

ULTIMATE LACROSSE

RECRUITING INFORMATION TIMELINE

Freshman Year

- Grades-focus and do well
- See college games
- Go to college camps
- Play many sports

Sophomore Year

- Do all of the above
- Grades-take challenging courses
- PSAT's

Rules:

- No phone calls

Research schools of interest

See college games

Begin to consider a broad list of schools

- Academics
- Athletics
- Size
- Location

By March/April:

- Send intro letter to schools of interest and include the following:
- Contact information-complete, accurate
- Academic information-complete, accurate
- Athletic information-sports, awards
- Other involvement-keep it short

Letter-write it yourself

- Introduce yourself
- Express your interest
- What are you looking for in a school?

Colleges response: Questionnaire

-Return it with all the info you know, don't hide anything

-Send updates for questionnaire w/ important info: grades, awards, test scores

Summer: Play lacrosse, go to camp
By end of summer-list of schools to coaches-top 10

Fall of Junior year:

- Stay in touch/show interest

Rules: written correspondence allowed/no phone calls-college coaches can receive but not make calls

- respond honestly
- visit top choices-notify coach early to set up a meeting

Following 1st semester/marking period

- send transcript
- get a start on standardized tests-PSATs, SATs, SAT II's

Junior Year

- List of schools to coaches
- Intro letters
- High school schedules with # /summer schedule
- Respond honestly/stay in touch
- Visit campus/arrange to meet with the coach
- Send transcripts
- Take standardized tests
- Find out which are needed by the schools you are interested in
- Send coach evaluations to club coaches
- Go to camp either @ a school of interest or where the coach will be working

Phone calls

- send updated transcripts
- be yourself/be honest
- ask questions, voice concerns
- RELAX

Signing date: 2nd Wed. in November/ Letter of Intent

- Be aware of early admission deadlines

Most importantly: If you want to take your visits-take them. If a coach wants you that badly they will wait.

Recruiting process/purpose: to find the best fit for you!

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