- 6) How many computers/computer labs are there? Are they up-to-date?
- 7) What is the quality of the library and research facilities?
- 8) What kind of health facilities and services does the college offer?
- 9) What is the housing market or campus housing like?
- 10) What is the community around the college like?
- 11) How safe is the college campus and the surrounding community?
- 12) What kind of weather does the school have throughout the year?

Finances

Paying for college can be tough. Find out what the school can offer you financially.

- 1) How much does the program cost? What does that include?
- 2) Are payment plans available?
- 3) What kind of financial aid does the school offer?
- 4) How easy is it to find a job on campus? Are there work-study programs?
- 5) What kind of refund can you get if you have to drop out?

Things To Consider When Deciding Which College To Attend (Con't)

Student Life

Your campus will be your social world for the next four years. Make sure this is a place where you enjoy hanging out.

- 1) What percentage of the students are male/female?
- 2) How diverse is the campus?
- 3) What percentage of the students are commuters?
- 4) What do students do for fun?
- 5) What student organizations are active on campus?
- 6) What are the most popular extracurricular activities?
- 7) What percentage of the students are in fraternities or sororities?
- 8) How prominent is the Greek system? What kind of recreational facilities are there?
- 9) What kind of transportation is available on campus?
- 10) What kind of transportation is available to go home or to other cities?
- 11) How safe is the campus? What are the crime statistics of the campus and the surrounding neighborhoods?
- 12) Is the school known for attracting students of a particular political view?
- 13) Do I like the location of the school?

Athletics

- 1) Do athletes on the team like the school?

Overall

Be realistic about your athletic ability and the type of athletic experience you would enjoy. Some student-athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletics opportunities you want.

Ask each person you interact with at the school (coach, athletic advisor, student-athletes) to tell you three things they especially like about the school and three things they especially dislike. What adjectives would they use to describe the school?

Ask each person you interact with at the school to describe how they think student-athletes are viewed at that school. Do professors stereotype student-athletes as being less capable academically?

Finally, and perhaps most importantly, do I feel I could be happy at this school for the next 4-5 years?

Questions You Should Know The Answer To Before Deciding On A College

- 1) What is the level of competition at the college? Against what other colleges does it compete?
- 2) What is the coach's philosophy toward his sport, his players, his school?
- 3) How long has the coach been at the institution? Where was he before? Why did he leave?
- 4) What is the graduation rate of all athletes? Of athletes playing your sport? (How many graduate in four years? in five years?) How do these rates compare with the entire student population?
- 5) Do athletes have mandatory study halls?
- 6) Is there an academic advising/counseling staff available to help with course selection and academic difficulties?
- 7) Are tutors available for all courses?
- 8) How much time per week is required for practice?
- 9) What does a typical daily schedule look like?
- 10) What is the philosophy of the coaching staff toward training?
- 11) What training facilities are available (weight room, etc.)?
- 12) What type of athletic rehabilitation program does the athletic department have?
- 13) Must athletes live together? What are the accommodations like?
- 14) Must you have your meals with the team? All? None? Some?
- 15) Can your scholarship be affected by injury? How?
- 16) Are all injuries covered by a team insurance policy?
- 17) Imagine that you are unable to play. Would you feel satisfied with the college academically and socially?
- 18) Is scholarship money based on performance?
- 19) Does the college have a history of NCAA rules violations?
- 20) Has drug use been an issue at the school? In the athletic program?
- 21) Do you feel you will get enough playing time in your first year or afterwards?
- 22) What is the possibility of you being red-shirted?
- 23) If you need a fifth year, will the school finance it?
- 24) How many other students is the coach recruiting for your position?
- 25) What type of traveling does the team do? Who goes? What is the policy for making up work?
- 26) Will you have to provide any of your own equipment? How much will it cost?
- 27) What do current team members say about the college? The team? The coach? The fans?
- 28) Does the coach have a reputation for success in his sport?
- 29) Did the coach answer all the questions you and your parents asked?
- 30) How does this program compare to others you are considering?
- 31) Did the coaches say anything bad about other schools you are considering?
- 32) Were the coaches and players honest with you? Did you feel that you could trust the coaches?
- 33) Were the coaches interested in academics? Did they ask about your educational and career interests?

