

# What you Need to Know About Playing Lacrosse in College

## ***CHOOSE THE SCHOOL THAT IS RIGHT FOR YOU***

- Variables:
  - Location
  - Size
  - Student body demographics
  - Geography
  - Setting
  - Curriculum
  - Academic Rigor
  - Clubs
  - Greek system
  - Music
  - Sports
  - Religious affiliation
  - Affordability
  - Housing options
  - Other
  
- Lacrosse is just *one* variable
  - Injury
  - Bench time
  - Coach leaves
  - Don't like the coach
  - Don't like the team
  
- Be happy with the school with or without lacrosse!

***Ask yourself these questions as you consider playing in college:***

- Do you want to try for a scholarship?
- Does the competitiveness of the program matter?
- Does the competitiveness of the league or division matter?
- Do you want a proven, mature program or are you willing to help a young program grow?
- What type of player are you? Be honest!
- Can you be happy on the bench or biding your time until you have earned a starting position?
- What type of coach / environment do you respond to?
- Can you adapt? (Attacker ends up playing defense)
- Can you play behind one or two players established at your position and still be able to work hard and enjoy the experience?
- Can you put in the time commitment and the effort that some programs require in season as well as out of season?

***Types of Play options:***

- Division I
- Division II
- Division III
- Club

Starting place: <http://www.ncaa.org/wps.portal>

- Division
- Conference
- Region
- Athletic Department Contacts
- Links to school site

***Visit School Websites:***

- Roster
- Schedule
- Coaches
- Media Guide
- News and Events
- Archives (previous season scores, awards, etc.)

***You'll find out:***

- What teams they match up against
- What players are graduating and their positions
- Where are the players recruited from?
- Mostly local players?
- National roster?
- Good feel for the team
- Intensity of the program

***NCAA Rules: Dictate everything including but not limited to:***

- Academic-eligibility rules (core courses, GPA, SAT/ACT scores)
- How, when and where a coach may contact you
- Details of season play / Details of practices
- Timing, duration, number and nature of meetings / visits
- Recruiting season dates by sport
- Evaluation of your skills

***Typically, divisions break down as follows:***

***Division I***

- Largest schools
- Fall Ball Season
- Consider walk-ons
- Spring season play

- Travel to games in season
- Spring break travel
- National Letter of Intent signing 2 x per year
- Athletic scholarships
- Rigorous multiple practices per week
- Significant time commitment
- May limit opportunity for other activities
- Mandatory study hall 3-4 days per week (until grade requirements are satisfied)
- Travel budget may not include everyone
- Travel may be cross-country in season

### ***Division II***

- Similar to Division I characteristics above but smaller, less well known schools (at least in lax)

### ***Division III***

- Student – Athlete
- Usually smaller, many private schools
- Rigorous training and practice schedule
- Usually travel to games
- Spring break travel
- Usually has a Fall Ball season (back east - field hockey and soccer x-over)
- Usually have open call and tryouts in January
- Prohibited from giving athletic scholarships, but offer other scholarships that can make an attractive package.

### ***Club***

- School-sponsored
- May travel locally for games
- Team commitment, but less rigorous schedule

- Allows time for other activities
- Very strong part of many campuses

***What do the coaches want to see in a player? Wynne Lobel***

- Best student – athlete possible to join their program
- Good leadership skills
- Good follower-ship skills
- Strong work ethic
- Good team spirit
- Energetic and dedicated players
- Healthy, fit players
- Players who fit with their philosophies

## **How to Get Started – Marketing yourself**

- Work hard to get yourself noticed!
- Detail, organization, follow-up skills will help you.
- Your plan will include:
  - Coach contact through emails, letters and phone calls
  - Game tapes
  - Sports resume
  - Coach references
  - Being seen at tournaments, clinics, camps

### **Timeline:**

***Junior Year:*** Work Hard in School!!

#### ***Winter:***

- Sign up for ACT / SAT tests
- Make list of schools you want to pursue
- Start capturing video footage
- Initial contacts to coaches

#### ***Spring:***

- Campus visits – first personal contact with coaches on your nickel; watch team play
- Follow-up note to coach on your interest!
- Complete your game tape (detail to follow)
- Second round SAT / ACT if necessary
- Sign up for summer clinics, camps
- Tryout for national and regional teams
- Register with National Clearinghouse – evaluate your academic record to determine eligibility  
<http://ncaaclearinghouse.net/ncaa/NCAA>
- Create your sports resume (detail to follow)

***Summer:***

- Send your game tape and resume to coaches
- Attend camps, clinics, tournaments
- Summer league play
- Visit schools on family vacations
- Begin working on your application essay ideas

***July 1:***

- Div I and II coaches may contact you by phone once /week.

***Senior Year:***

- Continue to Work Hard in School!

***Fall:***

- Campus visits (Official and Unofficial)
- Continue phone and email contact with coaches
- Final testing if needed to meet requirements
- Finalize your essays for admissions
- Early applications if you know what you want
- NLI Early Signing (November 9-16)
- Applications for regular admissions

***Winter:***

- College visits as needed (Official and Unofficial)
- Stay tuned in school!
- Continue to talk with coaches.

***Spring:***

- Final choices due April – May
- NLI Late Signing Period April 9 – August 1

## **Create Your Marketing Packet**

### ***Letter:***

- Why you want to join the team and the school
- Where you are playing this summer (include your team name, number, colors for each event)

### ***Sports Resume:***

- Picture
- Name, Address
- High School, Graduation year
- Team name
- Academic snapshot – GPA, ACT, SAT other (AP, IB student), awards
- Sports experience: varsity sports, letters, awards, field leadership, team standings
- Other: work, volunteer activities, interests

### ***Statistics:***

Include individual stats, game scores (OR) if your team has these on-line, include a link to the information.

### ***Game Tape:***

#### ***Format:***

- CD or DVD format – no VHS

#### ***Structure:***

- Intro – One minute (name, #, school, city, other)
- Unedited game-play preferred – coaches see you making good choices, and can assess your recovery from mistakes
- Highlight where you are (arrows, halo) - remember, coaches will see team-mates and opponents
- Include picture and contact information on disk!

***GOAL: Balance your life as a student – athlete!***



**Resources:**

College Board: [www.collegeboard.com](http://www.collegeboard.com)

National Clearinghouse:

<http://www.naaclearinghouse.net/ncaa/NCAA/common/>

NCAA: [www.ncaa.org](http://www.ncaa.org)

National Letter of Intent rules: <http://www.national-letter.org/>

Official US Lacrosse: [www.uslacrosse.org](http://www.uslacrosse.org)

Statistics, recruiting, league archives: [www.laxpower.org](http://www.laxpower.org)

Official Oregon lax site: [www.oregonlax.com](http://www.oregonlax.com)

Other cool sites: [www.womenslacrosse.com](http://www.womenslacrosse.com)

Summer League: [www.laxnw.com](http://www.laxnw.com)

**Books:**                    Student Athlete's Guide to College  
                                     Hilary S. Abramson

A Parent's and Student-Athlete's Guide to  
Athletic Scholarships; Getting Money  
Without Being Taken for a (Full) Ride,  
Dion Wheeler