Writing A Letter To A College Coach

Good high school athletes can find themselves in a difficult and awkward position if they want to continue their athletic careers at the college level. They may need to get the attention of college coaches by writing letters to them. When you are writing a letter to a college coach, the idea is to get their attention and explain to them why you would be a good fit for their program. This is not easy since most college coaches are interested in outstanding athletes and someone who was merely a good player in high school may not have the talent to succeed at the next level.

Step 1

Make an honest assessment of your athletic ability. Don't romanticize your talent or your achievements at the high school level. Be realistic with yourself. Write down all your skills and your flaws. If you believe that your skill level is high enough to compete at the college level, you can go ahead and write college coaches a letter.

Step 2

Make your letter brief and to the point. You also need to convey the enthusiasm that you have for your sport and for the college. Write about your accomplishments, skills and how they will translate at the college level, grades, goals, and any other pertinent information. (Highlight the assets that you will bring to the college sports program.)

Step 3

Go over your letter several times for content, punctuation, spelling etc. Have someone check it for you, your coach or one of your parents. Address the letter directly to the head coach of your sport. You should include letters of recommendation, information sheet, statistics sheet, and your team's roster. *Note: Make sure you write the letter to the individual coach by name. Do not send mass mailing campaigns that are written to "Dear Sir" or "To whom it may concern." Those letters will get tossed out immediately*

EXAMPLE 1.

7/3/2009

Mr. Ken Lancaster.
Head Baseball Coach,
Central State University,
Texas 76101

Dear Coach Lancaster:

My name is John Smith and I am asking you to consider me for the Tigers Baseball team at Central State University. I am currently a senior at Texas Community High School and I will be attending college in the fall semester of 2009.

I was the starting catcher for 2 years on the sophomore team and will be a 2 year starter on the varsity team. I am a heads-up team player and a hard worker willing to do the things it takes to win. I lead by example and I know I can contribute to your team.

I am attaching an information sheet, statistic sheet, and a letter of recommendation from my varsity coach.

If you have any question please contact me or one of my coaches. My coach's names and phone numbers are on my information sheet.

Thank you for considering me for your team.

John Smith.
433 Main Street,
Anytown, TX. 76102.
Phone: 555-555-5555.

EXAMPLE 2.

7/3/2009

Mr. Ken Lancaster.
Head Baseball Coach
Central State University
Texas 76101.

Dear Coach Lancaster,

My name is John Smith and I am asking you to consider me for a roster spot on the Redbirds Football Team at Large State University. I am currently a senior at Texas Community High School and will be attending college in the fall semester of 2009.

I have just completed my senior year and I was the starting Strong Safety for the past 2 seasons. My team, the Texas Stars, has been the Prairie Conference Champions for the last 2 seasons; we played some of the top ranked teams in the state and played in the Texas State Regional Semi-Final Game.

I am a very hard worker and willing to do the things it takes to win. I have always been a team leader and I know that I can compete at college level. I am registered with the NCAA Clearinghouse.

I have attached an information sheet, statistic sheet, and a letter of recommendation from my varsity coach.

If you have any question please contact me or one of my coaches. My coach's names and phone numbers are on my information sheet.

Thank you for considering me for your team.

John Smith.
433 Main Street,
Anytown, TX. 76102.
Phone. 555-555-5555.

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A large, abstract pink brushstroke graphic that frames the word 'Exhibits'. The stroke is thick and textured, resembling a hand-painted mark. It starts on the left, curves upwards and to the right, then loops back down and to the left, and finally extends horizontally to the right.

Exhibits

Questions To Ask A College Coach From A College Coach

- What is the team GPA?
- What academic Majors are on team?
- Is there an Honors and Scholars program? How do you get accepted to it?
- What are some of top academic departments at your school?
- What are some jobs that recent seniors have started with our of your program?
- What are some recent Community service projects that your team has been involved with?
- Tell me about the alumni network that you school / team has
- How is drug testing handled at your school? Is it handled by the School/ Conference/ NCAA? – How many times / athletes a year are tested?
- What is your policy on drugs and alcohol on team?
- What Tutoring resources are available to your athletes?
- What is you roster size?
- Do you have walk on tryouts?
- Is my spot on team guaranteed?
- Do you make cuts? Based on what criteria?